



Aging Matters Reports

Aging Matters, 1078 Wolverine Lane, Suite J, Cape Girardeau, MO 63701
An Informational Newsletter for Senior Citizens in Southeast Missouri

INSIDE

JAN - FEB 2019

- PAGE 2: LONG TERM CARE OMBUDSMAN TRAINING
- PAGE 3: KENNETT OAKS SENIOR CENTER SELLING MO TAX CREDITS
- PAGE 4: WHY BEING ABLE TO TALK WITH YOUR DOCTOR MATTERS (cont'd)
- PAGE 5: 'TIS THE SEASON FOR COLDS AND THE FLU...
- PAGE 6: A HEALTHY BREAKFAST IS A GREAT WAY TO START THE DAY!
- PAGE 7: FUNNY SIDE/WORD SEARCH
- PAGE 8: ANNUAL STAR AWARDS BANQUET HELD

Why Being Able to Talk with your Doctor Matters Part 2

Taking care of your health and getting the medical care you need is important because your health has a big impact on other parts of your life. So having a doctor you can talk to plays a vital role in getting good health care, especially for older people who may have more health problems. The following concludes why being able to talk with your doctor matters.

4 Tips to Help You Remember the Doctor's Instructions

No matter what your age, it's easy to forget a lot of what your doctor says. Even if you are comfortable talking with your doctor, you may not always understand what he or she says. So, as your doctor gives you information, it's a good idea to check

that you are following along. Ask about anything that does not seem clear. For instance, you might say: "I want to make sure I understand. Could you explain that a little more?" or "I did not understand that word. What does it mean?"

Another way to check is to repeat what you think the doctor means in your own words and ask, "Is this correct?" Here are some other ideas to help make sure you have all the information you need.

- **Take notes.** Take along a notepad and pen and write down the main points, or ask the doctor to write them down for you. If you can't write while the doctor is talking to you, make notes in the waiting

room after the visit. Or, bring an audio recorder along and (with the doctor's permission) record what is said. Recording is especially helpful if you want to share the details of the visit with others.

- **Get written or recorded materials.** Ask if your doctor has any brochures, DVDs, or other materials about your health conditions or treatments. For example, if your doctor says that your blood pressure is high, he or she may give you brochures explaining what causes high blood pressure and what you can do about it. Ask the doctor to

recommend other sources, such as websites, disease management centers, nonprofit organizations, and government agencies that may have written or recorded information you can use.

- **Talk to other members of the healthcare team.** Sometimes, the doctor may want you to talk with other health professionals who can help you understand and carry out the decisions about how to manage your condition. Nurses, physician assistants, pharmacists, and occupational or physical therapists may be able to take more time with you than the doctor.
- **Call or email the doctor.** If you are uncertain about the doctor's instructions after you get home, call the office. A nurse or other staff member can check with the doctor and call you back. You could ask whether the doctor, or other health professional you have talked to, has an email address or online health portal you can use to send questions.

Making Decisions with Your Doctor

- **Ask About Different Treatments** You will benefit most from a treatment when you know what is happening and are involved in making decisions. Make sure you understand what your treatment involves and what it will or will not do. Have the doctor give you directions in writing and feel free to ask questions. For example: **"What are the**

Thank you Ameren Missouri!

Christmas came early to the Portageville OAKS Center. Ameren Missouri made a donation of \$500 in mid-December to the Portageville Home-Delivered Meals Program. We appreciate the generosity and support of Ameren Missouri to help the older adults in New Madrid County.

Nonprofit Org.
U.S. Postage
PAID
Permit No. 453
Cape Girardeau
Missouri

Long Term Care Ombudsman Training Held

By Jan McFerron

Aging Matters Long Term Care Ombudsman Program held a quarterly training meeting for the Ombudsman Volunteers on Thursday, November 29th, at the Cape Girardeau Public Library. Twenty Ombudsman Volunteers from several different counties attended the meeting. Our guest speaker for the first half of the meeting was Jennifer Berck, Regional Community Outreach Coordinator for Americare. Jennifer's presentation was entitled "Best Friend Tools". The "Best Friends" approach is a compassionate, person centered model of care used with memory care residents. It uses basic elements of friendship which are respect, empathy, support, trust, and humor. This "Best Friend" approach can be shared by the Ombudsman Volunteers with residents, staff members, and resident's family members.

After the volunteers enjoyed wonderful refreshments, Ombudsman Director, Jan McFerron, and Assistant Director, Emily Smith provided training on the use of the new report forms that are being used by all of the Regional Ombudsman programs in Missouri. The Ombudsman Volunteers always enjoy talking and visiting with each other at the training meetings. They also asked questions and added ideas and comments



during Jennifer Berck's presentation and the training on the new forms.

If you or someone you know is interested in learning more about the Ombudsman Program or are interested in becoming a volunteer, please contact Jan McFerron, Ombudsman Director at 573-335-3331 or 1-800-392-8771 Extension 115 or Emily Smith, Assistant Director, Extension 110.

ONE INCIDENT AWAY...

Helping Combat Loneliness.

Warner is among the 41% of Missouri seniors who live alone. For him, the lack of social interaction with others is as significant as being homeless. He felt completely secluded from society. No one to talk to, nowhere to turn. He felt alone and empty; like no one cared.

Then came Brianna, a Care Coordinator from his local Senior Center. Brianna showed compassion. She listened intently, letting Warner talk about life. She cared. After conducting a home assessment she found that home-delivered meals would be a good start. Meals delivered by a friendly volunteer might give Warner just enough social interaction to put a smile back on his face. She was right! In his letter to Brianna, Warner says "What a colossal blessing you have been to me!!! I can hardly believe that I'm getting a hot meal delivered to me every day and it makes me so happy!"

Warner has not only found a friend in Brianna, but he is feeling more secure in his own home. A hot meal delivered daily not only provided the essential nutrition he needed, but also gave him reassurance and a sense of comfort in seeing another person each day. For Warner, it was the interaction with someone else that gave him hope and value.

No senior should feel alone. Area Agencies on Aging provide critical services to Missouri seniors: meals, care coordination, respite, information and assistance, in-home care, and friendships. Because of that one meal being delivered by a familiar face each day, Warner's future is looking brighter.

Older Missourians are just ONE INCIDENT AWAY from hospitalization, nursing home placement, and the loss of lifetime resources.

40th Anniversary of the LTC Ombudsman Program

by Jan McFerron

Forty years ago, Congress amended the Older Americans Act requiring every state to have an Ombudsman program. You might ask, what is an Ombudsman? The word Ombudsman is of Swedish origin, and it means a person who speaks on behalf of another. The Missouri Long-Term Care Ombudsman Program is a statewide network of individuals who help residents in long-term care facilities maintain and improve

their quality of life by helping to ensure their rights are preserved and respected.

Between October 2017 and September 2018, representatives of the Missouri Long-Term Care Ombudsman Program investigated 6,260 complaints initiated by residents, their families, and other concerned individuals. Volunteer Ombudsman donated over 16,000 hours of their time to assist residents.

The Missouri Long-Term Care State Ombudsman, Jenny Hollandsworth said, "Volunteers are the backbone of the Ombudsman Program. The Program would not be able to touch the lives of so many residents living in long-term care facilities without dedicated volunteers. We cannot thank our volunteers enough for the difference they make."

Anyone interested in becoming a volunteer Ombudsman is encouraged

to contact your regional ombudsman office at Aging Matters. Call Jan McFerron, Ombudsman Director at 1-573-335-3331 or 1-800-392-8771, Extension 115 or Emily Smith, Assistant Director, Extension 110. For more information on the Missouri Long-Term Ombudsman program you may call (800) 309-3282 or visit <https://health.mo.gov/seniors/ombudsman/intro.php>

Kennett OAKS Senior Center selling Missouri Tax Credits

by **Barbara Hahs**

The Kennett OAKS Senior Center is the recipient of the building previously occupied by the Visiting Nurses Association (VNA) in Kennett. The building, located at 100 East Harrison, was donated by VNA when they moved to a larger facility in Kennett. Currently located in the Kennett Housing Authority, the senior center has outgrown the space and is limited to what activities and services can be provided to area senior citizens. To meet the continually growing needs of the senior center, renovations to the donated building are necessary. This costs money!

With the assistance of Laura Ford, administrator of the Kennett OAKS Senior Center, this renovation project has qualified for Missouri tax credits offered to donors through the Neighborhood Assistance Tax Credit Program (NAP) administered by the Missouri Department of Economic Development (DED).

Seventy (70%) of the donated amount is eligible for a tax credit on Missouri taxes. Tax credits must be reported by the Kennett OAKS Senior Center in the year in which the donation is made, however, tax credits can carry over by a donor into the next four succeeding taxable years if not claimed immediately in 2018. The Missouri tax credits will leverage the \$500,000.00 needed to complete the center's renovation.

Eligible Donors:

Businesses only - individuals who operate a sole proprietorship, operate a farm, have rental property or have royalty income are also eligible, as well as a shareholder in an S-corporation, a partner in a Partnership or a member of a Limited Liability Corporation.

Eligibility Criteria:

The Department of Economic Development (DED) will issue 70% tax credits to an eligible taxpayer who makes a qualified contribution to an approved **Neighborhood Assistance Program (NAP) project**.

- Not-for-profit corporations organized under Chapter 355, RSMo;
- Organizations holding a 501(c)(3) ruling from the IRS; and
- Missouri businesses.

With much anticipation, the senior center, Laura Ford, and all the seniors that count on the center for meals and services, are looking forward to the completion of the new location in June 2019.

For more information about the Neighborhood Assistance Tax Credit Program, go to the website: <https://ded.mo.gov/programs/community/NAP>.

For information about making a donation, contact: Laura Ford, 573-888-9852, kennettoaks@clgw.net or Rhonda Bramlett, 573-335-3331, Ext 112, rhonda@agingmatters2u.com.

Age Spots

Can I Sit Here?

by **Jackie Dover**

Bullying is not a new topic; children have been bullying one another for decades. What I have found recently is that bullying can be a problem for those of all ages. Adult bullying does often look like the bullying you see on a playground, it just takes place in senior housing, church, senior centers or even at the place of employment.

Bullying is a distinct pattern of deliberately harming or humiliating others, usually involving an imbalance of power. With seniors, the bullying is usually not physical, but instead includes insults, isolation and demeaning the other person. Sticks and stones will break my bones but words will never hurt me, is a nursery rhyme we have all heard, but words can hurt. Calling people insulting and derogatory names is a major weapon of a bully. Name-calling seeks to separate the victim and make those around them see them in a negative light. It also serves to make the victim feel bad about who they are. Continued insults and put downs can affect how a person sees themselves; it can also influence how those around them see them. The insults could be based on real or perceived difference but the outcome is the same.

Isolating a victim is also a common bullying tactic. "Saving seats" for friends seems like an innocent act, but if the purpose is to exclude people from sitting at "your" table then it is bullying. I have had clients tell me stories of trying to sit in a pew or at a table and people told them they could not sit there, it was reserved for Friend X. This was repeated at several seats; soon the person just gave up and no longer goes there. They felt isolated and excluded, which they were.

Acts of bullying can include:

- Mocking
- Threatening
- Isolating
- Gossiping
- Destroying property
- Physical violence

So what can be done to eliminate senior bullying? First of all, if you see someone being bullied, speak up; we all know right from wrong, so if it feels wrong it probably is. Speak to someone in charge and make him or her aware of the situation; they cannot fix a problem they do not know is there. Finally, be kind. If you see someone being mistreated you can always be the person that invites them to sit by you. Be the person they can turn to. As the saying goes, treat others as you would like to be treated. This applies at every age.

Why Being Able to Talk with your Doctor Matters

Part 2 (CONT'D)

pros and cons of having surgery at this stage?" or "Do I have any other choices?"

If your doctor suggests a treatment that makes you uncomfortable, ask if there are other treatments that might work. If cost is a concern, ask the doctor if less expensive choices are available. The doctor can work with you to develop a treatment plan that meets your needs.

Here are some things to remember when deciding on a treatment:

- **Discuss choices.** There are different ways to manage many health conditions, especially chronic conditions like high blood pressure and cholesterol. Ask what your options are.
- **Discuss risks and benefits.** Once you know your options, ask about the pros and cons of each one. Find out what side effects might occur, how long the treatment would continue, and how likely it is that the treatment will work for you.
- **Consider your own values and circumstances.** When thinking about the pros and cons of a treatment, don't forget to consider its impact on your overall life. For instance, will one of the side effects interfere with a regular activity that means a lot to you? Is one treatment choice expensive and not covered by your insurance? Doctors need to know about these practical matters so they can work with you to develop a treatment plan that meets your needs.

Questions to Ask About Treatment

- Are there any risks associated with the treatment?
- How soon should treatment start? How long will it last?
- Are there other treatments available?
- How much will the treatment cost? Will my insurance cover it?

Learn About Prevention

Doctors and other health professionals may suggest you change your diet, activity level, or other aspects of your life to help you deal with medical conditions. Research has

shown that these changes, particularly an increase in exercise, have positive effects on overall health.

Until recently, preventing disease in older people received little attention. But, things are changing. We now know that it's never too late to stop smoking, improve your diet, or start exercising. Getting regular



checkups and seeing other health professionals, such as dentists and eye specialists, helps promote good health. Even people who have chronic diseases, like arthritis or diabetes, can prevent further disability and, in some cases, control the progress of the disease.

If a certain disease or health condition runs in your family, ask your doctor if there are steps you can take to help prevent it. If you have a chronic condition, ask how you can manage it and if there are things you can do to keep it from getting worse. If you want to discuss health and disease prevention with your doctor, say so when you make your next appointment. This lets the doctor plan to spend more time with you.

It is just as important to talk with your doctor about lifestyle changes as it is to talk about treatment. For example: "I know that you've told me to eat more dairy products, but they really disagree with me. Is there something else I could eat instead?"

or "Maybe an exercise class would help, but I have no way to get to the senior center. Is there something else you could suggest?"

As with treatments, consider all the alternatives, look at pros and cons, and remember to take into account your own point of view. Tell your doctor if you feel his or her

suggestions won't work for you and explain why. Keep talking with your doctor to come up with a plan that works.

Many doctors now recommend that older people try to make physical activity a part of everyday life. When you are making your list of things to talk about with your doctor, add exercise. Ask how exercise would benefit you, if there are any activities you should avoid, and whether your doctor can recommend any specific kinds of exercise.

Start exercising with NIA's exercise and physical activity campaign, Go4Life®, developed specifically for older people.

Questions to Ask About Prevention

- Is there any way to prevent a condition that runs in my family—before it affects me?
- Are there ways to keep my condition from getting worse?
- How will making a change in my habits help me?
- Are there any risks in making this

change?

- Are there support groups or community services that might help me?

Source: nia.nih.gov

What Are HMOs and PPOs?

Members of a health maintenance organization (HMO) pay a set monthly fee no matter how many (or few) times they see a doctor. Usually there are no deductibles or claims forms, but you will have a co-payment for doctor visits and prescriptions. Each member chooses a primary care doctor from within the HMO network. The primary care doctor coordinates all care and, if necessary, refers members to specialists.

A preferred provider organization (PPO) is a network of doctors and other healthcare providers. The doctors in this network agree to provide medical services to PPO health plan members at discounted costs. Members can choose to see any doctor at any time. Choosing a non-PPO provider is called "going out of network" and will cost more than seeing a member of the PPO network.

What Does "Board Certified" Mean?

Doctors who are board certified have extra training after regular medical school. They also have passed an exam certifying their expertise in specialty areas. Examples of specialty areas are general internal medicine, family medicine, geriatrics, gynecology, and orthopedics. The American Board of Medical Specialties has a database of all board-certified physicians that is updated daily. You can also call toll-free to verify a doctor's certification at **1-866-275-2267**. Board certification is one way to learn about a doctor's medical expertise; it doesn't tell you about the doctor's communication skills.

'Tis the season for colds and the flu...

Due to a lot of misinformation or misconception about the flu shot and its effects, people question whether or not to get it. The truth is, the flu vaccine not only protects you from potentially contracting the flu, but it also prevents others around you that might be more susceptible to getting sick, like children or seniors. The flu shot can never be 100-percent effective because there are so many different strains, but it gives us the best odds of protection.

The flu, caused by the Influenza virus, can be life-threatening. It is extremely contagious and easily passed from person to person, especially if the sick person is coughing and sneezing into the air. One of the biggest risk factors for contracting the flu virus is also when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth, transferring the virus directly into their system.

Tips for coping:

1. The best time to get the flu vaccine is in the fall (October) but it's a good idea to get the flu shot at any point because a flu season can last all the way until May. It takes at least two weeks for the shot to become effective.
2. Know your bug. Is it allergies or a cold? Symptoms can be similar. Colds and the flu can also appear similar. But usually the flu- a viral infection includes a fever, chills and sometimes nausea or vomiting. The flu symptoms are more severe and appear more quickly and can last for weeks.
3. Act fast. Take antiviral flu medications within 48 hours of your first symptoms for best results. They can lessen and shorten the flu. Antibiotics do not help you get over the flu, but they may be prescribed to help with a secondary infection if it is caused

4. Wash, wash, and wash your hands. Lather up and rub your hands together for as long as it takes to sing "Happy Birthday"-twice. Then apply a moisturizer to prevent dryness. If hand-washing is unavailable, carry a hand sanitizer as a backup.
5. Use a disinfectant on frequently used hard surfaces, like door knobs, your telephone (cell phones), countertops, water faucets, and hand rails; anything you touch. And don't forget about those grocery carts. Sanitary wipes are sometimes provided by the stores or carry your own to wipe off the handles.
6. Drink plenty of fluids. In addition to water - fruit juices, sports drinks, herbal teas, and broth-based soups are also good. They keep your respiratory system hydrated and turn that nasty, thick mucus into a thin liquid you can cough up and spit out. Sounds gross, but if mucus builds up in your lungs it can lead to an infection. (Avoid drinking alcohol which dehydrates, weakens the immune system, and dulls the affects of over-the-counter medications and prescription drugs.) And do not smoke.
7. Fever is your body's way of fighting

off the flu virus. Treat aches and fever with over-the-counter medications like acetaminophen, ibuprofen, or naproxen. Ask your doctor what is right for you.

8. If you have a cough, over-the-counter expectorants can help.



Throat lozenges can also help with a cough and a scratchy throat. Protect others by coughing or sneezing into your sleeve (the bend of your elbow) or a tissue instead of your hands.

9. Stuffy nose. Saline nose drops or sprays are available over-the-counter. Put several drops into one nostril, and gently blow the mucus and saline out.

Repeat the process on the other side until both are unblocked. Another option for a stuffy nose is the neti pot. For safe results, only use boiled, sterile, or distilled water in your neti pot. Some people feel that breathing in steam provides some relief from congestion and stuffiness.

10. If your house is dry, use a mist humidifier or vaporizer to help ease congestion and coughs. Don't use a warm mist...it can promote the growth of bacteria and molds. Also make sure to keep the device clean to prevent mold development.
11. Stay Home!!! Be mindful of others by staying home when you are

contagious. Plus, staying home and getting plenty of rest helps your immune system kick into high gear.

12. Unlike a cold, the flu can lead to other health complications including pneumonia, bronchitis, and bacterial infections. Signs of pneumonia include chest pressure and discomfort; difficulty breathing; coughing with green mucus; sore throat; and consistent high fever. Elderly and individuals with pre-existing conditions are at increased risk of developing these conditions.
13. Call the doctor if you have any of the following symptoms:
 - Earache or drainage from your ear
 - Pain in your face or forehead along with thick yellow or green mucus for more than a week.
 - A temperature higher than 102 F.
 - Hoarseness, sore throat, or a cough that won't go away.
 - Wheezing.
 - Shortness of breath.
 - Vomiting.
 - Symptoms that get worse or won't go away.
14. For severe trouble breathing or increased shortness of breath, chest pain, confusion, seizure, fainting, or trouble waking, call 911.
15. Be mindful of mixing too many cold remedies which can lead to dangerous consequences. For example, decongestant like pseudoephedrine mixed with other meds can cause life-threatening side effects. So always check labels and ask the pharmacist about potential interactions. Prevention is key. The first choice and most effective way to prevent the flu is an annual flu vaccine.

A Healthy Breakfast is a Great Way to Start the Day!

by Tracey Tripp



When you hear the word “breakfast” what comes to mind? Do you picture a plate of eggs, bacon and toast? A steaming bowl of oatmeal with a sprinkle of brown sugar on top? A colorful bowl of cereal floating in milk? Or maybe grabbing a cup of coffee as you head out the door in a rush, is the image you see. Maybe you think that skipping breakfast will help you to lose weight. Let’s take a look at the importance of eating breakfast and how you can be sure to get in a healthy, wholesome morning meal each day.

Eating a good breakfast helps to set a positive tone for the day. Overnight as you sleep, you are basically fasting. If you get the recommended 8 hours of sleep, or even if you get less than 8 hours, your body has gone without food (energy) or water

(hydration) for several hours. A healthy breakfast helps to jumpstart your metabolism. When you eat breakfast you’re telling your body that there are plenty of calories to be had for the day and its okay to burn more calories throughout the day. When you skip breakfast the message your body gets is that it needs to conserve, rather than burn, any incoming calories.

Many studies have shown that eating breakfast improves concentration as well as performance at work or school. Energy is essential for your brain and body to work properly. Depriving your body of nutritious food doesn’t help in losing or even maintaining your weight. You are more likely to overeat and consume more calories if you’re feeling extremely hungry, which happens when you don’t eat breakfast. Studies show that eating a healthy morning meal helps prevent weight gain by decreasing your overall calorie intake each day. Eating a nutritious breakfast (whole grains, fruits, vegetables, and a lean protein such as eggs) maintains blood sugar levels and helps prevents binge eating.

Eating a healthy breakfast helps you get the recommended daily values of several nutrients essential to good health. Various studies have found that people who start their day with breakfast consume less fat throughout the day; meet recommendations for fruit and vegetable consumption; have higher daily calcium intake; have higher daily fiber intake; and also

have higher levels of iron, B vitamins and vitamin D compared to those who skip breakfast.

Making good breakfast choices is also important. Most of us are busy and many people rush through their morning routine. Some planning and smart strategies can allow you to have a nutritious breakfast, if you sit down at home and enjoy it or if you grab it and eat it on the run. Here are some suggestions for nutritious but quick breakfasts:

- High-fiber cereal with fresh fruit and low-fat milk
- Low-fat protein shake with fresh/frozen fruit
- High-fiber toast or bagel with tablespoon of peanut butter
- *Protein bar and yogurt or a glass of milk
- Oatmeal with nuts, seeds or dried fruit
- Make waffles or pancakes with wheat germ or ground flax seed and fruit in the batter, freeze, and then pop into the toaster before you leave in the morning.

Make eating a healthy breakfast a habit and not only will your body benefit, but you’ll feel better throughout the day!

*Protein bars and yogurt can have a lot of added sugar. Read labels and try to keep sugars under 20 grams and look for bars with 6-10 grams of protein and 3 or more grams of fiber.

Recipes

Freezer Breakfast Burritos (Author: Jen Nikolaus)

Ingredients

- 1 (9.6 oz) package Fully Cooked Breakfast Sausage, sliced into ¼" circles
- 12 eggs
- 1 (4-oz) can diced green chilies, undrained
- 1 tsp. salt
- ½ tsp. pepper
- 10+ flour tortillas
- shredded cheese, any kind

Instructions:

Heat up sliced sausage in a large skillet over medium heat. Cover and stir constantly until heated through about 2-3 minutes. Meanwhile, crack eggs into a bowl. Whisk and add in salt and pepper. Pour chilies onto sausage and stir. Add in eggs and stir until cooked. (I like to use a spatula and turn to cook the runny parts and then break the large pieces up.) Heat tortillas in a wet paper towel in the microwave for 15 seconds or until just warm. Place a heaping ½ cup into the middle of the tortilla, making a line down the center. Tuck the outer edges in first and then using your thumbs, roll the bottom of the tortilla up and over the eggs and tucked edges. Roll and place the seam down and press the top down so the burrito stays put. Repeat that method until the egg mixture is gone, placing the burritos seam side down on a baking sheet. Now take each burrito and wrap in wax paper. Place inside a large freezer bag and put in the freezer on a flat surface. When ready to eat, pull one burrito out of the freezer and throw in the microwave for 1-2 minutes, until the burrito is heated through the middle. 9. Serve with salsa or other toppings or just enjoy by itself!

Breakfast Blueberry-Oatmeal Cakes (Recipe by: Hilary Meyer)

Ingredients

- 2 ½ cups old-fashioned rolled oats
- 1 ½ cups low-fat milk
- 1 large egg, lightly beaten
- 1/3 cup pure maple syrup OR 1/3 cup honey
- 2 Tablespoons canola oil
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ¾ cup blueberries, fresh or frozen

Instructions:

Combine oats and milk in a large bowl. Cover and let soak in the refrigerator until much of the liquid is absorbed, at least 8 hours and up to 12 hours. Preheat oven to 375 F. Coat a 12-cup non-stick muffin tin with cooking spray. Stir egg, maple syrup, oil, vanilla, cinnamon, baking powder and salt into the soaked oats until well combined. Divide the mixture among the muffin cups (about ¼ cup each). Top each with 1 Tablespoon blueberries. Bake the oatmeal cakes until they spring back when touched, 25 to 30 minutes. Let cool in the pan for 10 minutes. Loosen and remove with a paring knife. Serve warm or let cool completely, wrap in a layer of plastic wrap, then a layer of foil. May refrigerate for up to 2 days or freeze for up to 3 months. Tip – For a grab-and-go breakfast, reheat the oatmeal cakes in the microwave for about 40 seconds.

Aging Matters OAKS Senior Centers

Word Search

| | | | |
|--|---|--|---|
| Bismarck Betty Jellinek 922 Center 573-734-2429 | Bonne Terre Tina Rhodes 118 N. Allen 573-358-3726 | Campbell Kristi Sivert 110 S. Ash 573-246-2329 | Cape Girardeau Susan McClanahan 921 N. Clark 573-335-1352 |
| Caruthersville Sari Kersey 1101 Carleton 573-333-2382 | Chaffee Susie Pobst 800 S. Main 573-887-3600 | Charleston Betty Oliver 205 W. Commercial 573-683-6115 | Dexter Waynetta Rodgers 23 W. Stoddard 573-624-7234 |
| Doniphan Mona Settles 715 E. Washington 573-996-3070 | East Prairie Talia Thurman 304 E. Main 573-649-5805 | Ellington Paula Dement 100 Walnut 573-663-7644 | Farmington Mona Yates 607 Wallace Rd. 573-756-1376 |
| Fredericktown Crystal Sherrick 107 Spruce St. 573-783-5357 | Hayti Rhonda Green 600 E. Washington 573-359-1148 | Jackson Janet Hitt 2690 Traveler's Way 573-243-4241 | Kennett Laura Ford 900 Kennett 573-888-9852 |
| Malden Lisa Kilgore 117 E. Main 573-276-3266 | Marble Hill Vickie Slinkard 505 3rd St. 573-238-2809 | Naylor Bobbie Cole 118 E. Broad St. 573-399-2712 | New Madrid Sari Kersey 925 Pinnell Ln. 573-748-2577 |
| Park Hills Holly Buxton 224 W. Main 573-431-4974 | Perryville Susan Foster 4 N. Spring 573-547-2188 | Poplar Bluff Tammy Kassinger 506 E. Hazel 573-686-2074 | Portageville Sari Kersey 105 E. Main 573-379-3811 |
| Puxico Heather Sifford 335 N. Harty 573-222-3089 | Qulin Barbara Head, interim 235 2nd Street 573-328-4406 | Ste. Genevieve Darline Klein 727 Parkwood 573-883-3080 | Scott City Barbara Leming 132 W. Hickory 573-264-3402 |
| Signer/Arcadia Billy Ricketts 113 W. Orchard 573-546-7289 | Sikeston Lisa Hicks 305 Cresap 573-471-6047 | Van Buren Barbara Rogers #16 Ballpark Rd. 573-323-8377 | Williamsville Beth Rogers Highway 49 573-998-2544 |

S U P P L E M E N T R P H E V
 N G U N S T O P P A B L E L A
 E C N A R A E P P A S I D B E
 C T H I V Y J R R X D Y A A Y
 A A N U T X L W Z E C R P H E
 Y P P I G N V P T H O E P C D
 P R P P M N I A P A P P E A R
 P U R A U R I O X A P P A O O
 A K P I R C E P P Q E I L R P
 H V L P E A C P P P R L I P P
 C A X R I V T I P O A S N P E
 A P P A R E L U N E H S G A R
 L P P R I M S A S O P S I X N
 A D E P P A L R E V O T W D S
 E L P P A E N I P R E P P I Z

Theme:

**DOUBLE PPS – HOW MANY WORDS CONTAIN DOUBLE PS?
 YOU WOULD BE SURPRISED! ONE INTERNET SITE LISTED
 1,868 WORDS. REALLY! I WAS JUST LOOKING FOR 21.**

- | | | |
|---------------|-------------|---------------|
| APPARATUS | APPAREL | APPEALING |
| APPLY | APPRECIATED | APPROACHABLE |
| CAPPUCCINO | COPPER | DISAPPEARANCE |
| DISAPPOINTING | EYEDROPPERS | HAPPY |
| OVERLAPPED | PEPPERMINT | PINEAPPLE |
| PUPPIES | SHOPPING | SLIPPERY |
| SUPPLEMENT | UNSTOBBABLE | ZIPPER |

Clip and Mail

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

Name _____ \$15 _____ \$25 _____
 Address _____ \$50 _____ Other \$____
 City _____
 State _____ Zip _____

Send this form with your contribution to:

**Aging Matters • 1078 Wolverine Lane, Suite J
 Cape Girardeau, MO 63701**

Brenda Heeb Honored at Star Awards

by Kathy Bullis



The 2018 Family Caregiver Star Award recipient is Brenda Heeb. Mrs. Heeb was chosen as our star award recipient because of her determination and strength in the face of the overwhelming job of providing 24 hour care for her husband Dan.

As a spousal caregiver she not only manages the grief that can come from watching a loved one's health deteriorate, but is also doing double duty. She is responsible for all of the family chores. Everything from auto maintenance and home repair to cooking and cleaning, in addition to her caregiving chores. In spite of fatigue and isolation that sometimes sets in, she still faithfully cares for her husband.

Most spousal caregiver stories start with a love story, and this one is no different. Brenda was teaching in Crystal City and Dan was visiting Missouri from California on vacation. They met while swimming at a local pool. During conversation they discovered that they had been neighbors for many years as children and had never met. Providence must have played a part in this meeting which was the beginning of their 31-plus year relationship. Brenda and Dan were married on August 8th, 1987.

As life can, Dan and Brenda were tossed a curve that would have derailed a less committed couple. In 1999 Dan was diagnosed with Parkinson's disease. Being a caregiver doesn't happen in a vacuum. At the same time they were raising two small boys. Their sons were 5 and 9 when they received this life changing diagnosis. Their youngest son had significant hearing loss and went through two cochlear implants and required home schooling due to a lack of resources in the public school system. It must have been a challenge for Brenda to meet the needs of their children and Dan's increasing need for assistance. Brenda proudly told me that their home schooled son was able to enter the public school system at 8th grade and graduated from high school as a salutatorian!

When asked what advice she would give caregivers, Brenda replied, "Spend time researching the disease and its effect on thought, on memory, and its psychological effects so that you can be better prepared." In closing Brenda said she would like to tell everyone how much Aging Matters has helped them. She stated that the Aging Matters Family Caregiver Team was the one resource that reduced her load; that the staff is so open and helpful and she wishes more people could find this resource earlier and would go to the Caregiver Conferences every year and learn new information.

Annual Star Awards Banquet Held



Pictured are the Star Awards recipients and the programs by which they were nominated. L to R: Ruth Dockins, Information and Assistance Program; Laura Ford, Administrator of the Kennett OAKS Center, Nutrition Program; Brenda Heeb, Family Caregiver Support Program; Ann Culbertson, Long Term Care Ombudsman Program; Kathy Perkins, In Home Services Program; and Rob Stearns (not pictured), Executive Director of the Portageville Housing Authority, for Outstanding Municipal Corporation of the Year.

Aging Matters held their 15th Annual Star Awards Banquet on November 27, 2018 at the Isle Casino banquet hall in Cape Girardeau. Dr. Loretta Prater, retired former Dean of the College of Health and Human Services at Southeast Missouri State University was keynote speaker. Entertainment was provided by the Advance High School Choir. The 2018 Star Awards recipients were announced and presented with a plaque. Each year the program directors of Aging Matters select a volunteer/individual that has provided outstanding service or contributions to the programs or specific individuals. Jan McFerron was acknowledged for her 20 years as an employee of Aging Matters. Kim Likens, from KFVS 12 and The Heartland CW served as emcee.

ABOUT THIS NEWSLETTER

CIRCULATION

Would you like to receive the newsletter? Do you need to be dropped from the mailing list? Has your address changed or are you receiving more than one copy of the newsletter? Please let us know. Simply fill out and mail the form below to:

The Reports
1078 Wolverine Lane, Suite J,
Cape Girardeau, MO 63701

(Please print)

NAME _____

ADDRESS _____

CITY _____

STATE/ZIP _____

(Check one)

Place me on mailing list

Receive more than one copy

Remove name from mailing list

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

Address change

OLD ADDRESS _____

ADVERTISING POLICY

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

FUNDS

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

PUBLISHED BY:

AGING MATTERS

EDITOR:

BARBARA HAHS

WEBSITE/RESOURCE DEVELOPMENT COORDINATOR

1-800-392-8771