



# Aging Matters Reports

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**Aging Matters**, 1219 N. Kingshighway, Suite 100, Cape Girardeau, MO 63701  
*An Informational Newsletter for Senior Citizens in Southeast Missouri*

## Aging Matters board elections to be held in September

By Ruth Dockins  
Information & Assistance Director

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.

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OAKS Center Administrators Pictured Above: Front Row (Left to Right)- Barbara Rogers/Van Buren, Mona Yates/Farmington, Sari Kersey/East Prairie, Debbie Wilkes/Williamsville, Second Row Up-Susan McClanahan/Cape Girardeau, Janet Hitt/Scott City, Sharon Montgomery/Kennett, Mona Settles/Doniphan, Linda Sedrick/Poplar Bluff, Darline Klein/Ste Genevieve, Wendy Hurlebusch/Malden Third Row- /Terry Harmon/Puxico, Bobbie Cole/Naylor, Rhonda Green/Hayti, Billie Ricketts/Arcadia, Connie Larrew/Poplar Bluff, Dena Rawson/Dexter, Peggy Richards/Ellington, Nancy Saling/Charleston, Susie Leutert/Qulin. Back Row- Debbie Stockton/Jackson, Susan Foster/Perryville, Holly Buxton/Park Hills, Betty Jellinek/Bismarck, Shannon Williams/Bonne Terre, Hazel Slusher/Naylor.

## OAKS Center Administrators' Retreat held May 28-29

By Rhonda Bramlett  
Nutrition Program Assistant Director

Aging Matters held their annual OAKS Center Administrators Retreat May 22-23 in Cape Girardeau. There were 27 people in attendance representing 28 centers in the Aging Matters 18 county service area. Topics included: Workman's Comp,

Conflict Resolution, MO Foundation for Health Grants, Center Activities, Fund-raising, Fiscal Fitness, Senior Bullying, Information & Referral Updates and Meal Quality. There were door prizes given

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# Annual Long Term Care Ombudsman Banquet held June 17

By Jan McFerron  
LTC Ombudsman Director

Aging Matters held its' annual Long Term Care Ombudsman Banquet on June 17th at the Elks Lodge in Cape Girardeau. There were 40 Ombudsman Volunteers, staff, and a few guests who attended the banquet. The volunteers enjoyed a very motivational presentation by Dr. Loretta Prater, retired Professor and Dean of the College of Health and Human Services at Southeast Missouri State University. Dr. Prater was very creative in sharing with those present the special qualities needed in order to be considered as an Ombudsman Volunteer.

Dr. Prater started by saying "Let's pretend that all people were required to write a cover letter to be considered as an Ombudsman Volunteer. Here is what the letter might state:

Dear Volunteer Coordinator:

My name is kindness. I heard that you were looking for a person who is generous and willing to give of their time and talents. Your announcement stated that the person had to be very special and care a lot for their fellow man. I am a loving person of high

integrity and compassion for others. I am a dedicated, patient, and responsible person. I have years of experience in working to make someone else's life better.

I have other qualities that might be of interest to you. When working with people, I understand that their lives may be very different from mine, but I do not judge them, and I respect confidentiality. I have empathy and can put myself in someone else's shoes and feel what they feel. I know that things don't always go as smoothly as I might want them, but once I commit to a project, I will see it through. I want to make a positive difference in someone else's life.

The attributes I mentioned earlier, uniquely qualify me for this position, although I am willing to complete additional training to prepare me for the specifics of your program's needs. I may not be able to do everything that you need, but I can do something. Remember, the Ark was built by amateurs, and the Titanic was built by professionals.

If you give me this opportunity to help others, I will give you my best



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of service and time. I know that I will be well compensated with the knowledge that I have helped to ease the suffering of others; with the gratitude that I will feel in my heart. Other expressions of compensation will be appreciated, such as a smile or a thank you. I understand that if I do a good job, I may be rewarded with an invitation to attend an annual volunteer luncheon.

Thank you, in advance, for your consid-

eration of allowing me to participate as a member of your volunteer staff. I sincerely believe that those who can do and those who can do more, volunteer.

Signed.....Kindness, An Unselfish Willing Volunteer.

Everyone enjoyed a wonderful meal prepared by the Elks Lodge and the volunteers were recognized during the afternoon for their dedicated service to the Aging Matters Long Term Care Ombudsman Program.

## Aging in America: Part III-fighting with emotions and spirit

By L. John Mason

The "Baby Boomers" began turning 60 in the year 2006.

Most people avoid the process of aging until they have to deal with it. Many people deny that they are in the process of aging, and the fact that at the far edge of the aging process is a confrontation with the ultimate transition of death. In fact, our society avoids discussing aging and death & dying. These natural processes become an unwanted mystery that we must unravel by ourselves. This adds to the fear and the loneliness for many people.

Face it, our society is still celebrating youth and beauty. The wisdom of the older members of our society is often ridiculed because it is not found eas-

ily on the internet or is not considered "cutting edge." Well, this is going to be reaching the fore-front as our media must deal with the mass of humanity that has driven all the cultural trends since the "Boomers" first arrived in the late 1940's and 1950's. The youth dominated society will quietly give way to the inevitable swell of the wave of aging Boomers.

As reluctant as we may be about facing the process of aging and death/dying, we must consider the fear and the loneliness that will be more and more common. It is depressing to feel the effects of aging. Nobody wants to feel the aches and pains, the loss of hearing, eyesight, mental acuity, or energy that seems to accompany the process of aging. Anxiety is

also very common. This anxiety is caused by the fears of the unknown regarding our future. As our society increases its pace of change, older people are feeling their bodies slowing down. This is a scary combination for the people aware of what is going on.

Support helps. Family (if you have them,) friends, co-workers, church members, therapists, and other health care professionals can help you find the local services that are available. Perhaps the political and economic power of the baby boomers will even cause the politicians to loosen their available resources to serve this large group of voters.

On an individual basis, people need to discover what their needs or requirements

are. These will be slightly different for each person moving through this difficult transition. Basically, we need to make extra efforts to take good care of ourselves. We need to eat "right." We need to get regular exercise that our bodies can tolerate but which gently pushes our limits. We need to manage our stress and anxiety with prayer, meditation, or stress management techniques. We need to keep our minds young and active by continuous life-long learning and positive social contacts. We need the adventures that make life worth living. We need healthy relationships with people who really care about our well-being. And if you do not

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# Annual pageant held

By Emily Sparzynski  
LTC Ombudsman Asst Director

On June 17, 2014 Lana Johnson and Emily Sparzynski of Aging Matters had the pleasure of being judges for the Annual Regional Nursing Home Pageant held at the Drury Lodge. This year Allie St. Mary from Golden Living Center in New Madrid, MO won the crown for first place and will go on to Branson, MO for a chance to compete in the Annual State Nursing Home Pageant on August 25, 2014. Ms. St. Mary has 4 children, 11 grandchildren, and 10 great-grandchildren. Since 2005, Ms. St. Mary works diligently from her room at Golden Living Center to collect



L to R: Vernell Adams, 1st runner up; Allie St. Mary, winner; Betty Jones, 2nd runner up.

donations for the Alzheimer's Association, in which she raises from \$5,000 to \$10,000 by herself each year. Ms. St. Mary also likes to keep busy by building furniture and she is an active member of the Resident Council at Golden Living Center. The first runner up was Vernell Adams from the Sikeston Convalescent Center in Sikeston, MO, and the second runner up was Betty Jones from Camelot Nursing and Rehabilitation Center in Farmington, MO.

## Aging

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have any of the positive relationships, you need to go out and find them. Sitting around and feeling sorry for yourself, makes you a victim to aging and most healthy people do not want to be around "victims" for long relationships. Learn to give back. Volunteer. Continue to work and to be productive. Do not quit!

Finally, we all need to learn the lessons of aging. We need to learn to accept that it is a natural part of the process of living. I am not saying to give up, lay down and to die. I am saying that we must let go of our fear and anxiety about aging and the unknown of dying. We need to find celebration in the process and fully accept that none of us are going to get out alive. Instead of dwelling on the negative, we must dance in the light of the positive. Find what gives you joy and do it!

Find out what gives you purpose and pursue it. Find out what makes you feel productive and chase this with all available energy.

Celebrate your life and give it your best shot. Do not live with regrets of what you should have done. Go do it! Even if you do not succeed in getting everything done "right," you can still celebrate the process of pursuing your goal. Find the grace and the elegance of the aging process, as best you can. (I know this is much easier said than done...)

Along the way, find a way to share your lessons, your wisdom, your experience, and your passion for life. Many other people need you as a role model of how to live life to the fullest.

L. John Mason, Ph.D. is the author of the best-selling "Guide to Stress Reduction." Since 1977, he has offered Executive Coaching and Training.

Article Source:

[<http://EzineArticles.com/?Aging-in-America-Part-III-Fighting-with-Emotions-and-Spirit&id=121680>] Aging in America: Part III-Fighting with Emotions and Spirit

# CAREGIVERS CORNER

## The changing work place and caregivers

By Kathy Bullis  
FCG Program Director

At the beginning of the baby boomer era, it became necessary to provide working moms with flexible hours and services such as onsite daycare. It's time to do the same for family caregivers of elderly loved ones.

Seven out of ten caregivers work full or part time and represent more than fifteen percent of the labor force. We are at the tipping point where employees are more concerned about elder care than child care and it's not just a baby boomer issue. Twenty four percent of the Generation Xers are considered in the "sandwich" generation, caring for both parents and children. With the volume of caregiver circumstances developing in the work place, is it ready to support employees in their shifting roles? According to Nextavenue.org, corporate America is not ready.

As the population ages and the work force reduces, it will become important for employers to support working caregivers thus retaining trained and seasoned staff. Five things that caregivers say they need to continue working and caregiving at the same time are:

1. An environment where caregivers can talk freely to HR and supervisors about how to balance work and caregiving. Many are fearful of revealing their caregiver role to employers due to concerns of job security and stigma.
2. Flex time or telecommuting considerations. Many employers may already offer some version of this. The ability to work at home or shift hours to meet caregiving needs would allow caregivers to remain in the work force.

Studies show that flexible workplace policies enhance productivity, lower costs and boost their recruitment and retention efforts.

3. Support groups. Resource information and support can be provided on line or on site and can be a great help to time limited caregivers.
4. Employee wellness programs. Caregivers often experience stress which can lead to chronic illness. A few companies currently offer relaxation classes and training for employees, a trend which needs to be accelerated to meet current and future needs.
5. Employee assistance and education programs. More employers are creating dependent care assistance plans for employees caring for older parents.

If you're a working caregiver, you may want to learn about the Family and Medical Leave Act which provides 12 weeks of unpaid time off with job protection to workers caring for an ill or insured parent. You should also talk to your boss or HR department about services available through your employer. There may be something that could help you better arrange your work responsibilities to meet both work and caregiving needs. If there are no policies in place, you may want to work with your employer and other caregiving employees to create them.

And last but not least, as you work to balance your career and caregiving, make your health needs a priority! Otherwise you might become too sick or tired to take care of your loved one.

## Elections

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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: Iron, Mississippi, Pemiscot, Perry, Ripley, and Ste. Genevieve.

## Retreat

CONTINUED FROM PAGE 1

on both days. Every Administrator is required to have 18 hours of documented training per year.



THANK YOU to AT&T Missouri for sponsoring the meals and speakers for this training. Pictured above is Mr. Mike Haynes, AT&T Representative who gave a presentation on "Welcoming Change".



Dena Rawson and Carol Rawson demonstrating just how easy crafting can be!!!



Del McKinney with the Community Counseling Center gave a talk about "Senior Bullying".

Center Administrators who attained a perfect assessment were recognized and given a flower in appreciation of this accomplishment. Congratulations goes to: Lisa Hicks/Sikeston (not in attendance), Susan McClanahan/Cape Girardeau, Susie Pobst/Chaffee (not in attendance), Sari Kersey/East Prairie, Peggy Richards/Ellington, Rhonda Green/Hayti, Susan Foster/Perryville, Janet Hitt/Scott City, Carol Rawson/New Madrid & Portageville, Dena Rawson/Dexter, Sharon Montgomery/Kennett, Wendy Hurlebusch/Malden, Glenda Warmack/Williamsville (not in attendance) and Mona Yates/Farmington.



Linda Sedrick displays her work.



Cheryl Mothes with Edward Jones spoke about "Money Matters".

# Top 10 ways to enjoy zucchini



**10 Stuff'em.** Slice zucchini in half and scoop out seeds. Brown lean hamburger or turkey and drain. Then mix your favorite seasoning and vegetables in with the meat. Fill zucchini boats and top with low-fat cheese. Bake on a cookie sheet for 30 minutes at 350 degrees F.

add nutrients, and decrease the amount of sodium in the sauce while altering the taste very little!

**9 Zesty Zucchini Stir-Fry.** Cut zucchini length-wise into quarter-inch slices. Brush both sides with olive oil and sprinkle with Italian seasoning. Place directly on a hot grill and cook until fork-tender. Add onions, mushrooms, peppers, and squash for a dish that's not only tasty but visually pleasing.

**5 Zucchini Burger.** Grate zucchini and form into patties just as you would potato cakes. Use olive oil and lightly brown them on both sides.

**8 The Veggie Omelet.** Sauté zucchini (of course), onions, peppers, tomatoes, broccoli, spinach and all of your favorite vegetables in a pan. Add eggs or egg whites and a small amount (1/4 cup) of reduced-fat or low-fat cheese then lightly brown each side.

**4 Slice or Dice and Add to Pasta.** Zucchini is a great match for pasta! Simply slice or dice, sauté with a little olive oil and garlic, then toss in with your favorite shape of cooked pasta.

**7 Nutrition-Packed Casseroles.** Add zucchini to any casserole or lasagna. It's an easy way to pump up the vegetables and pack in the nutrition.

**3 Variety and Versatility.** Zucchini works well as a side dish with most meats or can fill in for meat as a vegetarian-or vegan-friendly main dish.

**6 Sauce...with Substance.** Add puréed zucchini to 3/4 of a jar of pre-made spaghetti sauce. This will bulk up your sauce,

**2 Kids & Zucchini!** Make a kid-friendly dish that's delicious, nutritious and fun to make. Voila! Now they're eating another vegetable!

**1 Just Slice and Grill.** Zucchini tastes great cooked on the grill! Cut thick slices so they won't fall through the grill grates, lightly brush with olive oil, add a dash of salt then grill away!

## Zucchini Pasta

### Ingredients:

- 8 ounces uncooked linguine
- 4 cups coarsely shredded zucchini (about 3 medium)
- 4 teaspoons olive oil
- 2 garlic cloves, thinly sliced
- 1/4 cup fat-free plain yogurt
- 3/4 cup shredded reduced-fat cheddar cheese
- 3/4 teaspoon salt
- 1/4 teaspoon pepper

### Directions:

Cook linguine according to package directions. In a sieve or colander, drain the zucchini, squeezing to remove excess liquid. Pat dry.

In a large nonstick skillet, saute zucchini in oil for 2 minutes. Add garlic; saute 1-2 minutes longer or until zucchini is tender. Transfer to a large bowl. Add the yogurt, cheese, salt and pepper. Drain linguine; add to zucchini mixture and toss to coat. Yield: 6 servings.

## Zucchini Pizza Casserole

### Ingredients:

- 4 cups shredded unpeeled zucchini
- 1/2 teaspoon salt
- 2 eggs
- 1/2 cup grated Parmesan cheese
- 2 cups (8 ounces) shredded part-skim mozzarella cheese, divided
- 1 cup (4 ounces) shredded cheddar cheese, divided
- 1 pound ground turkey or beef
- 1/2 cup chopped onion
- 1 can (15 ounces) Italian tomato sauce
- 1 medium green pepper, chopped

### Directions:

Place zucchini in strainer; sprinkle with salt. Let stand for 10 minutes. Squeeze out moisture.

Combine zucchini with the eggs, Parmesan and half of the mozzarella and cheddar cheeses. Press into greased 13-in. x 9-in. baking dish.

Bake, uncovered, at 400 degrees for 20 minutes. Meanwhile, cook beef and onion over medium heat until meat is no longer pink; drain. Add tomato sauce; spoon over zucchini mixture.

Sprinkle with remaining cheeses; add green pepper. Bake 20 minutes longer or until heated through. Yield: 6-8 servings.

## Layered Zucchini Parmesan

### Ingredients:

- 3 large zucchini, sliced into 1/3-inch coins
- 1 tablespoon extra-virgin olive oil
- 1/2 cup parmesan cheese, grated and divided in half
- 1/4 cup Italian bread crumbs
- salt & freshly ground pepper to taste
- 1 cup marinara sauce, homemade or bottled
- 1/2 cup mozzarella cheese, grated

### Directions:

1. Preheat oven to 450 degrees F. Coat a large baking sheet with non-stick cooking spray.

2. Blot zucchini coins with paper towels to remove excess moisture. Place zucchini in a medium bowl and drizzle with olive oil, turning to coat each piece. In a separate bowl, combine half the parmesan, bread crumbs, salt and pepper.

3. Dip each zucchini coin into the parmesan mixture, turning to coat and pressing the breading slightly to ensure it sticks. Place breaded zucchini coins in one even layer on prepared baking sheet. Bake for 25 minutes or until browned and crisp.

4. Reduce the oven temperature to 400 degrees F. Coat the bottom of a small baking dish with marinara sauce. Layer one third of the crisp zucchini coins over marinara, overlapping if necessary. Sprinkle zucchini layer with mozzarella and the remaining parmesan. Repeat the layers 3 times (or until the zucchini is gone, depending on the size of your baking dish) ending with a sprinkling of cheese.

5. Bake for 10-15 minutes or until the cheese is melted and the sauce is bubbling. Cool for 5 minutes before serving.

## Zucchini Cupcakes

### Ingredients:

- 3 eggs
- 1 1/3 cups sugar
- 1/2 cup canola oil
- 1/2 cup orange juice
- 1 teaspoon almond extract
- 2 1/2 cups all-purpose flour
- 2 teaspoons ground cinnamon
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1/2 teaspoon ground cloves
- 1 1/2 cups shredded zucchini

### Caramel Frosting:

- 1 cup packed brown sugar
- 1/2 cup butter, cubed
- 1/4 cup 2% milk
- 1 teaspoon vanilla extract
- 1 1/2 to 2 cups confectioners' sugar

### Directions:

In a large bowl, beat the eggs, sugar, oil, orange juice and extract. Combine dry ingredients; gradually add to egg mixture and mix well. Stir in zucchini.

Fill paper-lined muffin cups two-thirds full. Bake at 350 degrees for 20-25 minutes or until toothpick inserted near the center comes out clean.



# MAKING MEDICARE *Make Sense*

## Answers to some of the most commonly asked Medicare questions

**Q: I need a surgical procedure, and want to find the best hospital to have it done. Can Medicare help me and my doctor in this search process?**

**A:** Yes, Medicare has lots of information available to help you. Of course, if you need emergency treatment, go to the hospital closest to you without delay. But if you need treatment that isn't an emergency, you should take time to do some "homework" in advance.

First, talk to your doctor or health care provider, to find out which hospital(s) they work with. Ask him or her which hospitals will provide the best care for your needs – things like enough staffing, coordination of care, and patient safety.

Next, check your insurance coverage. Does the hospital participate in Medicare? Most do, but if you have a Medicare Advantage plan, be sure to check with the plan, as not all hospitals may be within the plan's network.

By now, you may be considering just a few possible locations for your procedure, and this is where Medicare's Hospital Compare tool can be a huge help for people with Original Medicare.

This easy-to-use part of the Medicare website can provide information about which hospitals have extensive experience in the procedure you are considering; which hospitals give recommended treatments for certain common conditions like heart failure, pneumonia, and surgery; and which hospitals have scored well in recent surveys of discharged patients. This means those who have actually been in that hospital rate how well the doctors and nurses communicate with them, and how well they manage the patient's plan of care.

To use this tool, go to [www.medicare.gov/hospitalcompare/search/asp](http://www.medicare.gov/hospitalcompare/search/asp). Click on "Find and Compare Hospitals." From there, you can enter a specific hospital name, or a location. For example, if you want to consider going to a hospital far from home, but near family members, you can compare hospitals in the dis-

tant city easily. You can do a general search, a search based on your medical condition, or a search based on a specific surgical procedure. You can compare up to three hospitals, side by side, to get a good look at their performance.

There may be other sources of information about hospital quality for you to use, as well. Some states require hospitals to report and post their results online, and these may differ from those on the Medicare website (for example, they may cover a different time period).

Together, these tools can help you learn about and understand the differences among the hospitals you may be considering, and help you make an informed decision about your health care.

**Q: As a Medicare Beneficiary, How Can I Lower the Costs of the Prescription Drugs that I Need to Stay Healthy?**

**A:** There are several ways to cut the cost of your medicines, without compromising your health. For starters, talk to your doctor, and see if there are other, less-expensive medicines available. These can be generic formulations, lower-priced brand name medications, or even over-the-counter drugs. Switching may save you a lot of money.

Also, if your doctor can recommend a lower cost drug option, before switching make sure that your current prescription drug plan will help pay for it.

If you can't switch, consider using a mail-order pharmacy, particularly for medicines you will be taking for a long time, because most of the time you have to purchase mail-order in 3-month quantities. Most of the time, you will pay less by ordering this way, and renewing your order is as simple as a phone call. Be sure to check with your doctor about getting a prescription that can be renewed.

If you're not already part of a Medicare prescription drug plan, which is Medicare Part D, joining one can

help, too, especially if you have multiple prescriptions, or must take expensive brand-name drugs. You can always join a Medicare Part D plan during your initial enrollment period for Medicare. In most cases, the only other time you can join a Part D plan is during the open enrollment period in the fall, which is October 15 through December 7 every year, but there are some exceptions.

One exception is for people who qualify for Medicare's Extra Help program in paying for prescriptions. If you meet the limited income and resources qualifications for this program, the cost you pay for your prescriptions drops sharply, and in many cases, you won't have to pay a monthly premium for the plan at all. And, if you qualify, you can enroll in a Medicare prescription drug plan immediately, without waiting for the open enrollment period, to start cutting costs as quickly as possible. To apply for the Extra Help program contact Social Security at 1-800-772-1213 (TTY 1-800-325-0778), or you can apply online at [www.socialsecurity.gov](http://www.socialsecurity.gov).

**Q: Are There Other Prescription Drug Savings Options if I Don't Qualify for the Extra Help Program?**

**A:** Yes, there are. In some locations, a State Pharmaceutical Assistance Program (SPAP) can help. These programs are available in 23 states, and help people with Medicare pay for the premiums of their Medicare Part D drug plans, and/or help cover your out-of-pocket costs for medicine. To find out if your state has such a program, visit [www.medicare.gov/pharmaceutical-assistance-program/state-programs.aspx](http://www.medicare.gov/pharmaceutical-assistance-program/state-programs.aspx).

There are also programs run by drug manufacturers that can reduce the cost of medications they manufacture. Many, but not all, manufacturer programs can be used by Medicare beneficiaries. To find out if there is a program offered by the manufacturers of the drugs you take, and whether you qualify, visit [www.medicare.gov/pharmaceutical-assistance-program/index.aspx](http://www.medicare.gov/pharmaceutical-assistance-program/index.aspx).

There are also national and community-based programs that may offer assistance, such as the National Patient Advocate Foundation, or the National Organization for Rare Disorders. Information on these assistance programs can be found on the BenefitsCheckUp website, [www.benefits-checkup.org](http://www.benefits-checkup.org).

Finally, to get help finding these resources, you can call your State Health Insurance Assistance Program (SHIP). They provide free, knowledgeable, unbiased, and personalized counseling. The SHIP phone number for your state is on the back page of your Medicare & You handbook, or you can get their number by calling Medicare's toll-free helpline, below.

If you have a question about Medicare, call 1-800-MEDICARE, which is, 1-800-633-4227. Medicare's national toll-free helpline is available 24 hours a day, seven days a week, or visit [www.medicare.gov](http://www.medicare.gov) or log onto [www.healthcare.gov](http://www.healthcare.gov) to read more about the Affordable Care Act.

# Creative Corner

## MURPHY'S other 15 laws...

1. Light travels faster than sound. This is why some people appear bright until you hear them speak.
2. A fine is a tax for doing wrong. A tax is a fine for doing well.
3. He who laughs last, thinks slowest.
4. A day without sunshine is like, well, night.
5. Change is inevitable, except from a vending machine.
6. Those who live by the sword get shot by those who don't.
7. Nothing is foolproof to a sufficiently talented fool.
8. The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.
9. It is said that if you line up all the cars in the world end-to-end, someone from Arkansas would be stupid enough to try to pass them.
10. If the shoe fits, get another one just like it.
11. The things that come to those who wait may be the things left by those who got there first.
12. Give a man a fish and he will eat for a day. Teach a man to fish and he will call in sick and can't come to work today.
13. Flashlight: A case for holding dead batteries.
14. God gave you toes as a device for finding furniture in the dark.
15. When you go into court, you are putting yourself in the hands of twelve people who weren't smart enough to get out of jury duty.

DEA officer stops at a ranch in Texas, and talks with an old rancher.. He tells the rancher, "I need to inspect your ranch for illegally grown drugs."

The rancher says, "Okay , but do not go in that field over there," as he points out the location.

The DEA officer verbally explodes saying, "Mister, I have the authority of the Federal Government with me." Reaching into his rear pants

pocket, he removes his badge and proudly displays it to the rancher. "See this badge? This badge means I am allowed to go wherever I wish.... On any land.. No questions asked or answers given. Have I made myself clear? Do you understand? "

The rancher nods politely, apologizes, and goes about his chores.

A short time later, the old rancher hears loud screams and sees the DEA officer running for his life chased by the rancher's big Santa Gertrudis Bull.....

With every step the bull is gaining ground on the officer, and it seems likely that he'll get gored before he reaches safety. The officer is clearly terrified.

The rancher throws down his tools, runs to the fence and yells at the top of his lungs.....

"Your badge... Show him your badge!!"

Wife: "What are you doing?"

Husband: Nothing.

Wife : "Nothing...? You've been reading our marriage certificate for an hour."

Husband: "I was looking for the expiration date."

## Keeping up appearances...

An elderly shopper at our supermarket used a check to buy such items as cotton balls, cotton swabs, powder, and cold cream. On the memo line, she'd written, "Repairs."



A little girl asked her mother, "How did the human race appear?"

The mother answered, "God made Adam and Eve and they had children, and so was all mankind made.."

Two days later the girl asked her father the same question.. The father answered, "Many years ago there were monkeys from which the human race evolved."

The confused girl returned to her mother and said, "Mom, how is it possible that you told me the human race was created by God, and Dad said they developed from monkeys?"

The mother answered, "Well, dear, it is very simple. I told you about my side of the family and your father told you about his."

## A Great Weight-Loss Tip

The biggest loser at my weight-loss club was an elderly woman. "How'd you do it?" we asked. "Easy," she said. "Every night I take my teeth out at six o'clock."



# Kennett OAKS begins plans for new location

By LAURA FORD  
Daily Dunklin Democrat

The OAKS Center in Kennett has been in the same location on Kennett St. since December 1973. However, in recent weeks, it was announced that the Visiting Nurses Association (VNA) had donated their current building on Harrison St., to the senior center, and now it is time for the OAKS to start the planning process.

On Wednesday, Sharon Montgomery, OAKS director, met with Barbara Hahs from Aging Matters in Cape Girardeau, along with Colleen Pu, and several volunteers in order to discuss fundraising. Montgomery said that since the donated building would need a lot of work, the group met informally to start creating a list of items and services that would be needed before being able to make the move.

Pu offered up suggestions for a grant that may be available through the Missouri Foundation for Health; however, grants will cover only a part of the costs. Pu suggested that when applying for grants that they be sure and list everything they will need and be very specific.



Kennett Oaks Director, Sharon Montgomery, received a Leaders Honor Roll certificate from Mike Milan, Agronomy Specialist from UMES, for her support and help to the Free Tax Program.

Montgomery said that one item that is really needed is a whole house generator, because in 2009, when the OAKS was out of power for three weeks. "The first week we didn't have any generator at all," said Montgomery. "Then the police department and the fire department brought down a generator for us in order to keep our food from going bad." She also said that losing that much food is not only a loss to the center monetary wise, but it is also a loss to the seniors who need the meals.

According to Montgomery, it will be a while before VNA is out of the old building and into the new one, but that will also give the OAKS time to raise the needed items and funds to remodel the building to fit their needs. "We have very few items that are in our current building that will go with us," said Montgomery. "Even the tables are not ours, and what that means is that we will need just about everything."

The new building will not only have to be remodeled to fit their needs, but they will also need to have it rewired in order to accommodate the commercial kitchen appliances. Montgomery also said that the reason for the need

of a new building is because they are outgrowing the present one, and she also said that they need a building of their own because they are limited to what they can do in their present location. She said people come from everywhere to eat including Pig-gott, Paragould, Senath, Hornersville, and Hayti. "There are days when it is standing room only in here," said Montgomery.

Altogether, it is estimated that the costs will exceed \$250,000 for renovations, so their list of needed items included: a steam table, holding/proof warmer, commercial mixer, meat slicer, electric stove, electric double oven, lock safe, radar range, both round and long tables, chairs, walk-in freezer and refrigerator, commercial dishwasher, table ware and a display base, along with numerous small items.

Last year the center served 81,613 meals to seniors in the Dunklin County area, and according to Montgomery, that number is growing. Montgomery said that they could use help in obtaining everything that is needed from grant writing to fundraising.

For anyone who would like more information about the OAKS contact Sharon Montgomery at 573-888- 9852.

## 2014 Special Recognition Award Winner



Ruth Dockins, Public Information Director for Aging Matters receives the 2014 Special Recognition Award for Dedicated Service to the Cape Girardeau County Community Caring Council.

### ABOUT THIS NEWSLETTER

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#### FUNDS

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

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