Focusing on Fibromyalgia  
A Puzzling and Painful Condition

You’ve probably heard of fibromyalgia, but you may not know what it is. Fibromyalgia is a long-term (chronic) pain condition that affects five million or more Americans ages 18 and older. For unknown reasons, most people diagnosed with fibromyalgia are women, although men and children also can be affected. People with certain disorders, such as rheumatoid arthritis or lupus, may also have fibromyalgia, which can affect their disease course and treatment.

Fibromyalgia can take a powerful toll on health, well-being, and quality of life. “People with fibromyalgia suffer from severe, daily pain that is widespread throughout the body,” says Dr. Leslie J. Crofford, an NIH-supported researcher at Vanderbilt University. “Their pain is typically accompanied by debilitating fatigue, sleep that does not refresh them, and problems with thinking and memory.”

People with fibromyalgia often see many doctors before finally receiving a diagnosis. The main symptoms—pain and fatigue—overlap with those of many other conditions, which can complicate the diagnosis.

“To make things more challenging, there are no blood tests or X-rays that are abnormal in people with the disorder,” says Crofford. With no specific diagnostic test, some doctors may question whether a patient’s pain is real. “Even friends, family, and coworkers may have a difficult time understanding the person’s symptoms,” Crofford says.

A doctor familiar with fibromyalgia can make a diagnosis based on the criteria established by the American College of Rheumatology. Diagnostic symptoms include a history of widespread pain lasting more than 3 months and other symptoms such as fatigue. In making the diagnosis, doctors consider the number of areas throughout the body where the patient had pain in the past week, and they rule out other causes of disease.

CONTINUED ON PAGE 4

On Thursday, June 9th, Aging Matters held an Open House at their new location at 1078 Wolverine Lane in Cape Girardeau. A double ribbon cutting ceremony was performed with both the Cape Girardeau and Jackson Chambers of Commerce. There were 115 in attendance, including Senator Wayne Wallingford and Caroline Yielding representing Senator Roy Blunt.
What Does the 4th of July Mean to You?

To me, as a child growing up, the Fourth of July meant that my family was getting together for a barbeque with all the fixings of a summer picnic. That would include great barbecued pork steaks, chicken, or maybe hamburgers and hotdogs. Homemade ice cream would also be a special treat that we all enjoyed pitching in to help churn and freeze. It was also the beginning of church picnics in our community. The Lutheran Church and the Methodist Church took turns having their picnic on the Fourth of July. If it was the year for my family’s church to have a picnic on the 4th, than that’s where we spent the day; helping with preparations, or at least the adults did. For the kids, it was a fun time with friends and eating picnic foods and playing games. Do you remember the cake walks?

Growing up in a small community we didn’t have a big fireworks display, so we had our own little fireworks shooting off roman candles, bottle rockets, and firecrackers. I learned later in school what the true meaning of the Fourth of July was. Independence Day, Fourth of July, or July Fourth. However you refer to it, it’s a federal holiday commemorating the adoption of the Declaration of Independence on July 4, 1776, by the Continental Congress declaring that the thirteen American colonies regarded themselves as a new nation, the United States of America.

The Fourth of July is commonly associated with fireworks, barbecues, parades, fairs, picnics, baseball games, political speeches and ceremonies. Many people and businesses display the American flag outside their homes and buildings. It is a patriotic holiday for celebrating the positive aspects of the United States. People in the United States express and give thanks for the freedom and liberties fought by the first generation of many of today’s Americans. The freedom and liberties we enjoy on a daily basis are still protected by the many Americans serving in our military, both past and present.

1. What historical event do Americans celebrate on the Fourth of July?
   ○ Official signing of the Declaration of Independence
   ○ George Washington’s birthday
   ○ The first shots of the American Revolution
   ○ Formal adoption of the Declaration of Independence

2. When were fireworks fist used in the official Fourth of July celebration?
   ○ 1777
   ○ 1812
   ○ 1876
   ○ 1901

3. Which president first held a Fourth of July celebration at the White House?
   ○ George Washington
   ○ John Adams
   ○ Thomas Jefferson
   ○ James Madison

4. Which newspaper first printed the Declaration of Independence?
   ○ The Philadelphia Eagle
   ○ The New York Times
   ○ The Pennsylvania Evening Post
   ○ The National Enquirer

5. Which two U.S. presidents died on July 4 in the same year?
   ○ Thomas Jefferson and John Adams
   ○ James Monroe and Martin Van Buren
   ○ Millard Fillmore and Andrew Johnson
   ○ William Howard Taft and Warren G. Harding

6. Which U.S. president was born on Independence Day?
   ○ Calvin Coolidge
   ○ James Buchanan
   ○ Lyndon B. Johnson
   ○ Ronald Reagan

7. How many people were living in the United States of America on July 4, 1776?
   ○ 2.5 million
   ○ 9 million
   ○ 15 million
   ○ 30 million

8. When did the Fourth of July become a federal holiday?
   ○ 1777
   ○ 1870
   ○ 1876
   ○ It’s a state holiday, not a federal holiday

9. Which of the following was not one of the original 13 American Colonies?
   ○ Vermont
   ○ Georgia
   ○ Massachusetts
   ○ North Carolina

10. What baseball player threw a 4-0 no-hitter against the Boston Red Sox on July 4, 1983?
    ○ Dave Righetti of the New York Yankees
    ○ Jim Palmer of the Baltimore Orioles
    ○ Orel Hershiser of the Los Angeles Dodgers
    ○ Jack Morris of the Detroit Tigers

Board Elections Scheduled for September 6th

Aging Matters formerly known as SEMO Area Agency on Aging, serves 18 counties in the Southeast Missouri area. The agency’s goal is to provide services to enhance the quality of life for seniors.

A few of the services provided by the agency are: oversight of 32 senior centers; transportation assistance through contracted providers; Family Caregiver program and an Ombudsman program. The agency also provides information about Medicare and Medicare Supplements as well as other information pertinent to senior living. The agency has a Board of Directors comprised of one person from each of the 18 counties served. The Directors are elected by county residents in the county in which the Director lives. The voters must be at least 60 years old. Each Director serves a three year term with no term limits.

Each year six counties have an opportunity to elect a new board member. This year the counties having people running for election are: Bollinger, Butler, Cape Girardeau, Carter, Madison, and New Madrid.

The polling sites are located at the senior centers in the counties having elections, with voting from 9:00 am to 3:00 pm on Tuesday, September 6, 2016.
Age Spots This Call is for You by Jackie Dover

The phone rings on a warm June afternoon. Picking it up you say “hello”; the caller on the other end is distorted and the line is full of static. You can barely make out that it is your grandson; he has been arrested in Mexico and needs you to send him money immediately.

The call comes in as you are sitting down for dinner. It is the IRS. They are calling to inform you that you owe a substantial amount of money and if you do not give them a payment right away, there could be severe consequences.

Medicare calls you on your cell phone to inform you that it has received some questionable charges that you need to verify. They are afraid someone has used your Medicare number and need you to verify your number and other personal information.

All of these phone calls create a similar response of panic, confusion, and even fear. All of these phone calls are also scams. Phone scams targeted at seniors are very popular and are increasing at an alarming rate.

Seniors are a prime target for scammers for various reasons. Many seniors have paid off their homes, saved money over their lifetimes, and have good credit all of which makes them “ripe for the picking” in a scammers mind. And many seniors are just nice people, those who grew up in the 30’s, 40’s and 50’s were raised in a time when people strived to be polite and trusting, so once a scammer gets them on the phone, many have a hard time saying no or hanging up on the caller.

A real problem is that many people who fall victim to a scam or even those who want to report questionable activity do not know where to go to report the call. You can always report a scam to your local police or sheriff’s office. The Missouri Attorney General’s Office can also take reports of scams and identity theft. Missouri Senior Medicare Patrol (SMP) helps Medicare and Medicaid beneficiaries prevent, detect, and report health care fraud, so any suspected Medicare scams can be reported to the SMP. Don’t be embarrassed or afraid if you have fallen for a scam; these criminals work very hard to stay one step ahead of us and practice what techniques work to get your money or information. If you have been scammed, please report it with as much information as you can.

There are some simple things you can do to avoid becoming a victim. First, sign up for the No-Call List managed by the Missouri Attorney General’s Office at 1-866-662-2551. This will stop many calls; but if you are still receiving calls they may be scammers who do not care if you are on the registry.

Protect your identity by not giving out personal information such as Medicare and Social Security numbers and banking information. Remember that Medicare, Social Security and the IRS will NOT call you if they need to contact you.

Talk to family members or a trusted friend if you are receiving calls that concern you. Scammers count on your silence to continue their scams. Remember that you can receive a free credit report from each of the three credit bureaus every year for free. Check them to make sure there is no unusual information.

And most importantly remember that it is ok to hang up on someone, especially if they are trying to frighten or bully you. Block the number if possible or do not answer the calls. Take the steps you need to so answering your phone is not something you regret doing.

If you have fallen for a scam or have concerns, please call our office at Aging Matters 1-800-392-8771 and we will do our best to assist you.

Liz Yokley selected as president of MAK-AIRS

Liz Yokley, who is the current Assistant Public Information Director with Aging Matters, has recently taken on another title as the president for MAK-AIRS. MAK-AIRS is the regional affiliate for the Alliance of Information and Referral Systems of Missouri, Arkansas, and Kansas. Affiliation is here to support members of the Information and Referral (I&R) community by providing I&R specialists with tools to better serve their clients. This is done by supplying I&R individuals with the certification and specialized credentials as well as opportunities for networking, continuing education, and trainings.

Liz Yokley states “I look forward to working with the MAK-AIRS Board throughout the coming year, and am thankful to Aging Matters for letting me be a part of such a great organization. We all strive to provide the best Information and Resources to our clients. It is wonderful to have such great partners throughout the community, our state, and nationally to be able to talk and collaborate with. Also, working with the AIRS, who is diligent with giving I&R a voice nationally as well as politically, is very rewarding.”

What causes fibromyalgia isn’t fully understood. Many factors likely contribute. “We know that people with fibromyalgia have changes in the communication between the body and the brain,” Crofford says. These changes may lead the brain to interpret certain sensations as painful that might not be bothersome to people without the disorder.

Researchers have found several genes that may affect a person’s risk of developing fibromyalgia. Stressful life events may also play a role.

Fibromyalgia isn’t a progressive disease, so it doesn’t get worse over time and may even improve. It’s never fatal, and it won’t harm the joints, muscles, or internal organs.

Medications may help relieve symptoms – but not all – symptoms of fibromyalgia. “Drug treatments by themselves don’t result in remission or cure of fibromyalgia,” says Crofford. “We’ve learned that exercise may work as well as or better than medications. In addition, therapies such as tai chi, yoga, and cognitive behavior therapy can also help to reduce symptoms.”

People with fibromyalgia often have the best results when treated with multiple therapies. “It’s critically important for health care providers to help patients develop an understanding of fibromyalgia, and to provide realistic information about treatments, with an emphasis on using exercise and other physical therapies in conjunction with medications,” Crofford says. Crofford and her colleagues are exploring whether a treatment called TENS (transcutaneous electrical nerve stimulation) can help people with fibromyalgia exercise more comfortably and reduce pain. She and other NIH-funded teams are also seeking markers of fibromyalgia in the blood that might ultimately lead to more targeted and effective treatments.

If you or someone you know has fibromyalgia, see the “Wise Choices” box for tips on reducing its impact.

Source: NIH News in Health

Five steps Missourians can take to protect against mosquito and tick bites

Prepare for summer by protecting against bug bites

With summer right around the corner, the Missouri Department of Health and Senior Services (DHSS) compiled the top five tips for protecting against mosquito and tick bites. Missourians all across our state will be enjoying our great parks, trails and streams, and should know all the proper precautions to take.

Additionally, while there have not been any cases of Zika virus locally transmitted in Missouri or anywhere else in the continental United States, these tips can help people protect themselves from mosquito and tick-borne illnesses and ease concerns Missourians may have.

“We want Missourians to enjoy all the great parks, trails and streams our state has to offer, while also protecting themselves from mosquito and tick bites,” said Missouri Department of Health and Senior Services Acting Director Peter Lyskowski. “A few easy steps, like wearing insect repellent or ensuring there is no standing water around a person’s home, provide protection against very serious diseases that bugs can carry.”

**DHSS lists these top five tips as the best way to protect against bug bites:**

1) Wear insect repellent on your skin and clothing: When used correctly, insect repellent is the best way to avoid mosquito and tick bites, and even children and pregnant women can use it. Consult the CDC for acceptable repellent: [http://www.cdc.gov/westnile/faq/repellent.html](http://www.cdc.gov/westnile/faq/repellent.html)
2) Wear loose fitting clothing that covers skin: When weather permits, wearing long, loose-fitting shirts and pants can reduce your chances of getting bitten by a mosquito, especially when combined with the use of insect repellent.
3) Ensure windows/ screens are secure and use air conditioning when possible: Keeping the doors, screens and windows in your home secure and intact, along with using air conditioning to keep your house cool when possible, will help reduce your exposure to mosquitoes by keeping them outside.
4) Eliminate standing water around your home: Mosquitoes can lay eggs in water-filled containers. Once a week, empty and scrub, turn over, cover or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots or trash containers. Check inside and outside your home.
5) Talk to family members and friends about the importance of mosquito bite avoidance: The best way you can help protect those you care about is by sharing these tips and suggestions with your friends or family members.

For more information, the CDC has more about avoiding insect bites, especially while travelling, that Missourians can review and consult: [http://wwwnc.cdc.gov/travel/page/avoid-bug-bites](http://wwwnc.cdc.gov/travel/page/avoid-bug-bites)
**Aging Matters OAKS Senior Centers**

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**Are You Interested in a Volunteer Opportunity?**

Would you like to make a difference in the lives of residents living in Long Term Care Facilities? You can have the opportunity to do so by becoming a Long Term Care Ombudsman Volunteer. Residents in Nursing Homes have rights which are mandated by federal and state law. The Long Term Care Ombudsman Program was established by the Older American’s Act to be a “Voice” for residents in long term care facilities, assuring that resident rights are upheld. The Ombudsman Program seeks to advocate for individual residents as well as inform the public regarding long term care facility issues and choices.

The Aging Matters Long Term Care Ombudsman Program is currently seeking volunteers throughout our 18 county region. Volunteer Ombudsmen serve residents of Skilled Nursing Homes, Assisted Living, and Residential Care Facilities providing support and assistance with any problems or complaints. Following screening and training, the Ombudsman Volunteer is assigned to a facility. They receive orientation to the facility and its’ procedures, prior to making regular contact with the residents. While most volunteers become Ombudsmen who visit residents, there are other volunteer positions available in the program. At the present time, the greatest need for volunteers is in the Sikeston, Poplar Bluff, and Farmington areas. Volunteers are also needed in Iron County.

To take advantage of the volunteer opportunities or to learn more about the Long Term Care Ombudsman Program, please contact Jan McFerron, Regional Ombudsman Director, or Emily Smith, Assistant Regional Ombudsman Director of Aging Matters at 573-335-3331 or 1-800-392-8771.
Stay Hydrated in the Summer Heat

Warm weather is here and most of us are spending more time enjoying outdoor activities. Summer is an important time to keep your body’s fluid needs in mind. Older adults, especially, can experience subtle dehydration in the heat which can contribute to lightheadedness and falls. In addition, every cell in your body needs water to function. About 55% of our body weight at older ages is made of water. Your brain & heart are almost three-quarters water, your muscles and kidneys are almost 80% water and even your bones are about 30% water!

As you age, you need to be more mindful of your body’s hydration needs. Older people often have a reduced sensation of thirst, so it’s easier to miss the warning signs that you’re becoming dehydrated. In addition, older individuals tend to have lower reserves of fluid in the body, may eat less regularly, and may not drink enough water to replenish the body’s water supply after experiencing mild dehydration. In summer it’s especially critical to get enough water and other fluids because of water’s role in regulating the body’s temperature, through sweating. For all of these reasons, older people may need to pay more attention to their fluid intake, particularly during hot weather, and plan to drink regularly even when not thirsty.

So how much fluid does the average, healthy adult living in a temperate climate need? The Institute of Medicine determined that an adequate intake (AI) for men is roughly about 13 cups (3 liters) of total beverages a day. The AI for women is about 9 cups (2.2 liters) of total beverages a day. Everyone has heard the advice, “Drink eight 8-ounce glasses of water a day.” That’s about 1.9 liters, which isn’t that different from the Institute of Medicine recommendations. Although the “8 by 8” rule isn’t supported by hard evidence, it remains popular because it’s easy to remember. Just keep in mind that the rule should be reframed as: “Drink eight 8-ounce glasses of fluid a day,” because all fluids count toward the daily total.

All beverages other than plain water contribute to hydration. Contrary to what you may have heard, the water in caffeinated beverages such as coffee and tea does “count” toward keeping you hydrated. Beverages, like milk, can also be a significant source of healthy nutrients, while soda and other sweetened drinks can be a significant source of empty calories. Water also comes from the food we eat. For example, watermelon is 91% water, carrots are 88% water and even roasted chicken is 65% water. The fluid content of foods may add up to about 22% of the average American’s water intake. With all that being said, water remains your best choice.

Nutrition experts say that gulping even larger quantities of water to benefit your health are mostly unsupported by scientific evidence. You can’t “cure” heart disease, diabetes, cancer or chronic pain by drinking lots of water. Extra water will not prevent wrinkles or other signs of aging in your skin, and dry skin is better treated by applying moisturizers and sunscreens on the outside of your body and not overdoing sun exposure than putting more water inside. So there’s no need to go overboard in guzzling water – but plenty of reason to make sure you’re getting enough. This summer and all year long, you can keep yourself healthy and hydrated by avoiding the extra calories of sugary drinks and choosing inexpensive and oh-so-versatile plain water.

Source: Tufts University Health & Nutrition Letter, June 2016

Lemony Carrot Salad

Ingredients:
- 1 Tbsp lemon juice
- 1 Tbsp extra virgin olive oil
- 1/2 tsp minced garlic
- 1/8 tsp salt
- 1 cup shredded carrots
- 1 Tbsp chopped green onion or scallion
- Chopped fresh dill to taste

Directions:
Whisk lemon juice, olive oil, garlic, salt and pepper together in a bowl. Add carrots, dill and scallion. Toss to coat. May be stored in refrigerator up to two days.

Strawberry Cucumber Water

Directions:
Place 8 ounces stemmed and thinly sliced strawberries and 1/2 thinly sliced English cucumber in a pitcher. For still infused water, add 2 quarts of water. For sparkling water, add 1 quart of seltzer during prep and a second quart just before serving. Refrigerate 2 to 4 hours to allow the ingredients to infuse. Stir well and strain, discarding the solids. For serving, add fresh strawberries and cucumber slices for garnish and plenty of ice. The infused water will keep refrigerated for up to 2 days.

(Recipe courtesy of Food Network Kitchens)

Juicy Roasted Chicken

Ingredients:
- 1 (3 pound) whole chicken, giblets removed
- 1 tablespoon onion powder, or to taste
- 1 stalk celery, leaves removed
- 1/2 cup margarine, divided

Directions:
Preheat oven to 350 degrees F (175 degrees C). Place chicken in a roasting pan, and season generously inside and out with salt and pepper. Sprinkle inside and out with onion powder. Place 3 tablespoons margarine in the chicken cavity. Arrange dollops of the remaining margarine around the chicken’s exterior. Cut the celery into 3 or 4 pieces, and place in the chicken cavity. Bake uncovered 1 hour and 15 minutes in the preheated oven, to a minimum internal temperature of 180 degrees F (82 degrees C). Remove from heat, and baste with melted margarine and drippings. Cover with aluminum foil, and allow to rest about 30 minutes before serving.

Don't Panic

Have you been told that your are losing your Medicare Supplement Plan F and that the sky is falling? Don't be scared into changing your plan. Here is what we do know: as a result of legislation passed by Congress called the Medicare Access and CHIP Reorganization Act of 2015, starting January 1, 2020, Medicare Supplement plans will not longer be allowed to offer coverage of the Medicare Part B deductible coverage after that date. You will have to qualify either through underwriting or under the MO Anniversary Rule if you live in MO. Only time will tell how this all plays out, but it is safe to say that there are lots of changes coming in 2020. So, I do believe that now is a great time to review and gain a solid understanding of your coverage and premiums. Call today to talk to someone who specializes in Medicare Supplements. Some insurance agents dabble, but we spend every day helping people with Medicare questions.

Submitted by Thomas Insurance Group
The Funny Side

A woman came home to find her retired husband waving a rolled up newspaper around his head.
Wife: 'What are you doing dear?'
Husband: 'Swatting flies - I got 3 males and 2 females.' Wife: 'How on earth do you know which gender they were?' Husband: 'Easy - 3 were on the beer, and the other 2 were on the phone.'

DON'T MESS WITH THE ELDERLY
Myra Rhodes, a little old lady living in Great Baddow, Essex, answered a knock on the door one day, to be confronted by a well-dressed young man carrying a vacuum cleaner.
'Good morning, Ma'am,' said the young man. 'If I could take a couple minutes of your time, I would like to demonstrate the very latest in high-powered vacuum cleaners.'
'Go away!' said Myra brusquely. 'I'm broke and haven't got any money,' and she proceeded to close the door.
Quick as a flash, the young man wedged his foot in the door and pushed it wide open. 'Don't be too hasty,' he commanded. 'Not until you have at least seen my demonstration.' And with that, he emptied a bucket of horse manure onto her hallway carpet.
'Now, if this vacuum cleaner does not remove all traces of this horse manure from your carpet, Madam, I will personally eat the remainder.'
Myra stepped back and said with a smile, 'Well let me get you a spoon, young man because they cut off my electricity this morning.'

RSVP/VIC
Retired Senior Volunteer Program
Volunteer Intergenerational Center
Get your team together and register today for the
18th Annual RSVP/VIC Golf Tournament
Friday, July 15, 2016
at the
Cape Girardeau
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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 July, August, and September, the following people are recognized for their hard work and dedication.

**JULY**
Meagan Brazer, 4 years, Central Office
Nancy Gade, 31 years, Central Office
Lori Montgomery, 17 years, Kennett Senior Center
Marsha Walker, 1 year, Central Office

**AUGUST**
Jackie Dover, 10 years, Central Office
Becky Drumright, 5 years, Caruthersville Senior Center
Mary Emery, 24 years, Kennett Senior Center

**SEPTEMBER**
Carol Boehme, 17 years, Central Office
Rhonda Bramlett, 17 years, Central Office
Christina Goodwin, 1 year, Caruthersville Senior Center
Jan McFerron, 18 years, Central Office
Carol Rawson, 17 years, Area Supervisor, Caruthersville, New Madrid, & Portageville Senior Centers

What does the 4th of July mean to you? Answers from page 2

1. Answer: **Formal adoption of the Declaration of Independence**
   On July 2, 1776, the Continental Congress voted to approve a motion by Virginia to separate from Great Britain. Two days later, the declaration proclaiming the independence of the United States of America from Great Britain and its king was formally adopted by 12 Colonies.

2. Answer: **1777** Congress authorized using fireworks to help mark the first anniversary of the Declaration of Independence. The celebration, which took place in Philadelphia, also included bonfires and bells.

3. Answer: **Thomas Jefferson**
   Though John Adams was the first president to occupy the White House, it was Thomas Jefferson who, on July 4, 1801, opened the Executive Mansion to diplomats, civil and military officers and Cherokee chiefs. The Marine Band performed “The President’s March” (later retitled “Hail, Columbia”) and other patriotic airs.

4. Answer: **The Pennsylvania Evening Post**
   After John Dunlap of the Philadelphia printed copies of the declaration for the continental Congress on July 4, 1776, printers throughout the Colonies produced their own versions. The one from the Pennsylvania Evening Post came out on July 6, 1776.

5. Answer: **Thomas Jefferson and John Adams**
   The two former presidents, once fellow patriots and later political rivals, died within hours of each other on July 4, 1826. Jefferson was 83; Adams, 90.

6. Answer: **Calvin Coolidge**
   The 30th president was born on July 4, 1872, in Plymouth Notch, Vermont. He’s the only president born on Independence Day.

7. Answer: **2.5 million** That’s a U.S. Census Bureau estimate.

8. Answer: **1870** Congress reaffirmed the holiday in 1938 and mandated full pay for federal employees.

9. Answer: **Vermont**
   The other 10 were: Connecticut, Delaware, Maryland, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, South Carolina, and Virginia. The Colonies became the first 13 states.

Vermont became the 14th on March 4, 1791.

10. Answer: **Dave Righetti of the New York Yankees**
   It was the Yankees’ first no-hitter in 27 years. Former President Richard Nixon was there and sent Righetti a congratulatory letter.

On March 31, 2016, Sharon Montgomery retired after 15 years as the Administrator of the Kennett A.A.K.S. Senior Center. We wish Sharon well in her new adventure of retirement and thank her for her hard work and dedication to the center and the people she served. In the background of the photo, hangs an apron, signed by her co-workers and senior center patrons. Aging Matters presented Sharon with an engraved silver necklace.