

# AGING AHEAD

Supporting the journey.

SPRING 2023

## We're Still Groovin' 50th Anniversary Trivia Night

Aging Ahead hosted a successful trivia night at the South County Center, thanks to the support of the Foundation Board, WellFirst Health and our sponsors! The event drew an incredible turnout, with 200 enthusiastic participants eager to put their knowledge to the test. We owe a big thanks to our generous sponsors and dedicated volunteers who helped make the evening a *far-out* success. Thanks to their efforts, we were able to raise nearly \$15,000 to support individuals through the journey of aging.

Thanks to the support of our sponsors!

### Golden Anniversary Sponsors

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### Trivia Round Sponsor

- Kemp Realty

### Food & Beverage Sponsors

- Assistance Home Care
- Edward Jones



**\$14,932 RAISED**



**200 Participants  
25 Tables**



## CHOICE

### New Supervisor of Community Programs

By: Emily Harrow

I am thrilled to be a part of Aging Ahead's mission supporting individuals through the journey of aging. My role is to oversee community programs, including CHOICE. CHOICE provides programs, nutritious meals, and opportunities for socialization by partnering with community locations where older adults naturally congregate. An enhanced benefit of CHOICE is learning about the services and supports available through Aging Ahead and other Area Agencies on Aging. My background is largely working with young people aged 20 and younger, but much of that work included working in partnership with older adults who cared for those young people. I have a deep passion for intergenerational programming and CHOICE is off to a great start with Cyber Seniors, connecting older adults with younger tech savvy generations for the purpose of learning more about the technology that connects us all. There is much potential in CHOICE for even more intergenerational programming and I am excited to see where the opportunities lead us.

A main staple of the CHOICE program is our partnership with the St. Louis County Library. Through this partnership we are able to bring educational and inspiring programs to folks across the St. Louis County region, from writing life memoirs to tips on achieving quality sleep to moving our bodies in a way to improve balance. You can find these in person at various branches of the St. Louis County Library System and online. We never stop learning and growing, no matter our age, and Aging Ahead is here to support that journey. Check out our website to learn more about how to attend or present a program.



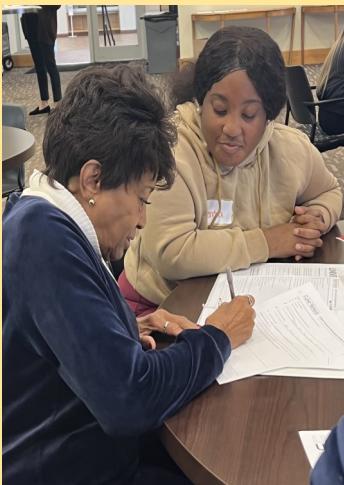
## Community Engagement through Volunteers

April was Volunteer Appreciation Month, Aging Ahead would like to say a big THANK YOU to our dedicated volunteers!

From our Meals on Wheels delivery volunteers, our Friendly Callers, our Advisory Council and Board members, CHOICE Ambassadors, center support committee members, presenters, instructors, all the people who pitch in wherever help is needed, giving so generously of their time and talents – your contributions allow us to expand our services well beyond our funding capabilities. You're a valuable and appreciated part of the web of services Aging Ahead provides.

Together we are delivering a difference as we support individuals through the journey of aging. If you would like more information on volunteer opportunities or to sign up, email Lydia at [lfranklin@agingahead.org](mailto:lfranklin@agingahead.org)

Meal Delivery Drivers are needed, so we can continue to serve our homebound participants in the community.



## Slow Down, Don't Let Social Security Impersonators Take Advantage of You

Scammers prey upon your respect for authority when they pretend to be employees of the Social Security Administration during telephone calls or within emails. By inventing problems about your social security number or benefits, these impersonators want to elicit strong emotions like fear and confusion to cause you to suspend your normal cautionary judgment used when receiving an unexpected email or telephone call

Impersonation fraud is not limited to any particular age group. However, it has been more successful with older adults than younger ones. In fact, it is considered one of the contributing factors for the higher losses caused to people over 50 through Social Security fraud scams. Scam victims over 85 years old reported losses in 2022 that were 500% higher than those experienced by victims who were under 30 years old. There is not much difference for victims who were within the 50 to 69 age range because their losses were 477% higher than those of victims under 30.

This article is not intended to stop readers from respecting legitimate authority, rather encourages individuals to step back before responding to a call or email from someone claiming to represent the Social Security Ad-

ministration. The agency will never

- Threaten you with arrest or legal action
- Suspend your Social Security Number
- Claim to need your personal information to activate a cost of living adjustment or increase a benefit
- Ask you to pay with gift cards, prepaid debit cards, wire transfers, cash, or cryptocurrency
- Demand secrecy
- Direct message you on social media

Regardless as to whether the impersonator threatens an individual's benefits or liberty, scam targets can avoid becoming scam victims by remembering to:

1. **Remain calm.** Take a deep breath and check your impulses. Talk to someone you trust.
2. **Hang up or ignore the message.** Do not click on links or attachments.
3. **Protect your personal information.** Even if the caller or email provides some of your personal information, remain cautious.

Hopefully, these tips will keep you in control of your money, your information, and your peace of mind.

If you believe you have been targeted by a Social Security scam, please report it to the Social Security Administration Office of the Inspector General at [oig.ssa.gov/report](https://oig.ssa.gov/report).



## SHL Speak Up for all Older Missourians!

By Barb Ittner, Immediate Past President of Missouri's SHL

The Missouri Silver Haired Legislature (SHL) celebrates its 50<sup>th</sup> anniversary in 2023. Missouri was the first state to establish an SHL. But what is it? The SHL is an organized group of senior citizen volunteers who advocate on behalf of Missouri's older adults. Members are selected for the 10 Area Agency on Aging regions, must be at least 60 years old, (but do not need to have silver hair) SHL members are made up of caring individuals from many walks of life including farmers,

veterans, lawyers, pastors, and medical personnel. Some have advocacy experience, and some do not. We all continue to learn together. To learn more about the Missouri SHL, go to <https://Health.MO.Gov/silverhaired>

### SHL Top Five Priorities for 2023

- No Income Tax on Social Security Income
- Real Estate Tax Relief for Seniors
- Absentee and Early Voting for Seniors
- Increase Medicaid Asset Level
- Implement Dementia Specific Training in Licensed Long-Term Care Facilities

## #Humblebrag

### Senior Centers Celebrate our 50th

The Celebration Continues! The St Charles Senior Center held it's 50<sup>th</sup> Anniversary party on Wednesday, April 12<sup>th</sup> and was hosted by the Tina Gerbitz, the Senior Center Administrator.

The center was decorated and filled with joy as Tina welcomed current and past staff, volunteers and participants who enjoyed cake and hearing from individuals who have been a part of the Center share stories about their various experiences. Touching, heartfelt and meaningful stories were shared.

The Alderson family presented a plaque in honor of their mother, Betty, who was the very first cook in St. Charles 50 years ago. The family shared how important the work was to their mother and they grew up seeing her dedication every day and it had a profound impact on them.

The Mayor of St. Charles, Dan Borgmeyer, presented Tina and the Center with a proclamation expressing the City's appreciation for their work. Tina acknowledged her staff, and they got a standing ovation.

Stop by to see the plaque, declarations, and all the good things available in the heart of St Charles at the Senior Center - 1455 Fairgrounds Road 63301



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8:00 AM - 5:00 PM CT, Mon. - Fri.  
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\*These providers and/or pharmacies will be a provider in our Medicare advantage network in 2023. They may also contract with other plans. Aetna Medicare is a HMO, PPO plan with a Medicare contract. Our SNPs also have contracts with State Medicaid programs. Enrollment in our plans depends on contract renewal. Plan features and availability may vary by service area. We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

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**Anthem**

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