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Healthy Aging Newsletter Spring 2017

Paula J. Carter Center on Minority Health and Aging, Lincoln University Cooperative Extension

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Healthy *Ageing*

Spring • 2017

Do You Know How to Get the Help You Need?

Do you want to know about **available transportation** in your area for medical or other appointments?

Do you know who to call for information about **family caregiver programs**?

Do you know **where the senior centers** are located in your area and what programs they provide?

Do you know what **exercise or health and wellness programs** are available in your community?

Do you know about **home-delivered meal programs**?

Do you know that the **Area Agencies on Aging (AAAs)** provide information about many resources available to older adults?

Do you know that the **CarePortal** informs churches about the needs of local families?

Do you know that dialing **2-1-1** will help you can learn about resources on housing, utilities, mental health, food, legal assistance, transportation, health and other basic resources?

The following informational articles help to connect you to resources about programs and services for older adults in your communities. Learn about the Area Agencies on Aging, 2-1-1 and churches that help families in need via CarePortal.



IN THIS ISSUE:

Do you know how to get the help you need?	page 1
Missouri's Area Agencies on Aging	page 2-3
United Way 211 Offers Resources	page 4
CarePortal	page 5
Senior Tidbits: Layleaders Share Healthy Practices	page 6
Recipe: Easy Spicy and Blackened Latin Chicken	page 7

Missouri's Area Agencies on Aging: The Resource for Seniors

By Catherine Edwards, Executive Director for the Area Agencies on Aging

A 1973 amendment to the Older Americans Act (OAA) of 1965 created 10 Area Agencies on Aging (AAAs) in Missouri. The OAA is an important safety net for older persons who are at risk financially, medically and socially. The AAAs are charged with carrying out the OAA. The local AAAs must serve those 60 and older, prioritizing those with the greatest social and economic need. The AAAs also help seniors lead independent, meaningful and dignified lives by helping them stay in their own homes and communities for as long as possible. In addition, the AAAs advocate for seniors and help them avoid hospitalization and nursing home care.

The Missouri Association of Area Agencies on Aging (MA4) is a nonprofit that oversees

the 10 AAAs. MA4 is the leading voice for service, information and advocacy to improve the lives of older Missourians. MA4 promotes the physical, social and economic self-sufficiency of Missouri's seniors. It pursues their right to choice and dignity in daily living. It also provides its member AAAs with key resources to deliver quality service.

The AAAs represent the front line in providing vital services, programs and information to Missouri's seniors and their caregivers. These include home-delivered meals, in-home services, disease prevention and health promotion, transportation and public benefits counseling (e.g., Medicare). The AAAs help with ombudsman services (making complaints against public

AREA AGENCIES ON AGING LOCAL CONTACT INFORMATION

Aging Matters

Lana Johnson, Executive Director
Southeast Missouri Area Agency on Aging
1078 Wolverine Rd., Suite J
Cape Girardeau, MO 63701
Phone: (573) 335-3331 or (800) 392-8771
Email: lanaj@agingmatters2u.com
Website: <http://www.agingmatters2u.com>
Counties served: St. Francois, Ste. Genevieve, Perry, Iron, Reynolds, Madison, Bollinger, Cape Girardeau, Wayne, Carter, Ripley, Butler, Stoddard, Scott, Mississippi, New Madrid, Pemiscot, Dunklin

Care Connection for Aging Services

Diana Hoemann, Executive Director
106 West Young
P.O. Box 1078
Warrensburg, MO 64093
Phone: (660) 747-3107 or (800) 748-7826
Email: dhoemann@goaging.org
Website: <http://www.goaging.org>
Counties served: Carroll, Chariton, Lafayette, Saline, Johnson, Pettis, Bates, Henry, Vernon, St. Clair, Cedar, Benton, Hickory

Central Missouri Area Agency on Aging

Jean Leonatti, CEO
1121 Business Loop 70 East
Columbia, MO 65201
Phone: (573) 443-5823 or (800) 369-5211
Email: cmaaa@cmaaa.net
Website: <http://www.cmaaa.net>
Counties served: Audrain, Boone, Callaway, Camden, Cole, Cooper, Crawford, Dent, Gasconade, Howard, Laclede, Maries, Miller, Morgan, Moniteau, Osage, Phelps, Pulaski, Washington

MARC: Mid-America Regional Council

Dr. James Stowe, Director of Aging Services
600 Broadway, Suite 200
Kansas City, MO 64105-1554
Phone: (816) 474-4240 or (800) 593-7948
Email: jstowe@marc.org
Website: <http://www.marc.org>
Counties served: Platte, Clay, Ray, Jackson, Cass

Mid-East Area Agency on Aging

Mary Schaefer, Executive Director
14535 Manchester Rd.
St. Louis, MO 63011
Phone: (636) 207-0847 or (800) 243-6060
Email: mschaefer@mid-eastaaa.org
Website: <http://www.agingmissouri.org/>
Counties served: St. Charles, St. Louis, Franklin, Jefferson

Healthy Aging

and private entities), adult day care, volunteer opportunities and advocacy. Through all these programs and services, the AAAs seek to help seniors to live as independently as they can for as long as they can. The AAAs also take part in special programs through MA4. Some of these are the Senior Medicare Patrol (to protect against scams), the South Central Pension Rights Project and the Show Me Falls Free Missouri Coalition. Other programs include the National Council on Aging Benefits Enrollment Center program (providing information on such programs as energy assistance, property tax credit help, food stamps, assistance with Medicare premiums and more) and the Navigator Program, which enrolls individuals in the health insurance marketplace.

Missouri's AAAs sponsor 225 senior centers. They offer services in every county. In 2016, the AAAs provided over 9 million units of service to Missouri's seniors. Of those served, more than two-thirds were over age 75; 60 percent



lived alone, 49 percent were low income and 60 percent were rural. The AAAs represent an aging network that is strengthened by 14,000 volunteers statewide.

Visit MA4 at www.ma4web.org for more information on services in your area. And follow us on Twitter at @ma4voice or on Facebook.

Northeast Missouri Area Agency on Aging

Pam Windtberg, Executive Director

815 N. Osteopathy

Kirkville, MO 63501

Phone: (660) 665-4682 or (800) 664-6338

Email: nemoaaa@sbcglobal.net

Website: <http://nemoaaa.com>

Counties served: Adair, Clark, Knox, Lewis, Lincoln, Macon, Marion, Monroe, Montgomery, Pike, Ralls, Randolph, Schuyler, Scotland, Shelby, Warren

Northwest Missouri Area Agency on Aging

Becky Flaherty, Executive Director

Albany

504 E. Highway 136

P.O. Box 265

Albany, MO 64402

Albany phone: (660) 726-3800

Cameron

1304 N. Walnut Street, Suite 150

P.O. Box 185

Cameron, MO 64429

Cameron phone: (660) 240-9400; or (888) 844-5626

Email: nwmoaaa@nwmoaaa.org

Website: <http://nwmoaaa.org>

Counties served: Atchison, Nodaway, Worth, Harrison, Putnam, Holt, Andrew, Gentry, Buchanan, Dekalb, Clinton, Davies, Caldwell, Grundy, Livingston, Sullivan, Linn, Mercer, Shannon, Stone, Taney, Texas, Webster, Wright

Area Agency on Aging – Region X

Stan Heater, Executive Director

531 E. 15th St.

Joplin, MO 64804

Phone: (417) 781-7562

Email: sheater@aaaregionx.org

Website: <http://aaaregionx.org>

Counties served: Barton, Jasper, Newton, McDonald

SeniorAge Area Agency on Aging

Starr Kohler, CEO

1735 S. Fort Ave.

Springfield, MO 65807

Phone: (417) 862-0762 or (800) 497-0822

Email: hello@senioragemo.org

Website: www.senioragemo.org

Counties served: Barry, Christian, Dade, Dallas, Douglas, Greene, Howell, Lawrence, Oregon, Ozark, Polk

St. Louis Area Agency on Aging

Dave Sykora, Executive Director

1520 Market St. Room 4086

St. Louis, MO 63103

Phone: (314) 612-5918 or (877) 612-5918

Email: sykorad@stlouis-mo.gov

Website: <http://slaaa.org>

Area served: St. Louis City

United Way 2-1-1 Offers Connection to Hundreds of Resources

By Erin Smith, Director of Communications and Public Relations

United Way of Greater St. Louis

United Way 2-1-1 is a free, confidential referral and information helpline operated by the United Way. It is available 24 hours a day, seven days a week to anyone living in Missouri. The 2-1-1 call centers are staffed by trained specialists who assess callers' needs and refer them to the help they seek.

United Way's 2-1-1 can be used for referrals and information on a broad range of services, including job training and childcare. There are many services 2-1-1 can help find for seniors, including the following:

- Basic needs such as food pantries; shelter; or rent, mortgage or utility assistance.
- Physical and mental health resources, such as Medicare, crisis intervention, support groups, counseling and drug rehabilitation.
- Elderly support, such as centers for independent living, adult daycare, meals at home, respite care, home health care and transportation.
- Employment and income resources, such as tax preparation, money management classes and job searches.

In 2016, United Way 2-1-1 received more than 250,000 requests in Missouri. The top requests were for help with electric and gas utilities, rentals and locating food pantries. United Way 2-1-1 also plays a large role during natural disasters. It gives 9-1-1 operators a place to direct non-emergency calls so they can focus on life-and-death situations. For example, in a flood, United Way 2-1-1 is used to locate response and recovery resources. It can also be used to link volunteers to opportunities to sandbag, help with cleanup efforts and donate goods where they are needed.

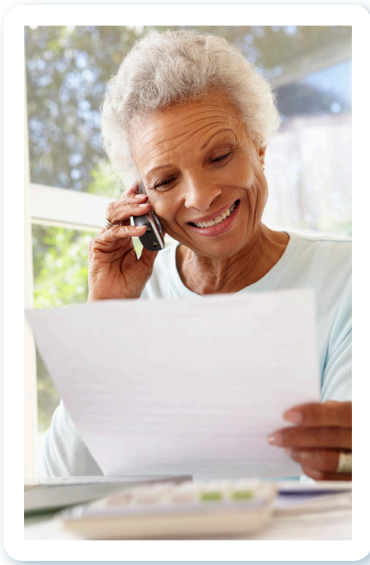
United Way 2-1-1 is also the number to call for weather-related emergencies. It can provide information and handle requests for critical transportation needs and either warming shelters or cooling sites.

If you or someone you know needs help, call United Way 2-1-1, by dialing 2-1-1 or (800) 427-4626. Or, visit www.211helps.org.



CarePortal: An Overview

By Myles Shelby, Regional Manager, CarePortal – Central MO



CarePortal is an interdenominational network of churches throughout the U.S. These churches work with local child welfare stakeholders to benefit children and families in their communities. CarePortal engages

churches in the child welfare conversation as an active partner alongside agencies and groups that are already involved. CarePortal also supports each church as they reenter a space that they have always been called to occupy. The calling to care for those in crisis is a central belief of Christianity. CarePortal is founded on the belief that the government can fulfill its mandate to protect children, while the church can also fulfill its mandate to care for them.

CarePortal is a division of The Global Orphan Project (GO Project), an international ministry based in Kansas City, Missouri. GO Project uses CarePortal to transform lives by caring for U.S. families, children, and youth. CarePortal raises private donations from business, churches and individuals to work in new communities. All churches are welcome. Participating churches are invited to support CarePortal by donating \$100/month. However, churches can give less if they need to or more if they can. GO Project will never seek a government contract to fund CarePortal. The networking resources are provided at no cost to each state or its contractors.

In the past, churches were typically viewed by child welfare agencies only as a way to find foster and/or adoptive families. Foster care and adoption are greatly needed, but there are many other ways to be involved with the families, children and youth who are touched by the child welfare system. Thus, CarePortal engages churches to think about how best to mobilize their entire congregation across each tier of what is called “The Grid.”

Tier 1 is made up of physical investments, such as cash, goods or services provided by CarePortal churches. These investments stabilize the environments for children, youth and their caregivers. In some cases, children and youth cannot be removed from the home due to special needs. In other cases, physical barriers can be addressed. This might allow certain persons to be foster or adoptive parents. Or, it might allow people to care for a relative’s children. Or, youth aging out of the foster care system can be supported.

Instead of offering goods, services or money, in Tier 2, volunteers offer their time. Tier 2 needs represent relational opportunities for CarePortal churches to mobilize and strengthen families or support youth. These opportunities can be through existing community programs, such as the Court Appointed Special Advocate (CASA) program. Or, churches can help with practical issues, such as transportation.

Tier 3 requires CarePortal church congregants to welcome persons into their homes. This might be for the emergency and temporary placement of children. Or, it could be working with groups that license foster families and adoptive homes for long-term placement.

A large and consistent grassroots movement is needed to keep local churches engaged. CarePortal churches stay involved through a team of volunteers and staff, an organized network and a dynamic technology that promotes daily engagement.

CarePortal allows the church and the state to work together on behalf of the most vulnerable in every community. CarePortal is excited to provide every local church with the chance to partner with the state child welfare system to care for families and children in their communities. Please look at the impact page of our website to learn more about where we are active and the level of activity in each state: <https://careportal.org/impact/>.

Senior Healthy Tidbits

Layleaders sharing some of their healthy practices

Dorothy Fielder – Kansas City Lay Leader

At this stage in my life, I work at being healthy and staying active. I praise God daily for each new mercy of waking up. Being healthy is more than physical. It's spiritual and emotional.

Drinking water throughout the day is easy for me, while it's difficult for others.

I try to eat healthy every day as I remember those who have no food at all or don't have the choices that I have. I eat at least three times a day and add my own flavor to each of my meals, especially to my homemade soup.

Exercise keeps me strong and keeps my mind clear, so I work out two to three days per week. It's nothing fancy, but it reminds me of grace and mercy as I put one foot in front of the other and move my body as only God and I can.

I volunteer at my church and in the community almost daily. I relax and meditate on God's word and rest at the end of each day.



Priscilla McClellan

I walk for life. The most important thing you can do for yourself is to look after your physical health. I walk all the time and anywhere. Wherever I travel—Missouri, Kentucky, Illinois, Tennessee or Arkansas—I walk. It helps me physically, mentally and emotionally.

I do a lot of 'junking around' (shopping at secondhand stores) and spend time with my 'glee club' (others in her shopping circle). I share with them my 45 years of work experience, health and wellness information from the trainings I attend and my own life experiences. I encourage others to walk or do something to help them stay physically healthy.

Lincoln University Cooperative Extension has assisted me in obtaining a large amount of information about health issues and has encouraged me to share that information with others. I do this daily when I walk for life.

(Priscilla McClellan is a native of Arkansas, who later moved to Missouri, where she worked, married and raised her family. She is very active in the Sikeston community. Priscilla's favorite hobby is walking.)



Recipe: Easy Spiced and Blackened Latin Chicken



Sam B. Cook
HEALTHPLEX
Capital Regional Medical Center



This recipe works perfectly for making spicy chicken that you can add to tacos, fajitas, quesadillas, enchiladas and even soup!

Cook Time: 25 minutes Makes: 2 chicken breasts

Ingredients

- 2 medium boneless, skinless chicken breasts
- 1 Tablespoon canola oil
- 1 teaspoon ground cumin
- 1 teaspoon chile powder
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1/4 teaspoon black pepper

Directions

Heat the canola oil in a skillet or sauté pan over medium heat. Meanwhile, mix together all spices. Sprinkle one side of the chicken with the spice mixture. Lay the chicken in the heated oil, seasoned side down. Sprinkle the spice mixture on the other side of chicken. Wash your hands. Cook the chicken on each side until cooked through to 165 degrees fahrenheit (measure temperature with food thermometer). Add to your favorite Latino dish and serve!

<http://sbchealthplex.crmc.org/special-use-pages/blog-display/support-blog/2017/01/16/recipe-easy-chicken>

Nutrition information (per 1 chicken breast)

Calories =	216
Cholesterol =	21mg
Sodium: =	160mg
Protein: =	27g
Total Fat: =	11g
Fiber: =	1g
Carbohydrate =	3g



Healthy Aging

NEWSLETTER

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