

AGING AHEAD

Supporting the journey.

Fall 2022



Join Our Team of Volunteers

Please consider joining our volunteer family! We can't wait to connect you with our rewarding volunteer opportunities and hear what it means to you! Help us deliver a difference in our community. Look inside this issue for CURRENT NEEDS. To learn more about volunteering to help ensure older adults are not forgotten please contact Laura lconners@agingahead.org or call 636-207-4204.



Check out what our volunteers are saying about volunteering with Aging Ahead! <https://www.youtube.com/watch?v=irdTDCuzhfA>

Volunteering keeps us going. It's much more than dropping off a meal. We connect and bond. We get to hear the stories of these people, and those are important.

Meals On Wheels Volunteers – Carolyn and Dan



I volunteer to teach my kids that we all need to help each other. Volunteering has helped me, and I help people. I think it's important to instill those values in our youth.

**Meals On
Wheels
Volunteer
– Marie**



Thank you for getting us together in the Friendly Caller program I probably enjoy it more than she does. She is a gem! Thank you ever so much. I feel like we have known each other for years.

Friendly Caller Volunteer—Margaret

This is a great way to spend your time and to spread love. You'll be surprised by the love you receive back. It's a supportive and loving and special environment.

**Senior Center Volunteer—
Levon**

Don't even think two seconds about doing it! It's so worth it, and there are so many opportunities to help...plus Aging Ahead makes it fun!

**Y's CHOICE Ambassador
Volunteer-Jeanne**

Volunteering saved me. I was struggling with depression, and this has helped me a great deal. Being there for people, putting a smile on their faces puts a smile on my face. I'm hopeful that we continue to grow together.

Senior Center Volunteer– Angie

Volunteering at Aging Ahead you get to see firsthand how you are helping people.

**Meals on Wheels Volunteer–
Denise**

Delivering during the pandemic was trying. You get really close to these people, and it was hard to see them struggling with feeling lonely and isolated from their support and family. They need us, and we need them. We are their eyes and ears and check on their well-being.

**Meals on Wheels
Volunteer—Mary**

The advocacy is what I enjoy the most.

**Silver Haired Legislature
Volunteer—Patricia**

I love volunteering on SMP, helping to prevent seniors from Medicare fraud and money scams. I am proud of the work SMP and Aging Ahead do to help seniors!"

**Senior Medicare Patrol
Volunteer – Mary**



Open Enrollment Season for Medicare

Protect Your Health

It's the most wonderful time of the year – Medicare Open Enrollment! This can be a confusing time for older adults between October 15th to December 7th that may be filled with misleading commercials, scam-like calls increasing, and lots of questions from older adults. To help make this time a bit easier for you, we've gathered some common questions and resources to help you navigate this period.

What is Open Enrollment?

Open-Enrollment is a time that people who are already enrolled Medicare can make changes to their existing coverage – whether it's Original Medicare, a Medicare Advantage plan, or supplemental drug plan. As long as you already have Medicare, you are free to use this time to find a plan that works best.

Who can't use this Open-Enrollment Period?

If you're looking to make changes to your Medigap plan. You can apply for a new Medigap plan, but eligibility after the initial enrollment period is determined by each individual insurance plan. Additionally, if you did not enroll in Part B when first eligible for Medicare, you cannot use this period of if you have to pay a premium for Part A. You can use the General Enrollment Period between January 1st and March 31st to enroll for Medicare coverage.

I don't want to change my plan. why should I care?

Just as patients can switch Medicare plans, Medicare Advantage plans can change their coverage as well. It is always a good idea to review Annual Notice of Change/Evidence of Coverage statements that come from your plan provider. If you are looking to save money in general, this period can be a great time to shop around to see if another plan can fit your needs for a more affordable price. This is also a good time to re-evaluate if anything major has changed in the past year, that may warrant increased or decreased coverage.

I made a mistake choosing my coverage! Now what?

If you're not content with the Medicare Advantage Plan you choose during the fall period, you can change your plan during the Medicare Advantage Open Enrollment Period from January 1st to March 31st. Additionally, you can change your mind however many times you like during the period. The last plan that you're registered for on December 7th is the plan that goes into effect on January 1st.

This is overwhelming. Who can I turn to for help?

Missouri CLAIM provides free, unbiased counseling and education to all Missouri Medicare beneficiaries. You can speak with a trained volunteer to help you navigate the process by calling 800-390-3330. Additionally, you can reach out to your current plan manager if you have any questions regarding changes to your current plan.

Information Courtesy of [Medicare.Gov](https://www.Medicare.Gov) and [MedicareResources.Org](https://www.MedicareResources.Org)

Have Medicare Questions? Contact Aging Ahead at
St. Louis County 636-207-0847
St. Charles County 636-579-0555
Franklin County 636-629-3143
Jefferson County 636-253-0558

We NEED you!

Please help deliver a midday meal to homebound older adults in **Ferguson, St. Charles, House Springs, St. Clair, and Union**. Meals are delivered between 11am-1pm, Monday-Friday. Flexible route schedules are available.

Additional volunteer opportunities

- CHOICE Ambassador – Assist with CHOICE at the Florissant Valley Library.
- CLAIM – Join a national volunteer program that's locally run. Help others understand their Medicare benefits.
- Senior Medicare Patrol – Help with Medicare outreach making presentations at health fairs.
- Friendly Caller –Help older adults remain connected to their community by making regular social telephone calls.
- Silver Haired Legislature – Become an advocate for the aging population in Missouri.
- Advisory Council Member – Seeking Franklin County residents to volunteer.





Your Vote Matters!

New law results in important changes for voters!

What's new this year?

A new law that took effect August 28, requires voters to present a **valid photo ID or vote a provisional ballot** when casting a regular ballot in-person, **allows no-excuse, early, in-person voting** two weeks before an election and bans the use of drop boxes. Also, the state's redistricting plan has redrawn certain congressional and state legislative districts, and may affect which candidates appear on your ballot.

Absentee Voting

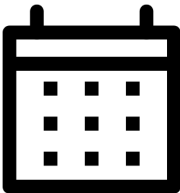
You will need to meet certain criteria to cast an absentee ballot and most ballots that are NOT delivered in-person to your county election authority with a voter ID will require notarization.

Early In-Person Voting

You can vote in-person at your local election authority with voter ID from October 25 through November 7. No absentee criteria are required during this early, in-person voting period.

In-Person Voting: Election Day

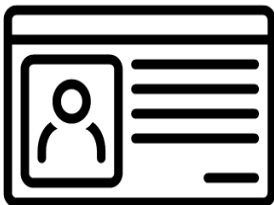
The general election is Tuesday, Nov. 8. Polls are open from 6 a.m. to 7 p.m.



Key Dates

Oct. 12: Last day to register
Oct. 26: Last day to request an absentee ballot by mail
Nov. 7: Last day to request an absentee ballot by person
Nov. 8: Last day to hand deliver an absentee ballot
Nov. 8: Election Day

Your polling place may have changed, check with your local election office to confirm where you vote in-person.



Acceptable Forms of Voter ID

- A nonexpired Missouri driver or non-driver license;
- A nonexpired military ID, including a veterans ID card;
- A nonexpired United States passport; or
- Another photo ID issued by the United States or the state of Missouri which is either not expired or expired after the date of the most recent general election.

If you do not possess any of these forms of identification, but are a registered voter, you may cast a provisional ballot. Your ballot will count if: (1) you return to your polling place on Election Day with a photo ID; or (2) the signature on your provisional ballot envelope is determined by your local election authority to match the signature on your voter registration record. If you cast a provisional ballot, you will receive a stub from your provisional ballot envelope with instructions on how to verify that your provisional ballot is counted.



If you are unable to vote in-person because of any difficulties it poses for you, please request to be put on the "**Permanent Absentee Voter List**" by contacting your local election authority. **It's that easy!** Once you are on this list, your local election authority can automatically mail an absentee ballot application directly to you prior to each election. You will need to make this request directly to your local election authority who will send you further information.

Your County Election Office is there to help with checking registration status, voting options, getting correct forms and more.

Election Office Contacts

St. Louis County 314-615-1800
St. Charles County 636-949-7550

Franklin County 636-583-6355
Jefferson County 636-797-5486

Missouri Secretary of State
(800) 669-8683

For more information or support, please call Aging Ahead at 636-207-4206 or email info@agingahead.org

YOUR VOTE MATTERS ★★★★★ YOUR VOTE MATTERS ★★★★★ YOUR VOTE MATTERS

How Do You Get Your Groceries?

In 2022, it is only becoming easier to order groceries for pick up or delivery instead of going to the grocery store to shop on your own. Apps like Instacart or Amazon make it easy to add to your cart and deliver your groceries without leaving your home or picking them up without leaving your car. Most even accept SNAP/EBT dollars for qualifying items.



Grocery App	Delivery Fee	Perks and EBT Acceptance
Instacart	\$3.99 without annual membership	EBT accepted for Schnucks and Aldi. (Must provide additional form of payment for delivery fees) Annual membership \$99/year and waves delivery fees for deliveries over \$35
Schwann's	Free delivery on purchases over \$50. \$3.99 delivery fee for purchases under \$50.	To pay by EBT select the "In- Person" option at checkout. Present your EBT card to your Route Sales Representative upon delivery so they can swipe it.
AmazonPantry	Free Delivery for orders over \$25 for Amazon Pantry. No minimum requirement for Prime members.	www.amazon.com/snap-ebt Add your SNAP EBT card number at the "Add your SNAP EBT Number" button. 15% discount on select products with an EBT card
Imperfect Foods	Free delivery for orders over \$60. \$5.99 delivery fee for orders under \$60	Not EBT eligible (yet). Provides sustainably sourced and affordable groceries weekly.
Walmart Grocery Delivery	Free with Walmart + Membership, \$8-\$9 without membership.	EBT Accepted Online (Must provide additional form of payment for delivery fees)



Don't forget pickup is also an option! Stores like Schnucks, Dierbergs, Walmart, and Whole Foods also offer pickup options. Just select items online, select your pickup time, and arrive to the designated pick up areas at the time you selected. Notify the store that you're outside to pick up and they'll bring the groceries directly to your car!

Get Free At-Home COVID-19 tests through your insurance coverage!

Testing is critically important to help reduce the spread of COVID-19, as well as to quickly diagnose COVID-19 so that it can be effectively treated. The Federal Administration now Requires Insurance Companies and Group Health Plans to Cover the Cost of At-Home COVID-19 Tests.

Insurance companies and health plans are required to cover 8 free over-the-counter at-home tests

per covered individual per month, through preferred pharmacies, retailers or other entities with no out-of-pocket costs. These actions remove financial barriers and expand access to COVID-19 tests for millions of people.

Adults and children who believe that they have been in contact with an individual with COVID-19, or believe they have been infected with COVID-19, or are at risk or susceptible to being infected by COVID-19, shall be eligible to purchase an At-Home COVID-19 test and receive coverage as long as an individual meets the insurance

requirements. Contact your pharmacy for further information.

Information provided by Big Bend Pharmacy. 636.438.509
WWW.BIGBENDPHARMACY.COM

References:
health.mo.gov,
cms.gov,
hhs.gov



Partnering to Protect and Support



Adult Abuse and Neglect Hotline
1-800-392-0210
Make a difference. **Make the call.**

Aging Ahead, along with the other Missouri area agencies on aging (AAA), provide supportive ser-

vices to older adults every day. The programs, services, and resources offered can make a critical impact on the lives of those we serve. We are pleased to share a new partnership between Missouri AAAs, including **Aging Ahead**, and Adult Protective Services through the Department of Health and Senior Services to assist eligible adults with access to goods and services that are not otherwise available. When a client in crisis is referred to Adult Protective Services (APS), they conduct an in-depth needs assessment and determine the appropriate, necessary, and often complex services needed. Aging Ahead will now assist those in our four-county service area with access to services which may include case management, transportation, home delivered meals, legal assistance, medical equipment not covered by insurance or other services as determined to be necessary.

Since the launch of the program in early July, the Agency has received more than twenty referrals from APS staff. Local referrals mirror those across the State as the top four often-referred needs have been for pest control, trash removal, deep cleaning, and utility assistance. In addition to these categories, the Community Options Specialists at **Aging Ahead** have facilitated plumbing repairs, transportation for a person seeking refuge away from a domestic abuse situation, yard clean-up, rental assistance, groceries, household items as well as referrals to community resources for ongoing assistance.

Tim Jackson, Section Administrator with APS, stated "The Department of Health and Senior Services, Division of Senior and Disability Services is very excited about the Adult Protective Services' (APS) new partnership with the AAAs. This program is helping APS clients to regain stability after enduring abuse, or experiencing a high-risk situation, by directly linking them to critically needed goods and services. Through this partnership, we're able to make a lasting and meaningful, positive impact on the lives of clients.

On behalf of the APS team, I'd like to thank Aging Ahead, along with the other 9 AAAs and ma4, for their support and assistance with development and coordination of this worthwhile program. We are certainly better together in carrying out our mission of serving and protecting seniors and adults with disabilities."

We are proud to work with the Department of Health and Senior Services and APS staff to help ensure those most vulnerable receive the support and care they deserve.

Online Reporting is now available for all concerned citizens and should only be used to report non-emergencies.
<https://health.mo.gov/safety/abuse/>



What's Cooking?

Join us as we return to cooking hot meals at our locations this fall! Many of our centers are already serving delicious, hot meals during the week. We will continue to prioritize hot meal service at all our centers five days a week. Please be sure to check out the menus, available online through our Community Locations page. Make your reservation today and see what we've got cooking!

The CHOICE program resumes in-person sessions with lunch service at the St. Louis County Florissant Valley library branch this October. To register for upcoming sessions, please see the Events page on our website. We will continue to offer virtual programming for those interested in joining online. Additional in-person locations at other library branches will be added in the new year. "Check out" our next newsletter more information!

Our Wentzville center is moving effective November 7th. We will no longer be at the Green Lantern site and will be in the newly built Wentzville Recreation Center located at 500 Great Oaks Blvd, Wentzville, MO 63385. This is only 2.5 miles from our current location or a short seven-minute drive. The facility is equipped with a state-of-the-art kitchen, media room, and game room. Be sure to stop by for a visit!

COMMUNITY NEWS

Thank You for Your Support

Aging Ahead would like to thank Community News for their generous donation of ad space in their publication.



Introducing Your Silver Haired Legislators

Meet Aaron Robinson

SHL Delegate Tom Eyssell eysselt@umsl.edu interviewed Aaron Robinson, Delegation Chair, Aging Ahead.

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

I have been a member of the Silver-Haired Legislature since August 2015.

What caused you to join the Silver-Haired Legislature?

In 2015, I was approached by Ms. Peggy Wilson who was already a member of Silver Haired and she felt that I would be a good fit for the Organization. She also recognized my advocacy role as a Leader within my other Organization - President of Centennial Plaza Housing Board (1992-2016).

How long have you lived in your current home?

I have lived in my current area and have been a St. Louis County resident for over 36 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)?

My background covers a wide range of years dating back to my freshman year in college and moving forward through my extensive career as a Human Resources Specialist., Labor Relations-Employee Relations, Internal Revenue Service. My interests today involve traveling, sports, concerts, movies, love for the arts and music, love for Community.

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

Prescription drugs, Personal Property and Real estate taxes, Transportation, Income instability, Home Alone, etc.

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

I would like to say that if you feel or think you can help make a difference in a person's life by advocating for programs which affect Seniors and being a good a steward of these programs, then Silver Haired Legislature would be the place where you would like to be.

If interested, please contact Jan as 636-207-4206 or jkeith@agingahead.org.

No Experience Needed



Affordable Connectivity Program

Helping Households Connect

Did you know **you automatically qualify for a \$30 monthly discount on your home or mobile internet service** through the Federal Communications Commission's Affordable Connectivity Program? Aging Ahead is encouraging all recipients/beneficiaries to claim this new benefit and start saving on your internet service.

You are also eligible for a one-time discount of \$100 for a laptop, desktop, or tablet purchased through a participating provider if you pay a \$10 to \$50 co-pay.

To apply visit AffordableConnectivity.gov or call 1-877-384-2575 to request an application. Once you complete the application you can contact a participating internet service provider to start receiving your monthly discount.

Cost shouldn't be a barrier to getting online. Being connected can help you find job opportunities and access telehealth services, saving you time and transportation costs.

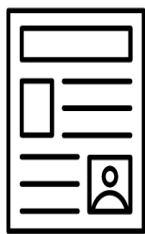
There are additional ways to qualify. Go to fcc.gov/acp to learn more and apply. If you have questions, you'll find a consumer FAQ that can help, along with a list of participating internet service providers sorted by state.

Claim your new benefit and get connected today.



The Adopt-A-Route program provides an excellent way for companies and organizations to engage in community service by delivering a midday meal to homebound older adults in our community. We are pleased to announce **Pony Bird** is helping deliver meals in Quad Cities. Thank you! We can't do it alone! For more information visit our website or contact Volunteer Coordinator, Laura Connors. Iconners@agingahead.org or call 636-207-4204.

Newsletter Ad Space



Place your ad HERE! Your ad helps Aging Ahead print and share our quarterly newsletter with thousands of homebound seniors and caregivers. Do you want to see your ad here and support older adults in the community, reserve your ad space today! Contact Jan Keith at jkeith@agingahead.org.

Wish you were spending more time with family instead of maintaining your home?



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Email: AECorner15@gmail.com
Call: (618)206-8401

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



**ALWAYS
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Check out our newest episode of
Always Aging Ahead, now available on
Spotify and Apple Podcasts!

<https://www.agingahead.org/blog/>

#GIVING TUESDAY

Mark your calendars for Tuesday, November 29th to join in the eleventh annual global day of giving, #GivingTuesday. You've shopped until you've dropped with great Black Friday and Cyber Monday deals, but let's remember what the holiday season is really about—giving back to those in need. Be a part of something big this year, and join the international campaign to give back by donating to Aging Ahead November 29, to support vulnerable older adults in your area. To donate, please visit our donation page: www.agingahead.org/doante and select Giving Tuesday in the dropdown menu.

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



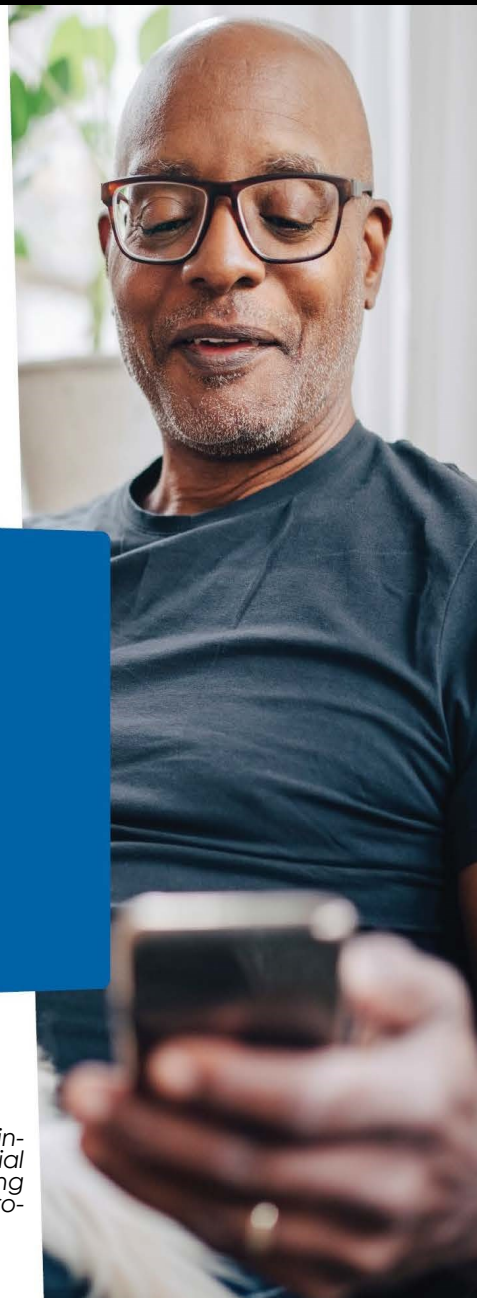
Online access to the SilverSneakers® fitness program with on-demand workout videos and live classes, plus health and nutrition tips

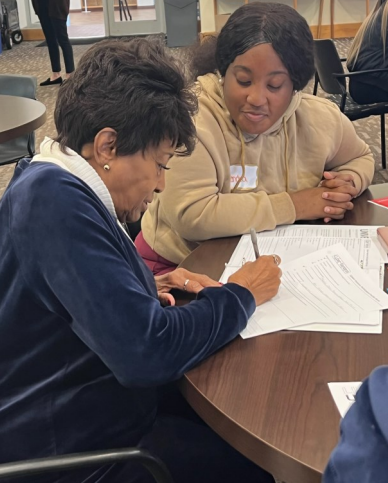


Prescriptions mailed directly to you so you don't have to drive or wait in line

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

Aging Ahead thanks the advertisers included in this newsletter for their financial support. Please understand that Aging Ahead is in no way recommending or promoting these entities.





#HUMBLEBRAG

When we think of autumn, we think about leaves changing color, crisp air, sharpened pencils, and the nostalgia of attending school classes. Learning is in the air at Aging Ahead this autumn! We've been lucky enough to partner with Lindenwood University and have launched a Cyber Seniors program to connect

college students with older adults who want to learn more about technology. Cyber Seniors is an internationally recognized program that bridges the digital divide and connects generations through tech.

As head of Lindenwood's Wellness Inspired Senior Education (W.I.S.E.) program, Annie Alameda, professor of physical education, enthusiastically sought ways to collaborate with Aging Ahead to provide wellness and learning opportunities to older adults in the area. We were so happy to launch our very own Cyber Seniors program with a common goal to provide a positive experience for both students and seniors.

Lindenwood students are led by Associate Professor of Public Health, Katie Shoff. Professor Shoff's class, Introduction to Community Structure & Organization. This class is made up of 20 students, and every Wednesday for eight weeks, students are paired with one of the 20 older adults registered for the Cyber Seniors program to learn more about their smart devices. After each class, the seniors and students are able to share a lunch together.

In our first week of Cyber Seniors, the program started with a buzz of energy. The older adults and students came ready to learn from each other, and the room was full of laughter, intrigue, stories, and helpful voices. ***"This was just the greatest class. My partner was so patient and helpful, and a lovely person. I can't wait until next week to keep learning!"***

Programs like Cyber Seniors demonstrate that the learning journey never stops, and that determination to keep growing and learning is something that inspires our youth.

We are excited to grow and learn with Lindenwood University, and we are looking forward to more collaboration opportunities with their W.I.S.E. program!



AGING AHEAD

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

Facebook: @agingahead
Twitter: @agingahead
Instagram: @agingahead

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.



Vaccine

Over 3.5 million Missourians have received the COVID-19 vaccine. Are you ready to join them? The choice to be vaccinated for COVID-19 is a personal one and to date, over 57% of Missourians have chosen to receive it. The Dept. of Health and Senior Services has outlined the facts in this link to help you make that choice for your family and community. For information on scheduling the vaccine, please call Aging Ahead at 636-207-0847 or go to <https://covidvaccine.mo.gov/>



The Aging Ahead Wentzville location will move to the brand-new Wentzville Rec Center (WREC) on November 21, 2022. The address is 500 Great Oaks Blvd and is centrally located off Wentzville Parkway between West Meyer Road and Schroeder Creek Boulevard. Phone number and hours of operation will remain the same. Please call 636-327-8720 for more information.