Aging in Place

“Aging in place” is growing older without having to move.

According to the Journal of Housing for the Elderly, it is, not having to move from one’s present residence in order to secure necessary support services in response to changing need.

Some 70% of seniors spend the rest of their life in the place where they celebrated their 65th birthday.

What is “Aging in Place”
We are using the term “aging in place” in reference to living where you have lived for many years, or to living in a non-healthcare environment, and using products, services and conveniences to enable you to not have to move as circumstances change.

Why Aging in Place
A significant concern as people grow older is that they may have to leave their home. This would mean leaving behind a comfortable setting, familiar community, and many memories. In addition, a certain amount of control is lost when one leaves home. This “control” provides the underpinning to our feelings of dignity, quality of life and independence. One’s home is a strong element in that sense of security.

Most American seniors desire to stay in their homes for the rest of their lives. In fact an AARP survey found this number to be greater than 80% of seniors. This “stay at home” approach is also known as “Aging in Place.” Several reasons are cited for this strong Aging in Place preference. These include:

• Comfortable environs
• Feelings of independence
• Convenience to services
• Familiarity
• Safety and security
• Proximity to family

“Aging in Place” successfully requires planning. To accommodate physical, mental, and psychological changes that may accompany aging, physical changes should be made in your home.

Changes Related to Aging
Contrary to popular belief, most American seniors live independently while maintaining strong relationships with family and friends. Their personalities remain relatively stable throughout their lives. Depression occurs less in uninstitutionalized seniors than among young adults. Normal age related changes do occur.

These may include:

➢ Hearing impairment
➢ Failing vision
➢ Osteoporosis
➢ Increased likelihood of arthritis, diabetes, heart disease, and hypertension
➢ Mental process changes
  • speed at which information is processed
  • speed of responding to changes in the environment
  • long term memory decline word finding ability declines

Visual decline
➢ decreased reading speed
➢ seeing acuity in dim light
➢ reading fine print
➢ sensing peripheral changes

These changes may lead to difficulties in interacting with one’s living environment. These include:

➢ Decreased mobility and dexterity
➢ Decreased strength and stamina
➢ Reduced sensory acuity: vision, hearing, thermal sensitivity, touch, and smell

However some functions tend to remain the same with advancing age and changes differ between people. While seniors tend to process new information slower, daily social and occupational functioning ability remains stable. Most language related skills also tend to remain stable with age. Most notably, creativity and wisdom continue at strong levels.

In addition to physical changes, seniors experience social changes that may be disruptive. These include: isolation from family and friends, loss of peers, children living far away, and a changing neighborhood.

The majority of seniors learn to adapt to their changing situations and lead happy and productive lives.

Article source: www.seniorresource.com
Having “The Talk” With Aging Parents

By Kathy Bullis

Children who are helping out or caring for aging parents may have a difficult time talking to them about emotionally loaded subjects. Every family has their own specific set of tough issues, no two are alike. Good communication can be central to the success of a family caregiving situation, therefore it is important to sharpen communication skills as families cope with these challenging subjects.

Following are some dos and don’ts for talking to elderly parents and other family members about tough issues.

Do:

• Be respectful of the rights of others to agree or disagree. Really listen to what the person is saying. Don’t interrupt or try to fill in the silence. Silence could mean a family member is thinking about a response. Listening goes both ways, so it is important to determine that the person is hearing what you say.

• Use “I” statements. “I” statements indicate that the speaker is only responsible for their own opinions and start with the word I. For instance “I feel that you need help” as opposed to “you need help and everyone knows it”. “I” statements can lead to negotiation and sharing, “you” statements can lead to war.

• Plan ahead. Think of what the bottom line is for this conversation and pick your battles. Understand that the conversation may end before the goal is accomplished and this may be only a beginning. Choose a time and place which is quiet, private and free of distractions.

• Know what your own feelings and reactions to the situation and the others involved are. Once you have done that it’s important to stand your own ground.

Don’t:

• Don’t give advice unless it’s asked for. The parent-child role reversal is hard on the parent. It is generally better to let an outside person be the advisor.

• Don’t be condescending or controlling. Consider what it is like to be older. Most seniors experience losses during their later years and are trying to stay in control of themselves and their environment. Letting others help feels like giving away control.

• Don’t overload the conversation with old issues and hurts or blame others. Disagreement doesn’t mean someone does not love someone else, it simply means they have a different opinion.

• Don’t go in with either a fearful approach or a “someone has to win” outlook. Managing your attitude can prevent you from projecting your own possibly unrealistic fears and anxiety into the conversation. It could also keep you from competing with your loved one instead of working with them. Handling your attitude can also help keep inflammatory reactions in check.

While this is hardly a complete list of all of the family dynamics in communication which can take place, it will give a set of basic guidelines and tips to help families approach difficult subjects. For more information on this very important topic, the following books may be available at your local library or book store:

Do I Know You? Living Through the End of a Parent’s Life by Bette Ann Moskowitz;
Another Country: Navigating the Emotional Terrain of Our Elders by Mary Pipher;
Coping With Your Difficult Older Parent: A Guide for Stressed-Out Children by Grace Lebow, Barbara Kane and Irwin Lebow. You may also contact the Family Caregiver Program at Aging Matters for more information on this and many other caregiver topics.

Project provides Missourians with Pension Help

If you could read through SCPRP’s case notes you would soon find yourself dozing off but to a caseworker at SCPRP those same notes yield the emotional equivalent of the warm fuzzies via the triumphs of their clients. Phrases like “assisted client with locating and obtaining distribution” and “found it!” frequently appear in said notes, as do “we intervened” or “as soon as we wrote a letter”. It follows that anyone with a problematic pension issue would want their no-cost assistance.

South Central Pension Rights Project helps people of any age within their coverage area find lost pension plans, appeal benefit denials, correct miscalculations, and understand pension rights. Staffed by caseworkers in Missouri and Texas and managed by attorney Roger Curme, SCPRP has recovered over $13 million in private pension benefits since the project’s inception in October 2008. Curme states, “That number does not include the savings to people the project has assisted in recoupment avoidance.” One client received a letter from his pension plan which required a recoupment payment of $120,000. Early in his retirement the client had made efforts to avoid receiving the overpayments which resulted in the recoupment letter 11 years later. SCPRP worked the case which resulted in a hardship forgiveness of the overpayments.

Funded primarily by the U.S. Administration for Community Living, SCPRP’s coverage area includes Arkansas, Louisiana, Missouri, New Mexico, Oklahoma, and Texas. The project also extends services to the retiree’s spouse and other individuals if their pension plan or relative employment is located in the SCPRP coverage area. If you would like more information about this project you can call (800) 443-2528 or visit the SCPRP website at www.southcentralpension.org.
Older Americans Month 2015:

Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The theme of this year’s celebration is “Get into the Act,” to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.

By promoting and engaging in activities, wellness, and inclusivity, more Americans than ever before can “Get into the Act.” While Aging Matters provides the services previously listed, plus many more, to older adults year-round, Older Americans Month offers an opportunity to emphasize how older adults can access the home- and community-based services they need to live independently in their communities. It is also an occasion to highlight how older adults are engaging with and making a difference in those communities through programs like the Retired Senior Volunteer Program (RSVP) and Volunteer Intergenerational Center (VIC).

Throughout the month of May, area senior centers will be conducting activities and providing tips on how to access programs, resources, and opportunities designed to maximize the independence of older adults in our community. Check with your local senior center to see what they have planned. You may also want to “Get into the Act” by checking out the volunteer opportunities.

We all know that choosing healthy foods is good for us and helps lower our risk of developing diabetes, high blood pressure and heart disease. But some healthy foods can play a major role in brain health and even help boost your memory. Foods that help and encourage good blood flow to the brain, much like what you’d eat to nourish and protect your heart, are the best for boosting memory and brain function. Here are some foods to consider.

Silver Haired Election to be held May 5

By Ruth Dockins

The Silver Haired Legislature (SHL) is a formally elected body of citizens 60 years of age or older that promote conscientious legislative advocacy for Missouri’s older adults.

All members are volunteers who serve without pay. Currently there are no term limits so a delegate may be re-elected to an unlimited number of terms. The elected delegates participate in a mock legislative session patterned after the Missouri General Assembly. The session is held in Jefferson City in the fall of each year. Many of the activities take place in the Senate and House chambers of the Capitol building.

The SHL delegates work all year as advocates for senior issues. They are kept abreast of proposed legislation and stay in touch with the legislators. Many of the legislators contact the SHL delegates asking for their input on proposed legislation.

There are 10 Area Agencies on Aging (AAA) in Missouri and SHL delegates are elected from each AAA area. Aging Matters is our local AAA office and we serve 18 counties in Southeast Missouri. Each AAA elects 15 people to serve as SHL delegates. This brings 150 seniors together in Jefferson City to present bills, debate issues, and choose the top five for which they will advocate during the year.

In Aging Matters’ area there are openings for two senators, and eight representatives. These slots can be filled by anyone, 60 years and older, living in the counties of Bollinger, Butler, Cape Girardeau, Carter, Dunklin, Iron, Madison, Mississippi, New Madrid, Pemiscot, Perry, Reynolds, Ripley, Scott, St. Francois, Ste. Genevieve, Stoddard, and Wayne.

The requirements are that one should be able to travel to Jefferson City and/or Cape Girardeau for meetings. It is beneficial for the elected person to be able to send and receive emails, because when the state legislators are in session things happen quickly and many times you will be contacted on the day of a hearing asking you to contact your state legislator the same day. The other obvious requirement is that one should be interested in the betterment of the lives of the Missouri senior citizens.

If you are interested in becoming a SHL delegate you should file a Declaration of Candidacy with the Aging Matters office. This statement must arrive in the office by close of business at 5 p.m. on April 20. You may obtain an application by contacting our office at 1-800-392-8771 or locally at 335-3331 or pick one up at your local senior center.

The May 5 election will be held at the area senior centers during regular business hours. To learn more about this very important program, contact Ruth Dockins at 573-335-3331.
Wanted: CLAIM Volunteers

Those of us who have volunteered in the past or are presently volunteering know the satisfaction of making someone’s life a little easier. We don’t get paid in dollars that can be spent but “warm fuzzys” are sometimes even better and certainly last longer.

CLAIM (Community Leaders Assisting the Insured of Missouri) is looking for a few good people who are interested in becoming volunteers. The people CLAIM is looking for are those that have good listening skills, who are willing to go to bat for folks having problems with understanding doctor bills, Medicare summary notices, and other insurance explanation of benefits. It is definitely not the easiest volunteer job you will ever do; in fact it may be one of the most difficult, but definitely one of the most rewarding. To see the look of relief on a senior citizen’s face when you have been able to explain a bill or a notice from Medicare clearly enough that they can understand it, is priceless.

There are so many rules to Medicare and it is so complicated to most people that there are only a few people willing to tackle it. These are the kind of people CLAIM needs. I have been a CLAIM volunteer for years and have run into many difficult situations, but the good thing is I always have someone I can turn to for assistance. CLAIM never leaves their volunteers “hanging”; they are always there to assist with the difficult problems.

To be a volunteer there are four days of training, with travel and meals provided and lodging if necessary. Then there is quarterly training to keep up your skills and to learn new things about Medicare, Medicaid and other insurance. The volunteers always have a “go-to” person to call for advice or additional in-put into a situation.

This volunteer opportunity is not for everyone but is definitely a very rewarding opportunity. Training will be held June 25 and 26, July 1 and the final day is July 23. The days may be subject to change. You will learn a lot of very interesting and useful information you can use in your own family and circle of friends as well as helping others needing assistance. The calls do not come directly to your phone but are screened through the CLAIM office. You are sent only as many referrals as you request. We will provide a place for you to meet the people and give you all the back-up you want.

If you think you might be interested in becoming a CLAIM volunteer contact me at 1-800-392-8771 and I will be happy to send more information to you.
Missouri LTC Ombudsman Program Legislative Advocacy Day Held

Rob goes camping

Four friends spend weeks planning the perfect desert camping and riding trip. Two days before the group is to leave Rob’s wife puts her foot down and tells him he isn’t going.

Rob’s friends are very upset that he can’t go, but what can they do. Two days later the three get to the camping site only to find Rob sitting there with a tent set up, firewood gathered, and supper cooking on the fire.

“Dang man, how long you been here and how did you talk your wife into letting you go?”

“Well, I’ve been here since yesterday. Yesterday evening I was sitting in my chair and my wife came up behind me and put her hands over my eyes and said ‘guess who?’

I pulled her hands off and she was wearing a brand new see through nightie. She took my hand and took me to our bedroom. The room had two dozen candles and rose pedals all over. She had on the bed, handcuffs and ropes! She told me to tie and cuff her to the bed and I did. And then she said, "Now, you can do whatever you want."

So here I am.

Misjudged

A man, who smelled like a distillery, flopped down on a subway seat next to a priest. The man’s tie was stained, his face was plastered with red lipstick, and a half-empty bottle of gin was sticking out of his torn coat pocket. He opened his newspaper and began reading.

After a few minutes the disheveled man turned to the priest and said, "Say, Father, what causes arthritis?"

"Mister, it’s caused by loose living, being with cheap wicked women, too much alcohol, and a contempt for your fellow man."

"Well, I’ll be damned," the drunk muttered, returning to his paper.

The priest, thinking about what he had said, nudged the man and apologized.

"I'm very sorry; I didn't mean to come on so strong. How long have you had arthritis?"

"I don't have it, Father. I was just reading that the Pope does."

Patient Dad

On the day I received my learner’s permit, my father agreed to take me out for a driving lesson. With a big grin, he hopped in behind the driver’s seat. “Why aren’t you sitting up front on the passenger’s side?” I asked.

“Kirsten, I’ve been waiting for this ever since you were a little girl,” Dad replied. “Now it’s my turn to sit back here and kick the seat.”

I gave my father $100...

I gave my father $100 and said, “Buy yourself something that will make your life easier.” So he went out and bought a present for my mother.

Jan McFerron, Aging Matters Regional Ombudsman Director, attended the Long Term Care Legislative Advocacy Day on February 11th at the Missouri State Capitol Building. Many of the Ombudsman Regional Directors set up information booths on the 3rd floor Capitol Rotunda. We provided information to all of the State Representatives and State Senators about the Missouri Long Term Care Ombudsman Program and discussed ways the program could assist many of their constituents they serve who may have questions and concerns about facilities and long term care issues.

Each region was able to supply their State Legislators with personalized guides, listing the names of the Long Term Care Facilities, levels of care, addresses, phone numbers, and other information.

We were also able to discuss and provide information concerning the proposed (HCDM) Health Care Decision-Maker Legislation. This proposed legislation would fill a gaping void for individuals who are incapacitated and need someone to make treatment decisions on their behalf, but who do not have someone legally appointed to do so. It fills a gap not covered by the Durable Power of Attorney and Guardianship laws. Under such legislation, a designated Health Care Decision-Maker would be identified. A Designated Health Care Decision-Maker is someone authorized by law to make health care decisions on behalf of an incapacitated person. Missouri is one of only seven states that do not have this type of law.

Missouri LTC Ombudsman Program Legislative Advocacy Day Held
Choose foods for a healthy brain

Eat Your Veggies. Almost any vegetable is a good choice, but there are some in particular to choose more often. Cruciferous vegetables like broccoli, cabbage and dark leafy greens, may help improve memory. Kale, collard greens, and spinach are included in the list. These vegetables may be eaten raw, like in a salad or on a sandwich, or cooked and served with a splash of lemon juice or some of your favorite low sodium seasonings.

Be Sweet on Berries and Cherries. Just like with vegetables, almost any fruit is a good choice, but some provide more of a brain healthy punch than others. Berries – especially dark ones such as blackberries, blueberries and cherries – may help put the brakes on age-related cognitive decline by preserving the brain’s natural “housekeeper” mechanism, which wanes with age. This mechanism helps get rid of toxic proteins associated with age-related memory loss. You can reap these benefits from fresh, frozen or dried berries and cherries.

Omega-3 Fatty Acids – We know we have to limit our fat intake, but some fats are better for us than others. Omega-3 Fats are essential for good brain health and they may also help prevent heart disease and lower cholesterol. Most Americans don’t get enough of these good fats so try to eat more of the foods that contain them in higher amounts. Walnuts, avocados, flaxseeds, soybeans, canola or olive oil and juices are all sources of Omega-3s, but by far the supreme source is fish.

Eating fish twice a week will help you to get enough Omega-3s. Salmon, bluefin tuna, sardines, herring, pollock, mackerel and cod are among the best fish choices. Try the fish grilled, baked or broiled for ultimate flavor and health. Tastes and textures vary greatly depending on the preparation method, so try different styles until you find the preparation method you like.

Work in Walnuts. Walnuts may improve working memory and your heart will also love them. They help lower your LDL (bad) cholesterol and may help maintain a lower blood pressure by helping to relax blood vessels, allowing blood to move more freely through arteries and to the brain. You can snack on a handful, toast them and add to oatmeal or salad for a crunch or mix them into a stir-fry for extra protein.

Go Nuts for Seeds. Other nuts and seeds also tend to be a source of healthy fats and Vitamin E, a natural antioxidant. Peanuts and peanut butter may help keep the heart and brain healthy and functioning properly. Other good choices are almonds and hazelnuts.

Seeds, including sunflower seeds and flaxseeds, are a good source of Vitamin E, and can help give your brain a boost. Sprinkle them on a salad or include in muffins or quick breads for a tasty treat.

Beverages. Tea, doesn’t matter if it’s green, black or oolong, is believed to help activate a part of the brain’s circuitry that’s tied to attention span. An occasional glass of red wine is also believed to be beneficial in brain and overall health.
**Bourbon Glazed Salmon**

**Ingredients**
- 3 tablespoons brown sugar
- 3 tablespoons bourbon
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon grated peeled fresh ginger
- 1 tablespoon fresh lime juice
- 3 garlic cloves, minced
- 1/4 teaspoon freshly ground black pepper
- 4 (6-ounce) skinless salmon fillets
- Cooking spray
- 1/4 cup thinly sliced green onions
- 1 tablespoon sesame seeds, toasted

**Preparation**
Combine first 7 ingredients in a large zip-top plastic bag. Add fish to bag; seal. Marinate in refrigerator 1 1/2 hours, turning occasionally. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add fish and marinade to pan; cook fish 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Place 1 fillet on each of 4 plates; drizzle each serving with about 2 teaspoons sauce. Sprinkle each serving with 1 tablespoon green onions and 3/4 teaspoon sesame seeds.

**Broccoli Slaw with Walnuts**

**Ingredients:**
- 1 cup mayonnaise (low-fat is okay)
- 1/4 cup raspberry vinegar
- 1/4 cup sugar
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 6 cups (1 - 1 1/4 pounds) broccoli florets, cut or broken in half-inch pieces
- 1/2 cup dried cranberries
- 1 medium carrot, peeled and grated

**Directions:**
In a large bowl combine the mayonnaise, vinegar, sugar, salt and pepper, and stir until smoothly blended. Blanche the broccoli for 1-2 minutes. Add the broccoli, cranberries, raisins, walnuts and carrot, then stir and toss until the ingredients are evenly coated with the dressing. Chill before serving.

**Sesame-Seasoned Spinach**

**Ingredients**
- 1/4 cup water
- 1 pound baby spinach (about 20 cups)
- 1 tablespoon toasted sesame seeds (see Tip)
- 2 teaspoons reduced-sodium soy sauce
- 2 teaspoons toasted sesame oil
- 1 small clove garlic, minced

**Preparation**
Place water in a very large pot or Dutch oven and bring to a boil over high heat. Add spinach and cook, stirring frequently, until completely wilted, 2 to 3 minutes. Transfer to a colander and let stand until cool enough to handle. Squeeze out excess water. Coarsely chop the spinach. Place in a bowl and mix in sesame seeds, soy sauce, sesame oil and garlic. Serve at room temperature.

**Tips & Notes**
- Kitchen Tip: To toast nuts and seeds, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

**Crunchy Granola with Berries & Cherries**

**Ingredients:**
- 3/4 cup mixed nuts (pecan halves and peanuts in their red skins, almonds, walnuts or whatever you prefer)
- 2 cups rolled oats
- 1/4 cup sesame seeds
- 1/4 cup sunflower seeds
- 1/4 cup sunflower or canola oil
- 3 Tbsp honey
- 1/2 cup or more of dried cherries, raisins, or whatever dried fruits you like

**Directions:**
Preheat the oven to 375°F. Halve some of the pecans, leave some whole. Mix with peanuts, oats, sesame seeds, sunflower seeds and a pinch of salt in a large bowl. In a glass measuring cup, measure the oil and pour into the mixture, then measure the honey – it will slide out easily. Stir together with a fork to break up any big clumps of oats. Pour on to a large baking tray with sides, preferably non-stick, in a thin layer. Bake for 20-25 minutes, stirring well at least twice and bringing the mixture in from the edges, until it is golden. Transfer to a large bowl and leave to cool. Mix in the berries and cherries and any other dried fruit you’d like. Store for up to 1 month in an airtight container.

**Cape Senior Center receives check**

To show community appreciation to organizations feeding people as part of their mission, Walmart presented a check for $1000 to the Cape Girardeau Senior Center at the grand opening of the new Neighborhood Market in Cape in January. Pictured holding the check is Susan McClanahan, Administrator of Cape Girardeau Senior Center and Morrell Diebold, Cape Girardeau Senior Center Board President.

**Kennett Senior Center receives check**

The La Femme Club of Kennett held a Chili supper on February 19, 2015 to benefit the Kennett OAKS Senior Center. Sponsors of the event were NHC (National Health Care) and the Matt Bader Family. Representing the La Femme Club, Stephanie Wadley presented a check for $2000 to Sharon Montgomery, Administrator of the Senior Center.
Age Spots  By Ruth Dockins

Medicare Part C and Medicare Part D Options

The Center for Medicare/Medicaid Services (CMS) sent out notices around the end of February to individuals enrolled in Part C or Part D plans, if the plan has earned less than three stars for three consecutive years during the recent annual enrollment period. The plans can get ratings between 1 and 5 stars; 5 stars meaning excellent and 1 star being poor.

This notice was to alert beneficiaries to the sponsor or organization’s low rating and to inform enrollees of an opportunity to contact CMS to request a special enrollment period to move into a higher quality plan in 2015.

If you received one of these notices you may want to make a change to another plan. To make a change you should call 1-800-medicare (1-800-633-4227). If you are having no problems with the plan and want to continue with it you may do so. If you have questions about this you may call our office at 1-800-392-8771 or locally at 335-3331.

Premium Assistance

Please don’t forget that our office can assist you with applications for assistance paying your Part B, C or D premium if you meet the income guidelines. If you are single and have monthly income of $1,471 or less and resources (things you own, not counting your house and car) of $13,640 or less you would be eligible for assistance paying your premium for Part D. If you are married the monthly income could be $1,991 or less with resources of $27,250 or less to get help paying the premium for Part D.

To get help paying the premium for Medicare Part B ($104.90 per month this year) you would need to have monthly income of $1,345 or less as a single person or $1,813 or less as a married couple with resources of $7,280 or less for a single person or $10,930 or less as a married couple.

If you have questions about any of this information or need help applying for the benefits please call my office at 1-800-392-8771 or locally at 335-3331.

American has answers.

Covering cost is just as important as quality of service. That’s why at Americare, we help families make better decisions by helping them understand their financing options. Here are some to consider:

Private Pay. Your monthly income combined with asset liquidation can help pay for care. A reverse mortgage and short-term financing are other tools to bring care within reach.

Veteran’s Benefits. You or your spouse may be eligible for financial assistance for assisted living. Americare is well-versed in the eligibility requirements, and we can help you navigate the process to receive these benefits.

Private Long-Term Care Insurance. Many LTC insurance policies cover costs in assisted living. We can work with you to determine how you might use those funds to offset your living expenses.

Medicare. While Medicare doesn’t cover the cost of care in assisted living, you may still access home health, therapy and coverage of medications under the Medicare Part D program.

Medicaid and Mason’s/Eastern Star. We can help.

To learn more about an Americare location near you, as well as your options for funding long-term care, call 573.382.1978 today to schedule a time for coffee and conversation. At Americare care is all we do — so we know just how to help.