



Silver Haired Legislature

Created in 1973, Missouri's Silver Haired Legislature, often referred to as SHL, has the distinction of being the first such organization in the United States. SHL is a non-partisan group composed of citizens, age 60 or older, who volunteer their time to advocate on behalf of Missouri's older adults.

The delegates are elected from each of Missouri's 10 Area Agencies on Aging. Elections are often held at local senior nutrition centers where senior citizens elect three senators and 12 representatives from each of the 10 Area Agency on Aging service areas for a total of 30 senators and 120 representatives.

Following elections, the legislators meet to elect officers and begin to ascertain the needs of seniors in their districts. Bills and resolutions are then drawn up

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and prepared for presentation at the statewide conference in the fall. At that time they meet for two days to conduct a model legislative session. Members present, debate and vote on a prepared docket of bills and resolutions that concern legislation that affects the lives of not only the elderly but all Missouri citizens. From the docket, five bills with the highest priority are selected as the group's main focus for the upcoming year.



Silver Haired Legislature convened in October for the annual Fall session.

Once the five priorities are chosen, the legislators return to their districts to encourage support of those issues. They testify before the Missouri Senate and House and speak with senior groups regarding those issues. The recent gathering in October brought more than 60 delegates together in Jefferson City for a busy agenda.

If you are interested in becoming a member of your local Silver Haired Legislature group, contact Aging Best at 800-369-5211 or through email at jkennedy@agingbest.org.

#GIVING TUESDAY

GivingTuesday is a global generosity movement unleashing the power of radical generosity. GivingTuesday was created in 2012 as a simple idea: a day that encourages people to do good. Since then, it has grown into a year-round global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity.

Aging Best will be participating in the annual CoMoGives campaign which will kick off on Giving Tuesday, November 29th. The online fundraiser supports 152 high-impact nonprofits in Columbia and Mid-Missouri. We are excited to be included and hope to reach our goal of \$20,000.

Donations received are used to support Aging Best's services which help to meet the needs of older adults in our local communities. We continue to add new and innovative programs with the goal of helping our growing population of aging adults remain independent, active, healthy and socially engaged.

How can you donate? Beginning Tuesday, November 29 - December 31, you can donate online at <https://comogives.com/product/aging-best-area-agency-on-aging>. Together we can make a difference!

Aging Best is on Facebook

If you are not following Aging Best on Facebook you may be missing out on some great information. In addition to pictures of the activities provided in our nutrition centers, we often post announcements for upcoming events such as health fairs and evidence-based workshops.



Brenda Doyle, Nutrition Services Manager at Aging Best, leads a Tai Chi workshop at California Nutrition Center.

In addition to important dates, our Facebook page includes safety tips and information. We post the Missouri Fraud Prevention Fact sheet provided by the Senior Medicare Patrol each month. The information shared helps to create awareness of scams criminals may use to gain knowledge of your personal or financial information. Many aging adults fall prey to these clever scam artists each year. Knowing what to watch for can increase your safety.

You can find, follow Aging Best on Facebook by clicking the link below:

<https://www.facebook.com/agingbest.org>. Click the like and follow buttons to ensure you are seeing our updates. If you would like help accessing our page please email Melissa at mschulte@agingbest.org or call 800-369-5211.

Where Were You?

Having just had our first taste of snow, we can't help but reflect on some of the more memorable winters in Missouri. Do you remember where you were:

The Blizzard of 1978. Over the course of three days, January 25 - 27, a major storm caused devastation in many states. Visibility was near zero for much of the storm with temperatures quickly plunging into single digits. Following the initial snow, heavy winds caused drifts to reach 20 feet and above in some areas. Many cities were completely shut down with rural residents unable to leave their homes for days.

The Blizzard of 1982. Saturday, January 30, 1982 began as a normal winter day with steady rain falling. Flooding was the only concern until it changed to snow in the early evening. By the time

it ended the Midwest had more than 18 inches on the ground in many areas including St. Louis which was completely paralyzed. Not only was the amount of snow a problem, it was the fact that it was unpredicted leaving most completely unprepared to handle it.



The Blizzard of 1978 brought record-breaking snow drifts.

The Groundhog Day Blizzard. Between January 31 - February 2, 2011, more than 18 inches of snow fell. Heavy winds left drifts more than six feet high in many areas. The storm brought below-zero temperatures along with freezing rain in many areas causing power outages and individuals stranded in their cars in major cities.

What do each of these storms have in common? All happened in January. Don't miss our January newsletter where we will talk about snow safety tips. If you or someone you know would like to receive our monthly

newsletter contact Aging Best at 800-369-5211 or help4u@agingbest.org.

The Role of an Ombudsman

Missouri's ombudsman program is a network of volunteers serving residents of nursing homes and residential care facilities to provide support and assistance with their problems or complaints and to inform them of their rights. The role of a volunteer Ombudsman includes each of the following:

- Facilitator
- Educator
- Broker
- Intermediary
- Collaborator
- Mediator
- Advocate
- Investigator
- Problem solver
- Activist

If you are looking for an interesting and enriching volunteer activity, the Ombudsman program might be a great fit. It's a great activity for retirees who would like to give back.

For more information on the program contact Ronda Giger, Regional Ombudsman Director, at 573-476-5746 or email rgiger@agingbest.org.

Recent Activities



California Nutrition Center



Camdenton Senior Center



Clarke Senior Center



Osage Beach Senior Center



Hughes Senior Center



Salem Nutrition Center



Iberia Friendship Hall



Mexico Senior Center

Help us reach our goal of \$20,000 in the 2022 CoMoGives campaign!

AGING **best**

- Home Delivered Meals
- Senior Centers/Nutrition Programs
- Family Caregiver Support
- Long-Term Care Ombudsman
- Medicaid & Medicare Assistance
- Transportation
- Educational Presentations
- Disability Resources
- Elder Abuse Awareness & Prevention
- Respite and Home Chore Resources
- Minor Home Repair & Modification
- In Home Assessments
- Pet Care Assistance
- Legal Services
- Healthy Blood Pressure Program
- Evidence-based Workshops
- Volunteer Opportunities and more

For more information on services:

800-369-5211



Donate online:



<https://comogives.com/product/aging-best-area-agency-on-aging-2/>

**Donating by check or cash?
Call Melissa at 573-489-3260**