Take Action to Beat Hunger by Joyce Wollenburg, SEMO Food Bank

September is Hunger Action Month across the nation and SEMO Food Bank wants senior citizens to be informed about all the help available to them when it comes to food and being well-nourished.

Malnourishment (not enough healthy food) is a big concern for Aging Matters’ Resource Development Coordinator, Barbara Hahs. She knows that healthy food helps seniors fight diseases and improves the quality of their life. She feels that seniors do not know about the Supplemental Nutritional Assistance Program (SNAP, formerly called food stamps) or have wrong information about it. As a result, she fears that they are missing out on help with food available for them.

First of all, SNAP is not welfare. Most seniors have worked hard and paid taxes during their employment years. SNAP is there if help is needed and it’s not a hand-out. Fixed incomes with rising medical and housing costs make it difficult for many to cover all their needs--It does not mean that anyone has failed.

Receiving SNAP assistance does not take food away from families or anyone else. There is enough to help everyone who needs help. It has been noted that 60% of seniors meeting SNAP qualifications do not apply. They are missing out on additional healthy food and not taking food away from anyone else.

Many seniors struggle to make ends meet. They are not alone in having incomes that do not stretch to cover all essential expenses. There is no reason to be embarrassed but if they don’t want anyone to know they are applying for food assistance, SEMO Food Bank has staff that can help them complete the application over the phone and submit it for them. They can stay in the privacy of their home and do not need to spend gas or time traveling somewhere to apply.

Some people are told that if they apply for SNAP, they must give up their home. This is wrong. People can have assets up to $2,250 and these do NOT include the home, vehicles, insurance policies, or property that does not give an income. For some situations, that asset limit is even higher.

Seniors may receive SNAP help AND receive Meals on Wheels, senior food boxes, visit a food pantry, AND visit a mobile (truck) food pantry. Seniors do not give up one source of food to receive another!

If you would like more information about SNAP or any of the other food assistance programs that SEMO Food Bank offers, please call 1-855-703-FOOD (3663).
One Incident Away

Isn’t it funny how you can look at something every day and never really see it? That is the case with our One Incident Away buttons. I have one on my filing cabinet and I look at it almost every day and recently have realized the truth in that one little statement.

The One Incident Away buttons are distributed by the Missouri Association of Area Agencies on Aging (MA4). MA4 is comprised of the ten Area Agencies on Aging in Missouri, one of which is Aging Matters. MA4 provides statewide advocacy and resources to seniors. One of their most effective tools is the One Incident Away buttons. These are handed out at events to remind seniors, law makers, caregivers and others that we can be just one incident away from personal disaster. The MA4 website, www.ma4web.org has many stories that I encourage you to read. I have a few stories of my own that I would like to share.

John (all names and locations have been changed) and his wife had lived a good life, they were in their early 70’s. He owned his own business and she was a stay at home mother and homemaker, they were comfortable. Then she got sick. John spent more time taking care of her and making sure she went to the doctor and took her medicines, and spent less time overseeing his business. Eventually they had to sell the business to pay for her care. When they came to visit me they were concerned they would not have money to pay for her medicines and that they would have to sell their home. I was able to help them apply for Extra Help to pay for her medicines and help them get the MO Property Tax Credit they had never applied for. With just this help they are able to live at home and have all their needs met.

Another example is Linda. Her husband passed away after more than 50 years together. She found that although her income was cut almost in half, she still had the same bills. She was very afraid that she would lose everything. She wasn’t eating or taking her medication as she needed to be. She also had little interaction with others. We were able to help her sign up for Medicaid and convince her to go to her local senior center for nutritious meals and some much needed social interaction, Linda is now thriving. She is even considering starting a knitting group at her local center.

These are just a few of the stories we hear every day. Aging Matters and MA4 strive to help the seniors in Missouri be prepared and knowledgeable about programs available to help. If you need assistance, Aging Matters has many programs to help with food, medication and other services.

All it takes is one incident to have a very dramatic impact on how you live your life. Many things in life are not predictable, we never know when we may get sick or have a life altering injury, but there is comfort in knowing that there are people willing to help. Those who can advocate and guide you if you ever find yourself needing help. One Incident Away from a life changing issue, one call away from help and advocacy.

Aging Matters is there to help, 573-335-3331 or 800-392-8771.

Nursing Home Pageant held July 13th

This year’s 2018 Nursing Home Pageant Queen was crowned on July 13, 2018 at the Drury Convention Center in Cape Girardeau. The theme was “Once Upon a Time,” and hosted by Gay Hartness of Heartland Care & Rehab. There were beautiful floral arrangements provided by Billie Jo Sadler of the Chaffee Flower Shop. Contestants were judged on their smile, activeness in their nursing facility, life accomplishments, and overall appearance. Contestants were also asked a question, drawn at random by Master of Ceremonies Jay Cagle of Legacy Hospice and judged on their answer. This year’s queen, Mary Rowling, hails from Bertrand Nursing & Rehab Center. Ms. Rowling was proudly accompanied by her best friend of many years, her four sons and daughters-in-law. The 1st runner up was Mavalene Hicks of Gideon Care Center and 2nd runner up went to Maggie Mouser of Woodland Hills. The pageant is held once a year by the Missouri Health Care Association and the winner from each district goes on to compete in the State pageant held in Branson.
September is National Senior Center Month

This year’s theme for National Senior Center Month is “Senior Centers: Building Momentum.” It is an opportunity to celebrate senior centers and the incredible work they do enriching and extending the lives of older adults. Senior centers are the future of what aging can be. Innovative programs hosted at senior centers can change the perception of aging, and create important community resources for aging knowledge. In our 18-county service area there are 32 senior centers. If you are not currently visiting your local senior center, you’re missing out on the many opportunities available for older adults. In addition to a warm, nutrition noon meal, the centers have various activities, including health, learning, and social. Programs and services are available throughout the month and range from medical clinics (blood pressure, cholesterol, nail and foot care) to nutrition education, and assistance with paperwork and financial help. Each center varies in the services and activities they have available.

Volunteers are an important resource for all the centers and are needed on a daily basis. If you have a creative (musical or artistic) talent, offer to share that talent at the center, i.e. have a painting class, play music, or teach a dance class. The comradery alone, is reason enough to visit your local senior center.

The Funny Side

Life’s journey is not to arrive at the grave safely in a well preserved body, but rather to skid in sideways, totally worn out, shouting “holy cow...what a ride.”

A man asked a fairy to make him desirable and irresistible to all women. She turned him into a credit card.

Okay, so you’re 10 years old, you have a laptop, iPod, Facebook and a blackberry...Dude, when I was 10 I only had one thing to play with...It was called “OUTSIDE.”

Prayer for the day
Dear God. So far today, I’ve done all right. I haven’t gossiped, I haven’t lost my temper, I haven’t been grumpy, nasty or selfish. But in a few minutes, God, I’m going to get out of bed and from then on I’m probably going to need a lot of help. Thank You, Amen.

Senior Computer Skills!
Customer: I can’t get on the Internet.
Tech support: Are you sure you used the right password?
Customer: Yes, I’m sure. I saw my colleague do it.
Tech support: Can you tell me what the password was?
Customer: Five dots.

What did your mom need to know about dad before she married him?
1. His last name.
2. She had to know his background. Like is he a crook? Does he get drunk on beer?
3. Does he make at least $800 a year? Did he say NO to drugs and YES to chores?

Why did your mom marry your dad?
1. My dad makes the best spaghetti in the world. And my mom eats a lot.
2. She got too old to do anything else with him.
3. My grandma says that mom didn’t have her thinking cap on.
Support Case Program Manager Retires

by Kathy Bullis

Marilyn Suire, our Family Caregiver Support Program Case Manager retired on August 15, 2018! Which is sad news for Aging Matters, but very good news for Marilyn. She has been with us since May 4th, 2009. When I hired Marilyn, her past employer told me “she works with integrity” and I have found that to be absolutely true. In her nine years with us we have been blessed by her happy personality and warm smile. We have many fond memories that make us smile and perhaps giggle a little.

Marilyn hails from the Deep South, Houma, Louisiana, which means she has a charming truly southern accent. Shortly after her arrival at Aging Matters, a client with whom she had met, called in and not remembering Marilyn’s name, asked for “that foreign girl”. Not letting a good tease go to waste, we referred to her as “that foreign girl” for quite some time. Marilyn took it all in stride as is her nature. I remember, very vividly, as people do at times when their life is passing before their eyes, going out with Marilyn for training on home assessments. She is a city girl, and had not driven on gravel before. I’m sure we were doing close to 60 in her little truck and I’m pretty sure was followed by an explanation of the fact that if we needed to stop on gravel at this speed, it was not going to happen! So ended the Dukes of Hazzard reenactment. Marilyn is not one to boast or call attention to herself, but I can tell you she has made a difference in the lives of many family caregivers in our region. She and a past caregiver employee developed a program called Caregiver Balance. It addressed caregiver stress and provided families with simple, attainable tools to combat the inherent tension caregivers often experience. At least once, she was a real life saver. Upon visiting a new client, she found the care receivers, toes had turned black! The whole family had some mental and physical challenges and had not been able to get their loved one to leave the house to receive medical care. In fact they did not even realize how serious it was for their loved ones toes to be black. Marilyn was understandably concerned and worked with Missouri Adult Protective Services to find medical care that could treat him in his home and she continued to follow up with the family until the matter was resolved.

Marilyn will be returning to her beloved Houma, Louisiana, where she will spend time with lifelong friends enjoying the culture and food that is the Deep South. We will miss her terribly, but wish her all the best!

Your resignation may have left an empty desk in the office but your departure has left a large empty space in our hearts. Congratulations on your retirement, we will miss you.

Best Wishes to Carol Rawson!

Carol Rawson retired July 30th as Area Supervisor. She has been with the Agency 19 years and has done a fantastic job! Carol received the Star Award as Administrator of the Year in 2012. Carol will enjoy her retirement living near her family in the St. Louis area and by traveling to see her 3 grandchildren. We will miss Carol very much and thank her for her dedication and years of service to the seniors in New Madrid County and Caruthersville area.
Six Ways to Eat Well as You Get Older

There is more than one way to eat healthy and everyone has their own eating style. Eating healthy is a journey shaped by many factors, including your stage of life, situations, preferences, culture, traditions, and budget.

The first way to eat well as you get older is knowing what a healthy plate looks like. Choose fruits, vegetables, grains, dairy, and protein foods to get the most nutrition and meet your personal calorie needs. Focus on a variety of foods and beverages from each food group to build a healthy eating style. Read food labels. Look for foods and beverages with less saturated fat, sodium, and added sugars.

Second, look for important nutrients. Eat enough protein, fruits and vegetables, whole grains, low-fat dairy and Vitamin D.

Third, read nutrition labels. Be a smart shopper! Find items that are lower in fat. Look at the sodium content and search for items that say ‘less or low sodium’ on the label. The American Heart Association recommends no more than 2,300 milligrams (mg) a day and moving toward an ideal limit of no more than 1,500 mg per day for most adults.

Fourth, learn and use the recommended daily servings for adults aged 60+. Eating healthy doesn’t have to mean dieting and giving up all the foods you love. Learn how to ditch the junk and give your body the nutritious fuel it needs.

Fifth, stay hydrated. Water is an important nutrient too! Dehydration can happen to anyone, but it is a problem that is more common in people who are older. As you age, your sense of thirst lessens and the kidney isn’t able to conserve body water as well. Over the age of 50 you may feel tired and draggy rather than thirsty, and may opt for a nap instead of a glass of water. Some medications can also compound the effect of hydration.

Sixth, stretch your food budget by contacting your local food bank.

They can help you do a ‘benefits checkup’ to see what help you may be eligible for. For more information, also read the story in this edition, ‘Take Action to Beat Hunger.’

FACT 1: Malnourished individuals can come in all sizes
- 715,000 U.S. adults aged 65+ are underweight
- 1 in 3 U.S. adults aged 65+ are overweight
- You can be underweight or overweight and still malnourished

FACT 2: Malnutrition affects all groups of people
- 9 million older adults can’t afford nutritious food
- 1 in 4 adults aged 65+ either reduces meal sizes or skips meals
- 16% of independent older adults are at high risk for malnutrition
- Up to 80% of older adults in health care settings are malnourished

FACT 3: Malnutrition can come from a number of factors
- Chronic conditions
- Limited income
- Trouble swallowing/chewing
- Poor dental health
- Changing taste buds
- Living alone
- Medication side effects
- Poor appetite
- Restricted diets
- Lack of mobility
- Depression
- Dementia
- Gastrointestinal disorders

FACT 4: You can’t always prevent or treat malnutrition by just eating more
- Adjust your diet to get all the nutrients your body needs
- Exercise to build muscle and improve strength
- Consult a Registered Dietitian Nutritionist
- Consider using an oral nutritional supplement

FACT 5: Malnutrition has many warning signs
- Muscle weakness
- Fatigue
- Increased illness or infection
- Feeling irritable or depressed
- Unplanned weight loss
- Decreased appetite

Learn more: ncoa.org/NutritionTools

Know the symptoms of dehydration

For mild dehydration look out for:
- Dry, sticky mouth
- Sleepiness or tiredness
- Thirst
- Decreased urine
- Headache
- Lightheadedness

Severe dehydration, which is a medical emergency, may cause:
- Extreme thirst
- Irritability and confusion
- Very dry mouth, skin, and mucous membranes
- Lack of sweating
- Little or no urination
- Low blood pressure
- Rapid heartbeat
- Fever
- Delirium or unconsciousness

Thirst sometimes is not a good gauge of how much water your body needs, especially for older adults. A better way to check is to look at the color of your urine: clear or light-colored urine means you’re getting enough water, and dark yellow urine may mean you’re dehydrated.

Dehydration Prevention

The best way to prevent dehydration is to make sure you drink enough water and eat plenty of foods high in water content such as fruits and vegetables. Also remember that your body needs more water if you live in a hot climate, you are sick, or you are exercising.

There are various recommendations on how much water you should drink a day. If you have a medical condition, talk to your doctor first about how much fluid you should drink.

Source: NCOA – National Council on Aging
Let's Have Coffee  

by Tracey Tripp

Coffee – also called joe, java, brew, mud, bean juice, liquid energy, and go juice among other slang terms, is much more than just a hot beverage. Many people can’t start their day without it. It can be brewed with a percolator, via the drip method, with a French press, and Espresso machine, the vacuum pot, the cowboy method or a myriad of other ways. But however it’s made, it’s a favorite of Americans and many other people around the world. One of the most basic definitions is this: a hot beverage made from the beans of a tree. But coffee is so much more! T. S. Eliot said “I have measured out my life with coffee spoons!” A. J. Lee said “Never trust anyone who doesn’t drink coffee.” And Howard Schultz is quoted as saying “I can’t imagine a day without coffee. I can’t imagine!”

No one knows exactly how or when coffee was discovered, but one legend says an Ethiopian goat herder named Kaldi was the first to discover the potential of the coffee beans. He noticed that after eating the berries from a certain tree, his goats became so energetic they did not want to sleep at night. As word moved east and coffee reached the Arabian Peninsula, it began a journey which would bring these beans across the globe. In the mid 1800’s, coffee was brought to New Amsterdam, later called New York, by the British. Though coffee houses rapidly began to appear, tea continued to be the favored drink in the New World until 1773, when the colonists revolted against a heavy tax on tea. The Boston Tea Party would forever change the American drinking preference to coffee. Thomas Jefferson is quoted as saying “Coffee – the favorite drink of the civilized world.”

As coffee consumption is increasing, there are conflicting reports on the health effects of coffee. It seems to be a medical flip-flop: First coffee’s good for you, then it’s not, then it is - - you know what I’m talking about. The most recent research, along with a massive review of the scientific literature on coffee, has some good news for coffee drinkers.

While it’s wise to stick to no more than 3-4 cups (6 – 8 oz) per day, moderate coffee consumption has been linked to lower risk of cardiovascular disease, Type 2 diabetes, Parkinson’s disease and some cancers. Coffee also contains antioxidants which may be exerting beneficial effects such as acting as an anti-inflammatory. Coffee contains small amounts of some nutrients, including potassium, niacin, and magnesium.

To get the greatest health benefits from coffee, it’s important to avoid packing it with calorie-laden creams, sugars and flavors. Here’s a list of ideas to keep from making your coffee into a calorie bomb.

Black Coffee – It is not the coffee that makes you gain weight, but all the extras that go in the drink. A medium-size regular cup of coffee has about 10 calories and 0 grams of sugar. You can control how much of those extras you put in your coffee.

So order a black coffee and ask for the extras on the side and pour them in yourself.

Whipping Cream – By saying NO to whipped cream, you can reduce your calories of the drink about 80 to 130 calories. This will also reduce the fat content of your drink by about 8 to 12 grams.

Sweeteners – Request that they use a calorie-free sweetener like Sweet’N Low, Splenda, or Equal instead of sugar.

Sugar-Free Syrup – Usually the coffee shop will have some sugar-free syrups. The sugar-free syrup adds no additional calories or fat to your drink.

Chocolate – A tablespoon of chocolate syrup is 50 calories. Some coffee drinks with chocolate contain as much as 1/4 cup (1/4 cup = 4 tablespoons = 200 calories). A light version of chocolate syrup gives you about 1/2 the calories.

Milk – Use reduced fat or skim milk instead of cream when ordering your drink. You can save up to 140 calories by using milk in your coffee drinks. This will also help to increase your intake of calcium and Vitamin D.

Certain groups, such as people with hypertension (high blood pressure), the elderly, pregnant women, people with uncontrolled diabetes or those with sleep issues should check with a doctor about the possible effects of the caffeine in coffee. It has also been found that for women with a higher likelihood of bone fractures, coffee raised that risk; the same was not true for men. Other bothersome, but mostly minor, side effects from the caffeine in coffee can include a “speedy” or jittery feeling and anxiety. Heartburn, frequent urination (because caffeine is a diuretic), and palpitations are problematic for some caffeine drinkers. If you are already a coffee drinker, it should be reassuring that after decades of research, no strong link can be found between coffee intake and cancer. In fact a number of health benefits seem to accompany coffee consumption. However, if you don’t like coffee, there is no current recommendation to drink it anyway. The bottom line is this: enjoy your coffee in moderation. As the millions of people drinking coffee every day will tell you, when it comes to coffee, there’s nothing like it!
Recipes

**BREWED ICED COFFEE** – 4 servings
Ingredients:
- 1/2 cup Ground Coffee
- 3 cups cold water, divided
- Sweetener (optional)
- Creamer (optional)
- Ice cubes

Directions:
1. BREW coffee using 1 1/2 cups cold water.
2. POUR hot brewed coffee in pitcher. Add sweetener, if desired. Stir until dissolved. Blend in 1 1/2 cups cold water. Add creamer, if desired.
3. SERVE over ice.

**VARIATION**

INSTANT ICED COFFEE: Combine 1 cup boiling water and 3 tablespoons Folgers® Classic Instant Coffee Crystals in pitcher. Add sweetener, if desired. Stir until dissolved. Blend in 2 cups cold water. Add creamer, if desired. Serve over ice.

**COFFEE AND CINNAMON FUDGE** – yield: about 2 1/2 lbs
Ingredients
- 3 cups semi-sweet chocolate chips
- 1 (14 oz.) can Sweetened Condensed Milk
- Dash salt
- 1 tablespoon Instant Coffee Crystals
- 1 teaspoon hot water
- 1 teaspoon vanilla extract
- 1 tablespoon ground cinnamon

Directions
1. LINE 8- or 9-inch square pan with wax paper. Melt chocolate chips with sweetened condensed milk and salt in heavy saucepan over low heat. Remove from heat. Dissolve coffee in hot water. Add dissolved coffee, vanilla and cinnamon to chocolate mixture, stirring until smooth. Spread evenly into prepared pan.
2. CHILL 2 hours or until firm. Lift fudge out of pan with wax paper and place onto cutting board. Peel off paper and cut into squares.
3. Chocolate Fudge: Omit coffee, water and cinnamon. Add 1/2 to 1 cup chopped nuts and additional 1/2 teaspoon vanilla extract.

**GRILLED COFFEE AND GARLIC RUBBED PORK CHOPS** 4 SERVINGS
Ingredients
- 2 teaspoons dark roast ground Coffee
- 2 teaspoons garlic powder
- 1 teaspoon dry mustard
- 1 teaspoon paprika
- 1 teaspoon firmly packed brown sugar
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 4 bone-in center cut pork chops (3/4 to 1-inch thick)
- 1/4 cup Vegetable Oil

Variation:
- Add 1/2 cup canned crushed pineapple and 1/4 cup brown sugar to pan

All recipes are from FolgersCoffee.com

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**Word Search**

Theme: BEES

| J | R | H | Y | Y | W | V | P | P | Y | T | X | W | A | F |
| O | E | O | W | N | P | L | U | I | X | E | J | X | F |
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| A | T | S | M | Q | R | A | V | H | U | N | B | R | V | J |

| BOARD | FOOD | PUPA |
| BROOD | GLOVES | QUEEN |
| BUZZ | HIVE | ROYAL JELLY |
| CLUSTER | HOBBY | SMOKE |
| COLONY | HONEY | TREES |
| DRONE | HUMMING | VEIL |
| EGGS | LARVA | WAX |
| FLOWERS | POLLEN | WORKERS |
Welcome New Staff

Allison McKinney joined Aging Matters in July 2018 as Executive Assistant. Allison previously worked as Operations Manager for Old Navy where she was employed for 7 years. She has a Bachelor’s degree in Industrial Technology and will have her second Bachelor’s degree in Business Administration this coming December. Allison is originally from Doniphan, MO but has made Cape Girardeau her home for the last 16 years. In her spare time, she enjoys spending time outdoors hiking or staying inside with a good book.

Sari Kersey joined Aging Matters in July 2018 as Area Supervisor for Portageville, New Madrid, and Caruthersville OAKS Centers. Prior to coming to work for Aging Matters, Sari was employed by the OAKS Center of East Prairie for 19 years. She held the position of Administrator for 12 of those 19 years. Sari also worked as Food Service Manager at Loves and currently sells Family Heritage Insurance. She and her husband, Elmo, live in East Prairie.

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 September and October, the following people are recognized for their hard work and dedication.

**September**
- Carol Boehme, Central Office, 19 years
- Rhonda Bramlett, Central Office, 19 years
- Christina Goodwin, Portageville Center, 3 years
- Jan McFerron, Central Office, 20 years

**October**
- Shirley Bentley, Central Office, 38 years
- Barbara Hahs, Central Office, 9 years
- Geneva Orr, Sikeston Center, 9 years
- Cassandra Smith, Central Office, 9 years

**September**
- Central Office, 20 years
- Chris Miller, Central Office, 19 years
- Jodie Sommers, Central Office, 19 years
- Sherry BNAS, Central Office, 19 years
- Sherry Wright, Central Office, 19 years

**October**
- Central Office, 38 years
- Barbara Hahs, Central Office, 9 years
- Geneva Orr, Sikeston Center, 9 years
- Cassandra Smith, Central Office, 9 years

Please consider a tax-deductible contribution today to help with the cost of printing and postage for our newsletter.

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**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.

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