

AGING AHEAD

Supporting the journey.

SPRING 2022

“The virtual meetings are a true godsend! Contact with people is so critical to staying healthy and well!”

“I can't even describe how grateful we are for the help Aging Ahead has provided us! Life is hard right now, but it could be worse. I feel less anxious knowing help is only a phone call away.”

“I'm so grateful every day for this program. It's helping me stay connected with new programs and opportunities.”

“The meal delivery is just a part of the day that I don't have to think about. It seems so simple, but it helps me out immensely.”

Here's What People are Saying about Aging Ahead

“Without the help of Aging Ahead, I would be living on the street. Aging Ahead saved me. I truly believe that. Now, I literally have a new lease on life!”

“The friendly caller program lifts my spirits. It's life affirming to know that I'm not forgotten.”

“I'm so grateful to be a part of this program. Thank you for making this old lady feel so good. Aging Ahead has been a blessing.”

“Thank you for allowing me and so many others to stay safe and healthy.”

CLAIM CAN HELP!

CLAIM has been the official State Health Insurance Assistance Program (SHIP) for Missouri since 1993. Through partnerships with over 180 organizations throughout Missouri, including Aging Ahead, CLAIM is able to provide services that are free, unbiased and confidential. CLAIMS's more than 300 volunteers are certified Medicare counselors and receive extensive training and updates on a regular basis. CLAIM is not an insurance agency. They do not sell anything, and their counselors do not ask for money.

How CLAIM Helps

- Help Missourians with applications for and enrollment into health insurance, including Medicare Prescription Drug Coverage and programs to help with Medicare Part B and D costs
- Answer questions consumers may have about Medicare, Medicaid/MO HealthNet, Medicare Advantage, or supplemental insurance
- Assist Missourians in understanding and organizing health care bills and statements in a system that will help manage their healthcare-related paperwork in the future
- Assist consumers in submitting claims for Medicare, Medicare Advantage and supplemental insurance
- Help consumers understand the Medicare appeals process and assist in the process in whatever capacity is necessary

To learn about or access their services, call 800.390.3330 or visit <https://www.missouricclaim.org/>

Center Spotlight!

Most of our centers are now open at least two days per week for in-person activities! While the days vary by location, centers are working hard to schedule creative in-person activities for all to enjoy.



The O'Fallon center recently held its first Senior Olympics. The Games began in February and continued throughout March. Participants looked forward to coming to the center and competing. The Game events were Bowling, Shuffleboard, Billiards, Darts, Cornhole, Golf, and Football. They even held an Awards Ceremony, complete with medals! The Games brought a sense of togetherness to the center and new friendships were made. ***There are some people I became close with and had never talked to before. I loved getting to know everyone else through our Olympic games,*** said one participant. O'Fallon hopes to make this an annual event due to its popularity and success.

The South County center recently held a painting class instructed by Pamela Guest, the center's administrator. A participant, Gina, expressed her excitement for the class, ***"I've been looking forward to this for so long! I love creative projects."*** The class was well-attended, full of laughter and camaraderie between participants while showing off their masterpieces. The class painted garden gnomes, all with their own flare. Pamela said she will be incorporating more art classes in the future.

Visit www.agingahead.org/what-we-do/community-locations for more information about in-person activities. Activities include Tai Chi, Watercolor Painting, Line Dancing, Bingo, Chair Exercise, Word Play and so much more!



CLAIM Volunteers Needed!

CLAIM is seeking new volunteers who want to help older adults in the community. These certified counselors help people understand Medicare healthcare benefits.

Contact Laura by phone or email lconners@agingahead.org
(636) 207-0847 | www.missouricclaim.org

Phishing Scams on the Rise

How To Recognize Phishing

Scammers use email or text messages to trick you into giving them your personal information. They may try to steal your passwords, account numbers, or Social Security numbers. If they get that information, they could gain access to your email, bank, or other accounts. Scammers often update their tactics, but there are some signs that will help you recognize a phishing email or text message.

Phishing emails and text messages may look like they're from a company you know or trust. They may look like they're from a bank, a credit card company, a social networking site, an online payment website or app, or an online store.

Phishing emails and text messages often tell a story to trick you into clicking on a link or opening an attachment. They may

- say they've noticed some suspicious activity or log-in attempts
- claim there's a problem with your account or your payment information
- say you must confirm some personal information
- include a fake invoice
- want you to click on a link to make a payment
- say you're eligible to register for a government refund
- offer a coupon for free stuff

Four Steps To Protect Yourself From Phishing

1. **Protect your computer by using security software.** Set the software to update automatically so it can deal with any new security threats.

2. **Protect your mobile phone by setting software to update automatically.** These updates could give you critical protection against security threats.

3. **Protect your accounts by using multi-factor authentication.** Some accounts offer extra security by requiring two or more credentials to log in to your account. This is called multi-factor authentication. The additional credentials you need to log in to your account fall into two categories:

- Something you have — like a passcode you get via an authentication app or a security key.
- Something you are — like a scan of your fingerprint, your retina, or your face.

Multi-factor authentication makes it harder for scammers to log in to your accounts if they do get your username and password.

4. **Protect your data by backing it up.** Back up your data and make sure those backups aren't connected to your home network. You can copy your computer files to an external hard drive or cloud storage. Back up the data on your phone, too.



Outreach Update

As life begins to look a little more like it did prior to the pandemic, Aging Ahead is excited to return to some in-person community outreach activities. Through our Community Outreach program, we can help ensure anyone who wants to learn more about us, access our services, or support our mission knows how to do so. Whether we are presenting information to a church group or business, hosting an information table at a health fair, or providing materials to hospital social workers, etc., we appreciate the opportunity to help extend our reach to further support individuals through the journey of aging.

If you would like Aging Ahead to participate in an outreach event, please visit <https://www.agingahead.org/what-we-do/community-outreach/> or contact Stephanie at 636-207-4234.



Dementia Friends

Aging Ahead, in partnership with M4A and other Area Agencies on Aging in Missouri, has been providing Dementia Friends Sessions since Dementia Friends USA expanded the program to Missouri in 2019. Dementia Friends USA is a

part of a global movement that is changing the way people think, act and talk about dementia. Originating in the United Kingdom there are now over 3 million Dementia Friends across the globe and over 108,000 in the United States.

The vision of Dementia Friends is that each of us can make a difference for people with dementia. By learning about what it's like to live with dementia and identifying simple actions we can take to provide support, Dementia Friends can help those living with dementia feel safe and accepted in their community.

During a Dementia Friends session, participants will learn about 5 Key Messages about dementia.

- Dementia is not a normal part of aging.
- Dementia is caused by diseases of the brain.
- Dementia is not just about having memory problems.
- It is possible to have a good quality of life with dementia.
- There's more to the person than the dementia.

After an information session a new Dementia Friend will be able to:

- Describe dementia and know the most common type of dementia
- State the five key messages about dementia
- Explain one approach to effectively communicate with a person with dementia
- Commit to an action as a Dementia Friend in your community
- Know where to turn for basic resources for those impacted by dementia

Aging Ahead is focusing on providing virtual sessions throughout 2022 and we hope to make many new Dementia Friends this year. Anyone can become a Dementia Friend. Dementia Friends sessions are open to anyone who wants to help people with dementia in their community.

If your business or community group is interested in holding your own session, please reach out to Aging Ahead's Dementia Friends Champion, Stephanie Paul, MSW, LCSW at spaul@agingahead.org or 636-253-0558.

Aging Ahead Dementia Friends virtual sessions for April, July and November will be posted at www.agingahead.org/events

For more information about Dementia Friends USA visit www.dementiafriendsusa.org



#Humblebrag

Aging Ahead is committed to building upon an inclusive and welcoming environment so that all have the opportunity to age well. It's important that we embody an inclusive culture that encourages, supports, and celebrates diverse voices throughout our community. We have a few exciting updates that spotlight our commitment to inclusivity in the community and in the workplace!

Though our website, AgingAhead.org, is full of important information and resources, it was only available in English...until recently.

Now our website is available in over 20 different languages through a Google widget, allowing all to access important. You'll find the language widget at the bottom of our home page and on the right side of the page.

We have also added an LGBTQ survey to our website to help us learn more about and respond to the needs throughout this community.

Just as we are committed to growing with the community, Aging Ahead also invests in the growth of employees. This year we've

launched a Lending Library in partnership with EyeSeeMe, a local African American bookstore that's identified several Black authors and titles to share with Aging Ahead staff. The Lending Library empowers staff to educate themselves with the hope of elevating critical conversations about equity and inclusion Agency-wide.

As an organization, we believe that all belong, and all should have the right and opportunity to age well.





Minimizing Waste in the Kitchen

If you love to cook, you know how hard it can be to use all the items you purchased for one recipe. Leftover ingredients and leftover food can lead to food waste if not used properly. That could lead to food you paid for going into the trash! Below are a few ways to stretch your food items to minimize food waste while saving some extra money.

Tip 1: Plan your meals. Look for recipes that have common ingredients. They don't have to be too similar. Example: A spaghetti sauce can use tomatoes, onion, and peppers and so can tacos.

Tip 2: Save your herbs and scraps. Extra herbs like mint or lavender can be used in teas. Other herbs like sage, rosemary, or thyme can be reused to make soups and broths. Chicken or beef bones and other scraps can be used to make broths and stocks.

Tip 3: Use mixed foods to re-use leftovers. Items like leftover vegetables can be used in casseroles, soups, or salads. For example, leftover peas and broccoli can be re-used in a stir fry.

Foods to Keep on Hand

These are food items that can be used in many recipes.

- Salt, pepper, other herbs and spices
- Minced garlic
- Butter, margarine, or cooking oil
- Flour
- Soup broth or stock
- Pasta or rice
- Canned/frozen veggies: tomatoes, onions, peppers
- Protein, like meat or cheese

When in doubt, freeze it!

Foods that freeze well:

- Herbs
- Milk
- Bread
- Meats and Fish
- Shredded Cheese & Butter
- Most produce
- Uncooked doughs

Foods not to freeze:

- Cooked rice
- Mayo-based salads
- Cooked pasta
- Raw Eggs
- Salad dressings
- Block cheese

Choice Program Continues to Grow!

Thanks to a partnership between the Brentwood Community Center and Aging Ahead, there are even more 'Choices' to get active, learn something new, and stay connected. The wide variety of in-person CHOICE programs are held at 2505 S Brentwood Blvd, 63144. Aging Ahead's CHOICE programs bring an impressive array of programs and services to community locations where older adults naturally congregate, such as libraries, YMCAs, and community centers. As a result, more people are accessing information and resources that help enable them to age successfully in their homes and communities. A boxed lunch is available with a suggested donation of \$5 if over 60 and \$10 for anyone under 60. You can contact Allison Koger at (akoger@brentwoodmo.org 314-963-8689) to learn more, register, and order a lunch. To learn more about other Aging Ahead Choice programs, please check out <https://www.agingahead.org/what-we-do/choice/> We look forward to seeing you soon!

Upcoming Presentations

- CDSMP
- Meditation for Beginners
- Harvesting and Preserving Herbs
- Signs of Alzheimer's
- Stroke Awareness
- Mediation and You
- Importance of Quality Sleep
- Tooth Wisdom Get Smart About your Mouth

Introducing Your Silver Haired Legislators

The Aging Ahead Silver Haired Legislature (SHL) is made up of volunteers who advocate on behalf of older Missourians. In this special series, you will have a chance to meet the delegates who represent you. We invite you to reach out and share your thoughts on policies impacting your ability to age well. If you'd like information on joining the SHL, please contact Jan at jkeith@agingahead.org or 636-207-4206

Meet Dale Nichols!

Interviewed by SHL Delegate Tom Eyssell (eyssellt@umsl.edu)

This interview was performed via Zoom with North St. Louis County SHL Representative Dale Nichols.

How long have you been a member of the Silver-Haired Legislature?

I've been a member for eight years.

What caused you to join the Silver-Haired Legislature?

About forty years ago (when I was forty years old), I was complaining about government, and decided that, rather than just sit around and complain, I would get involved. I became involved in fund-raising, attending political meetings, and talking to politicians. I took my kids to Jefferson City to meet legislators, and began to volunteer with the Alzheimer's Association. I met Ralph Queen [a former member of the SHL] and became an alternate. After two years, I became a Representative.

How long have you lived in Maryland Heights?

My wife and I have been here for ten years.

Tell us a bit about your background - what did you do before retiring, what interests do you have these days (apart from senior advocacy)?

I was at Hunter Engineering in a variety of executive positions, the longest as a Cost Manager. I started there in 1975 when it was a relatively small firm, and worked there for thirty-four years. In addition to my work with the Alzheimer's Association, I have volunteered as a docent and then Business Manager at the Lutheran Museum. I am currently participating in a Senior Driving Study to assess the impact of aging on driving ability, as well as a study on senior cell phone use.

What do you think are the biggest issues facing seniors today?

Five issues concerning seniors today are:

Nutrition, Home upkeep, Depression, Transportation, Voting, Prescription drug costs

What would you like to say to someone interested in joining the SHL?

Everybody talks about rights, but not enough about responsibilities. We all have a duty to help support senior, and being in the SHL is one way to get involved and do your part.



Silver Haired Legislature To Hold Election

May 05, 2022

Notice is hereby given that this year's Silver Haired Legislature (SHL) election is to be held at Aging Ahead's senior centers on Monday, May 05. SHL is a formally elected group of volunteers age 60 or older who advocate on behalf of Missouri's older adults.

Seats are open in the counties of St. Louis, St. Charles, Franklin and Jefferson. The SHL members meet monthly at the Aging Ahead central office in Manchester with a virtual option available. The SHL hold an annual autumn meeting in Jefferson City with Missouri's nine other SHL delegations to present, debate and vote on priority bills and resolutions. After the autumn meeting, SHL members speak to senior groups and to legislators to build support for these priority bills. To learn more about the SHL, please visit www.agingahead.org.

The deadline for filing for the SHL election is 4p.m. on Friday April 22, 2022. Contact Chelsea at csnorton@agingahead.org or 636-207-0847 for filing information and documentation.

Your Medicare Questions Answered!

WellFirst Health — Provided by SSM Health Plan — invites you to attend one of our **FREE Medicare Education Seminars**. Learn more about eligibility and plan options. We can help you choose a plan that fits your individual needs. **Receive a \$15 gift card for attending!***

| Seminar Locations | 2022 Dates | Time |
|--|--|-----------------------------|
| Bridgeton SSM Health DePaul Hospital 12303 DePaul Dr | Tue April 26 June 28 | 11 am |
| Saint Charles AXIUS Financial 2085 Bluestone Dr | Wed May 11 June 8 | 5 pm 11 am |
| | Wed April 27 May 25 June 22 | 11 am |
| Saint Louis Comprehensive Benefits 2350 S 7th St, Ste 120 | Wed April 20 May 18 June 15 | 5 pm |
| Saint Peters St. Charles City-County Library, Spencer Road Branch 427 Spencer Road | Thu April 28 | 6 pm |
| | Tue May 10 | 9 am |
| | Thu May 26 | 6 pm |
| | Tue June 14 | 9 am |
| | Thu June 23 | 6 pm |

► Sign up at [wellfirsthealth.com/meet](https://www.wellfirsthealth.com/meet)
or call **314-405-5800 (TTY: 711)**.

For accommodations of persons with special needs,
call **314-405-5800 (TTY: 711)**.

**Only one gift card to those who are Medicare eligible who register
and attend with no obligation to enroll in a plan.*

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Visit: www.AECorner.com

Email: AECorner15@gmail.com

Call: (618)206-8401

Easy-to-Understand Videos | Helpful Caregiver Tips | Links to Senior Service Resources

Newsletter Ad Space Available

Do you want to see your ad here and support older adults in the community, contact Jan Keith at jkeith@agingahead.org.

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www.agingahead.org
(636) 207-0847
info@agingahead.org

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Vaccine Information:

Over 3 million Missourians have received the COVID-19 vaccine. Are you ready to join them? Missouri is currently vaccinating anyone age 5 and up. The Department of Health and Senior Services has outlined important information to help you make the choice for your family and community. For more information on receiving the vaccine and accessing transportation to the appointment, please call Aging Ahead at 636-207-4209. <https://covidvaccine.mo.gov/>

The Department of Health cannot replace lost CDC Vaccination Record cards received at the time of a COVID-19 vaccine. If you need a report showing proof of receiving a COVID-19 vaccination, please reach out to the department's [Medical Records division](#). There is a \$10 cash fee for vaccination records. To speak with a Medical Records representative, please call 314-657-1548.

New Videos On Caregiving

The Adaptive Equipment and Caregiving Corner (AEC) has added some new caregiving videos to the Aging Ahead library. To access the complete online library, visit www.agingahead.org/ae-corner to get started.

If you would like more information about the video library or our Family Caregiver Support Program, please reach out to our Community Options and Services Dept at 636-207-0847.

Social Media

Aging Ahead has been the #1 source for aging information and services for the past 49 years in St. Louis, St. Charles, Jefferson and Franklin counties. Through our Facebook, Twitter and Instagram accounts we share aging information, presentations, stories and helpful tips. Like and follow us today.



Anthem 

Stay healthy while staying at home

Our Medicare plans bring care to you

Your health is important, and even more so in these times. That is why our Anthem Medicare Advantage plans offer you access to doctors and nurses without ever having to leave home. And your local agent is also on call to answer any questions you have about how to get the most from your plan.

How to stay healthy without leaving home:



Online doctor visits from your computer, smartphone, or tablet



Answers to your health questions from our 24/7 NurseLine



Online access to the SilverSneakers® fitness program with on-demand workout videos and live classes, plus health and nutrition tips



Prescriptions mailed directly to you so you don't have to drive or wait in line

1-on-1 help in person, online, or over the phone

