AGING AHEAD

Supporting the journey.



What is Proposition S

Proposition S is a non-partisan property tax levy proposal on the November 2026 ballot that would establish a Senior Citizens Services Fund in St. Louis County. If approved, the levy would be 5 cents per $100 of assessed property value, or approximately $9.50 per year for every $100,000 of appraised home value.

Funds could support community-based services for county residents age 60 and older, including transportation, home repairs, meals, and in-home assistance. If passed, it is estimated to generate approximately $15 million annually for senior citizen services in St Louis County. For more information, visit Seniors Count website at https://stlcountyprops.com/

General Election

The General Election is next month, **Tuesday, November 3**. ***Aging Ahead*** encourages everyone to get out and vote. Your County Election Office is there is help with any voting questions or forms. Please contact them for more info:
St. Louis County 314-615-1800
St. Charles County 636-949-7550
Franklin County 636-583-6355
Jefferson County 636-797-5486

Make A Plan to Vote

- Verify and Update your Voter Registration
- Choose a Voting Method
- Find your Polling Place
- Cast your Vote
  - Confirm your voter registration info is current and accuracte at sos.mo.gov/elections
  - Your polling place may have changed. Check with your local election office to confirm where you vote in-person, or check at sos.mo.gov/elections

Congratulations

Staff Spotlight: Celebrations & Milestones

Stephanie Paul:
Celebrated 20 years with ***Aging Ahead*** as a Community Options Specialist













O'Fallon Open House

The ***Aging Ahead*** O'Fallon Senior Center hosted a successful Grand Times Together Open House, welcoming clients, friends, family members, and new visitors to explore the programs and services available at the center. We were honored to have members of the local City Administration, community partners, and Agency representatives join us for this special event. Mayor Bill Hennessy was in attendance and welcomed everyone to the event. Guests enjoyed coffee and snacks generously sponsored by our local Scooter's Coffee while connecting with others and learning about opportunities for nutrition, wellness, education, and social engagement. The event strengthened community relationships, increased awareness of available resources, and reinforced our commitment to creating a welcoming and supportive environment where older adults can connect, engage, and thrive.

A Taste of Culture: Something New Is on the Menu!

Aging Ahead is excited to collaborate with the State Unit on Aging to bring more culturally diverse and inclusive meal options to our service area! Each month, select centers will feature a special Cultural Spotlight meal, offering an opportunity to explore different cultures through food. Be sure to check your center's menu to see if a Cultural Spotlight meal is coming your way and keep an eye out for other delicious dishes that may be new to you! Our goal is to offer menus that reflect the diverse tastes and traditions of the people we serve while introducing new and exciting dining experiences for everyone to enjoy. We invite you to join us as we celebrate culture, community, and connection one meal at a time!

Connecting Caregivers

We see you, we care about you, and we're here to help! The ***Aging Ahead*** Community Options and Services Department is pleased to highlight programs that are available to support you and those you support. We will be featuring programs and services that are truly impacting the lives of caregivers. If you know of a program that has made a profound difference for someone in your life, please reach out to one of our offices below and let us know about it. We may highlight it in a future edition.

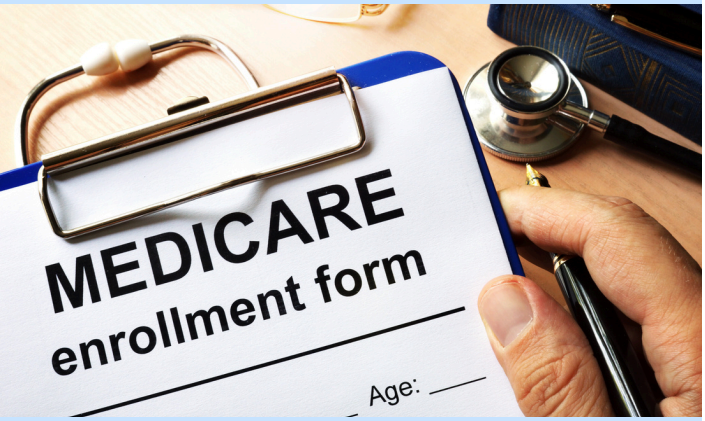
Caregivers

Aging Ahead is here for caregivers! We are offering a caregiver support group along with a new partnership which offers additional caregiving resources.

The Caregiver Connection group is one that will allow caregivers to join from the comfort of their own home! It is a great opportunity for caregivers to connect and support one another through caregiving experiences.

We have partnered with Caregiving.com to bring resources and support to caregivers in our community. Caregivers can access essential tools and resources at www.caregiving.com/partner/aging/ahead/insights.

If you are interested in either of these supports, please contact our Community Options Specialists at 636-207-0847 for more information.



Open Enrollment

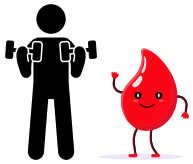
From October 15 through December 7, you can make changes to your Medicare plan that will become effective January 1. **It is very important that you read the Annual Notice of Change document mailed to you in September.** This document is very important because it outlines what is changing. Remember to be careful of Medicare fraud. Use caution when answering your phone and/or talking to individuals trying to sell you a new Medicare plan. ***Aging Ahead*** Community Options Specialists will be available at some upcoming Missouri SHIP presentations in our community. If you are interested in attending a presentation, please reach out to us at 636-207-0847 or Missouri SHIP at 1-800-390-3330 for details.

Vitamin B12: What Adults Over 50 Need to Know

What Vitamin B12 Does?

Vitamin B12 helps your body:

- Make red blood cells
- Keep your nerves healthy
- Support memory and brain function
- Maintain energy levels



Why is Vitamin B12 Important?

As we get older, the stomach makes less acid, which means it becomes harder to absorb B12 from food. This increases the risk of B12 deficiency, even with a healthy diet.



Signs of Low B12:

If B12 is low, you may notice:

- Tiredness or weakness
- Numbness or tingling in hands or feet
- Trouble with balance
- Memory problems
- Pale skin
- Mood changes

**If you notice these symptoms, talk to your healthcare provider.*

Who is at Higher Risk for Low B12?

- Adults over 50
- People who take metformin
- People who take acid-reducing medications (PPIs, H2 blockers)
- Vegans or vegetarians
- People with GI conditions (Crohn's, celiac, bariatric surgery)





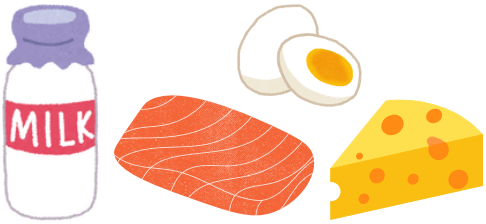
How to Improve B12 Intake:

- Eat foods rich in B12 daily
- Choose fortified cereals or plant milks
- Take a supplement if recommended by your doctor
- Have your B12 level checked during routine labs

Best Sources of Vitamin B12:

- Foods with B12
- Meat, poultry, fish
- Eggs
- Milk, yogurt, cheese
- Fortified cereals
- Fortified plant milks

(check the label)



CHOICE Programming

The CHOICE community program is a combination of presentations, activities, and lunch located in libraries, universities, and other area locations where older adults naturally congregate. Not a CHOICE member? No problem. Sign up today, it's FREE.

CHOICE has online and in-person programming in a variety of community locations in Arnold, House Springs, North St. Louis, University City, and Sullivan. The NEW Maplewood site meets Tuesday and Thursday from 10:00am to 2:00pm at Artists First.

Other community based opportunities are available through partnering agencies like OASIS and MU Extension, which offer evidence-based programs.

Check out our Programs, Activities, and Locations page for upcoming programming and information on how to sign up. agingahead.org/what-we-do/programs-activities-and-locations/



A Friendly Call Can Make All the Difference

Aging Ahead's Friendly Caller program was launched in 2021 to help address the growing problem of social isolation and loneliness among older adults. According to the National Institute on Aging, about **1 in 4 older adults are socially isolated.**

The Centers for Disease Control and Prevention reports that social isolation and loneliness can pose serious risks to both mental and physical health. That's where ***Aging Ahead's*** Friendly Caller program comes in. Friendly Caller connects older adults with a trained ***Aging Ahead*** volunteer who calls them regularly—usually once a week—for friendly conversation and connection.



Volunteer Barbara says, "My buddy lives alone and both she and I look forward to our calls. At our age, we have plenty of stories to share and things in common. Volunteering with the program gives back to me also!"

"A phone call might seem like a small thing, and it is, but having someone who knows your name, remembers what you talked about last week and looks forward to talking with you again can make a surprisingly meaningful difference," says Volunteer Coordinator, Lydia Franklin.

If you or someone you know could benefit from receiving Friendly Calls, reach out to Lydia, who can tell you more about the program and connect you with a volunteer. She can be reached at (636)207-0847 or by email: lfranklin@agingahead.org.

Volunteer Spotlight

Volunteer, David Carr, has been with the agency for over 15 years and is committed to helping and supporting older adults in the community.

What inspired you to join the Advisory Council?
While volunteering for a Senior Medicare Patrol event, someone suggested I look into the Advisory Council opportunity. I felt ***Aging Ahead's*** mission was vital to older adults and was quickly voted on the council.

Other positions held with the agency?
I have held the Chairman, Vice Chairman, and Secretary positions multiple times on the Advisory Council. Worked with Silver Haired Legislature for a short time before I started my current position as an Ambassador working community events sharing about ***Aging Ahead*** and what we provide.

What about *Aging Ahead* resonates with you most?
Being able to help seniors with issues that come up while getting older. I love that they have created a virtual community helping isolated homebound seniors.

What are you involved in when you are not helping *Aging Ahead*?
I volunteer at the St. Louis Genealogical Society, managing the bookstore. Creating stained glass from the design to the finished product and have recently started to restore a 150 year old family Bible from my grandmothers family.



Adopt-A-Route | Support-A-Center | Support Family Caregivers

Aging Ahead Champions
Deliver A Difference!

AGING AHEAD CHAMPION

Aging Ahead Champion Spotlight



Assistance Home Care

For Allen and Sally Serfas, supporting Aging Ahead's Mission is deeply personal. As Sally's mother battled Alzheimer's disease, Meals on Wheels volunteers provided nourishment, comfort & meaningful connection for her parents when they needed it most.

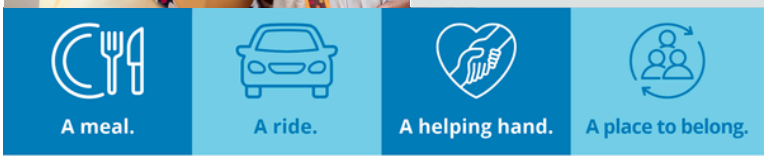
Today, Assistance Home Care, a locally owned in-home senior care provider serving the Greater St. Louis & St. Charles areas, is proud to be a Champion of Supporting Family Caregivers! Allen & Sally encourage you to learn how your business or organization can Deliver A Difference by becoming an Aging Ahead Champion!

Proud Aging Ahead Champion of Supporting Family Caregivers

www.AssistanceHomeCare.com Available 24-7-365! Call: 314-466-3227



Every day, ***Aging Ahead*** connects older adults and caregivers with the support, resources, and people who make the journey of aging a little easier.



Connection changes everything.

- Sometimes connection looks like a warm meal delivered with a friendly knock at the door.
- Sometimes it's a caregiver realizing they don't have to navigate everything alone.
- It can be a ride that keeps someone independent, a welcoming place to spend the afternoon, or simply knowing who to call when you need help.

Across our communities, ***Aging Ahead*** connects older adults and caregivers to meals, transportation, resources, programs, support - and one another. But those connections are only possible because of people like you.

Give the Gift of Connection this holiday season.

Your generosity helps older adults remain connected, supported, and independent throughout the journey of aging.



Subaru Share the Love

It's here! For the 19th year, Meals on Wheels is proud to be a partner of the Subaru Share the Love Event. Between November 19 and January 4, Subaru and its retailers will donate a minimum of $300 to charities with every new vehicle leased or sold — and seniors in our community benefit! www.mealsonwheelsamerica.org/subaru-share-the-love/

#GIVINGTUESDAY™

Mark your calendars for Tuesday, December 1st to join in the fourteenth annual global day of giving, #GivingTuesday. You've shopped until you've dropped with 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*** December 1st , to support vulnerable older adults in your area. To donate, please visit our donation page and select Giving Tuesday in the drop down menu.



AGING AHEAD
Supporting the journey.

www.agingahead.org
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info@agingahead.org

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Proud supporter of Aging Ahead and their commitment to serving our community.

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Let's Medicare Together™

Founded by doctors in St. Louis, Essence Healthcare has served only the Medicare community for more than 20 years.

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