

Do you know which Benefits and Programs are available to you?

To learn more about eligibility requirements or for assistance applying for any of the benefits below, please contact an Aging Ahead Community Options Specialist at 800-243-6060.

Those who meet income requirements may be eligible for **Medicare Savings Programs (MSP)**, which pays Medicare Part B premiums. Those who qualify are auto-enrolled in Extra Help (Part D subsidy).

For some with lower incomes, Medicare **Extra Help** (or Low-Income Subsidy) can help pay for Medicare Part D out-of-pocket expenses like premiums, deductibles, and copays.

MO HealthNet (Medicaid) provides health insurance coverage to certain individuals who meet income eligibility requirements. If you have Medicare, Medicaid may help cover costs that Medicare does not.

Home and Community Based Services (HCBS) Medicaid (MO HealthNet) may provide a variety of in-home services to those enrolled in Medicaid who have assessed needs and are 63 or older.

Supplemental Nutrition Assistance Program (SNAP) provides monthly funds (via Electronic Benefits Transfer/ EBT card) to supplement food purchases for those who meet income eligibility requirements.

Missouri Property Tax Credit (Circuit Breaker) is available for certain seniors based on rent or taxes they paid for the year & their household incomes (maximum \$750 credit for renters/ \$1 100 for homeowners)

Low-Income Home Energy Assistance Program (LIHEAP) is a one-time payment for heating or cooling costs, available to certain homeowners or renters who meet income eligibility requirements.

South Central Pension Project provides help regarding questions about pension benefits for those who lived or worked in Missouri while earning their pensions. You can speak with a Project attorney or paralegal free of charge by calling 1-800-443-2528.



Spotlighting Our Centers

Bernita—Quad Cities Senior Center Administrator

Q: What's the best part of your job?

A: The best part of my job is interacting with the seniors at Quad Cities Senior Center. I love to hear everything about them, where they grew up, how many siblings, children, and grandchildren they have, their hobbies and careers, etc.

Q: What is an achievement you are proud of?

A: The achievement that I am most proud of is being the RCA at Quad Cities, making the atmosphere inviting by adding a variety of activities and special events such as the Cardinals Home Opener Celebration, Mother's Day Tea, and Ice Cream Social to name a few.

Q: What keeps you motivated?

A: The thing that keeps me motivated is seeing how our centers provide opportunities for socialization to seniors. Also being able to help so many homebound seniors in our local community.

Q: How do you like to spend your spare time?

A: I love to spend my spare time going to the beach, taking float trips, and antiquing with my husband. I also love to read and cook.

Q: What's the most valuable career advice you've been given?

A: The most valuable career advice I have been given is to always be willing to learn new things and to be a collaborator

Christie—Affton Senior Center Administrator

Q: What's the best part of your job?

A: Best part of my job is getting to know and be a part of the lives of our participants. Learning from them and being able to support them in a variety of ways.

Q: What is an achievement you are proud of?

A: I'm proud of the fact that I went back to school and have almost (!!!) completed my degree.

Q: What keeps you motivated?

A: My family and my coworkers keep me motivated by reminding me we're in this together and helping me maintain a sense of humor through the good and bad (which means sharing lots of stupid "dad jokes" along the way.

Q: How do you like to spend your spare time?

A: I spend far too much of my "spare time" doing schoolwork right now!! I do make time for singing in the community choir I've been a part of for the past 7ish years.

Q: What's the most valuable career advice you've been given?

A: The most valuable career advice I've been given is that it is never too late to pursue something new.



Missouri Silver Haired Legislature Hosts their Annual Senior Advocacy Day at the Capitol

On January 31, 2024, 70 Missouri Silver Haired Legislature (SHL) delegates and coordinators participated in a regular meeting of the Board of Directors, received words of encouragement from various luminaries, and delivered advocacy messages to their respective Legislators. Delegates highlighted SHL's past achievements as well as its current priorities listed in the 2024 SHL brochure.

Last fall, SHL delegates came together for their 50th Annual Conference and chose these issues as their Top Five Priorities to support for the 2024 legislative session:

1. Increase funding for transportation services to provide additional options for seniors.
2. Increase accessibility to public buildings for individuals with disabilities.
3. Require 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 HealthNet to be returned to the MO HealthNet Program.

Anyone who is interested in learning more about the Silver Haired Legislature is encouraged to e-mail info@agingahead.org or call 636-207-0847.

Missouri's Silver Haired Legislature was founded in 1973, the first such organization 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 are elected by their peers and identify and advocate for issues that are critical to older Missourians.





St. Louis HELP HUB Coming to South County!

Beginning **Tuesday**,

March 26, the St. Louis Health Equipment Lending Program (STLHELP) will offer its services inside Aging Ahead's South County location at 225 Lemay Ferry Road. Open to the community from 9am to 3pm every Tuesday, this St. Louis HELP HUB, or lending closet, will distribute refurbished home medical equipment, regardless of a person's income. Individuals or caregivers in need of equipment can contact STLHELP at www.stlhelp.org or 314-897-4357 ext. 1 to request items.

For over 15 years, STLHELP, a nonprofit, has been collecting, refurbishing, and loaning used home medical equipment to anyone who needs it. Neighbor to neighbor, providing recycled free home medical equipment, sharing healing, happiness, and independence, while preserving the environment.

Aging Ahead is excited about this new partnership and the opportunity to expand our support to older adults through the **HELP HUB!**



Lunch and Learn

Aging Ahead is excited to partner with the University City Public Library and the University City Senior Commission to bring a monthly Lunch and Learn held at the University City Public Library (6701 Delmar Blvd) on the second Friday of each month at 11am. This monthly series, which begins April 12th, will feature local experts in discussing programs and services that are available in the St. Louis Area. The series will include presentations by the University City Public Library, Aging Ahead, and Oasis. Lunch is provided to those who register ahead of the event with a suggested donation of \$5. To register, visit our events page (www.agingahead.org/get-involved/events/) or call 636-207-0847.

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.



Adaptive Equipment & Caregiving Corner

MAKING CAREGIVING SAFER & EASIER

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

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



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

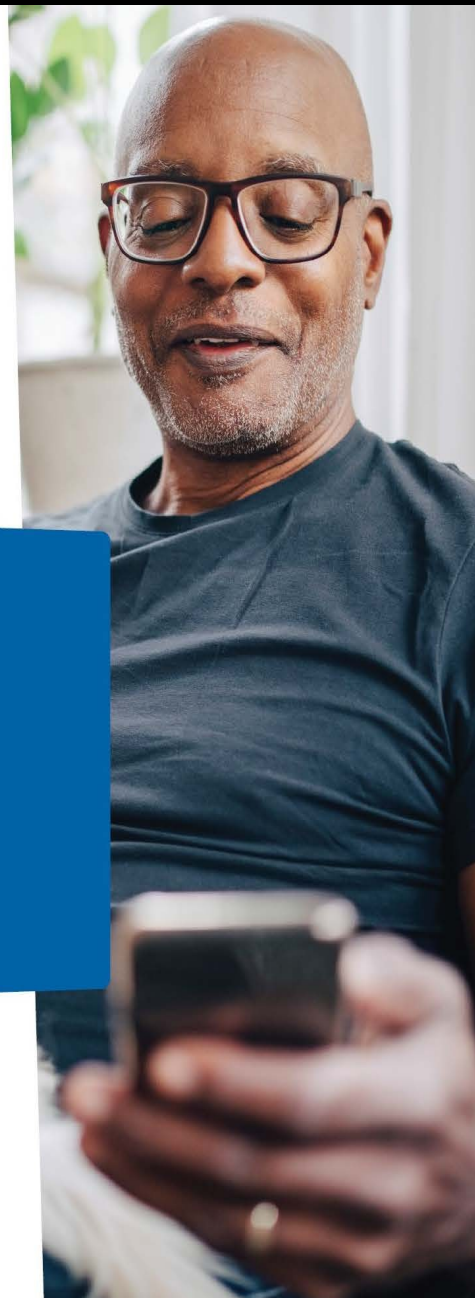


Online access to the SilverSneakers® fitness program with on-demand workout videos and live classes, plus health and nutrition tips



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



Connecting Caregivers

Welcome to the newest segment of the Aging Ahead Newsletter. This section is all about Caregivers! Our goal is to provide education, resources, and support for the many caregivers out there! We see you; we care about you; and we're here for you!

There are only four kinds of people in this world: those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers. Caregiving is universal.

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- Rosalynn Carter, Former First Lady of the United States

Am I a Caregiver?

It is estimated that over 53 million Americans are providing care for an adult family member or friend, yet few of these identify themselves as caregivers. Johns Hopkins Medical encourages us to understand the importance of caregivers by thinking of health care as a three-legged stool. "Family caregivers serve as one leg of the stool; professional caregivers (doctors, nurses, etc.) act as another; and the care recipient is the third leg. Without all three legs, health care cannot be as effective as it needs to be."

If you're still not sure, ask yourself if you provide someone help with:

- Transportation to medical appointments?
- Purchasing or organizing medications?
- Monitoring their medical condition?
- Communicating with health care professionals?
- Advocating on their behalf with providers or agencies?
- Getting in and out of beds or chairs?
- Getting dressed?
- Bathing or showering?
- Grocery or other shopping?
- Housework?
- Preparing Meals?
- Managing finances?

Does it sound like you might be a caregiver? Keep an eye on upcoming newsletters, our website and/or reach out to Aging Ahead at 636-207-0847 or info@agingahead.org to learn more about our Family Caregiving Support Program and other support for **you**.



AGING AHEAD

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

Facebook: @agingahead
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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. Contact Aging Ahead at 636-207-0847 for information on receiving vaccines and accessing transportation to appointments and upcoming vaccination clinics.



1st Volunteer Ambassadors Group

On February 13th Aging Ahead held training for the new Volunteer Ambassador program. Volunteer Ambassadors will serve as representatives of Aging Ahead at community events, such as senior and health fairs, helping to educate the community and spread awareness about the Agency and the services that we provide. We were excited to have a class of 13 volunteers become Ambassadors, whose commitment to sharing information about the important work we do will enable us to reach more people. Please contact Lydia Franklin, Volunteer Coordinator, if you would like to be contacted when we hold the next Ambassador training session: LFranklin@agingahead.org