

AGING AHEAD

Supporting the journey.

Enjoy some throwback pictures from the last 50 years.

WINTER 2023

50 Years of Supporting Countless Journeys!

Aging Ahead is celebrating! We have been supporting older adults for 50 years and we welcome you to join us as we mark this special achievement!

As we kick off this year of celebrating, we want to share some information about the impact we've had in the communities we serve over the last 5 decades.

Aging Ahead, an area agency on aging, was founded in 1973 in response to the Older Americans Act to provide essential services, programs, and resources to those aged 60 years and older (and their caregivers) throughout St. Louis, St. Charles, Jefferson, and Franklin counties.

Aging Ahead's Senior Nutrition Programs have served millions of meals to help ensure older adults live a nourished life. These meals are either delivered to homebound clients or those attending our center and community locations. **"Aging Ahead is the best thing that's happened to me. Because of the meals, I'm able to care for myself better"**- Evelyn

Volunteers with Aging Ahead's Meals on Wheels program deliver not only nutritious meals to homebound older adults, but also caring concern and attention to their welfare. **"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."** - Angie

Aging Ahead's Community Options and Services team provides critical connection to programs, resources and services to older adults and their caregivers. Our Family Caregiver Support Program offers essential options for those caring for a loved one. **"I can't thank Aging Ahead enough. The**

hours of adult daycare were GOLDEN to me. There's no other way to explain it. Thank you so much." -Joyce.

Aging Ahead offers a plethora of socialization opportunities for older adults to stay connected with their communities and each other to help combat loneliness and isolation. **"The virtual meetings are a true godsend! Contact with people is so critical to staying healthy and well!"** -Donald

Evidence-based healthy living programs provide participants with information and skills to live their best lives. **"You've put in our hands what new need to manage our lives. Everyone in this class has been so helpful, taking it seriously but also having fun. I appreciate you all"** - Attendee

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Start the New Year by learning how Aging Ahead can support your journey of aging! Visit www.agingahead.org or call (800) 243-6060 to learn more about Aging Ahead's various programs and services.

Check in on our website, social media and community locations often to learn about the fun 50th Anniversary celebrations happening. We'd love to have you join us!

**Every journey is unique.
Count on Aging Ahead to support yours.**





#Humblebrag:

Happy 50th to Us!

It's our anniversary and we kicked off the celebration with a bang! Aging Ahead hosted an Open House for staff, volunteers and community partners on Thursday, February 2nd. The Lieutenant Governor, Mike Kehoe, sent a special video message and

declaration recognizing Aging Ahead for an outstanding 50 years of providing essential programs and service to older adults and their caregivers. With around 100 in attendance, the evening honored staff and volunteers for their hard work and dedication to area older adults.

Our driving force is to provide critical connections through programs and services that help avoid premature or unnecessary hospitalization and institutionalization in the older adult community. We believe all should have opportunities to age well. We thank the Lt Governor for his comments, declaration, and recognition of the work we do to support older Missourians. Please visit our website to view the video of the Lt Governor's message. www.agingahead.org



Office of the Lieutenant Governor State of Missouri Declaration

WHEREAS, it is right and proper to pause to recognize **Aging Ahead** for 50 years of providing essential programs and services to older adults and their caregivers in St. Louis, St. Charles, Franklin, and Jefferson counties; and

WHEREAS, since 1973, **Aging Ahead** has carried concern and attention to the welfare of adults 60 and over, and offers quality programs, services, and resources; and

WHEREAS, **Aging Ahead** has provided millions of nutritious meals to help ensure older adults live a nourished life; and

WHEREAS, **Aging Ahead** provides critical connection to programs and services to help avoid premature or unnecessary hospitalization and institutionalization of older adults; and

WHEREAS, **Aging Ahead** offers a plethora of socialization opportunities for older adults to stay connected with each other and their communities to help combat loneliness and isolation; and

WHEREAS, **Aging Ahead** has the vision and structure to channel challenges into positive action through innovative responses and community partnerships to meet the ever-changing needs of the population they serve.

NOW, THEREFORE, I, MIKE KEHOE, LIEUTENANT GOVERNOR OF THE STATE OF MISSOURI, do hereby recognize **Aging Ahead**, one of 10 Area Agencies on Aging in Missouri, for an outstanding 50 years of service to the older adults of St. Louis, St. Charles, Franklin, and Jefferson counties on this 2nd day of February, 2023.

Michael Kehoe
Mike Kehoe



CHOICE

Virtual and In-Person

Approximately 10,000 people turn 65 every day and will continue to do so everyday through 2029. Aging Ahead saw an opportunity to reach even more older adults through the creation of the CHOICE program in 2014.

CHOICE has been going strong for over 8 years! Since its inception, CHOICE has provided thousands of healthy meals and beneficial programs to older adults online and in-person. CHOICE presentations meet older adults where they are in the community or at home to provide educational and resourceful information.

A wide range of topics and locations keep the CHOICE program

diverse and enjoyable. As a result, more people are accessing information and resources that enable them to live in their homes and communities for as long as possible. A wide variety of subjects are discussed at CHOICE programs with topics such as health and wellness, technology, fraud prevention, healthcare, finance, mental health, safety, and much more.

In addition to our virtual presentations on Mondays, we are adding in-person presentations at a variety of local libraries on Fridays.

To find out more information about the CHOICE, please visit www.agingahead.org/choice/. If you are interested in becoming a presenter with CHOICE, click the

tab, *Get Involved*, to find our application or contact Emily Harrow at eharrow@agingahead.org.

Upcoming Presentations:

- **March 3:** Self Care & Mindfulness (In-Person) Grants View
- **March 6:** Managing Money for Caregivers (Virtual)
- **March 10:** Chair Yoga (In-Person) Grants View
- **March 13:** Chair Yoga (Virtual)
- **March 17:** Recognizing Elder Abuse (In-Person) Grants View
- **March 20:** Healthcare Decoded (Virtual)
- **March 24:** Declutter and Downsizing (In-Person) Grants View
- **March 27:** Cognition and You (Virtual)
- **March 31:** Meditation for Beginners (In-Person) Grants View



Delivering a Difference

Volunteer of the Year Award—
Mary Evans

Over the last 50 years, Aging Ahead has depended on dedicated volunteers to deliver millions of meals, provide wellness checks, and a friendly connection to homebound older adults. In honor

of celebrating 50 years in the community, we wanted to recognize our wonderful volunteers who all truly deliver a difference in our community. We couldn't do the work we do without our volunteers!

We received nominations from staff and participants, nominating exceptional Aging Ahead volunteers to receive the inaugural **Delivering a Difference Volunteer Award**. A committee reviewed the submissions, and three finalists were chosen for recognition, Bob Havin (volunteer delivery driver at St. Clair), Jeanne Dobbins (volunteer for CHOICE programming), and Mary Evans (center volunteer at St. Peters).

Bob has been a volunteer for many years, delivering two routes of meals each week, as well as delivering shelf-stable boxes of food each month to homebound older adults! Jeanne has begun her volunteer journey during the pandemic and has served in a variety of different roles. Now she is an integral part of our Y's CHOICE program operation—where staff and participants depend on her smile and compassion every week. The recipient of the 2023 Delivering a Difference Volunteer Award went to Mary Evans, a former member of staff. Mary, formerly the Home Delivered Meals Coordinator (HDMC) at the St. Peters

center location, retired in 2018 at the age of 78. Before her 20 years of service, Mary and her husband, Jim, delivered meals for many years.

After retirement, Mary couldn't sit still and decided to continue her journey with Aging Ahead as a volunteer once again. Teri Fletcher, Senior Center Administrator at St. Peters, nominated Mary for her unwavering dedication to living the mission of Aging Ahead: supporting individuals through the journey of aging. ***"We are extremely fortunate to have such a helpful and dedicated volunteer."***

Mary volunteers at the St. Peters center three days each week, answering the phones, making reservations, and is a wealth of information for all that visit the center. ***"I enjoy seeing old friends and meeting new ones. Aging Ahead was a great place to work, and now a great place to volunteer. I guess you can't get rid of me!"***

Mary, Bob, and Jeanne were all recognized at our 50th Anniversary Open House, a celebration beginning a year of events that mark our 50th year of supporting countless journeys of aging in the community. The award was presented to Mary by Board of Directors President, Linda Spitzer, and Lisa Knoll, CEO.

Thank you to Mary, Bob, and Jeanne, and to all of our volunteers at Aging Ahead! We really couldn't address all of the needs of those we serve without the tremendous support of our volunteers!





Community Options:

We're Here to Help!

Whenever you call Aging Ahead and have a question about resources, you will likely be transferred to one of our 19 lovely Community Options staff members. Our staff is friendly, experienced, and ready to help! We're just a phone call away!

What exactly can we help with?

Just about anything, as an Information and Assistance Department, we're more than happy to get you enrolled in one of our agency's programs or point you in the right direction to get you the answer you're looking for! We can also attend information fairs and provide presentations about services for your organization.

What programs are you offering?

We have lots of programming for older adults living in the community. We offer transportation services, home delivered meals, short-term in-home services after a hospitalization, caregiver supports including respite & funding for minor home modifications, and much more! We also work as a Community Partner with the Veteran's Administration. Call your county office for eligibility requirements and to learn more about programming.

What do you like most about your job?

"I love to help and witness the success of others. My day is complete if I can provide the tools and supports that empower clients or co-workers to reach their goals. I also have amazing co-workers who are a great support to me when I need them." - Community Options Specialist, Jefferson County

"Being among people who are motivated to determine ways to support the journey of aging energizes me to do the same!" -Community Options Manager

"I love my job because each day I have the opportunity to make a difference in someone's life, to be a trusted resource to answer questions or provide a service to help them to live an independent life." - Community Services Coordinator, St. Charles County

Do you have any meaningful experiences?

"I recall so many times that I've given a resource or bit of guidance that may seem so insignificant to me,

but the client expresses immense gratitude and appreciation. Those interactions are special, they show me that I can make a small difference in someone's life and that is an incredible feeling." - Community Services Coordinator, STL County

"I love getting to know these families. One family was a gold star family meaning they had lost a loved one in military action. The veteran in our program was the grandfather of the fallen soldier and the mother of the fallen was the worker. They loved talking about their son/grandson and his life while I was in the home. I felt like I gave them an outlet to express their love for their lost loved one." -Supervisor of Contracted Services

Who do I call for assistance?

For more personalized service, please call the county office for the county you reside in! We are open Monday – Friday from 8 AM – 4:30 PM. Phone numbers for each are listed below:

Franklin County: 636-629-3143

Jefferson County: 636-253-0558

St. Charles County: 636-579-0555

St. Louis County: 636-207-0847



Center Spotlight!

Stop by Today

Want a sure-fire way to beat the winter blahs? Visit one of our Senior Center locations to learn, make friends, enjoy a delicious lunch, and **have fun!** Most of our centers are now open **at least** three days per week for in-person activities! While the days vary by location, centers are working hard to schedule creative and interesting in-person activities for all to enjoy.

St. Louis County

Affton Senior Center

(314) 544-5100

affton@agingahead.org

Hours: Monday-Friday 9am-2pm

Ferguson Senior Center

(314) 867-5661

ferguson@agingahead.org

Hours: Monday-Friday

South County Senior Center

(314) 631-8698

lemay@agingahead.org

Hours: Monday-Friday 9:30am-2pm

West County Senior Center

(636) 227-3882

westcounty@agingahead.org

Hours: Tuesday & Thursday 9am-1:30pm

Franklin County

St. Clair Senior Center

(636) 629-2187

stclair@agingahead.org

Hours: Monday-Friday 9am-1pm

Sullivan Senior Center

(573) 468-3766

sullivan@agingahead.org

Hours: Monday, Tuesday, Thursday & Friday 8am-2pm

Union Senior Center

(636) 583-5432

union@agingahead.org

Hours: Tuesday & Wednesday 9am-12pm

Washington Senior Center

(636) 239-3374

washington@agingahead.org

Hours: Monday- Friday 9am-3pm

As we continue to fill staff positions, many of our locations are also back to cooking hot meals (perfect on a chilly winter day, right?!) We are so thankful for our amazing staff and volunteers for helping us bounce back after 3 years of changes and challenges. We'd love to see you at one of our centers to help us celebrate, socialize and stay connected. For more information, visit www.agingahead.org or contact your local center.

St. Charles County

O'Fallon Senior Center

(636) 272-4180

ofallon@agingahead.org

Hours: Tuesday, Wednesday & Friday 9am-2pm

St. Charles Senior Center

(636) 949-0658

stcharles@agingahead.org

Hours: Monday-Friday 9am-3pm

St. Peters Senior Center

(636) 278-2410

stpeters@agingahead.org

Hours: Monday-Friday 9am-2pm

Wentzville Senior Center

(636) 327-8720

wentzville@agingahead.org

Hours: Monday, Wednesday & Thursday 9am-12pm
Tuesday & Friday 9am-2pm

Jefferson County

Desoto Senior Center

(636) 337-7578

desoto@agingahead.org

Hours: Monday-Friday 9am-3pm

House Springs Senior Center

(636) 677-4578

housesprings@agingahead.org

Hours: Monday-Friday 9:30am-3pm

Quad-Cities Senior Center

(636) 937-8333

quadcity@agingahead.org

Hours: Tuesday & Thursday



Delegates of the Silver Haired Legislature Choose Their Priorities For 2023

The 49th Annual Conference of the Silver Haired Legislature took place at the Capitol Plaza Hotel in Jefferson City on October 18, 19, and 20. The 65 delegates in attendance chose their Top Five Priorities and formulated plans to advocate for senior issues during the coming legislative session.

After spirited debates in the Legislative chambers, the delegates chose these issues as their Top Five Priorities for the 2023 legislative session:

1. No Income Tax on Social Security Income
2. Real Estate Tax Relief for Seniors
3. Absentee and Early Voting for Seniors
4. Increase Medicaid Asset Level
5. Authorize the Department of Health and Senior Services, Section for Long Term Care, to Include Dementia Specific Training in Licensure for Health Facilities Accepting Dementia Patients

Missouri's Silver Haired Legislature was founded in 1973, the first in the nation after the Older Americans Act was amended to include advocacy groups. The SHL is composed of fifteen volunteers from each of the ten statewide Area Agencies on Aging. These 150 senior advocates, elected by their peers, identify and advocate for issues critical to older Missourians.

Anyone interested in learning more about the Silver Haired Legislature is encouraged to call or e-mail Jan Keith at 636-207-4206 or jkeith@agingahead.org

SHL Public Advocacy Program

The Missouri Silver Haired Legislature is excited to announce the new Public Advocacy Program. This program will create a public SHL email list to inform subscribers of our priority issues and encourage them to advocate along with us. This program will also use the platform to send newsletters, recruit delegates, make announcements and several other functions. Missouri citizens of any age can subscribe to the email program.

Please consider subscribing to stay informed of current legislative issues impacting older adults. You can register at <https://www.agingahead.org/missouri-shl/>. Education is an important aspect of effective advocacy. Help us by learning along with us! Thank you!



CLAIM provides free, unbiased counseling and education to Missouri Medicare beneficiaries.

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.

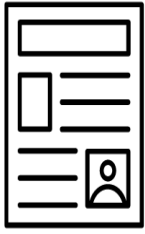
Contact Aging Ahead at 636-207-0847 or email info@agingahead.org. The CLAIM website is also a great place to get information: www.missouricclaim.org.



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

"Experts believe that for every case of adult abuse or neglect reported, as many as 23 cases go unreported."

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.



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

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

truehold

✗ MYTH

Refinancing is the smartest option to access your home equity.

✓ TRUTH

Truehold's Sale-Leaseback is the most cost-effective way to access the equity in your home.

Looking to unlock your equity?

Dave Spagnola, your St. Louis Market Manager, is here to answer your questions today!

david@truehold.com (314) 207-6868

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/>

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.



New Videos on Caregiving

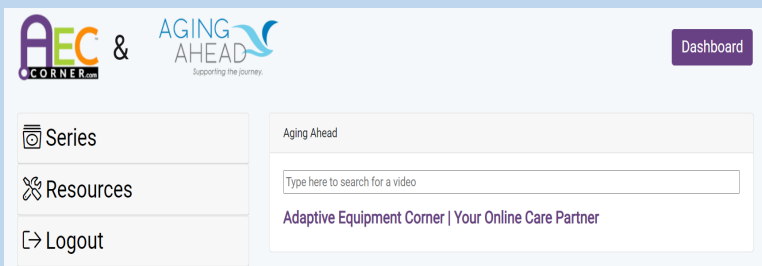
Adaptive Equipment & Caregiving Corner

Aging Ahead and Adaptive Equipment & Caregiving have partnered over a year bringing older adults and caregivers educational and informational videos. These videos explain how to improve safety and function of adaptive equipment used in the home.

The complete video library is available for **FREE** on our website. New videos have been just been added, visit www.agingahead.org/ae-corner to get started.

There are a couple of options to move about the library:

- 1.) Click "Series" to see a listing of video themes or
- 2.) Enter a topic (such as hip, shower, transfer, etc.) in the search bar as shown below to see a list of videos available.



New Videos to View:

Under the "Caregiver" Series, click on "Equipment" tab.

How to use a knee scooter
Basic features of a knee scooter
Basic features of a lift chair
Basic Features of a Transport wheelchair

Under the "Caregiver" Series, click on "Transfer" tab.

Two-person transfer moving up in bed with transfer sheet.
Moving a person up in bed using a slide sheet – 1 person

Under the "Caregiver" Series, click on "Passive Range of Motion" tab.

PROM of legs in sitting

Under the "Caregiver" Series, click on "Caregiver Quick Tips" tab.

Quick Tips for lift chairs
Quick Tip- Hidden Calories
Quick Tip- Finger Foods
Quick Tip- Eating from Bowls

We hope you find the video library helpful as you learn the best tools and strategies to care for your loved one. 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 department at (636) 207-0847.

AGING AHEAD

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

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

Donating Made Easy

Donating to Aging Ahead is now easier than ever with our new QR Code! Using your smartphone, open your camera and point it at the code to scan. You will be brought directly to the Aging Ahead donation page on our website. Thank you for continuing to **support the journey**; we couldn't do it without you!

