

AGING **best**

Area Agency on Aging



SENIOR FARMERS' MARKET
NUTRITION PROGRAM

Mid-Missouri
Aging Best AAA
(573) 443-5823

For low-income seniors living in Audrain, Howard, Boone, Laclede, Callaway, Maries, Camden, Miller, Cole, Moniteau, Cooper, Morgan, Crawford, Osage, Dent, Phelps, Gasconade, Pulaski and Washington counties. Vouchers available June 1 - September 30.

SENIOR NEWS INSIDE THIS ISSUE:

Senior Farmers' Market-
Cover & 2

Older Americans Month
Activities- 3 & 4

A Special Thanks- 5

Spotlight on Audrain-
6 - 8

Ombudsman News- 9

Did You Know- 10

Message from CEO-
11 & 12

Aging Best Participates in Senior Farmers' Market Nutrition Program

Aging Best is excited to be one of four Missouri agencies chosen to take part in a program aimed at increasing consumption of Missouri grown agriculture commodities. The program is a federally funded initiative by USDA, FNS. Participating households will have the opportunity to receive up to \$50 in vouchers to be used for the purchase of Missouri-grown produce and honey.

Senior Farmers' Market Cont.

Eligible foods may not be processed or prepared beyond their natural state except for usual harvesting and cleaning processes.

To qualify for the Missouri Senior Farmers' Market Nutrition Program applicants must:

- Show proof of identity
- Be 60 years of age or older
- Participate in Missouri's SNAP or CSFP programs and/or provide proof of a maximum gross income at or below 185% of the federal poverty level
- Show proof of residency in one of the following counties: Audrain, Boone, Callaway, Camden, Cole, Cooper, Crawford, Dent, Gasconade, Howard, Laclede, Maries, Miller, Moniteau, Morgan, Osage, Phelps, Pulaski or Washington

The program also aims to assist Missouri growers and enhance farmers' markets in Missouri. Authorized farmers participating in the program will display a "We gladly accept Missouri Senior Farmers' Market Nutrition Program Benefit Vouchers" sign at their booth. Each voucher will be worth \$5 with a total of up to ten issued and redeemed by October 31, 2020. Homebound individuals may send an authorized proxy to select, pick up and deliver items to their home. In addition to vouchers, participants will receive educational information emphasizing the relationship between nutrition and health. The goal is to encourage healthy eating patterns by focusing on fresh items that have not been compromised by additives and preservatives.

For more information on the Missouri Senior Farmers' Market Nutrition Program please contact Aging Best at 800-369-5211

Older Americans Month Curbside Activities and More

Aging Best's senior programs have continued curbside service for the safety of our staff and seniors. Center Administrators continue to use their creativity to make the curbside pick-up a fun and exciting way to receive nutritious meals.



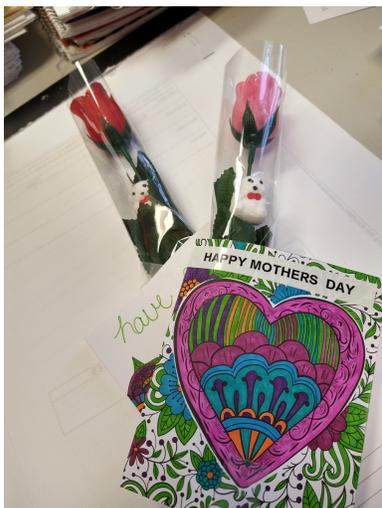
Clyde and Pat Ditto (Left) and Kay Earls (Right) participated in the Boonville Senior Center's "Crazy Hat Days". In addition to a hot meal of hamburger steak, mashed potatoes/gravy, peas & carrots, mandarin oranges with pineapple, and cheesecake. Everyone wearing a hat received a treat of M&Ms.



Luella Smith (Above left) receives 2 long stemmed roses and a goody bag from volunteer Marilyn Glaser in recognition of Mother's Day at the Owensville Senior Center. Fish, roasted potatoes, coleslaw, tomatoes, mixed fruit and jello were served. Pictured in the center right is the Mother's Day message sent to each senior receiving a curbside meal at the Boonslick Senior Center.



Kathy Sparks (Above) won the free Mother's Day drawing at the Waynesville Senior Center. She received a basket with fruits, cookies, water and roses.



Callaway Senior Center Staff and Volunteers handed out roses and handmade cards (Left) to participants on Mother's Day.

Older Americans Month Cont.



Pictured Above: California Nutrition Center's "Dash Through the Decades" party provided a drive through blast from the past for curbside participants. Staff, volunteers and board members participated in making the party a huge success.



Left: Memorial Day Lattice set up outside the California Senior Center.

Ombudsman Volunteers are attending events at Skilled Homes and Assisted Living events. Stephanie Young (Right), getting ready for another parade.



Left: Cards received by the Owensville Senior Center from curbside delivery participants and the Scenic Regional Library. The staff and volunteers at the Owensville Senior Center felt wonderful knowing that their efforts make a difference in the community.

Dixon Senior Center serving drive up meals to local seniors



Left: The Dixon Senior Center is featured in the local Newspaper for their great work!

A Special Thanks....

Aging Best would like to thank The Food Bank for Central & Northeast Missouri for the special delivery of chicken, produce and milk. The delivery included five pallets of frozen rotisserie chicken. The chicken, baked and served, has been a hit among the seniors. Along with the chicken, The Food Bank delivered fresh whole watermelons, bags of potatoes and crates of fresh milk. More than 13,000 pounds of food was received on the delivery.

Volunteers from the Moniteau County Sheriff's Department and the City of California assisted with the unloading and reloading.



Aging Best centers from eleven counties shared in the delivery. The extra hands and strength provided by the volunteers was much appreciated.

Aging Best would also like to thank Catholic Charities of Central and Northern Missouri for assisting with the Graves Foods delivery for May. The food needed to be transported from the agency's Jefferson City location to the Clarke Senior Center. Catholic Charities stepped in with little notice. They were able to not only transport the food but unloaded it as well.

Organizations coming together is what makes it possible for all of us to serve those in need. We appreciate the generosity of our partners and truly believe we are making progress each and every day.

Audrain County: Home of Mexico Senior Center

Audrain County is one of Missouri's leading agricultural counties. It is often recognized for soybeans, one of the many crops produced. Each fall Mexico's Soybean Festival celebrates the success of the crop with a parade, carnival rides, music, contests and amazing food. The festival provides a family-oriented atmosphere open to all ages.

After a great lunch at the Mexico Senior Center, a visit to Lakeview Park is the perfect way to spend the afternoon. The park features a 24-acre fishing lake with boat ramp and ADA fishing dock, a scenic 1.5 mile lakeside walking trail and much more.



Antebellum Graceland Museum, Mexico, MO

The Audrain Historical Society offers several interesting and educational places to visit including the Antebellum Graceland Museum (above). The annual "Walk Back in Time" event, scheduled for September 25-27, 2020 is a family friendly event that transports guests back to another time. The festival includes costumed characters, reenactments, contests, music, handmade souvenirs and great food.

Lakeview Park, Mexico, MO



Audrain Board of Directors Member Spotlight

Aging Best wishes long time board member, Fred West, best wishes on his retirement from the Board of Directors. Fred has served on Aging Best's board for around 15 years. He was also a member of the Advisory Council for 7 years.

Fred was born and raised in Mexico, Missouri. He became involved with the Mexico Senior Center following retirement 20 years ago. He served 15 years on the center's board and is still an active volunteer. In addition to delivering homebound meals each week, Fred handles much of the center's repairs. He is always willing to lend a hand and enjoys helping out.

Fred made the decision to retire from Aging Best's Board of Directors this year. He will be able to dedicate more time to family and other activities. He feels confident his replacement, Dixie Collins, will be a great fit.



Over the years he has enjoyed watching the organization grow and is very supportive of CEO, Rebecca Nowlin, and the present team.

Fred and his wife celebrated 47 years of marriage this year. They have been blessed with three sons and eight grandchildren. Aging Best is thankful to Fred for his many years of service and wishes him the best of luck in his retirement.

Thank
you

New Audrain Board of Directors Member

Please join Aging Best in welcoming new board member, Dixie Collins. Dixie has been a member of Aging Best's Advisory Council for seven years. Five of Dixie's years on the council were spent as president. As a friend and fellow Advisory Council member, Dixie would like to wish Fred West the best of luck on his retirement and looks forward to serving on the board.

Dixie relocated to Missouri from Colorado where she was the successful owner of a large real estate company. She has continued her interest in real estate as the Associate Executive of the Missouri Board of Realtors, an organization with more than 200 members.



Dixie became involved with the Mexico Senior Center shortly after relocating. She holds a degree in finance and is presently State Treasurer for the Grand Lodge of Missouri Oddfellows. She has also been appointed Ambassador for the Chamber of Commerce. We welcome Dixie to the board and recognize what a valuable asset she will be.

Welcome

Ombudsman Staying Strong

Donna Wobbe, Ombudsman Director for Aging Best, along with Assistant Directors Linda Daugherty and Ronda Giger, continue advocating for residents in long term care even under present restrictions. The team of dedicated staff and volunteers normally enter long term care facilities to speak with residents and advocate for their rights. Due to the COVID-19 pandemic, Ombudsmen have temporarily been restricted from entering facilities where they work with more than 9500 clients but are staying connected through weekly phone visits.

Parades are one of the methods long term care facilities are using to let residents and loved ones see each other. The Ombudsman team sees the parades as a way to set eyes on residents for the purpose of advocacy and also continued contact with the staff members providing care.



"We are very involved with the residents and normally see them on a regular basis but at this time are unable to enter," Wobbe said. "We are utilizing these parades and anything else we're invited to as a means of staying connected with residents and their families."

The team drove by more than 40 long term care homes in Aging Best's 19-county region. Wobbe says Ombudsman staff and volunteers are doing their best to provide the same level of dedication and service amidst the many challenges they face.

The Ombudsman Team at Aging Best is currently making weekly "phone visits" to each facility in all 19 counties. The calls will continue until they are allowed back in. "We will never give up," Wobbe said.

If you are interested in joining our team of dedicated Ombudsman Volunteers, please call (800) 369-5211 for additional information regarding training and certification.



Ronda Giger (Left) and Donna Wobbe (Right) are using long term care facility parades as a means of connecting with residents and their families.

Did You Know...

- Aging Best, with offices in Columbia and Jefferson City, employs a staff of 140 dedicated individuals.
- Aging Best covers the administration and compliance of 31 senior centers offering daily meals and activities. At the present time, and in following CDC recommendations, the centers are offering curbside meals to avoid contact.
- Aging Best's Ombudsman team provides assistance with long-term care placement and assuring the rights of residents in long-term care homes.
- Aging Best offers health and wellness courses to seniors. Programs including Chronic Disease Self-Management Education, Tai Chi for Arthritis, and A Matter of Balance are offered. Aging Best will soon offer virtual Tai Chi on Facebook and Chronic Disease Self- Management via Zoom so be on the lookout for these exciting new opportunities to engage in Tai Chi and Chronic Disease Self- Management.

57,000

Number of seniors receiving home delivered meals from Aging Best each month

25,000

Number of seniors receiving meals at the senior centers on average each month

1,100

Number of seniors receiving information and assistance services each month



AGING **best**

To see each person live his or her best possible life

Hello Aging Best,

I'm very proud of everyone who has worked so hard during these difficult times. We have an amazing group of staff and volunteers who go above and beyond every day to care for and care about people in our communities. I only wish that we could include all the stories and pictures that I have received in recent weeks. I am just blown away by the thoughtful gestures and efforts-please keep them coming!

I would like to personally thank Fred West who has been and will continue to be a great asset to Aging Best and the Mexico Senior Center. He is always the first person to raise his hand and offer to help. He will make a long trip to help and then turn around a few minutes later and come back when he's needed again. Fred, you wouldn't even retire without ensuring that you had enlisted the best possible person to step in and represent Audrain County and Aging Best. Well done!

If you have any ideas on how you would like to help, we encourage you to reach out and let us know. We have people donating old bags for foster children, making phone calls to people who are lonely, sewing masks, donating time and resources to help with home repair and chores, engaging in "pen pal" relationships with those who could use a friend, teaching others how to use new technology to connect with people in a new way. The list is long, and we would love to add more people to our network of people looking out for each other.

Everyone is working very hard, but I know it is not enough right now. I want to appeal to everyone reading this to reach out to us if you or anyone you care about is in need. It does not matter what that need is. You may not believe we can help you. You may not believe we provide the services you need. You may not believe the issue can be resolved. But I can assure you we will do everything in our powers to help. Some of our former options are limited right now, but we are still pretty creative, and we are finding new resources and coming up with new ideas every day.

“We’re in this together” is not just rhetoric we see on television. I see this as the best of who we are coming out every day at Aging Best!

Best wishes,

Rebecca Nowlin

Rebecca Nowlin, LPC
Chief Executive Officer



Serving:

**Audrain, Boone, Callaway, Camden, Cole, Cooper, Crawford, Dent, Gasconade,
Howard, Laclede, Osage, Maries, Miller, Moniteau, Morgan, Phelps, Pulaski,
Washington**

SENIOR FARMERS' MARKET NUTRITION PROGRAM

Farmers' Markets with Authorized Farmers

Audrain County:

Mexico Farmers' Market

3001 S. Clark St., Mexico

Open March - Oct., Saturdays 8 a.m. - noon

- Looking Back Acres - fresh vegetables, berries
- Hedge Holler Harvest - fresh vegetables, berries, honey

Callaway County:

Fulton Farmers' Market

10 East 5th Street, Fulton

Open May - Oct., Wednesdays 3 - 6 p.m.

Saturdays 9 a.m. - noon

- Schwede Farm - fresh vegetables

Cole County:

Capital City Farmers' Market

Orscheln's Parking Lot, Jefferson City

Open June 6 - Sept., Saturdays, 8:30 - 11:30 a.m.

- Duncan Family Farms - fresh vegetables, fresh fruit, herbs
- Schwede Farm - fresh vegetables

Cole County Farmers' Market

Capital Mall Parking Lot, Jefferson City

Open April - Oct., Tuesdays and Fridays 4 - 6 p.m.,

Saturdays 2 - 4 p.m.

- Anderson Produce - fresh vegetables, melons
- Boys Farm Chamois - fresh vegetables, melons
- Home-n-Grown Gardens - fresh vegetables
- SEAL Plants and Produce - fresh vegetables, berries
- Peach Tree Farm - fresh vegetables, fresh fruit
- Porters Produce - fresh vegetables
- Thoenen Produce - fresh vegetables, melons
- Schwede Farm - fresh vegetables

Dent County:

Salem Farmers' Market

200 S. Main St., Salem

Open May - Sept., Saturdays 7:30 a.m. - noon

- Brambleberry Farm - leafy greens, fresh vegetables, honey
- Ozark Organics - fresh vegetables, melons

Laclede County:

Lebanon Farmers' Market

Jefferson Ave. at the railroad tracks, Lebanon

Open April - Oct., Wednesdays 2 - 6 p.m.

Saturdays 8 a.m. - noon

- Zahn Farms - leafy greens, fresh vegetables, berries
- Melinda Essary - leafy greens

Boone County:

Boone County Farmers' Market

2300 Bernadette Dr., Columbia

Open mid-April - Oct., Saturdays 8 a.m. - noon

- Anderson Produce - leafy greens, fresh vegetables, melons
- SEAL Plants and Produce - fresh vegetables, berries
- Peach Tree Farm - fresh vegetables, fresh fruit

Columbia Farmers' Market

Columbia Ag Park

1769 W Ash Street, Columbia

Open Year-round, Saturdays 8 a.m. - noon

- Hampton's Hilltop Orchard - apples
- Victory Gardeners - leafy greens, fresh vegetables, fresh fruit
- Boley Farms - fresh vegetables, fresh fruit
- Mighty Acorn - leafy greens, fresh vegetables
- Harvester - fresh fruit, fresh herbs
- Manitou Farm - fresh vegetables, fresh fruit, fresh herbs
- Sellmeyer Farm - leafy greens, fresh vegetables, fresh fruit
- Sunny Acres Farm - fresh vegetables, fresh fruit, honey
- Sullivan's Berries - berries
- The Veggies Patch - fresh vegetables, fresh fruit, fresh herbs
- Sim Garden - fresh vegetables
- Share-Life-Farms - fresh vegetables, fresh fruit
- The Grow Bros Natural Farmers - fresh vegetables
- Happy Hollow Farm - fresh vegetables
- Sander Produce - fresh vegetables, melons
- Hickory Ridge Orchard - fresh fruit
- Altai Meadows - leafy greens, fresh vegetables, berries
- Sandy Creek Farm - fresh fruits, honey
- Lone Cottonwood Farm - honey
- Thoenen Produce - fresh vegetables, fresh fruit
- Backyard Farmer - fresh vegetables, melons
- Bluebird Grove - leafy greens, fresh vegetables, fresh herbs
- Boys Farm Chamois - fresh vegetables, melons
- Stem to Table Farm - leafy greens, fresh vegetables, honey
- Kea International - fresh vegetables
- Peach Tree Farm - fresh vegetables, fresh fruit
- The Sage Garden - leafy greens, herbs

Washington County:

Washington County Farmers' Market

County Health Department/Courthouse, Potosi

Open July - Oct., Wednesdays 7:30 a.m. - sellout

- Spring Brook Floral - fresh vegetables
- Phillis Scott - fresh vegetables
- Misty Glen Farm - fresh vegetables
- Forshana Farm - fresh vegetables
- Chicken and the Hare Farm - fresh vegetables, berries



Chronic Disease Self-Management Course

Chronic Disease affect several citizens throughout our community causing other health and lifestyle related issues. With acute conditions the causes, diagnoses, test, and treatments are usually clear cut. The health provider chooses how to treat the illness and the issue is solvable. With chronic conditions everything is more complicated and uncertain. Examples of chronic condition include but are not limited to diabetes, arthritis, and chronic depression. Chronic conditions change overtime, so as patients we become responsible for managing our condition on a daily basis and informing the provider of our treatment preferences. This course is a discussion based program for those struggling with chronic conditions. This course will help you to learn helpful methods and tools to use when managing the condition, how to discuss it with your provider and family, and how to manage the condition personally.

What are the benefits?

- Learning to take care of the health condition
- Managing emotional changes
- Improve communication in regards to condition
- Learn several methods to self-manage the chronic condition



Cost: No Charge

Course Details: July 23, 2020 - August 27, 2020 on Thursdays; 1:00 PM—3:30 PM

Location: Zoom (online, will receive link for class upon registering)

To Register or for Questions: Call Kelsie Lineback at 573-422-3359 ext. 1138

Email Kelsie Lineback at kelsie.lineback@missouri.edu

or

Call Brenda Doyle at 573-476-5739

Email bdoyle@agingbest.org