All journeys have beginnings and completions. This issue marks the completion of my journey as the director of MEAAA since July 2002 at the end of March. My journey during the last 15 years has been filled with seeing many agency accomplishments, responding to challenges and making delightful memories and friendships. MEAAA had made significant changes to our fast growing and fast moving business of serving seniors and their caregivers. To list a few, we’ve started CHOICE programs in multiple library settings, opened and co-located senior centers and begun meaningful community based services programs for veterans and nursing home residents. We’ve served millions of meals and provided hundreds of thousands of rides. Through all the changes, our remarkable staff and board have stepped up to meet the challenges and implement opportunities. I will miss working with the staff and board members and the wonderful seniors we have the privilege to serve. And I’ll miss seeing the tremendous daily benefit of the hundreds of hours of their time which they give to benefit seniors in our community. I’m extremely proud of working for MEAAA for almost 34 years. It has been a privilege and honor which I will never forget as I embark on another phase of my life journey. I’m leaving you in the very capable hands of Lisa Knoll who will continue leading the way.

Mary Schaefer
Chief Executive Officer
#GivingTuesday
Helping Seniors Age in Place

Aging Matters
Aging Matters is a publication of Mid-East Area Agency on Aging, a non-profit organization providing services and information to people over 60 and their caregivers.

MEAAA does not endorse any company or guarantee any of the businesses, products, or services advertised herein.

Our Mission
Assisting Adults Through the Journey of Aging

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#GivingTuesday Generosity
On Tuesday, November 28th, Mid-East Area Agency on Aging joined #GivingTuesday, a global day of giving that harnesses the collective power of individuals, communities and organizations to encourage philanthropy and celebrate generosity worldwide. Everyone in some capacity can give. MEAAA encouraged our community to give through their time, skills, voice, dollars and charitable goods. The campaign started with the Foundation Board sharing reasons why they volunteer their time and resources helping seniors in our community. They mentioned helping seniors age in place and meals on wheels which is more than a meal, it’s a friendly face. To view the Foundation board’s video, go to the bottom of our website under Agency News. The video is titled Giving Tuesday #Unselfie.

We want to thank those who supported MEAAA with a gift on #GivingTuesday. We finished the day with $1,200 in donations. Twelve generous donors helped seniors continue to “age in place.” Thank you to Dennis Cooper, Ted Gottlieb, Leroy Kraemer, Jim and Brenda McDonnell, Mark Michelson, Mary Scannell, Mary Scheafer, Richard and Renne Schuster, Sheryl Steel and Mary Tucker. If you were unable to donate on #GivingTuesday and would like to support MEAAA, visit our website at www.agingmissouri.org/donate.

Pictured – Sullivan Senior Center Participants

#GivingTuesday Generosity
MA4 Summit 2017

Mid-East Area Agency on Aging staff and board members attended the 14th Annual Show Me Summit on Aging and Health in Columbia, MO, learning about various aging and health topics like financial exploitation, emergency services and benefits of home and community based services for Medicaid. MEAAA staff were chosen to give two presentations on serving special populations: “Veterans Directed: Home and Community Based Services– from Planning to Process” and “Your Vote Counts! Mobilizing AAA Volunteers.”

Lisa Knoll, Chief Operating Officer, and Donna Jasper, ADRC Manager, presented on the impact of the Veterans Program: 291 Veterans and families said they were very satisfied with the program allowing the veterans to remain safely in their homes maintaining independence and reducing the caregivers’ burdens. The program has provided staff the opportunity to refer veterans for additional benefits, VA services, and caregiver support programs.

Jan Keith, MEAAA Outreach and Advocacy Coordinator, talked about the SHL project “Your Vote Counts,” engaging home-bound seniors with tools to vote. “As a trusted resource, the agency provided home-bound seniors with accurate voting information,” states Jan.

2,700 voting flyers were delivered to home-bound seniors during a one month period. The result was 193 seniors requested voting assistance. The presentation encouraged other AAA’s to reach homebound seniors with voting information.

After three full days of presentations, the Summit wrapped up with a light hearted presentation, “Humor in the Workplace.” Our staff returned to work with some new ideas, information and resources to better serve the seniors in our community.

Another Successful Trivia Night

The 7th Annual St. Peters Trivia Night supports the St. Peters Meals on Wheels program through donations, raffles and attendance fees. A huge thank you to the St. Peters Board of Aldermen, Jerry Hollingsworth, Steve Brown and the Central County Fire and Rescue team for arranging this wonderful event which raised $20,572 benefitting seniors in their local community. The check was presented during the St. Peters Senior Center Christmas party.
Notice of Open Meetings

The MEAAA Public Hearings for Fiscal Year 2019 will be held on the following days at 10:30am:

- **Friday, February 16th, 2018**
  St. Charles County, O'Fallon Senior Center
  106 North Main Street, 63366

- **Monday, February 19th, 2018**
  Jefferson County, De Soto Senior Center
  13227 State Hwy E, 63020

- **Tuesday, February 20th, 2018**
  Franklin County, Sullivan Senior Center
  730 West Main Street, 63080

- **Friday, February 23rd, 2018**
  St. Louis County, Affton Senior Center
  8520 Mackenzie Road, 63123

We invite everyone who is interested to attend the meeting and comment on the presentation.

Tax Credits for MEAAA Ferguson Senior Resource Center

Are you a business or an individual with a business income? You could receive Missouri state tax credits equal to 50% of a contribution in support of the MEAAA Ferguson Senior Resource Center through the Neighborhood Assistance Program (NAP). This credit is in addition to the usual federal and state charitable deductions. To be eligible for the tax credit, MEAAA Foundation must receive your donation of $500 or more by **March 30, 2018**. You can make a difference for seniors in the Ferguson area and save taxes. Contact Joel Kamil, CPA and MEAAA Foundation board member at joel@kimalcpas.com to learn more.

Christmas Day Meals

It was another successful year for our Christmas Day meals program. Cindy Carlson, Information and Assistance Specialist, took over this program 11 years ago, to provide home-bound seniors a warm holiday meal and companionship on December 25th. With the help and support of our donors, volunteers and staff, we were able to provide meals and gift bags to 370 seniors. Anne Johnson, a volunteer at MEAAA, her family and friends donated 194 filled gift bags. Community supports and local organizations donated items to fill the remaining 176 gift bags. Another volunteer, Anne Brown, laminated 400 greeting cards to accompany each Christmas meal and gift bag. A local girl scout troop stopped by with handmade holiday cards for each bag. Thank you to all our donors, volunteers and staff who make Christmas special for our seniors!
Senior Advocates Taking Action

The Lieutenant of Governor of Missouri, Mike Parson, opened the 44th Annual Silver Haired Legislators of Missouri (SHL) Conference. The conference was held at the State Capitol in Jefferson City last October. The St. Louis Area Agency on Aging (SLAAA) and Mid-East Area Agency on Aging (MEAAA) delegates were both in attendance, among the 130 SHL who took their oath before the session in the House Chamber. The delegates debated and voted on their top five priorities for the 2018 legislative session. MEAAA’s SHL members spent months preparing their suggested priorities to be presented at this statewide conference. That evening Nicole Galloway, Missouri State Auditor, addressed the SHL during dinner.

Our legislators have returned home to our district to encourage support for these issues affecting local seniors. They will speak with state representatives and senior groups regarding the top 5 priorities.

Thank you to all our Silver Haired Legislature volunteers, you are so passionate about advocating for seniors in our community. Questions, contact Jan Keith at jkeith@mid-eastaaa.org.

2018 Missouri Silver Haired Legislature Priorities

- Establish a senior services growth & development fund
- Revise MoRx, MO State Pharmacy Assistance Program
- Increase funding for home-delivered meals provided by area agencies on aging
- Maintain the property tax credit known as the circuit breaker for renters and homeowners at the 2016 level
- Approval of medical marijuana use in Missouri

Missouri’s SHL 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 15 volunteers from each of the 10 statewide Area Agency on Aging. These 150 senior advocates, elected by their peers, identify and advocate for issues critical to older Missourians.

Achieving So Much in Retirement

Congratulations to Bob Snyder, he was 1 of 8 west county seniors honored at the annual Ageless Remarkable St. Louisans Gala sponsored by the St. Andrew’s Resources for Seniors System. The evening celebrated the outstanding achievements of area residents, 75-plus, who have dedicated their “golden years” to remaining active in the community and bettering the region by helping others. Bob deserves the recognition for continuing to be an active advocate for seniors in our community through his roles at MEAAA and VOYCE. Bob serves on the MEAAA Board, chairs the MEAAA Silver Haired Legislature and visits long term care facilities weekly, identifying and resolving issues for senior residents in long-term care for VOYCE’s Ombudsman Program.
New Medicare Cards

Over 55 million people are enrolled in the Medicare program and that number is expected to continue to rise, making Medicare fraud protection even more valuable. Starting April 2018, the Centers for Medicare and Medicaid Services will mailing everyone receiving Medicare benefits a new Medicare card. The new cards will be removing social security numbers and will be replaced with a Medicare Beneficiary Identifier. Your coverage and benefits will not change with the new card and your information and identity will be more secure and protected. The Missouri Senior Medicare Patrol has information on how to protect yourself from identity and health care fraud.

- Don’t share your Medicare Number with anyone who contacts you by telephone, email or in person, unless you’ve given them permission to in advance. Medicare will NEVER contact you (unless you ask them to) for your Medicare Number or other personal information.

- Don’t ever let anyone borrow or pay to use your Medicare Number.

- Review your Medicare Summary Notice to be sure you and Medicare are only being charged for actual items and services received.

If you need to enroll in a Medicare plan:

- Remember there are no “early bird discounts” or “limited time offers.”

- Don’t let anyone rush you to enroll by claiming you need to “act now for the best deal.”

- Be skeptical of free gifts, free medical services, discount packages or any offer that sounds “too good to be true.”

If someone calls you and asks for your Medicare Number or other personal information, hang up and call the Missouri SMP at 1-888-515-6565

Here’s how you can get ready:

- Make sure your mailing address is up to date.

- Beware of anyone who contacts you about the new Medicare card.

- Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friends or neighbors.

If you have any question call a MEAAA Information and Assistance Specialist at (636) 207-0847.

Information for this article came from Missouri SMP and Centers for Medicare & Medicaid Services.

#ShowIt2Vote

As of June 1st, 2017, all Missourians are required to show a photo ID when voting. Identification options for registered Missouri voters to use during an election at their polling location:

- **Option 1**: Provide a Missouri issued Driver or Non-Driver license, U.S. Passport, or Military ID

- **Option 2**: Provide a secondary form of identification, such as a paycheck or bank statement and a signed statement confirming their identity

- **Option 3**: If the voter has no form of identification, but is a registered voter, they may cast a provisional ballot

Missouri’s photo voter ID law requires the state of Missouri to assist voters who might not have a photo ID with the process of obtaining one free Missouri non-driver license for the purpose of voting.

Questions, call Show It 2 Vote at (866) 868-3245 or email ShowIt2Vot@sos.mo.gov.
In Appreciation of our Donors
September 20—December 31, 2017
Mr. and Mrs. Nash Anwar
Mr. Ronald Bowers & CO. P.C.
Mr. David Bentley
Bentleys Extended Care
Boeing—Employee Community Fund
Ms. Linda Boyer
Ms. Stacie Brink
Mr. and Mrs. Darius Carey
Central St. Charles Fire and Rescue
City of St. Peters, Missouri
Mrs. Elise Daniels
Mr. and Mrs. Vernon Dupree
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Mr. Garner and Mrs. Lampkin
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Mr. and Mrs. Stanley Wald
Mr. and Mrs. Edgar Walker
Wolfram & Associates P.C.
Ms. Alma Young

Memorials and Tributes
September 20—December 31, 2017
In honor of...
Ms. Rose Cafazza
Ms. Carrie Cafazza

Mr. Gordon Larson
Ms. Carrie Cafazza

Mr. and Mrs. Jonathan Mayant Family
Ms. Beatrice Barenstein

Ms. Mary Schaefer
Mr. and Mrs. Mark Michelson
Ms. Mary Tucker

Mr. Bob Snyder
Mr. and Mrs. Arnold Hershman

In memory of...
Muriel Adkinson
Ms. Judy Ludwig

Mr. Richard Bueckman
Mr. and Mrs. Ronald Nelson

Mr. and Mrs. David & Pat Carr
Mr. and Mrs. James Carr

Mr. William Cooper
Mr. Dennis Cooper

Mr. Jonathan Emanuel
Mr. and Mrs. Willie Little

Ms. Debbie Emmelkamp’s Son-In-Law
Mr. and Mrs. Arnold Hershman

Ms. Dorothy Hall
Ms. Maureen Lynam

Ms. Harriett Hanna
Mr. and Mrs. Jim Schaefer

Mr. Charlie Heisler
Mr. and Mrs. Gary Cronin
Mr. and Mrs. Arnold Hershman

Ms. Florence Hildebrand
Ms. Holly Hildebrand

Mr. Chuck McDermott
Mr. and Mrs. David Kramer

Ms. Faye Michelson
Ms. Carol Gall
Mr. Thomas Gall
Mr. and Mrs. Mark Michelson

Mr. Stanley Multiin
Mr. and Mrs. Howard Handelman

Ms. Anna Schnapp
Mr. and Mrs. Shadrach Gilyard

Ms. Jeanette Thias
Mr. and Mrs. Glen Haman
Mr. and Mrs. Louis Kilo
Ms. Gwendolyn Lesch
Mr. and Mrs. Benjamin Levinson
Mr. and Mrs. Jim Schaefer
Mr. and Mrs. Frank Sophie
Ms. Joan Suda

Mr. Bob Tokar
Ms. Margie Halley

Ms. Gertrude Weise
Ms. Barbara Tesno

Christmas Meals Donations
Ms. Merline Anderson
Arlington United Methodist Church
Ms. Eleanor Barron
Mr. David Becker
Ms. Julie Berkowitz
Mr. and Mrs. Richard Bossch
Mr. and Mrs. Carl Bowers
Ms. Linda Boyle
Ms. Carol Brammer
Ms. Anne Brown
Mr. and Mrs. David Carr
Ms. June Clark
Ms. Kelly Coffey
Mr. and Mrs. Gary Cronin
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Ms. Cinda Delany
Mr. Edward Fitzhenry
Fox Performanace
Gambrill Gardens
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Mr. and Mrs. Ronald Nelson
Ms. Mary O’Connell
Panera
Provision Living
Ms. Barbara Roe
Schnucks
Mr. and Mrs. Robert Schreiber
Ms. Phyllis Schneider
Mr. and Mrs. Richard Schuster
Shop n Save
Mr. and Mrs. Bob Snyder
Mr. and Mrs. James Sisson
Sunrise Assisted Living
Ms. Carol Williams
For more than 45 years, Meals on Wheels (MOW) programs have been delivering nutritious meals to home-bound seniors across the country. Mid-East Area Agency on Aging is part of the Meals on Wheels America’s (MOWA) network serving local seniors in St. Louis, St. Charles, Franklin and Jefferson county. Meals on wheels is more than a meal, it is a friendly visit from a volunteer and a safety check. This service helps seniors to stay connected to the community enabling them to stay in their homes longer, where they want to be.

In March, MEAAA will join other Meal on Wheels programs for the 16th annual March for Meals celebration supporting the fight against senior isolation and hunger in our community. MOWA has led this annual awareness campaign for over 15 years in an effort to fill the gap between the seniors served and those in need.

As part of March for Meals, Mid-East Area Agency on Aging is excited to announce that John Beck-Emmis Communications General Manager and John Sheehan-CBS Radio General Manager will be co-hosting our Big Wheels for Meals campaign in March raising awareness and support for our community seniors. Our co-hosts will help recruit support from other businesses and political leaders, and will personally deliver meals to area seniors in March.

Did you know that our volunteers are sometimes the only person our seniors see in a day?

Join us in celebrating March for Meals by donating your time and/or money to assist local seniors. www.agingmissouri.org