

Area Bloggers



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Welcome to Aging Matters by Jackie Dover

AUGUST 01ST 2022 BY DEE LOFLIN

Welcome to Aging Matters by Jackie Dover

Welcome to Aging Matters

I often get questions about what Aging Matters is and what do we do, so I decided to answer some of those questions. Aging Matters is the Area Agency on Aging for Southeast Missouri. Our area covers 18 counties; Bollinger, Butler, Cape Girardeau, Carter, Dunklin, Iron, Madison, Mississippi, New Madrid, Pemiscot, Perry, Reynolds, Ripley, St. Francis, Ste. Genevieve, Scott, Stoddard and Wayne. We are one of ten agencies in the state of Missouri. Area Agencies on Aging were established by the Older Americans Act of 1973 with the goal to provide services and programs for those 60 and older.

We are probably most known for our nutrition programs. We currently have 33 Senior Centers, also known as Nutrition Centers. These centers provide a nutritious noontime meal Monday through Friday; home delivered meals are also available for those 60 and older who are not physically able to go to a center. The senior centers also offer many support and recreational services such as bingo and other games, educational classes, dances, physical fitness programs and many opportunities to engage with others. For those who live outside the area the Senior Centers can deliver to, we offer a Distance Dining Program. This program sends frozen meals that can be heated in an oven or a microwave and gives the senior a warm, nutritious meal.

Aging Matters also has a Family Caregiver program that helps those who are caring for someone 60 and older. Caregiving is one of the hardest things you will ever do and our

program attempts to help alleviate some of the stress and pressures that goes along with that. The Caregiver program can help by providing educational programs, support programs, some respite care and a limited supplies program.

For those who live in long-term care or those who have family in long-term care we have an Ombudsman Program that works directly with residents and families to ensure the residents have a voice and that voice is heard. They help ensure resident’s rights are upheld, they advocate for residents and offer education and information about long-term care facilities.

The In-Home Care program allows those who are 60 and over to get some help in their home. This program is limited on the hours available but can provide chore services to those physically unable to do those chores, things such as dishes, vacuuming and laundry. There is also personal care available that can help with bathing and other special needs.

Information and Assistance has trained specialists that are able to offer information on a variety of topics related to aging. If they don’t have an answer, they probably know who does. They are also trained to offer Medicare, Medicaid and extra help assistance and counseling and help with paperwork for those programs. They also offer programs to the public to inform them on services available, Medicare or Scams.

If you have questions about any of our programs or would like more information, please call Aging Matters 800-392-8771. Because Aging Matters.

LAST UPDATED ON AUGUST 01ST 2022 BY DEE LOFLIN

<https://showmetimes.com/Blogpost/vhjf/Welcome-to-Aging-Matters-by-Jackie-Dover>

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Lexi and Honey are Seeking a Loving Home

JUNE 30TH 2022 BY DEE LOFLIN

Lexi and Honey are Seeking a Loving Home

Lexi and Honey are looking for their forever home!

Lexi is a lab mix weighing 40 lbs and believed to be senior dog at 10 years of age.

Honey is a golden retriever mix weighing 35 lbs and is around 6 years old.

They are up-to-date on vaccinations and are heartworm negative.

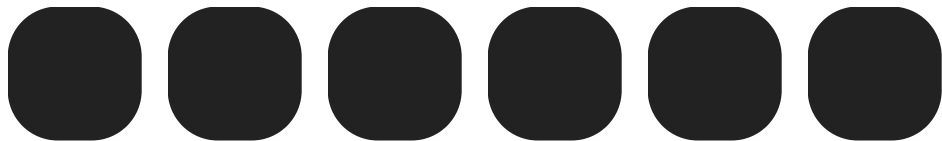
Honey and Lexi are the sweetest girls and have been in the care of Jessica Georger at Muddy Paws LLC in Dexter for about two weeks.

They are up for adoption so if you are interested in more information or visiting with them please call Muddy Paws at 573-614-5748.

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Larry Helm Running for City of Dexter Alderman Ward III

MARCH 15TH 2022 BY DEE LOFLIN

Larry Helm Running for City of Dexter Alderman Ward III

Friends, I am running for City Alderman, Ward 3 and I am asking for your vote and support in this upcoming election. The election will be held Tuesday, April 5th at the Bearcat Event Center.

My wife Dana and I raised two sons that graduated from Dexter High School that both now currently serve our US Military. Dana and I have lived and worked nearly all our lives in Stoddard County.

I am currently the Energy Sales Specialist with Southern FS, formerly Bootheel Petroleum. Before that, I served in leadership and management roles with Southeast Coop Service Company. It is this 28 years of business management experience combined with my integrity which qualifies me to serve as your Alderman.

It takes strong conservative leadership in this ever-changing world. If elected, I commit to doing everything I can to enhance the economic future and safety of our city.

I want to thank you for your consideration and support. If you have any questions or concerns, please call or text me at 573-421-6949 or email: **lhelm74@outlook.com**

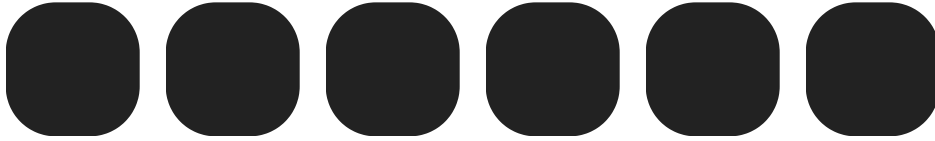
Please vote on April 5th

Sincerely,

Larry C. Helm

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Age Spots by Jackie Dover: What a Meal, What a Deal

FEBRUARY 23RD 2022 BY DEE LOFLIN

Age Spots by Jackie Dover: What a Meal, What a Deal

Age Spots by Jackie Dover: What a Meal, What a Deal

If you ask my kid's what their Grandma does best, one of the first things they will, say is she is a great cook. She always makes them whatever they want and it is always amazing. Food for many people is about more than nourishment for the body. It can be a way to share love, to share culture to comfort and show appreciation.

According to the National Council on Aging (NCOA), 5.2 million seniors face hunger in America. The cause of food instability can have many causes. Record inflation has caused the cost of food and other necessities to go up. Seniors living on a fixed income have

difficulty keeping up with these increased costs and are making devastating choices between food, medicine or other bills. The physical health of a senior can contribute to hunger. Many illnesses and their treatments cause physical issues such as pain, fatigue and lack of appetite. Some seniors lack the ability to shop or order healthy, nutritious food. All of these issues can cause food insecurity that can lead to medical issues and depression.

Aging Matters strives to alleviate senior hunger. Aging Matters has 33 senior centers in our 18 county service area. These centers provide more than 1.4 million meals to Southeast Missouri. These meals are delicious and nutritious. The menus are designed by a registered dietician to be meet one third of the recommended dietary allowance (RDA). During the COVID pandemic many of the centers had to close for congregate dining but all continued to deliver meals to those in need and the homebound.

With the dropping of COVID numbers, many centers are now open and resuming congregate dining and other activities. Research from NCOA shows that older adults who participate in senior center programs can learn to manage and delay the onset of chronic diseases and experience improvements in their physical, social, emotional and economic well-being. Centers today offer a wide variety of things to entertain seniors. With offerings such as educational presentations, exercise and dancing classes, quilting and crafts, puzzles, games and BINGO there is something for almost everyone. Now that most centers are open, seniors get the chance to meet with old friends and develop new friendships, while getting a good meal. I know from personal experience no food ever tasted as good as the meals my Grandma Grace made for us. When they say love was the secret ingredient, sometimes it was. However, I have had many meals at the different centers, they are really good, and the extras cannot be beat.

Contact your local center today, by phone or on the internet, to see what activities they offer that might interest you. Aging Matters has centers in the following communities:

Altenburg Bismarck Bonne Terre Campbell Cape Girardeau

Caruthersville Chaffee Charleston Dexter Doniphan

East Prairie Ellington Farmington Fredericktown Hayti

Jackson Kennett Malden Marble Hill Naylor

New Madrid Park Hills Perryville Poplar Bluff Portageville

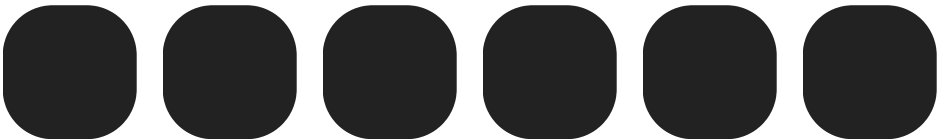
Puxico Quilin Ste. Genevieve Scott City Signer Sikeston Van Buren Williamsville

If you are a senior or have questions about senio0r issues, please call Aging Matters 800-392-8771. Because....Aging Matters.

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Age Spots by Jackie Dover - Helpful Programs

OCTOBER 20TH 2021 BY DEE LOFLIN

Age Spots by Jackie Dover - Helpful Programs

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One of my twins recently got a concussion playing football. We had several days of dark rooms, sunglasses and quiet time. One of his restrictions was no screen time, that is torture to a 15 year old. We had to search to find other ways to entertain him. I busted out

the colored pencils and let him be creative and we played board games and did puzzles. It was great to have those reliable, non-electronic ways to keep him busy. This made me think what reliable programs are available that seniors might be looking for.

CLAIM is Missouri's official State Health Insurance Assistance Program (SHIP). CLAIM offers free, unbiased counseling and education to Medicare beneficiaries. Several Aging Matters staff are CLAIM volunteers and receive training and education on Medicare, Medicaid and health insurance. Claim is always looking for volunteers to help, so if you are interested in learning about Medicare and helping others, please call Claim at 800-390-3330.

Missouri Senior Medicare Patrol (SMP) helps Medicare and Medicaid beneficiaries prevent, detect and report health care fraud. The SMP conducts outreach such as meetings, presentations and community events to educate seniors on how to protect their personal information, how to identify errors on their Medicare Summary Notices and how to report issues found. The SMP works with Medicare beneficiaries to address the problems and if needed can report the issues for investigation. SMP can be reached at 888-515-6565.

If you have ever tried to find a pension from a company that changed names or ownership, you know what a difficult process that is. The South Central Pension Rights Project can assist anyone with a pension question or problem, regardless of age, income, or value of the claim. This is a free service. Pension counselors assist:

Answering questions about complicated pension laws and how they affect retirement

Obtaining and explaining hard to find retirement publications, forms and other documentation

Correcting pension miscalculations

Claiming retirement benefits that have been denied

Tracking down benefits from past employers

South Central Pension Rights Project serves Missouri, Arkansas, Louisiana, New Mexico, Oklahoma and Texas. If you have questions, you can contact them at **www.southcentralpension.org** or 800-443-2528.

Wolfner Library is a free library service for qualifying Missourians who are unable to use standard print reading materials due to a physical or visual disability. Wolfner Library offers a wide variety of services including:

Braille

Large print

Fiction and non-fiction audio books for all ages

Over 70 magazine subscriptions

Loanable machines for those renting audio books

Materials are mailed to and from library patrons free of charge. If you would like more information, you can visit the Wolfner Library website: www.sos.mo.gov/wolfner or follow them on Facebook: facebook.com/wolfnerlibrary or call 800-392-2614.

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