Eclipse 2017 will Cross Southeast Region by Dr. Margaret (Peggy) Hill

On August 21, 2017 we will have the amazing opportunity to witness a total solar eclipse in our region. All of the continental United States will be able to witness a partial solar eclipse, but only those on a path about 60 miles wide that crosses the U.S., from Oregon to South Carolina, will witness totality. This rare and spectacular event occurs, on average, only once every 375 years at any particular location on earth, but we will be so fortunate as to have this special alignment of the Sun, Earth, and Moon twice within seven years!

A solar eclipse occurs when the Moon comes between the Earth and Sun, blocking the Sun’s light. A partial solar eclipse occurs when only a portion of the Sun’s surface is blocked by the Moon, and may not even be noticeable to the casual observer. A total solar eclipse occurs when the entire surface of the sun is covered so that no light comes directly from the surface to our spot on Earth, and only the wispy atmosphere of the sun, the corona, is observed.

This year’s event will be the most observed total solar eclipse in history because it will pass over a large land area with relatively high population density and good access for people off the path of totality, and because communication and technology have advanced so much. For those of us in the continental United States, it has been 38 years since our last total solar eclipse, and the last time there was a total eclipse in St. Louis was 575 years ago, in 1442.

The eclipse in Cape Girardeau will begin around 10:51 when the Moon’s disk just touches the edge of the Sun. For about an hour the Moon will slowly creep across and cover more and more of the Sun’s surface. At first we won’t notice anything, but slowly shadows will take on an eerie cast. The sun shining through small pinholes will take on a crescent shape, and the sky will darken. To observe the sun during any partial phase you will need special eclipse glasses to shield your eyes from the sun’s damaging rays. Sunglasses will not be enough!

At about 1:20 pm totality will begin. Once the Sun’s surface is completely covered, and only then, it will be safe to remove your eclipse glasses and view totality with the naked eye. And you should do this. With the Sun’s bright surface completely covered you will be able to view the Sun’s glowing outer atmosphere, its corona. You will also be able to see bright stars, and the planet Venus in the darkened sky. Take this...
Five Tips from Ophthalmologists that will protect your eyes from sun damage

July is UV Safety Awareness Month

The days are longer, the sun is hotter, the beach beckons and out comes the sunscreen. But summer revelers looking forward to sizzling hot fun in the sun shouldn’t overlook their eyes when it comes to protecting themselves from damaging ultraviolet rays, warns Eye Care Specialists and the American Academy of Ophthalmology.

In support of UV Safety Month in July, Eye Care Specialists joins the Academy in sharing information on how to keep eyes safe from sun damage. Excess sun exposure can put people at risk of serious short-term and long-term eye problems. If eyes are exposed to strong sunlight for too long without protection, UV rays can burn the cornea and cause temporary blindness in a matter of hours. Long-term sun exposure has also been linked to an increased risk of cataracts, cancer and growths on or near the eye. Here are five things people can do to cut their risk of eye damage from the sun:

• **Wear the right sunglasses** – Look for those labeled “UV400” or “100 percent UV protection” when buying sunglasses. Less costly sunglasses with this label can be just as effective as the expensive kind. Darkness or color doesn’t indicate strength of UV protection. UV rays can go through clouds, so wear sunglasses even on overcast days. And while contacts may offer some benefit, they cannot protect the entire eye area from burning rays. “You may naturally think the darker the better when choosing sunglasses but that isn’t the case. The key is to look for that sticker or tag specifying the glasses block 100 percent of UV rays. Now, the bigger the better. Bigger sunglasses, preferably wrap around glasses, provide more coverage and therefore more protection.” Says Dr. Shawn Parker, corneal and refractive specialist at Eye Care Specialists.

• **Don’t stare at the sun** – Sun worshippers take note: directly gazing at the sun can damage the retina, the light-sensitive layer of cells in the back of the eye needed for central vision. This condition is called solar retinopathy. While rare, the damage is irreversible. “Although you should never look directly at the sun, with the solar eclipse occurring August 21 across this area of Missouri we are especially trying to get the word out to wear the recommended eye protection. Make sure you wear the ISO-rated eclipse glasses designed specifically for viewing a solar eclipse.” Dr. Parker recommends.

• **Check your medication labels** – One in three adults uses medication that could make the eyes more vulnerable to UV ray damage, according to a sun safety survey by the Academy. These include certain antibiotics, birth control and estrogen pills, and psoriasis treatments containing psoralen. Check the labels on your prescriptions to see if they cause photosensitivity. If so, make sure to protect your skin and eyes or avoid sun exposure when possible.

• **Put a lid on it** – In addition to shades, consider wearing a hat with a broad brim. They have been shown to significantly cut exposure to harmful rays. Don’t forget the sunscreen!

• **Don’t drive without UV eye protection** – Don’t assume that car windows are protecting you from UV light. A recent study found that side windows blocked only 71 percent of rays, compared to 96 percent in the windshield. Only 14 percent of side windows provided a high enough level of protection, the researchers found. So when you buckle up, make sure you are wearing glasses or sunglasses with the right UV protection. “People always remember the importance of sunscreen for their skin but often forget that the sun can damage the back of the eye just as it does the skin.” Says Dr. Parker. “Macular degeneration is the leading cause of blindness in older Americans and the UV rays from the sun can potentiate or enhance damage to the macula, the center part of the retina responsible for our central vision. Prolonged exposure can also lead to earlier cataracts so it is always important to wear sun protection when spending time outdoors.”

Assessment of Levels of Ultraviolet A Light Protection in Automobile Windshields and Side Windows, Boxer Wachler, JAMA Ophthalmology, published online May 2016

Dr. D. Shawn Parker is a board-certified, corneal and refractive specialist at Eye Care Specialists in Cape Girardeau. A Kentucky native, Dr. Parker settled in Cape Girardeau at Eye Care Specialists in 1998 following his corneal and refractive fellowship in Indiana.
Eclipse 2017 will cross Southeast Region

CONTINUED FROM PAGE 1

time, too, to sense your surroundings. How does it sound? What noises do you hear? How are animals behaving? Do they think it is night? How does the air feel? What about the temperature? Is it cooler? What else do you notice? This is the perfect time to observe using all of your senses. Totality will last about 1 minute and 44 seconds, and then the Moon will begin to move off of the Sun once again. Be sure to put your eclipse glasses back on before the bright surface of the Sun begins to peak out. The final partial phase will last until 2:47 pm.

Total solar eclipses have historically been of great importance to scientists because only when the disk of the brilliant sun is covered can we see the much fainter wispy solar atmosphere, the corona. These events have allowed scientists to learn a lot about the elements in the corona, its temperature, and the sun’s magnetic field. In 1868 Pierre Janssen discovered the element helium in the sun’s atmosphere, an element which had never even been observed on earth. The eclipse of 1919 allowed Arthur Eddington to confirm Einstein’s theory of General Relativity by showing that starlight passing close to the sun, a large gravitational mass, was deflected from its straight line path. This eclipse, too, promises to advance our scientific understanding of the sun and its surroundings. We at Southeast Missouri State University are fortunate to be part of a project called “Citizen CATE,” whose purpose is to study the behavior of the sun’s inner atmosphere.

Citizen CATE stands for “Citizen Continental-America Telescopic Eclipse Experiment” and will involve 70 identically equipped volunteer teams, spread across the United States, which will take photos of the sun’s atmosphere during totality. The goal is to provide a continuous 90 minute record of the changes in the solar corona.

The make-up of the various teams manning these locations ranges from professional and amateur astronomers to university, and even high school, students. It is an opportunity for citizens interested in science and astronomy to contribute to real cutting edge research.

The Citizen CATE project was designed by Matt Penn of the National Solar Observatory. The idea is this: total solar eclipses provide some of the best opportunities available for scientific study of the inner solar corona. Of course we can use instruments to create artificial eclipses, by masking the sun’s surface with an opaque disk, but these instruments have technical limitations so that the corona near the surface of the sun is not visible. Only a total solar eclipse provides access to this region of the sun’s atmosphere. An instrument or observer placed at a single location on earth during an eclipse can take data over only about a 2 to 5 minute period, depending on the duration of totality, however many of the dynamic features of the corona, such as the motion of solar flares and polar plumes only show changes over a 5 to 15 minute period.

Having a series of identical telescopes placed at intervals along the path of totality, each taking photos during its two and a half minutes of darkness, will allow us to stitch together a series of high resolution still images to create a 90 minute movie of the behavior of the corona.

Scientists hope to answer some important questions about interactions between the sun’s magnetic field and its atmosphere. For example, one big question involves the exceedingly high temperature of the sun’s corona. The temperature of the sun’s surface is about 6000 oC, but its atmosphere is about a million degrees Celsius! Why is the atmosphere so much hotter than the surface of the sun? One theory involves the idea of energy transfer from the sun’s surface magnetic fields up along the magnetic field lines and into the corona, which heats the plasma there to temperatures about 100 times those of the solar surface. But the details of how this comes about are not known. Another thing that scientists would like to understand is more about coronal mass ejections (CMEs), events in which the sun flings massive amounts of energy and charged particles away from the sun. If flung toward the earth these particles and energy can generate large electrical currents in the earth’s atmosphere that can overload power stations and result in large scale power outages. They can also disrupt satellite communications and pose serious threats to astronauts and high flying polar aircraft. Scientists would like to understand how these CMEs are generated so that they might be able to predict them and issue warnings to those who might be affected. CATE data will examine the region in between the surface and the outer corona to look for the connection between surface and outer atmosphere behavior to help identify mechanisms that control these events.

Our team is headed by two Lead Volunteers, Dr. Michael Rodrigs of the Department of Chemistry, and Dr. Peggy Hill of the Department of Physics & Engineering Physics, at Southeast Missouri State University, and student team members Jordan Duncan, Ben Nielsen, Samantha Hasler, Sam Fincher, Taylor Shivelbine, Casey Jameson, and Tyler Howard.

Jordan Duncan is our student research team leader. He and other members will be responsible for aligning the telescope so that it can accurately track the sun, keeping its image centered in the telescope. They’ll have to run through an entire ‘eclipse day protocol’ which involves taking calibration images of the sky, focusing the telescope on the sun, running the GPS software to get the accurate location of our telescope relative to the other teams, and taking continuous CCD images during the two and a half minutes of totality. They will then need to pull and process at least one set of images to be uploaded to the National Solar Observatory’s website for a movie ‘preview.’ Then, they must be sure to back up the data, more than once! Only after this is completed may they sit back and relax, and watch the rest of the partial phase as the moon slips back out from in front of the sun.

About our guest writer: Dr. Margaret (Peggy) Hill is the Professor in the Physics & Engineering Physics Department at Southeast Missouri State University. Her education includes a BS in Physics from the College of William and Mary, VA; MS in Physics from Southern Illinois University, Carbondale, IL; and PhD in Molecular Science, also from SIU, Carbondale. Dr. Hill, along with Mike Rodgers, is lead volunteer for the Citizen CATE group that will be taking data in Perryville during the eclipse on August 21st.
Summer Cooking: Let's Grill! by Tracey Tripp

Summer is here! While many of us enjoy having some fun in the sun, spending time over a hot stove is not fun for anyone. One way to avoid the heat of the kitchen while still enjoying tasty and nutritious meals is to use your outdoor grill. Grilling is a healthier cooking method since you don’t need to use much fat or oil, but you still get a lot of flavor in your food. There are so many grilling options that go beyond burgers and hot dogs, so many other foods that you may not have considered grilling, that make your grill a fantastic summer cooking tool.

Let’s start with a few tips for safe grilling. Always start with a clean grill; don’t let the charred buildup on your grill transfer to your food. Use a wire brush to give your grill a good cleaning. Be sure to follow up with a cloth or wad of paper towels to wipe down the grill to assure that no grill-cleaning bristles wind up in your food. It’s also crucial to keep raw meat, poultry, and seafood separate from vegetables and other food to avoid cross-contamination. For the same reason, place cooked foods on clean plates, not on the ones that held them when they were raw. A food thermometer will assure you that the food has been cooked to a safe internal temperature.

Pizza is a year-round favorite, but it doesn’t have to be baked in an oven. Pizzas can be grilled, and with the right choice of toppings, they can be healthy and delicious. Start with a premade whole-wheat crust, brush it with a little olive oil, then top with your favorite sauce and vegetables. Add a small amount of lean meat (or just stick with the vegetables), and finish with a moderate portion of part-skim mozzarella cheese. Then place the pizza directly on the grill, close the lid, and cover until the cheese is melted and lightly browned. Remove using a large spatula and an oven mitt. Watch carefully so the bottom doesn’t burn before the cheese is melted. Here are a few popular combinations:

- Olive oil, minced garlic, diced chicken, fresh basil and sun-dried tomatoes
- Barbecue sauce, chopped chicken, sliced onions and diced pineapple
- Pesto sauce, canned artichokes, mushrooms and low-fat feta cheese
- Tomato sauce, chopped broccoli, sliced zucchini, banana peppers and sliced tomatoes

Kebabs that alternate meat pieces with pieces of onion, pepper, or other produce are a great way to increase vegetable and fruit intake and cook fairly quickly on the grill. Using a variety of meats, vegetables, sauces, and marinades allow you to be creative and explore new flavor and texture combinations. Try cherry tomatoes, mushrooms, zucchini rounds, pineapple chunks, squash pieces, along with beef, chicken, pork or shrimp. Classic marinade ingredients include oil, lemon or lime juice, vinegar, honey, garlic, soy sauce or teriyaki, ginger, molasses, and various herbs and spices. You can also buy bottled marinades or packets that require the addition of water and oil.

Fish is another option for the grill that we may not think of or you may think it’s too difficult to grill. Here are a few tips to help ensure success. Always preheat your grill – this will help in caramelizing the fish and provide the defined grill marks that all grillers love. Preheating will also lessen the amount of time your fish is on the grill so it has less opportunity to dry out. Finally, preheating will help prevent the fish from sticking. Generously oil and season your fish prior to putting it on the cooking grates to further prevent the fish from sticking. The general rule of thumb for cooking time is 8 to 10 minutes grill time for each inch thickness. Flip fish only once and do not force the piece of fish off the grill; be patient and allow your fish to naturally release itself from the cooking grate on each side. As always, make sure you allow adequate time for your fish to rest after it is off the grill. Three to five minutes is about right to let the fish relax and allow the juices to run back into your cut of fish, making it more tender.

Grilling intensifies the flavors of vegetables and fruits, just like it does for meat. Zucchini and summer squash are plentiful, delicious, and easy to grill. Cut the squash on the diagonal to create strips or lengthwise into quarters (think pickle spears), brush with some olive or canola oil, sprinkle with your favorite herbs or seasonings and grill to desired tenderness. Asparagus is another summer vegetable that is especially tasty when grilled. Wash and trim your spears, lightly coat with olive or canola oil, sprinkle with seasonings like salt and pepper or a little garlic salt and lay directly on the hot grill or use a grill basket.

Tomatoes and peppers take on a great, smoky flavor when grilled. Leave them whole and place over the hottest part of the grill. When the skin is black and blistered, the vegetables are ready. Allow them to cool, then remove the charred skin, the stem, and the seeds (seeds from peppers only). Chop and combine with other vegetables for a smoky salsa, use in salads or on sandwiches – get creative! Any sweet or hot pepper can be grilled, and Roma or plum tomatoes are sturdy enough to endure grilling.

Foil packets are a great way to grill a variety of garden fresh vegetables that would otherwise fall through the grates. Vegetables that work well in a packet include white potatoes, sweet potatoes, carrots, tomatoes, onion slices, zucchini, squash, green beans, asparagus, artichokes, garlic cloves, mushrooms and all types of peppers. Be sure to cut your vegetables into uniform size pieces so they will cook evenly. Use heavy duty foil, sprayed with non-stick cooking spray to make the packet. Toss vegetable pieces with a drizzle of olive oil or a sprinkle of water and your choice of seasonings, add to packet, and crimp the packet shut so it is completely closed. Place on the grill; flip once halfway through cooking time, which is usually 20-25 minutes. Be careful when opening packet as steam will escape.

Fresh fruit abounds in summertime and makes a tasty treat or dessert when grilled. The heat of the grill caramelizes the natural sugars found in fruit, leaving you with an amazing dish that is full of fiber and vitamins but not calories. Try placing whole bananas (peeled), or sliced peaches, apple, pineapple, or pear slices directly on the grill. Skewer whole strawberries and grill. Grilled fruits can be used in salads, to top your meat, as a side dish, or paired with some frozen yogurt as an after-dinner treat. The possibilities are endless!
National Senior Citizens Day!

Annually on August 21st, our elderly population is honored on National Senior Citizens Day. On this day, we are encouraged to recognize and show appreciation for the value and contribution of elderly people to home, family and society.

In his Presidential Proclamation (August 19, 1988), President Ronald Reagan said:

"For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older."

On National Senior Citizens Day, we should:
- Spend some time with senior citizens
- Show our appreciation for senior citizens
- Do volunteer work in support of the elderly

If you are a senior citizen, enjoy your day any way you desire. After all, this is your day!

THE ORIGIN OF NATIONAL SENIOR CITIZENS DAY:
On August 19, 1988, President Ronald Reagan issued a Proclamation 5847 creating National Senior Citizens Day to be August 21.

Proclamation 5847 -- National Senior Citizens Day, 1988
August 19, 1988
by the President of the United States of America

A PROCLAMATION

Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land.

With improved health care and more years of productivity, older citizens are reinforcing their historical roles as leaders and as links with our patrimony and sense of purpose as individuals and as a Nation. Many older people are embarking on second careers, giving younger Americans a fine example of responsibility, resourcefulness, competence, and determination. And more than 4.5 million senior citizens are serving as volunteers in various programs and projects that benefit every sector of society. Wherever the need exists, older people are making their presence felt -- for their own good and that of others.

For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older -- places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity.

The Congress, by House Joint Resolution 138, has designated August 21, 1988, as "National Senior Citizens Day" and authorized and requested the President to issue a proclamation in observance of this event.

Now, Therefore, I, Ronald Reagan, President of the United States of America, do hereby proclaim August 21, 1988, as National Senior Citizens Day. I call upon the people of the United States to observe this day with appropriate ceremonies and activities.

In Witness Whereof, I have hereunto set my hand this nineteenth day of August, in the year of our Lord nineteen hundred and eighty-eight, and of the Independence of the United States of America the two hundred and thirteenth.

RONALD REAGAN

[Filed with the Office of the Federal Register, 10:42 a.m., August 22, 1988]
Finding Resources for Caregivers by Kathy Bullis

In the March–April edition of Aging Matters Reports, the question, “What Do Caregivers Need” was posed. In the May-June issue, some answers to help prevent isolation were provided. In this issue, the need to combat the learning curve and find answers will be addressed.

Often caregivers don’t know where to start. It is important to find organizations which can offer information and guidance on a variety of subjects. There are several good organizations which can provide this service; they are as follows:

Aging Matters – 573-335-3331 or 800-392-8771. We provide services, education and information for senior citizens (60+) and their Family Caregivers (any age over 18).

Missouri Centers for Independent Living – offer a variety of programs and services for people of any age, mainly serving those who are Medicaid eligible. They have multiple agencies, each one covering specific counties.

- Boothel Area Independent Living Services (BAILS) – 573-888-0002
- Dunklin, New Madrid, Pemiscot, Stoddard
- Disabled Citizens Alliance for Independence (DCAI) – 573-244-3315
- Iron, Reynolds
- Independent Center of Southeast MO (ILCSM) – 573-686-2333 – Carter, Butler, Ripley, Wayne
- SEMO Alliance for Disability (SADI) 573-651-6464 – Bollinger, Cape Girardeau, Perry, Mississippi, Scott

United Way 211 Missouri – 211 – can offer basic contact information for resources, but they do not offer guidance or other assistance.

First Call for Help – 573-334-4357 or 866-914-4357 – Primarily serving Cape Girardeau County. Providing information on resources and may be able to help with some house hold supplies.

It is equally important to know how to navigate the system and make it work for you. Here are some helpful tips:

- Communicate with the provider and build a partnership.
- Be specific and polite, but firm and assertive.
- Don’t apologize when asking for help.
- Set up a file and have a pen and note pad ready. Keep a page for each service on which is listed: name, phone number and address of each agency as well as the name title, department, phone number, if different and key information about the discussion for each person you talk to during intakes and interviews. Ask about eligibility requirements, fees, and waiting lists.
- Have important information and records handy.
- If an agency requires an interview, be prepared. Clarify what you need to bring such as documents and records. Call to confirm the appointment a day in advance, and take notes during the interview. Take someone with you for support if necessary.
- Clarify the agency’s role, your role, and what the older person’s responsibilities are.
- Confirm discussions and any actions taken or planned.
- If you are not satisfied with a service, tell the provider in a positive, constructive way. Ask about and use complaint procedures.

Hopefully these tips and information have been helpful, and if you have more specific questions on finding resources, or navigating the system, please contact the Family Caregiver Support Program at 573-335-3331 or 1-800-392-8771.

Missouri Legislators make MORX Changes by Jackie Dover

Starting on July 1st 2017 over 63,000 seniors in Missouri are losing their MORx coverage. MORx is a Missouri pharmacy benefit for low-income seniors and persons with disabilities to help them afford prescription medications. It pays half the deductibles, co-pays, and “doughnut-hole” gap expenses left behind by Medicare Part D programs. Aging Matters has enrolled many seniors into this program over the years.

Until July 1, to be eligible for MORx, you had to be a Missouri resident enrolled in a Medicare Part D plan, and have an income below $21,660 (single) or $29,140 (married). Having assets did not disqualify you from eligibility (unlike Medicaid).

However, during this past legislative session our Missouri Senators and Representatives limited eligibility to ONLY seniors and persons with disabilities who are recipients of BOTH Medicare and Medicaid. This limitation cut 63,000 low-income individuals off of the benefit.

With the loss of the MORx program many people will be wondering if there is any help available to them. It is a good idea if you are losing coverage from MORx to make sure you are in the best Medicare Part D plan for you, check to see if all your medicines are covered at the best cost. You will have a Special Enrollment Period to switch plans if needed. There are some other programs that could help with Medicare and prescription costs.

The Low-Income Subsidy or Extra Help program can pay all or a portion of your Medicare Part D premium. It also will reduce the deductible and limit how much you have to pay for a prescription medication. That can add up to some incredible savings if you qualify. For a single person you have to make less than $15,527 monthly and have assets less than $11,090. For a couple the highest qualifying income is $18,847 monthly with assets less than $11,090. One of the MSP programs also pays your Medicare A & B deductibles and co-pays, the income guidelines for that begins at $1,025 monthly for a single person and $1,373 for a couple, the assets limitations are the same for all the MSP programs.

If you think you might qualify or need more information please call Aging Matters at 573-335-3331 or 1-800-392-8771.
The Funny Side

“I GIVE UP”
A big city London lawyer went duck hunting in rural Scotland. He shot and dropped a bird, but it fell into a farmer's field on the other side of a fence. As the lawyer climbed over the fence, an elderly farmer drove up on his tractor and asked the lawyer what he was doing.
The lawyer responded, "I shot a duck and it fell into this field, and now I'm going to retrieve it."
The old farmer replied. "This is my property, and you're not coming over here."
The indignant lawyer replied. "I'm one of the best trial lawyers in the UK, and if you don't let me get that duck, I'll sue you and take everything that you own."
The old farmer smiled and said, "Apparently, you don't know how we do things in Scotland. We settle small disagreements like this, with the Scottish Three Kick Rule."
The lawyer asked, "What is the Scottish Three Kick Rule?"
The farmer replied, "Well, first I kick you three times and then you kick me three times, and so on, back and forth until someone gives up."
The attorney quickly thought about the proposed contest and decided that he could easily take the old codger. He agreed to abide by the local custom.
The old farmer slowly gets down from the tractor and walked up to the city fella. His first kick planted the toe of his heavy work boot into the lawyer's groin, which dropped him to his knees.

His second kick nearly ripped the nose off his face.
The lawyer was flat on his belly, when the farmer's third kick to a kidney nearly causing him to give up, but didn't.
The lawyer summoned every bit of his will and managed to get to his feet and said, "Okay, you old codger, now it's my turn."
The old farmer smiled and said, "Naw, I give up, you can keep the duck!"

THE WONDERFUL HUSBAND
Several men are in the locker room of a golf club. A mobile phone on a bench rings and a man engages the free speaker function and begins to talk. Everyone else in the room stops to listen. MAN: 'Hello' WOMAN: 'Honey, it's me... are you at the club?'
MAN: 'Yes'
WOMAN: 'I'm at the City Centre mall now and found this beautiful leather coat. It's only $1,000. Is it OK if I buy it?'
MAN: 'Sure, go ahead if you really like it.'
WOMAN: 'I also stopped by the Mercedes dealership and saw the new 2013 Models. I saw one I really liked.'
MAN: 'How much?'
WOMAN: '$98,000'
MAN: 'OK, but for that price make sure it comes with all the options.'
WOMAN: 'Great! Oh, and one more thing, the house I wanted last year is back on the market. They're asking for $980,000/-.'
MAN: 'OK, I'll see you later! I love you so much! You're so generous!'
MAN: 'You're worth it.' 'Bye!'

The man hangs up. The other men in the locker room are staring at him in astonishment, with mouths wide open. The man turns and asks "Anybody knows whose phone this is?"

Word Search

Theme: LOST IN SPACE

ASTEROIDS
COMETS
EARTH
ECLIPSE
EXPLORATION
JUPITER
MARS
MERCURY
MOON
NEPTUNE
OBSERVATORY
OUTERSPACE
PLUTO
SATURN
SOLAR SYSTEM
SPACECRAFT
SUN
TELESCOPE
TERRESTRIAL
URANUS
VENUS

V U F T C L E I M S S T T C U
R L T R A R P U L R W M A E R
E K E E O R R C A C E S V C N
T M C I R A O M F T E U R R S
I B D O N S Z L S H M N E A X
P S E U M H P Y P U N E S F O
U G S W N E S A T X N V B T J
J W R I N R T C C T E Q O M S
N H T R A E Q S N E P T U N E
V D D L T E R R E S T R I A L
E P O C S E L E T I K R I J K
E S B E B K K M J C S N J T X
Ombudsman Appreciation Banquet Held by Jan McFerron

Aging Matters Long Term Care Ombudsman Program held their annual volunteer appreciation banquet on Tuesday, June 20th at the Elks Lodge in Cape Girardeau. Ombudsman Volunteers and staff enjoyed visiting with one another, great food, and the presentation given by Joey Keys, Regional Director of the Cape Girardeau office of the Better Business Bureau. Joey spoke of the 100 year history of the Better Business Bureau and the many different ways the bureau is able to assist the people in the area they serve. He then shared many of the popular scams that are affecting vulnerable people in our communities and shared tips and precautions so that we or others in our families will not fall victim to the scams. The presentation was very interesting and drew many comments and questions from those attending.

After a delicious lunch prepared by the chef at the Elks Lodge, each Ombudsman Volunteer was recognized for their years of volunteer service and given a certificate of appreciation and a gift. The Ombudsman Volunteers visit residents of skilled nursing homes, assisted living, and residential care facilities after receiving their initial training and advocate on behalf of the residents with their permission.

A special thank you goes to staff of Aging Matters that attended or helped with the banquet which were Emily Smith, Meagan Brazer, Kim Tanksley, and Lana Johnson.

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 May and June, the following people are recognized for their hard work and dedication.

**JULY**
- Meagan Brazer, Central Office, 5 years
- Nancy Gade, Central Office, 32 years
- Lori Montgomery, Kennett, 18 years
- Marsha Walker, Central Office, 2 years

**AUGUST**
- Jackie Dover, Central Office, 11 years
- Becky Drumright, Caruthersville, 6 years
- Mary Emery, Kennett, 25 years

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❑ I wish to make a donation. Make checks payable to Aging Matters.

❑ Address change
OLD ADDRESS _______________________

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**FUNDS**

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