

AGING AHEAD

Supporting the journey.

Fall 2023



Aging Ahead 50th Festivities

Staff, Board Members, Volunteers and Guests celebrated Aging Ahead's 50th Anniversary at Frankie Martens in Cottleville. Everyone enjoyed the food trucks, activities and socializing with each other. Bob, a volunteer from Sullivan, won the door prize filled with candy and goodies. Thank you to the events committee for throwing a great gathering.

The Sullivan Senior Center celebrated many times this year but their favorite was a 70's trivia, everyone got a gold box filled with nostalgia treats popular in the 70's.

Pam, our South County Center Administrator, did a great job of celebrating every month. Their big 50th party was in July when they handed out awards to Mary Olds, Carolyn & Stanley Hicks and Steve Winkler for volunteering followed by a 70's fashion show..

Stay Safe. Stay Up to Date.

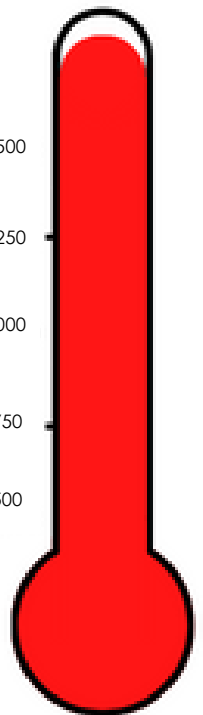
Protect your health and the people you love. Vaccines are safe, effective, save millions of lives, and are the best defense against many infectious diseases. If you are 65+ or have a compromised immune system, you may be more vulnerable to certain diseases, so get vaccinated today. **You have the power to prevent and protect.** Aging Ahead at 636-207-0847 for information on receiving vaccines and accessing transportation to appointments and upcoming vaccination clinics.

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50th Anniversary Giving Campaign

Over the last 50 years, **Aging Ahead** has been able to provide innovative and essential services and programs to thousands of older adults in our community because of donors like you! We set a goal of \$50,000 and we are just \$2,776.81 away of meeting our goal before the year is over. With your help, we can continue to meet the ever-increasing needs of older adults in the area. Help us continue delivering a difference to older adults by visiting agingahead.org/donate/ or scanning the QR code.

\$37,500
\$31,250
\$25,000
\$18,750
\$12,500





Silver Haired Legislature

The Missouri Silver Haired Legislature held its annual session this week in Jefferson City. Issues impacting older adults across the state were discussed and ultimately the group voted on their "Top 5 Priorities" for the 2024 Missouri Legislative Session. The 10 SHL delegations also celebrated their 50th Anniversary throughout the week and were featured on several news outlets, including this one. [Silver Haired Session \(kmov.com\)](#) Watch for more information and photos in our upcoming newsletter.



Top Five Priorities for 2024

1. Increased Funding for Transportation Services to Provide Additional Options for Seniors
2. Increased Accessibility to Public Buildings for Individuals with Disabilities
3. Required Special Dementia Training in Long-Term Care Facilities
4. Increase the Medicaid Personal Needs Allowance (PNA) to \$100 Per Month with an Inflation Rider
5. Money Recovered by MO Health-Net to be Returned to the MO Health-Net Program



St. Charles Senior Center

Exciting things are happening at the St. Charles Senior Center.

Thanks to the LindenGiving Foundation, Beverly Porter, Foundation Chair, and staff and volunteers from Lindenwood University, the St. Charles Senior Center has received a much needed "freshening-up"!

The LindenGiving Foundation redecorated the St. Charles Senior Center to make the interior look fresher and more modern. The team from Lindenwood University was joined by a couple of hard-working St Charles City employees, Scott and Asaf and on October 17th and 18th, the magic happened! The project included painting all of the common areas of the center, removing most of the older furniture and replacing with newer and more modern furniture, couches, chairs, shelving, game tables, a pub table set for the pool playing area, new drapes for all of the windows, wall décor and still to come is some special artwork to be done by the art students of Lindenwood University. The Senior Center was also gifted a 75-inch Smart TV and two laptop computers to be used by the clients of the St. Charles Senior Center.

Stop by to see the updates, meet new friends and learn more about all Aging Ahead offers to support the journey of aging. The center is located at 1455 Fairgrounds in St. Charles 63301—636-949-0658.

A huge "Thank You" to the LindenGiving Foundation, and staff and volunteers from both Lindenwood and the city of St. Charles. We are so grateful to be Aging Ahead with all of you!



House Springs Senior Center

Our senior centers keep our participants active, social, and nourished weekly. With 19 centers in 4 counties, Aging Ahead is able to provide services to many seniors and caregivers. Our House Springs center has a variety of activities including the popular game of pickleball. On Tuesday and Thursday a group meets up at the center for an hour of pickleball followed by lunch together.



Franklin County Volunteers Urgently Needed

We have an urgent need for Meals on Wheels volunteers in many of our service areas especially St. Clair and Sullivan. These centers are ready to expand hot daily meal delivery to Meals on Wheels recipients but need more volunteers to make this happen. All it takes a 1 ½ to 2 hours a week to help a homebound senior receive a nourishing meal and a share a smile and a little kindness. Please reach out to Volunteer Coordinator, Lydia Franklin to learn more at 636-207-0847 or visit our website: www.agingahead.org/volunteer

Missouri SHIP Volunteers Needed

Missouri SHIP is always seeking new volunteers! When you volunteer with Missouri SHIP, you make a real difference for people in your community. You do not have to know anything about Medicare or health insurance to apply- we provide all the training and resources you need. Contact and visit <https://www.missouriship.org/volunteer/> to get started or 1-800-390-3330.



Medicare Open Enrollment

Medicare Open Enrollment is from October 15 through December 7. Open Enrollment is a time you can join, switch, or drop a plan. This is a good time to review your cur-

rent coverage and decide what makes sense for the next year. SHIP is Missouri's official State Health Insurance Assistance Program. They offer free & unbiased Medicare counseling. Get connected with a Medicare counselor by calling SHIP at: 1-800-390-3330.

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

#HumbleBrag

Aging Ahead is proud to partner with Five Acres Animal Shelter to assist our Whiskers on Wheels program in St. Charles County! Whiskers on Wheels (WOW) was started through a grant from Meals on Wheels America in 2020 to support homebound older adults with pet food assistance. A critical need was discovered when a meal delivery volunteer reported that a recipient was feeding her daily home-delivered meal to her dog because she could not afford pet food. Aging Ahead received the pet assistance grant and went straight to work. After partnering with The Wet Nose Project, we were able to provide a monthly source of pet food to nearly 90 older adults and 120 pets throughout St. Louis, St. Charles, Franklin, and Jefferson County.

As the need and program continued to grow, and with funding waning, Five Acres Animal Shelter stepped in at the perfect time. Becky Pogorzelski, President, was introduced to the Whiskers on Wheels program through Tina Gerbitz (St. Peters SCA). Becky was determined to help Whiskers on Wheels participants throughout St. Charles County. She and Jeana Roth, Executive Director, met with Aging Ahead to create a sustainable plan of support. Five Acres Animal Shelter has a great network of supporters throughout the county. Families sponsor the purchase of pet food each month to a WOW recipient. Five Acres delivers the food to each participating Aging Ahead center at the beginning of each month, and a volunteer from Aging Ahead delivers the pet food to the doorstep of WOW participants along with their regular meal delivery. Humans and pets both get fed good-tasting, nutritious food thanks to the help of Five Acres Animal Shelter!

Becky is also a member of the Aging Ahead Advisory Council and continues to advocate for both older adults and animals. If you are interested in learning more about Five Acres and their amazing work, or fostering or adopting a pet, visit <https://fiveacresanimalshelter.org>. If you'd like to help support the Whiskers on Wheels program by volunteering or donating, please visit our website, <https://agingahead.org>.





Double Dipping is Back!

Our DipJars are back at CHOICE and at Centers! The DipJar is a donation device that makes it fun and easy to donate to programs that support older adults. Our DipJars will be present at CHOICE programs, select senior centers, and Aging Ahead events. If you see an Aging Ahead DipJar and wish to support older adults, simply “dip” your credit or debit card in the machine to donate! This is the one instance where no one will be upset if you “double dip.” Our DipJars have raised over \$47,000 since 2020, supporting older adults in our area. Keep dipping!

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GIVING TUESDAY

Mark your calendars for Tuesday, November 28th 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 28, 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.



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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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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.

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

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