

## Area Bloggers



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# Age Spots: A Big Win for Seniors by Jackie Dover

JULY 29TH 2019 BY DEE LOFLIN

Age Spots: A Big Win for Seniors by Jackie Dover

## A Big Win for Seniors

Most everything we do at Aging Matters is a team effort. We all work together to give seniors in Southeast Missouri the best possible meals, programs and services. We also work with all the other Area Agencies on Aging (AAA's) in the state of Missouri to effect change for all of the seniors in Missouri. One of our biggest wins is the passage of the Senior Growth and Development Fund.

The Senior Growth and Development Fund is a sustainable dedicated funding stream that will be used by the Area Agencies on Aging to fund senior programs and services throughout the state. This will allow us to expand or begin services and 50% of the funds go directly to our local senior centers to help them with some of their needs. More funding means more services to a population that is rapidly expanding.

As many are aware 10,000, Americans turn 65 every day. This growth in the senior population has not been met with a similar growth in funding for programs to help these seniors, the Senior Growth and Development Fund will allow AAA's to provide services to more seniors.

The Senior Growth and Development Fund was part of SB 275 sponsored by Senator David Sater of Cassville and was amended during the legislative session with provisions relating to the Senior Growth and Development Fund by Senator Wayne Wallingford and Representative Kathryn Swan, both of Cape Girardeau.

Lt. Governor Kehoe signed the legislation in his capacity as Acting Governor due to the fact that Governor Mike Parson was out of the country, but noted the fact he had discussed this specific legislation with the Governor prior to his departure. During those discussions, Kehoe indicated that this was one of the pieces of legislation approved by the legislature this year that he was most passionate about, and both agreed that it would be appropriate for signing by the Lieutenant Governor.

Kehoe also noted that the passage of this law reflected a strong team effort, not only by key legislators such as Senator Sater, Senator Wallingford and Representative Swan, but also by the professional staff in his office and the Missouri Legislature, as well as the countless advocates for seniors at the grassroots level who have worked on this legislation for more than four years.

Kehoe also said that it was appropriate that the official bill signing occurred in Springfield, MO rather than in Jefferson City, noting that sometimes it is “good to get out of the capitol. This is where the real work gets done.”

Getting this funding has been a long journey and we are so thankful at Aging Matters for the amazing team of advocates and supporters we have had. Every Area Agency on Aging in Missouri, the Silver Haired Legislature, Senior Centers and local volunteers have worked tirelessly to make this a reality. Senator Wayne Wallingford and Representative Kathy Swan, both proudly from Southeast Missouri, worked extremely hard to make this a priority in both the Missouri House and Senate and get the approval needed. This team effort has paid off for all of Missouri seniors and we look forward to making a difference in the lives of Missouri seniors for many years to come. This really is a win for seniors in Missouri!

For additional information relating to this event and to the programs and services administered by Missouri’s Area Agencies on Aging, contact Catherine Edwards, Executive Director of the Missouri Association of Area Agencies on Aging at: [cedwards@ma4web.org](mailto:cedwards@ma4web.org), or by phone at: 573-619-6185. Catherine Edwards contributed to this article.

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## Richland grad among P.E.O. Star Scholarship recipients

JUNE 24TH 2019 BY DEE LOFLIN

Richland grad among P.E.O. Star Scholarship recipients

**By NOREEN HYSLOP**  
**Contributing Writer**

Kate Wyman, a 2019 graduate of Richland High School, was honored recently for having been awarded the P.E.O. Star Scholarship.

Wyman was nominated for the prestigious scholarship by P.E.O.'s local Chapter CP. She is the daughter of David and Carrie Wyman of Essex. A luncheon was held in her honor on July 13, at the home of Rex and Donna Keller of Dexter.

The P.E.O. Star Scholarship is a \$2,500 scholarship based on excellence in leadership, extracurricular activities, community service, academics and potential for future success.

The program is open to young women who are citizens or legal permanent residents of the US or Canada who are graduating high school seniors at the time of application.

A student must be recommended by a P.E.O. chapter.

The P.E.O. Sisterhood was founded in 1869, and is an international philanthropic and education organization which promotes increased education opportunities for women.

Wyman will be attending the University of Missouri in Columbia in the fall and will pursue a double major in Journalism and Vocal Performance. In nominating Wyman for the award, Chapter CP noted her academic excellence, as well as church and community service. As both a vocal and performance artist, she has been involved with theater groups from childhood, including Sikeston's Little Theater and locally, Showstoppers, directed by Mary Ruth Boone of Dexter.

Additionally, Wyman has been active in numerous extracurricular activities at Richland High School and currently serves as secretary of BETA on the state level. She has been instrumental in organizing numerous programs and youth activities at the First United Methodist Church in Essex and is recognized for having co-founded the Fellowship of Christian Rebels, supporting Christian principles at Richland Schools. In May, she represented Richland High School as the 2019 class valedictorian.

Under the direction of Richland teacher, Kyle Carter, Wyman has earned repeated state and national recognition for her efforts in both photography and videography skills.

“We are so proud that Kate was selected for one of P.E.O.’s Star Scholarships,” said Chapter President Riley Taylor. “She is one of the most accomplished young women I’ve ever known. Her strong moral compass and academic record, coupled with a history of dedicated church and community service made her the perfect candidate.”

Photo above by Brandon Martin - Kate Wyman, 2019 Richland graduate, pictured at center, is the recent recipient of a \$2,500 Star Scholarship from P.E.O. Chapter CP. She is shown with the chapter's Star Scholarship Chair, Mary Ruth Boone, at left, and Chapter CP President Riley Taylor.

Photo below by Brandon Martin - Several members of P.E.O. Chapter CP gathered recently to honor Star Scholarship recipient, Kate Wyman. Pictured in front are Carol Vinson, Olivia Zunkle, followed by four generations of Kate Wyman's family: (Great-grandmother) Merle Taylor, (Mother) Carrie Wyman, Kate Wyman, and (Grandmother) Marsha Keller. At far right are Mary Ruth Boone and Nona Robinson. Also pictured are: Jean Isbell, Pam Horton, Ann Dubrouillet, Noreen Hyslop, Donna Keller, Megan Keller, Cathy Bagby, Betsy Taylor, Pam Kruse, Jeanie French, Sharon Guy, Janice McCane, (and

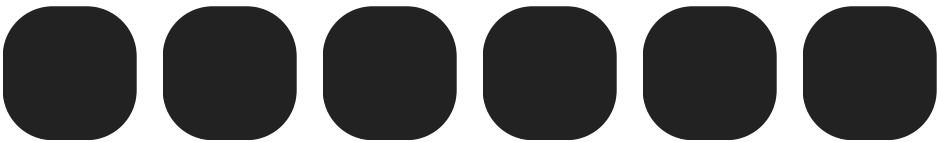
in back) Judy Crump, Susie Grobe, Shirley Gantner and Riley Taylor.

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# Age Spots by Jackie Dover: Tough Love-Family Caregiving

JUNE 10TH 2019 BY DEE LOFLIN

Age Spots by Jackie Dover: Tough Love-Family Caregiving

## Tough Love-Family Caregiving

Rosalynn Carter once said, “There are only four kinds of people in the world; those who have been caregivers, those who are currently caregivers, those who will be caregivers,

and those who will need a caregiver.” Caregiving is often referred to as the toughest job in the world. Many times, you are on duty 24 hours a day, 7 days a week with no time off, no breaks and usually no pay.

Caregivers sometimes have a very difficult time caring for themselves; there just are not enough hours in the day. Since 2001, Aging Matters has had a Family Caregiver Program that focuses on empowering and supporting unpaid caregivers providing care for someone over the age of 60. You do not have to be related to be a Family Caregiver and you do not have to provide round the clock care for this program to help.

The Aging Matters Family Caregiver Program assists caregivers by providing educational programs and information and assistance. Family Caregiver sponsors Caregiver Conferences throughout our 18 county service area, there will be a conference on June 12th in Piedmont, the theme is “Mentally Healthy and Happy”, there will be speakers and booths that can offer help and information. There will be other conferences scheduled including Grandparent raising Grandchildren conferences that will be in the fall after school starts. Those will be held in Cape Girardeau, Poplar Bluff and Hayti. Please call Aging Matters for more information about the conferences, 800-392-8771.

Sixty seven million people in the United States provide some care for a senior in their family or community, this number is growing every year. Respite Care is a service that is provided by the Family Caregiver Program. Respite care is needs based and allows a caregiver to take a break for a while and still have the loved one taken care of.

Family Caregiver also helps with Supplemental Services, which may provide supplies and goods necessary for keeping an elder at home. The supplies need to be things the caregiver cannot provide and are not covered by Medicare or Medicaid. These supplies are items such as nutritional supplements and incontinent supplies. A "face to face" assessment is completed with the caregiver. Assessments are evaluated and assigned a score value and supplies grants are awarded based on that score. There is a limit on supplies of up to \$250. Families may re-apply 12 months after they have used up their allotment.

We know caregiving can be an overwhelming task and no one should have to struggle through the process alone, it sometimes takes a team to provide care for an elderly loved one. The Family Caregiver Support Program helps caregivers find the keys to successful caregiving. Please call Aging Matters 800-392-8771

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## Age Spots: In the Line of Duty by Jackie Dover

MAY 08TH 2019 BY DEE LOFLIN

Age Spots: In the Line of Duty by Jackie Dover

### In the Line of Duty

As I sit writing, this article a headline that catches my attention is that of a Washington deputy who was shot and killed in the line of duty, responding to a call. According to the Officer Down Memorial Page, that makes the 33rd line of duty death for law enforcement in the United States this year. That is a 28% decrease over last year. A decrease is good, but 33 is still too high a number for in the line of duty deaths of officers.

I have known many law enforcement officers over the course of my life. As many of you know, my husband is a Deputy Sheriff and has been for 13 years and my baby brother is an emergency dispatcher in the town where we grew up. I have been lucky in many ways that I only know one person who lost his life in the line of duty. Bob was a Marine Corps buddy of my husband who also became a police officer. Bob was funny, kind and really bad at video games as I was able to beat him on multiple occasions. It was a shock when

he was killed in a car crash in 2013 while on duty.

We still remember and talk about Bob and any time my husband speaks with his Marine Corps buddies, they take time to honor him.

When any officer dies in the line of duty much is lost; a friend, a sister, a father, a son or daughter, they all deserve to be remembered and honored for the sacrifice they made to keep us all safe. Senior and Lawmen Together (SALT) lead the way in honoring those in our area who have made the ultimate sacrifice. The SALT Law Enforcement Memorial Ceremony recognizes 49 fallen heroes who died in the line of duty. On May 23 at 6:00 at Cape Bible Chapel, 2911 Kage Rd, Cape Girardeau, Mo we get a chance to remember with respect, gratitude and honor these 49 men who made a difference in their communities. We also get the chance to honor their families and make sure they know that we appreciate the sacrifices they have made. SALT honors those from the counties of Bollinger, Butler, Cape Girardeau, Dunklin, Iron, Madison, Mississippi, New Madrid, Pemiscot, Ripley, Scott, Stoddard and Wayne.

The Law Officer Memorial Ceremony is open to all and I encourage you to attend. During the evening we get to hear the winners of an essay contest with the theme “Police-Our Heroes”, it is inspiring how these young kids see police officers. The respect and appreciation they have is very moving. Sandy Karsten, Director of Public Safety will be the key note speaker, SALT will give out the Roger Fields Award and the reason why we all gather the Final Call, a recitation of the 49 heroes we are honoring.

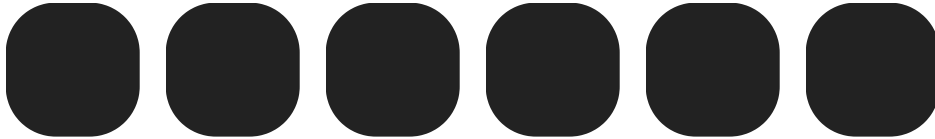
SALT also sponsors the Law Officer Memorial located at Cape County Park North. This memorial has all 49 names of the fallen heroes, from our area engraved and stands as a lasting tribute to their sacrifice. I encourage you to visit and take a moment to say thank you to these 49 heroes.

For those not able to attend the Memorial, Police Week goes from Sunday May 12 until Saturday May 18. Please take the time to thank an officer for all they do for us.

We are lucky there are men and women who are willing to risk so much for those they do not know. That so many have the courage and bravery needed to put their lives at risk every time they go to work. Please take the time to honor those who lost their lives in the line of duty and thank those who still serve.



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## Age Spots: Silver Haired Legislature Election will be May 7 by Jackie Dover

APRIL 22ND 2019 BY DEE LOFLIN

Age Spots: Silver Haired Legislature Election will be May 7 by Jackie Dover

### **Silver Haired Legislature Election will be May 7**

The Silver Haired Legislature (SHL) is a formally elected body of citizens 60 years of age or older that promote conscientious legislative advocacy for Missouri's older adults.

All members are volunteers who serve without pay. Currently there are no term limits so a delegate may be re-elected to an unlimited number of terms. The elected delegates meet several times at Aging Matters in Cape Girardeau and participate in a mock legislative session patterned after the MO General Assembly. The session is in Jefferson City in the fall of each year. Many of the activities take place in the Senate and House chambers of the Capitol building.

The SHL delegates work all year as advocates for senior issues. They are updated on proposed legislation and stay in touch with the legislators. Many of the legislators contact the SHL delegates asking for their input on proposed legislation.

There are 10 Area Agencies on Aging (AAA) in Missouri and SHL delegates are elected from each AAA area. This brings about 150 seniors together in Jefferson City to present proposals, debate issues, and choose the top five for which they will advocate during the year.

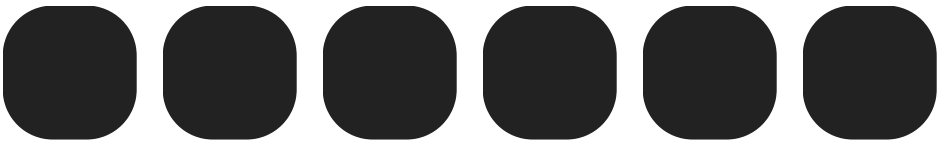
If you are interested in becoming a SHL delegate, you should file a Declaration of Candidacy with the Aging Matters office. This statement must arrive in the office by close of business on April 30. You may obtain an application by contacting our office at 1-800-392-8771 or locally at 335-3331 ext. 113 or pick one up at your local senior center.

There are five Representative and one Senate seat up for election this year. The May 7 election will be held at the area senior centers during regular business hours. Contact our office to learn more about this very important program.

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