March for Meals with MEAAA Big Wheels for Meals

Big Wheels for Meals is an opportunity for local businesses and political officials to help raise awareness and support for our community seniors. We are delighted to have MEAAA’s March for Meals co-chaired by 3 leading St. Louis business executives, John Sondag-AT&T Missouri President, John Beck-Emmis Communications General Manager and John Sheehan-CBS Radio General Manager. With their personal involvement we hope to reach more isolated and under-nourished homebound seniors through our agency programs. High School seniors from 3 school districts- Ferguson-Florissant, Bayless and Normandy will accompany the co-chairs as they deliver meals to home-bound seniors.

Mid-East Area Agency on Aging joins Meals on Wheels programs from across the country in the 15th annual March for Meals celebration supporting the fight against senior isolation and hunger in our communities. March for Meals is a month long, nationwide movement for Meals on Wheels and the homebound and vulnerable seniors who rely on its vital safety net. Since 2002, Meals on Wheels America has led the annual awareness campaign in an effort to fill the gap between the seniors served and those in need. The gap is widening due to increased demand with a rapidly aging population combined with declining public and private resources, and rising food, transportation and operations costs. This March, MEAAA joins hundreds of local Meals on Wheels programs, that will reach out to their communities to build the support that will enable us to deliver nutritious meals, friendly visits and safety checks to America’s seniors all year long.

For information on how you can volunteer, contribute or speak out for the seniors in the counties of St. Louis, St. Charles, Franklin or Jefferson, visit www.agingmissouri.org.

Students Deliver Meals

Sullivan Middle School student council, along with their sponsors, have started delivering meals to homebound seniors once a month through the Sullivan Senior Center Meals on Wheels program. This community service project was created by teachers to educate their students about the real struggles seniors encounter daily like malnutrition, isolation and independence. That is why these students are delivering more than just a meal; they are a friendly face for the senior to look forward to seeing again. Auto dealership West Brothers is providing transportation for the students as they deliver the meals each month.
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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www.agingmissouri.org

Information & Assistance Specialists
(636) 207-1323
1 (800) AGE-6060

Like us on facebook.
Go to facebook.com/mideastaaa

Christmas Day Meals

MEAAA staff and volunteers were busy on December 25th for our annual Christmas Day Meals Program. With the help and support of our donors we were able to meet our financial goal. We provided meals, gift bags and a friendly face on Christmas for 380 homebound seniors. Anne, a volunteer at MEAAA, her family and friends donated 186 filled gift bags. The remaining bags were filled with donations from community supporters and local organizations. Thank you to all our volunteers and donors. We could not do this without you.

Love Letters

DoSomething.org is an organization creating a global movement for positive change through 5.5 million young people both online and off. DoSomething.org’s network of volunteers will hand make Valentines for our senior center and homebound seniors. The cards are then delivered with a meal in February. This tradition warms the hearts of our seniors making them feel loved and connected.

St. Clair Seniors

Apart from the normal senior center activities and meals, the St. Clair Senior Center had silly hat day which grew into backwards dress up day.

The St. Clair Senior Center exercise class has grown in size and some participants also take part in our home delivered meals program.

Check out our website for your nearest senior center and activity calendar.

www.agingmissouri.org
Ferguson Senior Resource Center

We are excited to announce the opening of the new Ferguson Senior Resource Center with central kitchen! The center, located inside the Ferguson Community Center at 1050 Smith Avenue, will provide congregate and home-delivered meals, a social gathering place, recreational activities, wellness programs, and fun and educational classes all for adults 60 years and older. With the opening of the Ferguson Senior Resource Center, North County residents will have access to these wonderful programs near or right in their own neighborhood. The center’s central kitchen will provide a way for MEAAA to serve a hot meal, Monday through Friday, not only to Ferguson Senior Resource Center participants, but it will also be the cooking site for meal deliveries to homebound seniors all throughout North County when volunteer drivers are recruited. As a focal point for senior services in the North County community, this center will foster the health and wellbeing of adults aged 60 and above.

The Ferguson Senior Resource Center will pilot our monthly Leaders Lunch Series, providing a special opportunity for community leaders to tour the beautiful new center, enjoy a delicious lunch with other leaders and older adults and learn about the available programs, services and resources MEAAA offers promoting healthy living and independence.

The grand opening will be on Wednesday, March 29th.

For more information on the programs and activities please visit www.agingmissouri.org or call 314-867-5661 to receive a calendar.

Snap Shot of Calendar Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bookworms Book Club</td>
<td>Tuesday, Feb. 21st 10:00am</td>
</tr>
<tr>
<td>Gut Health and Hydration</td>
<td>Wednesday, Feb. 22nd 10:30am</td>
</tr>
<tr>
<td>Public Hearing</td>
<td>Wednesday, Mar. 8th 9:00am</td>
</tr>
<tr>
<td>Cooking for One or Two</td>
<td>Wednesday, Mar. 8th 10:00am</td>
</tr>
<tr>
<td>Are You Smarter than A Scam Artist</td>
<td>Monday, Mar. 20th 10:00am</td>
</tr>
<tr>
<td>Mixed Cards and Games</td>
<td>Mondays at 9:30am</td>
</tr>
<tr>
<td>Find Out Fridays</td>
<td>Fridays at 10:30am</td>
</tr>
<tr>
<td>Get Creative Craft Groups</td>
<td>Fridays at 9:30am</td>
</tr>
</tbody>
</table>

MEAAA on Social Media

MEAAA has been the #1 source for information and services for the past forty years. Through Facebook and Twitter it is even easier for you to get information on aging and independent living through articles, reminders, stories and helpful tips. Like & Follow us today!

To like us on Facebook: facebook.com/mideastaaa
1. Go to facebook.com/mideastaaa
2. Click the like button below our page cover photo

To follow us on Twitter: @MarySchaefer1
1. On your twitter account search for @MarySchaefer1
2. Click the follow button below our cover photo

Now you will see our daily updates and posts on your news feed. Show your support by liking and sharing our posts and tweets. this helps raise awareness about Mid-East Area Agency on Aging.
Created in 1973, Missouri’s SHL has the distinction of being the first such organization in the United States. The Silver Haired Legislature is composed of citizens, age 60 or older, who volunteer their time to advocate on behalf of Missouri’s older adults. The delegates are elected from each of Missouri’s ten Area Agencies on Aging. Each delegation consists of twelve Representatives and three Senators for a total of 150 legislators. All legislators meet annually for a model legislative session at the State Capitol. They debate and vote on their top five priority proposals. Once the five priorities are chosen, the legislators return to their districts to encourage support of those issues. They testify before the Missouri Senate and House and speak with senior groups regarding those issues.

2017 Missouri Silver Haired Legislature Priorities

- Senior Services Growth and Development Program
- Increase funding for home-delivered and congregate meals provided by Area Agencies on Aging
- Expand Medicaid (MO HealthNet)
- Provide financial assistance to seniors for medically necessary hearing aid devices, vision services and dental care through Medicaid (MO HealthNet)
- Reauthorize funding for the MoRx Program

For more information contact Jan Keith at jkeith@mid-eastaaa.org or call (636) 207-0847.

Senior Centers Provide Great Options for Healthy Living

The local Area Agency on Aging Senior Center is important in Earl’s life. Back in 2010 Earl suffered a heart attack and was laid up for two months. Since that time, he retired, slowly regained his independence, and started visiting his local Senior Center.

Senior Centers are a God send for many seniors throughout Missouri. For Earl personally, at age 87, it has given him a place to volunteer, experience happiness among peers, exercise regularly, and receive a hot nutritious meal.

“Maintaining my mental and physical health is now a priority for me. Three times a week I go to an Easy Chair Exercise class and enjoy a variety of educational and recreational activities. If it were not for this center, many of us wouldn’t be here today.” Earl said.

Your Area Agency on Aging in Missouri has expert help, and we are here when you need us. This article was provided by ma4.
Mid–East Area Agency on Aging Information and Assistance Specialists are qualified to answer your Medicare, Medicaid, insurance and marketplace questions or direct you to the appropriate resources. They can be reached Monday–Friday from 8am to 4pm at (636) 207-1323.

Excerpts from Centers for Medicare & Medicaid Services

Q. Are Medicare Part B premiums increasing in 2017?
A. Yes, but for most beneficiaries, not by very much. If your Part B premium is withheld from Social Security benefits, by law it can only increase by the same amount as the benefits increase in 2017. That’s typically going to be about $4 per month. Since 70% of Medicare beneficiaries are in this situation, they will only go up to about $109 per month compared to $104.90 for the past four years for those on Medicare before 2016. Many 2016 newly eligible beneficiaries will see an average $4-$5 premium increase from their 2016 premium of $121.80, and pay about $125-$127 per month for those who joined this group in 2016. The exact amount will depend on the size of your Social Security benefit increase.

Q. What about people who don’t qualify for lower premium increases based on their Medicare Part B premiums not deducted from their Social Security check and for other reasons? How much will they pay?
A. Some beneficiaries will not qualify for the rule that limits the size of the Part B premium increase. These include: people who do not yet collect Social Security benefits; people who will become new beneficiaries in 2017; people who have their Part B premiums paid through a different process, such as Federal retirees; and people who pay an additional premium already, because of their income. People on both Medicare and Medicaid, whose premiums are paid by their States, are also ineligible for limits on premium increases. All beneficiaries in those categories will see an increase in their Part B premiums to $134.00 per month (higher for those with income-related surcharges). These groups together account for about 30% of Medicare’s 58 million beneficiaries.

Q. Are Medicare Parts A and B deductibles going up, too? Will some people be exempt from those increases?
A. The Part A deductible for an inpatient hospital admission is going up from $1,288 in 2016 to $1,316 in 2017. Co-insurance for stays beyond 60 days, and for stays in a skilled nursing facility following an inpatient admission will also modestly increase, by just over 2% in 2017.

The Part B deductible is increasing from $166 in 2016 to $183 in 2017. These increases will apply to all beneficiaries; so all beneficiaries will still be subject to the new deductible and co-pay amounts in 2017.

For more information about 2017 premiums and deductibles, you can go to www.medicare.gov, or call Medicare any time of day or night, at 1-800-MEDICARE [1-800-633-4227].
In Appreciation of our Donors

October 4, 2016– February 1, 2017

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Memorials and Tributes

October 4, 2016– February 1, 2017

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Mr. and Mrs. Dale Nichols

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Ms. Carolyn Cafazza

In honor of #Ferguson Activists
Mr. John Powell

In honor of Stanley Ferdman
Mr. and Mrs. David Steinberg

In honor of Gary Handelman
Mr. and Mrs. Howard Handelman

In honor of John Isacacs
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In honor of Phyllis Langsdorf
Mr. and Mrs. Howard Handelman

In memory of Elizabeth (Betty) Becker
Mr. and Mrs. Gary Cronin

In memory of Elizabeth and Samuel Begeman
Mr. and Mrs. James E. (Mary) Schaefer

In memory of Faith Berger’s Father
Mr. and Mrs. Howard Handelman

In memory of Eleanor Berkman
Ms. Joan Berkman

In memory of Max Blinder
Mr. and Mrs. Howard Handelman

In memory of Wesley Roger Griffith
Mr. and Mrs. Russell Mandziara

In memory of Jim and Betty Hoover
Mr. and Mrs. Michael (Elise) Daniels

In memory of Graham and Mary Belle Ludlow
Mr. and Mrs. Derek Nagle

In memory of Dr. Kenneth Marshall
Mr. and Mrs. Jay Marshall

In memory of Oliver and Helen Newberry
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In memory of Lois Ross
Mr. and Mrs. Howard Handelman

In memory of Ruth Huber Rubin
Mr. and Mrs. Howard Handelman

In memory of Karen Solomon
Mr. William I. Solomon

In memory of Robert Stahl
Mrs. Betty Stahl

In memory of Gertrude Weise
Ms. Barbara Tesno

In memory of Pauline Woodland
Mr. and Mrs. Gary Cronin
Getting older brings many challenges in health. Experts say by recognizing these chronic conditions, you can take the proper steps to stave off disease and live a higher quality life. Everydayhealth.com lists the 15 most common ailments for seniors. Following are a few.

**Arthritis** Almost half of all adults over age 65 has some type of arthritis, the U.S. Centers for Disease Control says. Although the pain can limit your activity, it’s important to work with your doctor to develop a plan that can maintain your health.

**Heart disease** As people age, they’re increasingly living with risk factors, such as high blood pressure and high cholesterol that can increase the chances of having a stroke or developing heart disease. Exercise, a proper diet and a good night’s sleep can help mitigate those factors, experts say.

**Cancer** If caught early through screenings, such as mammograms, colonoscopies and skin checks, many types of cancer are treatable. And though you’re not always able to prevent cancer, you can improve your quality of life as a senior living with cancer, including during treatment, by working with your medical team and adhering to healthy senior living practices.

**Respiratory diseases** Asthma, chronic bronchitis and emphysema are common conditions for older people. Getting lung function tests and taking the correct medication, or using oxygen as instructed, will go a long way toward preserving your quality of life.

**Osteoporosis** Low bone mass puts seniors at risk for a fracture or break that could lead to poor health and reduced quality of life.

**Influenza and Pneumonia** Healthcare recommendations for seniors include getting an annual flu shot, and getting the pneumonia vaccine if recommended by your doctor, to prevent these infections and their life-threatening complications.

**Depression** This condition can lower immunity and can compromise your ability to fight infections. In addition to treatment with medication and therapy, other ways to improve your condition might be to increase physical activity.

**Shingles** If you had chickenpox as a kid, you can get shingles as an adult. You can develop an itchy rash and possibly blisters. You should talk to your doctor about taking a vaccine.

The independent physicians of Signature Medical Group endorse this article. Signature delivers top quality health care for seniors. www.signaturemedicalgroup.com.

This article is sponsored by Signature Medical Group and the opinions and information are not those of MEAAA.

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**Christmas Meal Donors**

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Thank you for your kind gifts. MEAAA was able to serve 380 homebound seniors a Christmas day meal and holiday cheer.
“I had been receiving a monthly benefit from my late husband’s pension for 23 years. Then the pension plan suddenly decided I was no longer eligible for it. The pension counseling project helped me get my pension back. I don’t know what I would have done without their help.” said Doris D, an 85 year old widow. A predictable and secure pension provides peace of mind and improves your life in many ways. Pension income increases your financial freedom and expands your choices for enhanced health, nutrition, living conditions, and over all independence well beyond retirement age. Pension counseling project provides assistance free of charge to anyone with a pension question or problem regardless of age, income or value of the claim. You are eligible if you currently live or work or lived or worked in Missouri, Arkansas, Louisiana, New Mexico, Texas or Oklahoma while earning the pension. Also, you are eligible if the company or pension plan is headquartered or has operations now in the region when the pension was earned. Call 1-800-443-2528 to speak with the South Central Pension Rights Project or go online at www.southcentralpension.org.

Questions about your Pension Benefits? SCPRP can help.

On Thursday, May 11th, be part of Give STL Day and make a difference for older adults. Give STL Day is a 24-hour giving event that supports local nonprofits. Imagine the impact that you can help achieve when you support MEAAA on Give STL Day.

Support the effort and direct your dollars to MEAAA by going to www.agingingmissouri.org on May 11th and following the prompts to Give STL Day. 100% of your gift supports MEAAA.

YOU CAN MAKE THE DIFFERENCE. Thank you!