Options for Joint Stiffness

By Dr Greg Pursley

Joint stiffness is one of the biggest problems with the aging population. I am asked constantly about how to improve joint stiffness, joint soreness, or joint achiness. There are many things that can be done at home to help improve joint flexibility, reduce pain, and to prevent future joint problems. Heat is often used to decrease muscle tension and stiffness in joints. This can include heat in one area or being submerged in a hot shower or hot bath. Stretching on a daily basis is also extremely important.

Every day we either get more or less tension and it’s based on how much or how little we stretch. Supplements help a lot as well but are used more for prevention. We utilize whole food supplements such as a multivitamin, fish oil, and glucosamine to keep joints from breaking down. We also recommend Chiropractic care for anyone experiencing stiffness or muscle and joint discomfort. We work on keeping the joints mobile.

The more mobile a joint is, the less likely it will get injured. Chiropractic care in our office consists of multiple different treatment options ranging from therapies, muscle work, and joint mobilization. We focus on the individual patient to get the best results.

Our guest writer is Dr. Greg Pursley, a chiropractor with PC Wellness Centers, located at #5 Doctors Park in Cape Girardeau, MO. He has practiced chiropractic care for ten years.

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Do you know that carbon monoxide (CO) is the most common cause of poisoning death in the United States? Unintentional CO poisonings are responsible for about 500 deaths and 15,000 visits to emergency rooms annually. Older adults over 65 years of age are especially vulnerable to unintentional CO poisoning due to their high frequency of pre-existing medical conditions. While CO alarms can save lives, less than one-third of American homes have them installed.

CO is an odorless, colorless gas that can cause illness and death. It is produced whenever any fuel such as natural gas, propane, gasoline, oil, kerosene, wood, or charcoal is burned. Devices that produce CO include cars, boats, gasoline engines, stoves, and heating systems. CO from these sources can build up in enclosed or semi-enclosed spaces. When people inhale CO, the toxic gas enters the bloodstream and blocks oxygen from being absorbed into the body, which can damage tissues and result in death.

For most people, the first signs of exposure to low concentrations of CO include mild headache and breathlessness upon moderate exercise. Continued or acute exposure can lead to flu-like symptoms including more severe headaches, dizziness, tiredness, nausea, confusion, irritability, and impaired judgment, memory, and coordination. CO is called the “silent killer” because if these early signs are ignored, a person may lose consciousness and be unable to escape the danger.

Breathing low concentrations of CO may not result in obvious symptoms of CO poisoning, yet exposure to low levels of CO can cause long-term health damage, even after the CO source is removed. These health effects include long-term neurological damage such as learning and memory impairments, emotional and personality effects, and sensory and motor disorders.

People of all ages are at risk for CO poisoning. Persons living with chronic heart disease, anemia, or respiratory problems are more susceptible to its effects. Older adults more frequently have these pre-existing conditions, which lower their tolerance and increase the risk of a fatal exposure. CO poisoning can also be highly dangerous for unborn children, greatly increasing the risk of fetal death and developmental disorders.

If you experience symptoms you think could be from CO poisoning, get fresh air immediately. Open doors and windows and turn off stoves, ovens, heaters, and similar appliances, and leave the house. Call a poison center immediately at 1-800-222-1222. The poison experts there will let you know if you need to seek further medical attention.

Half of all unintentional CO poisoning deaths could be prevented with the use of CO alarms. Alarms should be Underwriters laboratories (UL) approved and are generally available at local hardware stores. The cost is minimal and in view of the possibility that it may save the lives of you and your family it is a bargain. Install a CO alarm on every floor of your home and within hearing range of each sleeping area. Carefully follow manufactures’ instructions for their placement, use, and maintenance. Unlike smoke alarms, CO alarms may expire after several years.

Ombudsman Volunteers Recognized at State Conference

By Jan McFerron

The Missouri State Ombudsman Conference was held September 12th and 13th at Chateau on the Lake in Branson, Missouri. Ombudsman Volunteers, along with State and Regional Ombudsman staff attended the sessions. The theme for the conference was “Here to Care.” Topics for the Ombudsman Conference sessions were Guardianship statutes and issues, how nursing homes work with hospice programs, the residents’ right to vote and participate in the political process, mental health and communication, dispute resolution, and intimacy and sexuality among residents with dementia in long term care.

The Aging Matters Ombudsman Program had 19 Ombudsman Volunteers attend the conference. Many of those attending and several that could not attend were recognized and presented awards for their years of service to the Ombudsman Program by the State Ombudsman Office. Those receiving awards for 5 years of service were Shirley Branum, Joyce Dowell, Beckie Grasdorf, Jack Hailey, Phyllis Lee, Allen Muench, Pam Muench, Cora Lee Stephens, Joan Voelker, Pam Williams, Holly Weems, and Regina Moore. Those receiving awards for 15 years of service were Juanita James, Martha O’Kelly, and Betty Wildman. Cora Dell Johnson received an award for her 20 years of service to the Ombudsman Program. The Region 2 Ombudsman Program at Aging Matters is very fortunate to have such devoted Ombudsman Volunteers to serve the residents living in Nursing Homes, Assisted Living, and Residential Care Communities across our region.
Happy and Safe Holiday Meals

As the temperatures start to drop and the days grow short we know the holidays are fast approaching. For most of us that means family gatherings, parties, celebrations and lots and lots of food! Most of us prepare food either to be eaten in our home with family and friends or maybe to be taken to another location and shared. No matter if you’re an experienced cook or just trying your hand at holiday dishes, there are steps you can start by clearing your refrigerator so you are prepared. Start using the foods that are taking up space and make sure you have plenty of room for your turkey, ham, roast and other foods. You may want to buy an inexpensive thermometer to keep in your refrigerator to ensure a successful and safe meal. You can’t always tell whether a food is dangerous to eat. Fresh beef, pork, veal, and lamb should be cooked to 145°F with a 3 minute rest time; fish should be cooked to 145°F; ground beef, veal, pork and lamb should be cooked to 160°F; egg dishes should be cooked to 165°F; and all poultry should be cooked to 165°F. When preparing to serve be sure to keep hot foods hot at 140°F or above and cold foods cold at 40°F or below. Chafing dishes, crock pots, or ice trays can help with this. Foods should not be sitting out for more than 2 hours. If this happens they should be discarded.

For most Americans, eating leftovers from a holiday meal or party is as traditional as the meal itself. In order to enjoy leftovers safely, always reheat leftovers to an internal temperature of 165°F. If taking leftovers for lunch, pack perishable food in an insulated bag with an ice pack to make sure it stays chilled. Leftovers can be kept for 3 to 4 days in the refrigerator; be sure to eat or freeze them within that time. FBI is caused by harmful bacteria growth in food. Because bacteria typically don’t change the taste, smell, or look of food, you can’t always tell whether a food is dangerous to eat. Remember warm air rises, so the bottom shelf of your refrigerator is the coldest. That raw meat, poultry, and seafood should go on the bottom shelf of the refrigerator on a plate or tray so it can’t drip on other foods.

As you prepare your food, always start with clean counters, utensils and equipment, and thoroughly wash your hands with warm water and soap. Prepare uncooked recipes before recipes using raw meat to reduce cross-contamination. Use separate cutting boards for raw meat and ready-to-eat items like vegetables or bread. Use a meat thermometer to check the internal temperatures of dishes to ensure they are fully cooked and safe to eat. Fresh beef, pork, veal, and lamb should be cooked to 145°F with a 3 minute rest time; fish should be cooked to 145°F; ground beef, veal, pork and lamb should be cooked to 160°F; egg dishes should be cooked to 165°F; and all poultry should be cooked to 165°F. When preparing to serve be sure to keep hot foods hot at 140°F or above and cold foods cold at 40°F or below. Chafing dishes, crock pots, or ice trays can help with this. Foods should not be sitting out for more than 2 hours. If this happens they should be discarded.

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“Enjoy your holidays with family and friends! Happy and safe cooking to all!”

Honey Roasted Sweet Potatoes (recipe adapted from Eating Well.com)

Ingredients:
- 2 ½ lbs. sweet potatoes, peeled and cut into 1 ¼” pieces (about 8 cups)
- 1/3 cup honey (or pure maple syrup)
- 2 Tbsp butter, melted
- 1 Tbsp lemon juice
- ½ tsp salt
- Black pepper to taste
- ½ cup toasted pecan pieces, optional

Directions:
1. Preheat oven to 400°F.
2. Arrange sweet potatoes in an even layer in a 9”x13” glass baking dish. Combine honey, butter, lemon juice, salt and black pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat.
3. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir every 15 minutes, until tender and starting to brown, 45 to 50 minutes more. If using pecans, stir into casserole during the final 15 minutes of bake time.
4. Bake the casserole at 350°F for 25 to 30 minutes or until the mixture is heated through and the crumbs are golden.

Make ahead tip: Cover and refrigerate for up to 1 day. Just before serving, reheat at 350°F until hot, about 15 minutes.

Guilt-Free Green Bean Casserole (recipe adapted from Better Homes and Gardens)

Ingredients:
- 2 cans of no salt added cut green beans (14.5 oz cans, drained)
- 2 teaspoons Country Crock Vegetable Oil Spread (melted)
- 1 can of reduced-sodium cream of mushroom soup (10.5 oz can)
- 1/3 cup chopped onion
- 3 Tablespoons bread crumbs
- 1/8 teaspoon black pepper
- ¼ cup plain fat-free yogurt

Directions:
1. Preheat oven to 350°F.
2. In a small saucepan, cook the chopped onions in the margarine until onions are tender. Stir in the bread crumbs and set aside.
3. In a large mixing bowl, stir together the cream of mushroom soup, yogurt, pepper, and green beans.
4. Transfer the mixture to a 1 quart casserole dish.
5. Sprinkle the onion-bread crumb mixture on top of the casserole mixture.
6. Bake the casserole at 350°F for 25 to 30 minutes or until the mixture is heated through and the crumbs are golden.

(*Makes 6 servings, approximately ¾ cup per serving)

Quinoa Stuffing

Ingredients:
- 1 butternut squash, peeled, seeded, and cubed
- 1 red onion, peeled and diced
- 3-5 cloves garlic, with peel still on
- 1 Tbsp. vegetable or canola oil
- Salt & Pepper to taste
- 1 ½ cups uncooked quinoa, rinsed
- 3 cups chicken broth, vegetable broth, or water
- Zest of one orange
- 2 cups roughly chopped spinach
- 2/3 cup dried cranberries
- ½ cup shelled pistachios

Directions:
1. Preheat oven to 425°F. Line a baking sheet with aluminum foil.
2. In a large mixing bowl, toss butternut squash, onion, and garlic cloves (with peel still on) until they are evenly coated with oil. Spread out in an even layer on the prepared baking sheet. Season with salt and pepper. Roast for 30 minutes, or until soft and cooked and edges begin to slightly brown. Remove and set aside. Discard garlic peels.
3. Meanwhile, stir together quinoa, broth (or water), and orange zest, and cook according to package instructions. When cooked, set aside.
4. Add cooked veggies, quinoa, spinach, cranberries and pistachios to a large mixing bowl, and gently toss to combine. Season with additional salt and pepper if needed. Serve warm. (Makes 4-6 Servings)
Do you have medications that are unused or expired and not sure how to dispose of them? The Division of Senior & Disability Services (DSDS) is working with the Bureau of Narcotics and Dangerous Drugs (BNDD) in providing safe disposal of these medications. This safe and anonymous drop off program will also help to lessen the possibility of these prescription medications from getting into the hands of someone who may abuse them.

Proper disposal of prescription and over-the-counter drugs protects you and the Earth by preventing poisoning of children and pets. It deters misuse by teenagers and adults; keeps medicines from entering streams and rivers when poured down the drain or flushed down the toilet; and helps avoid health problems such as taking a medicine that is too old to work well.

The best option for proper disposal of drugs is to contact your local law enforcement agency to see if the drug take-back program is available in your community. For your convenience, a list of the agencies in the Aging Matters service area is provided along with this article.

The second option for disposal is through these proper household steps:

1. Take your prescription drugs out of their original containers.
2. Mix drugs with an undesirable substance, such as cat litter or used coffee grounds.
3. Put the mixture into a disposable container with a lid, such as an empty margarine tub, or into a sealable bag.
4. Conceal or remove any personal information, including RX number, on the empty containers by covering it with permanent marker or duct tape, or by scratching it off.
5. The sealed container with the drug mixture, and the empty drug containers, can now be placed in the trash.

The U.S. Drug Enforcement Administration (DEA) sponsored a drug take-back day for the week ending April 30, 2016. In Missouri alone, there were 238 separate collection sites managed by law enforcement agencies. The State of Missouri collected 44,285 pounds of unwanted pharmaceuticals during this take back.

Source: Missouri Dept. of Health & Senior Services

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<td>Centerville, MO 63633</td>
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<td>Piedmont, MO 63957</td>
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Caregiving Strategies for Surviving the Holidays

By Kathy Bullis

Often the holidays can add frustration to the life of a caregiver, and consequently may cause already stressed family relations to fray. In many cases one family member seems to carry most of the caregiver duties. That primary caregiver may experience resentment toward other family members who they feel don’t offer enough assistance. Instead of allowing the holiday season to become overwhelming, caregivers are encouraged to try to use it as a unique opportunity to seek better communication, connection, and support from family members and friends.

Family members may not always be aware of a loved one’s decline in ability and needs, or just what it takes to care for them. An update letter that could be copied and included in holiday cards might let others know what a caregiver is dealing with and could offer other family members the opportunity to respond with assistance. This might also help combat feelings of isolation.

A caregivers’ disappointment in family members they feel are not pulling their weight may come to a head at this time of year. The healthiest way to deal with those feelings is to identify them instead of denying them, and then make some conscious choices in dealing with those feelings. A caregiver may choose to clear the air before the holiday, or may put the feelings aside, but with a plan to approach the situation after the holidays. Identifying feelings and making a plan to deal with them can help the whole family enjoy the season.

Clear communications and realistic goals go a long way towards destressing the situation. Let family members know that your caregiving duties are keeping you very busy and that you only have so much energy for holiday preparation and hosting duties. And caregivers may need to adapt their traditions to fit into current circumstances. For instance, instead of having a huge meal that a caregiver may traditionally prepare and plan, have a potluck and put other family members in charge of organizing, decorating and cleaning up. If the family is not able or willing to physically help, they may be able to pay for 2 or 3 days of home care to allow the caregiver to prepare for an event. Also, a quiet room for your loved one may better allow the caregiver to enjoy a family gathering. People with dementia are often overwhelmed by multiple conversations and lots of activity and are more likely to act out or become upset when placed in that type of setting.

The holidays are a good time to share your wish list. A wish list may include items such as:

- **Respite** – This might be a family member who will agree to sit with your loved one a number of times during the next 3 months, or a family member who will pay for home care under the same circumstances. (Book home care early during the holiday season.)
- **Home Repairs** – Family members that are not comfortable with hands-on care may be perfectly happy to change light bulbs, do lawn care, or cart a pile of junk off.
- **Caregiver Care** – gift certificates for a massage, facial, manicure, or other recreational activities are a great way to relax and take care of the caregiver.

Reflecting on the past by looking at old photos or unpacking ornaments that may stir fond memories can have a calming effect on both the caregiver and the care receiver. It is also a good time to reflect on the rewards of care giving. Remembering that you are fulfilling a vow or living up to a personal ideal or religious belief to care for your loved one could be a great boost to self-esteem. Also in that same general idea, in any challenging situation, caregivers experience a great deal of personal growth as they learn to meet challenges in ways they never imagined possible.

Last but not least, short thank you notes to those who spent time with your loved one during the season may encourage family and friends to spend more time with them in the future.

Wishing you and your family all the love, peace and joy in the world this Christmas.

From all of us at Aging Matters
Malnutrition and Chronic Diseases

For people with certain chronic conditions, proper nutrition is more than just a good idea. It’s an essential part of managing many health problems like diabetes, heart disease, high blood pressure, osteoporosis, and more.

Older adults with chronic illnesses are especially at risk for poor nutrition, which can happen because of bad eating habits, loss of appetite, and decreased access to healthy foods because of limited mobility, money, or time.

**Importance of good nutrition for older adults**

Poor nutrition increases your risk for serious health problems. For those living with chronic illnesses, it can result in the loss of muscle and other tissue, which can:
- Make it harder to recover from surgery and disease
- Make it more difficult to heal wounds
- Increase risk for infection
- Increase risk for falls

Decrease strength needed to take care of yourself

When these things occur, it can lead to readmission back to the hospital or longer stays in the hospital or rehabilitation facility.

**Warning signs of malnutrition in older adults**

Alert your health care professional if you have any of the warning signs of poor nutrition:
- Eating poorly
- Chewing and swallowing difficulties
- Taking multiple medicines
- Unplanned weight loss

**Therapeutic nutrition can help you heal**

When you’re sick, your body needs extra nutrition as fuel. If you don’t have enough fuel, your body might break down the protein in your muscles and use that as fuel. This can leave you feeling weak and less able to fight infection. Therapeutic nutrition provides fuel to help keep your muscles strong and help you recover more quickly.

Your doctor or registered dietitian may recommend using therapeutic nutrition by itself or with other medical care. Therapeutic nutrition works by making sure your body gets the right balance of nutrients needed to fight an ongoing health problem. It cannot prevent health problems, but it may reduce complications, hospital stays, and the need for more expensive medical care. In fact, good nutrition can lead to an up to 50% reduction in avoidable readmissions.

Source: [www.ncoa.org/healthy-aging/chronic-disease](http://www.ncoa.org/healthy-aging/chronic-disease)

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**Delegates to the Silver Haired Legislature Choose their Priorities for 2017**

The 43rd Annual Conference of the Silver Haired Legislature took place at the State Capitol in Jefferson City on October 18, 19, and 20. The 118 delegates in attendance chose their Top Five Priorities and formulated plans to advocate for Senior issues during the coming legislative session.

After spirited debates in the Legislative chambers, the delegates chose these issues as their Top Five Priorities for the 2017 legislative session:

1. Senior Services Growth and Development Fund
2. Increase funding for the Home Delivered and Congregate Meals provided by Area Agencies on Aging
3. Expand Mo HealthNet (Medicaid)
4. Provide financial assistance to seniors for medically necessary hearing aid devices, vision services, and dental care through MO HealthNet (Medicaid)
5. Reauthorize funding for MoRx Program

Anyone interested in learning further details about the priorities of the Silver Haired Legislature is encouraged to call or e-mail Jackie Dover, Aging Matters at 1-800-392-8771 or jdover@agingmatters2u.com.

Missouri’s Silver Haired Legislature was founded in 1973, the first 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, elected by their peers, identify and advocate for issues critical to older Missourians.
The Holidays are fast approaching!

Theme: The Holidays are fast approaching

SANTA CLAUS SCHR
CHEERFUL RDSCSOX
GYADSNARETEVEBC
CNRUDOLPHMNWNRM
CEISBLACKFRIDAY
RKLVECVRCAESHPA
AAEIIPGTMRNLI
NCGBGTBHITERT
BTRLIRSLIVLESWAT
EIXITAKVYGEE
RUPXRHRTNIONLPS
RRHGUALAIATADN
IFFEGNIPPOHSKVI
ESAMTSIRHCNTEUO
SNOITAROCEDEUSDFFP

BLACK FRIDAY  FESTIVITIES  RUDOLPH
CELEBRATION  FRUITCAKE  SANTA CLAUS
CHEERFUL  LAUGH  SHOPPING
CHRISTMAS  PARTIES  SNOWFLAKES
CRANBERRIES  PEARL HARBOR  THANKSGIVING
DECORATIONS  POINSETTIA  TOGETHERNESS
FAMILY  PRESENTS  VETERANS DAY

MOM KNOWS ALL...

A Mom visits her son, who lives with a girl roommate, for dinner. During the course of the meal, his mother couldn't help but notice how pretty his roommate was. She had long been suspicious of a relationship between the two, and this had only made her more curious. Over the course of the evening, while watching the two interact, she started to wonder if there was more between him and his roommate than met the eye. Reading his mom's thoughts, the son volunteered, "I know what you must be thinking, but I assure you, we are just roommates." About a week later, his roommate came to him saying, "Ever since your mother came to dinner, I've been unable to find the silver plate. You don't suppose she took it, do you?" He said, "Well, I doubt it, but I'll email her, just to be sure." He sat down and wrote:

Dear Mother:
I'm not saying that you 'did' take the silver plate from my house, I'm not saying that you 'did not' take the silver plate .. But the fact remains that it has been missing ever since you were here for dinner. Love, Your son

Several days later, he received an email from his Mother which read:

Dear Son:
I'm not saying that you DO sleep with your roommate, and I'm not saying that you DO NOT sleep with her. But the fact remains that if she was sleeping in her OWN bed, she would have found the silver plate by now, under the pillow...

Love, Mom

PLEASE TELL GRANDMA!
The coach called one of his 9-year-old baseball players aside and asked, "Do you understand what co-operation is? What a team is?"

"Yes, coach", replied the boy.

"Do you understand that what matters is we win or lose as a team?"

The boy nodded in agreement. The coach continued, "I'm sure you know, when an out is called, you shouldn't argue, curse, attack the umpire, or call him insulting names. Do you understand all that?"

Again, the boy nodded yes. The coach continued, "And when I take you out of the game so that another boy gets a chance to play, it's not good sportsmanship to call your coach dumb, or stupid, or worse, is it?" "No, coach."

"Good," said the coach. "Now go over there and explain all that to your Grandmother."
Here at Aging Matters, it takes the whole team to achieve our goals and provide the services needed by our clients. Each employee plays an important role and for this we want to acknowledge each employee on their work anniversary month. For the months of November and December, the following people are recognized for their hard work and dedication.

**NOVEMBER**
Mary Ann Burgess, Central Office, 6 years
Christy McClain, RSVP/VIC, Cape & Scott Co., 3 years
Paula Fann, Central Office, 4 years

**DECEMBER**
Patsy Estraca, Caruthersville Senior Center, 21 years
Caryn Fisher, Portageville Senior Center, 4 years
Terry Harmon, Puxico Senior Center, 4 years
Emily Smith, Central Office, 3 years
Regina VonHasseln, Central Office, 16 years

**OUR COOKS ROCK!**
The Aging Matters Nutrition Program held their annual Cooks Conference on October 19, 2016 in Cape Girardeau. In attendance were 60 cooks and administrators from 28 senior centers. This year’s conference, ‘Our Cooks Rock,’ provided the annual training and reinforcement of the important role the cooks play in providing nutritious meals for our senior population at the centers and through home delivered meals. Safety and emergency first aid practices were presented by the Cape County Private Ambulance team of Chris Holloway and Denise Pounds. Dr. Georganne Syler, retired from Southeast Missouri State University, provided fun facts about cranberries, including a cooking demonstration and recipe sampling. Derek Honaas, from the Cape Girardeau County Health Department spoke with the attendees about the importance of food safety preparation and handling.

To show how much OUR COOKS ROCK, a photo session was held. Above are Lori Montgomery and Mary Emery, cooks at the Kennett Senior Center.

**FLU SEASON AHEAD**

**It’s Not Too Late!**

Did you get your flu vaccine already? If not, there’s still time to contact your health care provider.

Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

The single best way to prevent the flu is to get a flu vaccine every year.

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**ADVERTISING POLICY**
Donations for advertising are accepted only to defray the costs of printing and producing the newsletter. The Reports, although the editorial staff and Aging Matters do not endorse or guarantee any of the businesses, products, or services advertised herein, we reserve the right to restrict advertising material to those goods, services and public announcements which are suitable for inclusion in a publication designed to promote the welfare and interest of the elderly. Anyone interested in advertising in this newsletter should contact Aging Matters.

**Funds**
Funds for this project were made available through the Division of Aging of the Missouri Department of Social Services under provisions of the Older Americans Act. The total project is in compliance with Title VI of the Civil Rights Act of 1964, and all requirements imposed by or pursuant to the Regulation of the Department of Health and Human Resources issued pursuant to the Title to the end that no person shall, on the ground of race, color or national origin be excluded from the benefits of the project.