



## Good Neighbors

Most would agree that Missouri weather is unpredictable, to say the least. As we move deeper into the winter season, the best we can do is prepare ourselves for every possible scenario. For most of us, that requires a quick trip to the grocery store to stock up and a check to make sure we know where the shovel is. Taking those preparations can be much more difficult for aging adults due to transportation and health conditions that affect mobility.

In addition to older adults being more vulnerable for illness during the winter months, they are at an increased risk for social isolation. Individuals who suffer from social isolation are more likely to develop physical conditions such as high blood pressure, heart disease, and obesity. They are also at increased risk for anxiety, depression, and cognitive decline. Staying

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connected is essential to the overall health of older adults who live alone.

What can you do to help aging neighbors? First, and most importantly, do not wait for bad weather to develop a relationship. Say hello when you see your neighbors out. If they are reluctant to open the door to a stranger, mail a card or note introducing yourself and including your phone number with an invite to call if they ever need any assistance. In addition:

- Inform them when severe weather is predicted. Let them know you are headed to the store and would be happy to pick up groceries or supplies.
- Ask if their heat is working well and if they have plenty of blankets.
- Drop off candles and matches in case of a temporary power outage.
- Ask if their prescriptions have been filled for the month and offer assistance if not.
- Let them know you will be calling to check in and use that call as an opportunity to really talk and get to know your neighbor. Staying connected by phone is a good way to combat social isolation.

If you suspect an older adult or an adult with disabilities could be suffering from cold weather related conditions and in need of assistance, do not hesitate to call the Adult Abuse and Neglect hotline at 1-800-392-0210.

## It All Started When...

Ever wondered how some of our holiday traditions began? Maybe you not only know but remember when some of them first appeared. Let's take a look at a few to get us into the holiday spirit.

A Charlie Brown Christmas originated from the popular "Peanuts" comic strip. The idea to create a holiday program came up and was put together rather quickly. CBS, the producers and writers viewed the final product and felt it was a complete disaster. Everything from the music to the story was of concern. CBS was certain no one would watch it and would've cancelled except that they were already a week away and could not fill the schedule on such short notice.



On December 9, 1965 the program aired and was watched by more than 15,000,000 people. The next morning's papers were filled with rave reviews! The program and music fare still among the most popular holiday selections among all ages worldwide.

Christmas Lights were created by Thomas Edison's friend and partner, Edward Johnson who had the idea to replace the potential fire hazard of candles with an electrical string of colored bulbs. They were quickly mass produced, and today more than 150,000,000 sets are sold in the United States alone.

Poinsettias are named after Joel Roberts Poinsett, the first U.S. Ambassador to Mexico who also enjoyed botany. While on a trip to Mexico, he found the plants so lovely that he began shipping them home and studying them in his greenhouse. In the early 1900s, the plant began to gain popularity and accounts for more than \$250,000,000 in sales each year.



Holiday cards originated when Sir Henry Cole, an English socialite with many friends, became overwhelmed writing letters. It was popular at the time to send holiday greeting letters to all friends and family and thought to be bad manners not to. Cole approached an artist friend, J.C. Horsley, who designed a pretty card

with the greeting already printed inside. One would just need to sign and address it. Thousands were printed and sold like hotcakes. Today, Americans send around two billion cards every year. Happy Holidays!

## Congratulations!

Special thanks to Aging Best's Community Options & Services Specialists. This year they assisted individuals on Medicare with an astounding \$468,141 in savings during open enrollment which ran from October 15th - December 7! Their knowledge, dedication and helpfulness is truly appreciated by every individual they assisted. For questions or information about savings plans call 800-369-5211 or email the team at [help4u@agingbest.org](mailto:help4u@agingbest.org).



There's still plenty of time to help support Aging Best through the CoMoGives annual online fundraiser that supports 153 high-impact nonprofits in Columbia and Mid-Missouri. Aging Best works to meet the needs of older adults in our local communities. Our goal is to help our growing population of seniors remain active, healthy, socially engaged and independent. Support Aging Best at <https://comogives.com/product/aging-best-area-agency-on-aging-2/>



*The team at Aging Best wishes you peace, joy and prosperity  
during this holiday season and throughout the coming year.*



*Happy Holidays from  
Dixon Senior Center*



*Happy Holidays from  
Rebecca Nowlin & Family*



*Happy Holidays from  
Sayers Senior Center*



*Happy Holidays from  
Marissa Peterson & Family*



*Happy Holidays from  
Shannon Hasenstein & Family*



*Happy Holidays from  
Crocker Senior Center*



*Happy Holidays from  
Owensville Senior Center*



*Happy Holidays from  
Jody Doppelt*



*Happy Holidays from  
Hughes Senior Center*





*Happy Holidays from  
Richland Senior Center*



*Happy Holidays from  
Jennifer Mahurin & Family*



*Happy Holidays from  
Kathy Deeken*



*Happy Holidays from  
Carol Senor*



*Happy Holidays from  
Dayna & Bob Graham*



*Happy Holidays from  
Becky Robnett-Chandler & Family*



*Happy Holidays from the  
Nutrition Managers*



*Happy Holidays from  
Eldon Senior Center*



*Happy Holidays from  
Maureen & Brian McKeage*





*Happy Holidays from  
Nate Wall*



*Happy Holidays from  
Camdenton Senior Center*



*Happy Holidays from  
Nick & Aubrey Neebe*



*Happy Holidays from  
California Nutrition Center*



*Happy Holidays from  
Shadaryl Bassett*



*Happy Holidays from  
Moniteau Nutrition Center (Tipton)*



*Happy Holidays from  
Melissa Schulte*



*Happy Holidays from  
Osage Beach Senior Center*



*Happy Holidays from  
Boonslick Senior Center*





*Happy Holidays from  
Daylena Lutman & Family*



*Happy Holidays from the  
Ombudsman Team*



*Happy Holidays from  
Steve Dopp*



*Happy Holidays from  
Versailles Nutrition Site*



*Happy Holidays from  
Lynn Hogue*



*Happy Holidays from  
Mexico Senior Center*



*Happy Holidays from  
Ken Shaw*

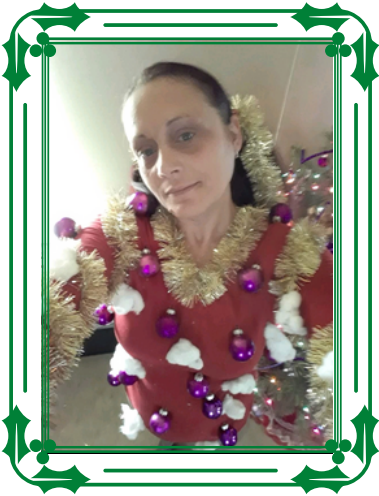


*Happy Holidays from  
Pam Stroup & Teresa Coleman*



*Happy Holidays from  
Jim Wilhelm*





*Happy Holidays from  
Ana Calahan*



*Happy Holidays from  
Malissa Parker-Gately*



*Happy Holidays from  
Trish Luther*



*Happy Holidays from  
Salem Nutrition Center*



*Happy Holidays from  
Alice Pearce*



*Happy Holidays from  
Jamie Kennedy & Family*

*Happy  
Holidays*