

### Adopt-a-Route:

#### Bridging Communities with Every Delivery

Adopt-a-Route, a remarkable initiative, is making a significant impact in our community. This volunteer program invites businesses, church groups, philanthropic groups, and other organizations to take on the responsibility of delivering Meals on Wheels routes to those in need. Through their dedication and compassion, these groups are not just delivering meals; they are fostering connections, spreading kindness, and bridging the gaps between diverse segments of our community. Each delivery truly demonstrates the profound power of community in action.



#### Spotlight!

The Bank of Springfield, located in O'Fallon, reached out to Aging Ahead with an interest in adopting a route once a month. Given their monthly commitment, Linda, the O'Fallon Senior Center Administrator, suggested that BoS take on Whiskers on

Wheels deliveries. These deliveries often include full-sized bags weighing up to 40 pounds, which can be a real challenge for many of our older volunteers. By stepping up to handle these heavier items, the Bank of Springfield is providing invaluable support and ensuring that essential supplies reach those in need.

Bank of Springfield volunteers were thrilled to join the Whiskers on Wheels program, delivering pet items to O'Fallon participants. They began their monthly deliveries in March and are eager to continue each month. This initiative not only helps the bank fulfill its social responsibility goals but also provides the senior center with a solution to a significant challenge.

Thanks to Linda's innovative thinking, we've discovered a way to engage a corporate volunteer group and make a real difference in our community.



#### Shoutout!

Spire reached out to partner with Aging Ahead as part of their Day of Good initiative. Each month, Spire employees volunteer to deliver 25-pound commodity boxes filled with non-perishable food to homebound individuals in the House Springs area. This delivery opportunity is often challenging to fill, as many of our Meals on Wheels volunteers are retired, and lifting heavy items can pose a risk to them. We are thrilled that Spire has taken on this route, providing much-needed support and ensuring these essential supplies reach those in need.

If you are interested in Adopting a Route or delivering meals, we are looking for support in South County, St. Clair, Sullivan, and Quad Cities. Please visit our [Volunteer](#) page to learn more!

Current groups are:

[Bank of Springfield](#) (O'Fallon)

[Center for Autism Education](#) (St. Peters and St. Charles)

[Fennell Elder Law and Estate Planning](#) (St. Charles)

[Pony Bird](#) (Quad Cities)

[Representative Raychel Proudie, Missouri House District 73](#) (Ferguson)

[SPIRE](#) (St. Charles and House Springs)

## #HumbleBrag

Aging Ahead celebrated National Volunteer Month in April with a focus on recognizing the incredible dedication of our volunteers across all center locations. During National Volunteer Week, we were thrilled to present our second annual Volunteer of the Year award to Sharon and Rick Tick, who consistently go above and beyond at the Wentzville Center.

Nominated for their unwavering support, Sharon and Rick were nominated by Gabby Peatross, the new Resource Center Administrator (RCA) at Wentzville. Stepping into a new role can be challenging, but Gabby shared how Sharon and Rick made her transition remarkably smooth:

**"They both have helped me get to know our center and have made me feel so welcomed and comfortable with my new community,"** Gabby said. **"I could not think of kinder or more dedicated volunteers to nominate for this award."**

Sharon and Rick's impact extends far beyond their support of Gabby. Gabby went on to praise their ability to foster a sense of community among the center's participants:



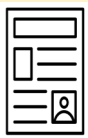
**"Not only have they made me feel welcomed," Gabby continued, "but the relationships they've built with our congregate meal participants has helped this center feel like a family."**

Where there is change, there is growth. The Wentzville Center has undergone significant changes in the past year and a half, including a relocation to the brand-new Wentzville Community Center and the retirement of the long-time site administrator. Through it all, Sharon and Rick's unwavering commitment has been a constant source of strength and stability, but to the married couple, it's just second nature:

**"I don't look at this as work of any kind. For us, it's all about being a part of the community we love!"** Sharon shared.

Lisa Knoll, CEO, and Lydia Franklin, Volunteer Coordinator, presented Sharon and Rick with their award. Aging Ahead is incredibly grateful for Sharon and Rick's dedication. They are a shining example of the transformative power of volunteerism.

**If you are interested in delivering a difference and volunteering with Aging Ahead, visit [agingahead.org/volunteer](http://agingahead.org/volunteer) to learn about the different volunteer opportunities available!**



## Lunch and Learn

Sign up today for the Aging Ahead and University City Public Library monthly Lunch and Learn August 8th at 11am. To register, visit our events page ([www.agingahead.org/get-involved/events/](http://www.agingahead.org/get-involved/events/)) or call 636-207-0847 to reserve your spot and lunch. This program will feature Nutrition for Seniors.

## Summer Safety for Older Adults

Wear Sunscreen, Avoid Direct Sun between 10-4, Wear Sunglasses when Outdoors, Stay Hydrated-Drink Fluids, Wear Loose Fitting Clothes, and Keep Your Home Cool

The summer temperatures are heating up in St. Louis and nearby areas. Please check on your older neighbors and family members. Make sure they have a cool space to relax and lots of water to drink. Remember Aging Ahead has 15 senior centers that can be a great place to cool down and enjoy a meal. Call 800-243-6060 or visit [agingahead.org/what-we-do/community-locations/](http://agingahead.org/what-we-do/community-locations/) to find your nearest senior center.



## Your Vote Matters in 2024!

Aging Ahead encourages everyone to get out and vote. Here is a quick guide outlining ways and days that you can vote in the general election as well as some other useful information.

### 1. Vote In-Person on Election Day

- Primary Election: Aug 6 Registration Deadline is July 10
- General Election: November 5 Registration Deadline is Oct 9

### 2. Early In-Person Voting

- Primary Election: Begins July 23 General Election: Begins October 22
- You can vote in-person at your local election authority beginning two weeks before the election. You do not need to fill out an absentee ballot. Check with your local election office for business hours.

### 3. Absentee Voting

- You need a reason to cast an absentee ballot (some examples: outside of jurisdiction on election day, illness, disability, religious conflict, working at election location or as a first responder, etc.). Apply for an absentee ballot by mail or in-person. **The deadline to submit the absentee ballot application is two weeks prior to election day.** You may vote with the absentee ballot beginning six weeks before the election date. Absentee ballots may be delivered in-person with a Voter ID. Ballots that are mailed in **require notarization** (with the exception of incapacity or confinement due to illness or physical disability). Ballots must be received by 7:00 pm on election day.

### 4. Permanently Disabled List

- This is a great option (and simple process) for those who face difficulties voting in-person (standing, etc) Please request to be put on the permanently disabled list by contacting your county election office. Once you are on this list, you will be mailed an absentee ballot **application** prior to each election. When you are on this list your ballot **does not need to be notarized**. Check your voter registration status and polling place at [sos.mo.gov/elections](https://sos.mo.gov/elections).

### Acceptable Forms of Voter ID

- A nonexpired Missouri driver on non-driver license
- A nonexpired military ID, including a veterans ID card
- A nonexpired U.S. passport
- Another nonexpired photo ID issued by the U.S. or the state of Missouri

Your County Election Office is there is help with any voting questions or forms. Please contact them for more information.

St. Louis County	St. Charles County	Franklin County	Jefferson County
314-615-1800	636-949-7550	636-583-6355	636-797-5486
725 Northwest Plaza Dr.	397 Turner Blvd.	400 East Locust	729 Maple Street
St. Ann, MO 63074	St. Peters, MO 63376	Union, MO 63084	Hillsboro, MO 63050

**Aging Ahead provides transportation to the polls to our Aging Ahead clients, contact 636-207-0847.**

#### 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 two weeks before the election. Check with your local election office for times.

#### In-Person Voting: Election Day

Bring a valid form of ID to vote at your polling location on Election Day.

Your polling place may have changed. Check with your local election office to confirm where you vote in-person, or check at [www.sos.mo.gov/elections](https://www.sos.mo.gov/elections)

## MAKE A PLAN TO VOTE

- ☐ Update your Voter Registration
- ☐ Choose a Voting Method
- ☐ Find your Polling Place
- ☐ Cast your VOTE!

Check your voter registration status and polling place at [www.sos.mo.gov/elections](https://www.sos.mo.gov/elections)





## Protein For Older Adults

### Why is protein important?

Older adults often require more protein for several reasons related to the aging process and maintaining their overall health. Protein is a crucial nutrient that plays a significant role in various bodily functions, and its importance becomes even more pronounced as people age.

### Why older adults may need more protein:

- Help maintain muscle mass and strength
- Improves bone health
- Helps support immune function
- Helps speed up the healing of wounds, surgical incisions, and injuries
- Digestive efficiency
- Appetite and satiety
- Help to control blood sugar levels, support cardiovascular health, and maintain a healthy weight

### How much protein does an older adult need?

A general guideline for protein intake in older adults is around 1.0 to 1.2 grams of protein per kilogram of body weight per day.

AMDR 10-35% of total kcal

RDA

Male 60+ = 56g/day

Female 60+ = 46g/day

### Foods Containing Protein

**Lean Meats:** Beef, pork, poultry

**Fatty Fish:** Salmon, tuna, mackerel, and trout

**Eggs**

**Dairy Products:** Low-fat or fat-free dairy products like yogurt, milk, and cheese

**Legumes:** Beans, lentils, and peas

**Nuts and Seeds:** Almonds, peanuts, walnuts, and chia seeds

**Tofu and Tempeh, Quinoa**

**Deli Meats and Cured Fish**

**Dried or Canned Fish**

**Protein-Rich Grains**



## Bringing Resources to Your Door

Combating social isolation and loneliness in seniors is an important part of helping seniors age in place. One of the ways Aging Ahead addresses this issue is through our "**Aging Ahead-Bringing Resources to Your Door**" program. Through this program the agency can expand access to resources, combat social isolation, and meet the needs of residents living in affordable housing. A Community Options Specialist offers onsite support and individual assessments to residents, offers informative presentations with various community partners, and provides social activities to encourage socialization among neighbors.

In May, some of the residents at our Avonlea Apartment location participated in a day-long Spring Fling. First, participants attended a presentation on the benefits of gardening, then had the opportunity to plant their own container gardens with several types of flowers and herbs to choose from, donated by Home Depot. The residents also shared a light lunch together where there were great conversations. After lunch they played Bingo with Spring themed prizes.

Comments such as, "This was such a great idea, we should get together more often" and "I never knew planting flowers was so fun!". Everyone fully enjoyed the day!



**Aging Ahead** values and respects the full range of visible and invisible differences that define each of us as human beings. We strive to create a sense of belonging, connection, and community where everyone feels known, welcomed, and valued.

**EVERYONE**  
*is welcome here*



### Diversity, Equity, Inclusion, and Belonging

As a reflection of **Aging Ahead's** commitment to Diversity & Inclusion, our Board of Directors recently formed a Diversity, Equity, Inclusion, and Belonging (DEIB) Committee to advise and support **Aging Ahead** in further building and maintaining an environment of respect and a sense of belonging for our staff, clients, and community. One of the first initiatives of the newly formed committee was the creation of a Diversity & Inclusion value statement to be displayed at all Agency locations, community programs, and events. We're excited to share with you our D&I Poster design. Please look for them when you visit our locations.

## 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](mailto:jkeith@agingahead.org).

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

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

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### SCAM ALERT—Don't Hand Off Cash to "Agents"

Real Social Security Administration Office of the Inspector General agents will never ask you to give them cash or gift cards

The Social Security Administration (SSA) Office of the Inspector General (OIG) is receiving alarming reports that criminals are impersonating SSA OIG agents and are requesting that their targets meet them in person to hand off cash. SSA OIG agents will never pick up money at your door or in any type of exchange. This is a SCAM!

NEVER exchange money or funds of any kind with any individual stating they are an SSA OIG agent.

This new scam trend introduces an element of physical danger to scams that never existed before.

This recent method of handing cash directly to a phony agent is a dangerous twist on a known scam tactic that pressures individuals to pay in a specific way by using cash or gift cards. SSA OIG and official government agencies do NOT conduct business in this manner.

"This is the latest example of how scammers are constantly evolving their tactics to intimidate or pressure people into making hasty decisions that usually involve stealing their target's hard-earned money," said Inspector General Gail S. Ennis. "While our agents are out

in the field, they will not ask you for money. I urge you not to respond to these kinds of requests."

**WHAT TO DO IF YOU'VE BEEN SCAMMED** Stop talking to the scammer. Notify financial institutions and safeguard accounts. Call the police and file a police report. File a complaint with the FBI Internet Crime Complaint Center ([ic3.gov](http://ic3.gov)). Report Social Security-related scams to SSA OIG ([oig.ssa.gov](http://oig.ssa.gov)). Report other scams to the Federal Trade Commission ([ftc.gov](http://ftc.gov)). Keep financial transaction information and the record of all communications with the scammer.





## Connecting Caregivers

We see you; we care about you and we're here to help! If you're one of the 53 million caregivers in the United States, you are well aware of the vital role you play in the life of your loved one. You also know that there are times when you need some extra help from community resources to meet the needs of the person who depends on you as well as support for yourself.

The National Family Caregiver Support Program (FCSP) was created in 2000 under the Older Americans Act to address these needs. The program distributes grants to local agencies to pay for services and supports for informal caregivers. **Aging Ahead** provides FCSP services in St. Louis, St. Charles, Jefferson, and Franklin Counties as funding allows.

**Aging Ahead's** FCSP services include:

- In-Home Respite Care (8 hours per week)
- Adult Day Care (Two, 8-hour days per week)
- Minor Home Modification (funding varies)
- Durable Medical Equipment (up to \$500 per lifetime)
- Nutritional Supplements & Incontinence Products (up to \$110 per year)
- A listening ear (Always)

As with all **Aging Ahead** programs, participants are not charged for any service but are always given an opportunity to make a contribution.

Caregivers who are interested in more information are encouraged to speak with a Community Options Specialist at the numbers below:

St. Louis County: 636-207-0847

St. Charles County: 636-579-0555

Jefferson County: 636-253-0558

Franklin County: 636-629-3143



## #GiveSTLDay

Thank you to the St. Louis Community Foundation and all who supported Aging Ahead on this year's Give STL Day. Aging Ahead raised \$1,604.00 in donations, helping us continue our work of supporting individuals through the journey of aging!

Donating to Aging Ahead is now easier with our 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. Thank you for continuing to **support the journey.**



[www.agingahead.org](http://www.agingahead.org)

(636) 207-0847

[info@agingahead.org](mailto:info@agingahead.org)

Facebook: @agingahead

Twitter: @agingahead

Instagram: @agingahead

## Mesothelioma Resource Center

Seniors are living longer and having to face more challenges than before. A healthy lifestyle can help you deal with aging, protect you from cancer and keep you at your best.

As average life expectancies increase, older adults are learning more about the cancers and other health risks that might affect them. In fact, age is the most significant risk factor for developing cancer.

Here are some links to provide important information and resources.

[Seniors' Guide to Cancer](https://www.asbestos.com/cancer/senior-cancer-guide/)

<https://www.asbestos.com/cancer/senior-cancer-guide/>

[Mesothelioma Treatment Centers](https://www.asbestos.com/mesothelioma/stage-4/)

<https://www.asbestos.com/mesothelioma/stage-4/>

[Stages of Mesothelioma](https://www.asbestos.com/treatment/)

<https://www.asbestos.com/treatment/>



## Senior Farmers Market Nutrition Program

The Missouri Senior Farmers Market Nutrition Program (MoSFMNP) provides benefits to low-income seniors (60 years of age or older) residing in one of 47 Missouri counties. Eligible seniors receive \$50 in benefits annually.

Contact a Senior Center to be Age, Income, and Residency verified so you can start eating locally grown produce today. Call (636) 207-0847 or visit [agingahead.org/what-we-do/community-locations/](http://agingahead.org/what-we-do/community-locations/) to find your nearest senior center.