

With Honor



On March 10, 2010, Mary Burch Nirmaier, 89, was honored in the rotunda of the U.S. Capitol for her service as a member of the Women Air Force Service Pilots (WASP) during World War II. Ms. Nirmaier received the Congressional Gold Medal.

In World War II, Ms. Nirmaier flew a B-25 Mitchell Bomber and served as first pilot for 14 months of active duty in Douglas, AZ. According to Oakland Senior Center's Center Administrator Brenda Woods, "To this day, Mary can tell you about

Pictured left is Mary Nirmaier, recipient of the Congressional Gold Medal. Photo courtesy of Nancy Fields.

the last time she got to fly. It was December 20, 1944 and she says she can still hear the big band music playing as she flew over Arizona."

Ms. Nirmaier has been an active member of the Oakland Senior Center in Columbia, MO for over 10 years. Ms. Woods said, "Mary loves sharing her memories of flying and her stories of World War II. Mary's picture hangs in the Veteran's Room here at the Center. We are proud of the contributions she made during her service to our country."

Missouri Veterans Recognition Program

The Missouri Veterans Recognition Program traces its roots to an April 23, 1919 Act of the Missouri General Assembly. This act authorized the Missouri Adjutant General to procure and present, as a token of appreciation of the state, a medal to each member of the National Guard of Missouri who served with a Missouri unit and veterans who served with the regular armed forces in the Spanish American War, Mexican Border Service, or World War I. The original 82,500 medals were made of bronze and silk by D. L. Auld Company for \$20,200 or about 25 cents each.

It was not until 2000 that Missouri veterans would be recognized once again with a Missouri medal. The World War II Awards Program was announced with Senate Bill 961 which allowed every Missouri

veteran and spouses of deceased veterans who honorably served during the period of December 7, 1941 to December 31, 1946, to apply for the awards. To date 44,442 WWII awards have been presented.

In 2003, the Korean War Veterans Award was authorized with Senate Bill 219 for veterans who served either in the United States or overseas from June 27, 1950 to January 31, 1955. To date 15,149 Korean Awards have been presented.

In addition to the World War II and Korean awards, veterans who participated in the "D-Day" invasion of Europe between the dates of June 6-August 31, 1944 receive a replica of the 50th Anniversary Jubilee of Liberty Medal. This medal was originally produced by the French Government and was awarded during

their Jubilee Celebration in 1994. Just over 5,029 of these medals have been awarded.

In 2006, the Vietnam War Award was authorized by House Bill 978 for veterans who served from February 28, 1961 to May 7, 1975. To date 23,028 Vietnam awards have been presented.

To find out if you or a veteran you know qualifies for the State of Missouri's Veterans Recognition Award, go to the Missouri Guard's website <http://moguward.com/Veterans/VeteranAwards.aspx> or call toll-free at 866-834-3431. The Veterans Recognition Program is directed by Jim Ortmeier and administered by the Missouri National Guard.

CMAAA

The Central Missouri Area Agency on Aging (CMAAA) is a private, not-for-profit Area Agency on Aging serving 19 counties in Mid-Missouri: Audrain, Boone, Callaway, Camden, Cole, Cooper, Crawford, Dent, Gasconade, Howard, Laclede, Maries, Miller, Moniteau, Morgan, Osage, Phelps, Pulaski and Washington.

Our Mission

CMAAA recognizes the individual capabilities and needs of each older person. Therefore, CMAAA's mission is to assist communities in establishing a full range of services, which allow older persons to live in the most independent manner possible.

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Activities at Home: Planning the Day for the Person with Dementia

By Ashley Burden

Activities are the “things that we do,” like getting dressed, doing chores, playing cards – even paying bills. They can be active or passive, done alone or with others. Activities represent who we are and what we’re about.

A person with dementia will eventually need assistance from a caregiver to organize the day. Planned activities can enhance the person’s sense of dignity and self-esteem by giving more purpose and meaning to his or her life.

Activities structure time. They can make the best of a person’s abilities, enhance quality of life, and facilitate relaxation. Activities can also reduce behavior like wandering or agitation. Both the person with dementia and the caregiver can enjoy the sense of security and togetherness that activities can provide.

Types of Activities

Some examples of daily activities:

- Chores: Dusting, sweeping, doing laundry
- Mealtime: Preparing food, cooking, eating
- Creative: Painting, playing the piano
- Physical: Taking a walk, playing catch
- Social: Having coffee, talking, playing cards
- Work-related: Making notes, typing, fixing something

Focus on the Person

Planning activities for the person with dementia is best when you continually explore, experiment and adjust. Consider the person’s likes and dislikes; strengths and abilities; and interests.

As the disease progresses, keep activities flexible, and be ready to make adjustments. Keep the person’s skills and abilities in mind. He or she may be able to play simple songs learned on the piano years ago. Bring these types of skills into daily activities. Pay special attention to what the person enjoys. Take note when the person seems happy, anxious, distracted or irritable. Some people enjoy watching sports, while others may be frightened by the fast pace or noise.

Consider if the person begins activities without direction. Does he or she set the table before dinner or begin sweeping the kitchen floor mid-morning? If so, you may wish to plan these activities as part of the daily routine.

Choosing Activities

- Be aware of physical problems. Does he or she get tired quickly or have difficulty seeing, hearing or performing simple movements? If so, you may want to avoid certain activities.
- Focus on enjoyment, not achievement. Find activities that build on remaining skills and talents. A professional artist might become frustrated over the declining quality of work, but an amateur might enjoy a new opportunity for self-expression.
- Encourage involvement in daily life. Activities that help the individual feel like a valued part of the household – like setting the table, wiping counter tops or emptying wastebaskets – provide a sense of success and accomplishment.

Continued on Page 3.

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- Relate activity to work life. A former office worker might enjoy activities that involve organizing, like putting coins in a holder, helping to assemble a mailing or making a “to do” list. A farmer or gardener will probably take pleasure in working in the yard.
- Consider time of day. Caregivers may find they have more success with certain activities at specific times of day, such as bathing and dressing in the morning. Keep in mind that your typical daily routine may need to change somewhat.
- Adjust activities to stages of the disease. As the disease progresses, you may want to introduce more repetitive tasks. Be prepared for the person to eventually take a less active role in activities.

Approach

- Offer support and supervision. You may need to show the person how to perform the activity and provide simple, step-by-step directions.
- Concentrate on the process, not the result. Does it really matter if the towels are folded properly? Not really. What matters is that you were able to spend time together, and the person feels as if he or she has helped do something useful.
- Be flexible. When the person insists that he or she doesn’t want to do something, it may be because he or she can’t do it or fears doing it. Don’t force it. If the person insists on doing it a different way, let it happen, and fix it later.
- Be realistic and relaxed. Don’t be concerned about filling every minute of the day with an activity. The person with Alzheimer’s needs a balance

of activity and rest, and may need more frequent breaks and varied tasks.

- Help get the activity started. Most people with dementia still have the energy and desire to do things but may lack the ability to organize, plan, initiate and successfully complete the task.
- Break activities into simple, easy-to-follow steps. Too many directions at once often overwhelm a person with dementia. Focus on one task at a time.
- Assist with difficult parts of the task. If you’re cooking, and the person can’t measure the ingredients, finish the measuring and say, “Would you please stir this for me?”
- Let the individual know he or she is needed. Ask, “Could you please help me?” Be careful, however, not to place too many demands upon the person.
- Stress a sense of purpose. If you ask the person to make a card, he or she may not respond. But, if you say that you’re sending a special get-well card to a friend, the person may enjoy working on this task with you.
- Don’t criticize or correct the person. If the person enjoys a harmless activity, even if it may seem insignificant or meaningless to you, you should encourage the person to continue.
- Encourage self-expression. Include activities that allow the person a chance for expression. These types of activities could include painting, drawing, music or conversation.
- Involve the person through the use of conversation. While you’re polishing shoes, washing the car or cooking dinner, talk to the person about what you’re doing. Even if the person

cannot respond, he or she is likely to benefit from your communication.

- Substitute an activity for a behavior. If a person with dementia rubs his or her hand on a table, put a cloth in his or her hand, and encourage the person to wipe the table. Or, if the person is moving his or her feet on the floor, play some music so the person can tap them to the beat.
- Try again later. If something isn’t working, it may just be the wrong time of day or the activity may be too complicated. Try again later, or adapt the activity.

Creating a Daily Plan

Consider how you organize your own day when planning the day for the person with dementia. There are times when you want variety and other times when you welcome routine. The challenge for caregivers is to find activities that provide meaning and purpose, as well as pleasure.

Begin by thinking about the past week. Try keeping a daily journal, and make notes about which activities worked best and which didn’t. Use your journal to guide your daily planning. A planned day allows you to spend less time and energy trying to figure out what to do from moment to moment. Allow yourself and the person with dementia some flexibility for spontaneous activities, as well as time to rest.

Ashley Burden is the Communications/Marketing Coordinator for the Alzheimer’s Association Mid-Missouri Chapter. For more information contact the Chapter’s helpline at 800-272-3900. The Alzheimer’s Association Mid-Missouri Chapter website address is www.alz.org/mid-missouri.

Missouri Department of Insurance Reminds Seniors of Medigap Insurance Changes

Jefferson City, Mo. - Missouri Insurance Director John M. Huff says Missourians who have Medigap insurance, also known as Medicare Supplement, will soon see the biggest changes to the program since the mid-1990s. Medigap covers deductibles and other out-of-pocket expenses not covered by Medicare.

Medigap is sold by private insurance companies regulated by the Missouri Department of Insurance. Currently, each insurer sells up to 14 different plans, labeled Plan A through L. Benefits for each plan are standardized - for example, Plan A offers the same benefits regardless of which company offers it. Effective June 1, five Medigap plans will no longer be sold, and two new plans will be available.

The 2010 changes remove some outdated and unnecessary benefits, improve hospice coverage and give consumers an option for lower monthly premiums in exchange for higher deductibles and copayments.

“Shopping for a Medigap plan this

year may be even more challenging than usual because of these changes,” said Huff. “That’s why it’s even more important for consumers to consult many of the free expert resources available in Missouri.”

The Department of Insurance offers a free booklet, the Missouri Medigap Shopping Guide, which explains the basics of Medigap and other parts of Medicare, and offers price comparisons for each plan offered by each insurance company selling Medigap coverage in Missouri.

To order a free copy of the Missouri Medigap Shopping Guide, contact the Department of Insurance at insurance.mo.gov or call the department’s Insurance Consumer Hotline, 800-726-7390.

If you have Internet access you can download the Missouri Medigap Shopping Guide at the Missouri Department of Insurance’s website: <http://insurance.mo.gov/Contribute%20Documents/2010MedigapShoppingGuide6-7-10.pdf>.

CMAAA Board Member Receives Special Forces Award

In June, Holts Summit resident Jim Ringland received the Silver Order of Saint Phillip Neri Award at the annual Special Forces Association Convention (Green Beret) at Fort Bragg, NC. The Saint Philip Neri Award Program was established by the United States Army Special Forces Command in 2002. Saint Philip Neri was selected as the Patron Saint of Special Forces because he embodied the traits of the ideal Special Forces soldier - selfless, superb teacher, and inspirational leader. Mr. Ringland is the 11th person to receive the silver award.

Mr. Ringland served in the United States Special Forces for 26 years and has been a member of the Special Forces Association for 40 years.

Mr. Ringland serves on CMAAA’s Board of Directors representing Callaway County and is a delegate of the Silver Haired Legislature.

Shop Around for Your Medigap Insurance

By Kay Barbee
CMAAA Medicare Outreach Consultant

Mrs. X complained to her CMAAA Care Coordinator that her Medicare Supplement (Medigap) policy was going to increase and she didn’t know how much longer she was going to be able to afford the coverage. The Care Coordinator asked to see the letter from the insurance company stating how much the premium was going to be and when the new premium went into effect.

Mrs. X was enrolled in a Plan F Medigap and effective August 1, 2010 the new premium with her current insurance company would be \$404 per month or approximately \$4,848 per year.

The Care Coordinator contacted the Medicare Outreach Consultant for CMAAA and together they explained to Mrs. X that she could switch insurance companies 30 days before and 30 days after her anniversary date, as long as she stayed with the same Plan she would have the same coverage. In this case Plan F.

Mrs. X was able to get the same benefits (Plan F) with a new insurance company for \$195 per month or approximately \$2,340 per year.

For more information about Medicare Supplement (Medigap) insurance or about other Medicare-related programs, contact CMAAA Medicare Outreach Consultant Kay Barbee at 800-369-5211 or by email at barbeekk@centurytel.net.

Learn About Upcoming 2011 Medicare Part D Changes

Medicare beneficiaries and caregivers for Medicare beneficiaries will benefit by attending CMAAA's Medicare Outreach Consultant Kay Barbee's presentation on upcoming changes beneficiaries can expect to see regarding their Medicare Part D and Medicare Advantage plans effective January 1, 2011. She will also provide information on "Extra Help" programs that can help with the cost of prescriptions. During her 30-minute talk, Ms. Barbee will discuss changes concerning:

- Premiums, deductibles and co-pay charges;
- New Part D plans available for 2011 and plans that have terminated their contracts with Medicare;
- Coverage (Donut hole) Gap discounts that are applied to payment for both brand and generic prescriptions once a beneficiary has entered the gap; and
- What to expect with Medicare Advantage Plans.

Ms. Barbee will be available after the presentation to answer questions. To locate a presentation near you, check out the presentation schedule listed to the right.

Date	Time	Location
Sept. 15	10:30 a.m.	Fayette Senior Citizens Center
Sept. 16	10:30 a.m.	Eldon Senior Center
Sept. 23	10:30 a.m.	Friendship Hall in Iberia
Sept 29	10:30 a.m.	Waynesville/St Roberts Senior Center
Oct. 4	11:30 a.m.	Callaway Senior Center - Fulton
Oct. 5	10:30 a.m.	Crocker Senior Center
Oct. 6	10:00 a.m. 1:00 p.m.	Centralia Public Library Clarke Senior Center - Jeff City
Oct. 7	10:00 a.m. 1:00 p.m.	Tipton City Hall Wood Place Public Library - California
Oct. 11	10:00 a.m.	Owensville Senior Center
Oct. 12	10:00 a.m.	Columbia Public Library
Oct. 13	10:00 a.m.	Lebanon-Laclede County Library
Oct. 14	10:00 a.m.	Washington County Library - Potosi
Oct. 15	10:00 a.m.	Salem Public Library
Oct. 21	10:00 a.m.	Rolla Public Library
Oct. 25	10:00 a.m.	Mexico-Audrain County Library
Oct. 26	12:30 p.m.	Mall Senior Center - Jefferson City
Oct. 27	10:00 a.m.	Vienna Senior Center
Oct. 28	10:00 a.m.	Camden Public Library - Camdenton
Oct. 29	10:00 a.m.	Missouri River Regional Library - Jefferson City
Nov. 2	10:30 a.m.	Versailles Nutrition Site
Nov. 3	10:30 a.m.	Westside Senior Center in Laurie
Nov. 4	10:30 a.m. 11:30 a.m.	Cuba Senior Center Bourbon Senior Center
Nov. 5	10:00 a.m.	Osage County Library



The Community Visitor — On the Path to Becoming an Ombudsman

By Beth Simpson, Ombudsman Program Director



On September 6, I will begin my fifteenth year working with CMAAA's Long-term Care Ombudsman Program. While there have been many changes over the years—volunteers and staff come and go, nursing homes change administrators, culture change makes bold strides—our program model has remained the same. We recruit, screen, train and supervise special people we call ombudsmen, who inform residents of their rights, hear their complaints, and work to resolve them. Ombudsmen bravely accept assignment to a nursing home, agreeing to make weekly visits and to provide service to all the residents of the home. Being an ombudsman is a big job in an environment that is often unfamiliar and, for some, a little unsettling at first.

Because of the demands of the position, I began to think about creating a new volunteer role—one that would allow the volunteer to become comfortable in a small section of a nursing home, building relationships with residents and growing into the larger ombudsman role. This new role I call the Community Visitor.

The Community Visitor's most important job is to represent the community in the nursing home or assisted living residence. Residents often experience isolation from the communities of which they were once a vital part. When community members care enough to visit and learn what it is like to live in the care home, residents no longer feel forgotten.

Community Visitors may engage in activities with residents, so long as they are not performing tasks staff should be doing. Residents often enjoy reminiscing, and the Community Visitor might record some of the residents' stories. Perhaps the Visitor could help a resident organize photos into a scrapbook or read the evening newspaper to a resident. A resident with a shaky hand might appreciate having someone write a letter for her. Ombudsman Program staff will make every effort to assign the Community Visitor to a manageable area of the home, such as a hallway, a "neighborhood" or a "household." Ideally, the Visitor will be responsible for visiting no more than 20-24 residents.

Community Visitors receive seven hours of training before being assigned to a home. They distribute information about the Long-term Care Ombudsman Program and report to program staff when they observe conditions that need attention and when residents report problems.

After the Community Visitor has served for three to six months, the volunteer and staff will determine whether he or she will move to the next phase and become an Ombudsman. After two more days of training, the ombudsman will begin dealing with problems on behalf of residents. Both roles are much needed and greatly appreciated by residents. For information on how to become a Community Visitor, contact Beth Simpson, Director, Long-term Care Ombudsman Program by phone at 573-443-5823 or 800-369-5211 or by email at bethsimpson@cmaaa.net.



You can become a Community Visitor and brighten the day of care community residents in your town.

Silver Haired Legislature: A View from the Capitol...

By Pat Donehue, CMAAA SHL Chairperson

On October 6 and 7, CMAAA's Silver Haired delegation will attend the Silver Haired Legislature's (SHL) annual model legislative session in the Capitol's house and senate chambers in Jefferson City, MO.

At this year's session, Silver Haired delegates from all ten Area Agency on Aging delegations will present and debate proposed issues. Listed below are a few of the proposals the SHL will discuss:

- Limit Interest and Other Charges on Pay Day Loans
- Increase Funding Statewide for Area Agencies on Aging (AAA) Meal Programs
- Designate Missouri's AAAs as a Single Point of Entry for Both Public and Private Pay Seniors in Need of Services
- Silver Alert System for Endangered Adults
- Raise Asset Level for Those Individuals on Missouri Health Net (Medicaid) from \$999.99 to \$2,000 for a Single Person and \$3,000 for a Married Couple
- Fingerprint Background Checks to Ensure that Residents and Employees in Long-term Care Facilities are not Sexual Predators
- Establish the "Show Me Falls Free Missouri Coalition" as a State Program
- Missouri Sales Tax on Internet and Catalogue Sales
- Increase Sales Tax on Cigarettes, Bingo and Gambling Boat Admission

The SHL session will adjourn on October 7 after the delegation chooses five proposed issues as its priorities. Between October and January, SHL delegates will seek sponsorship for the five priorities by state legislators in the Missouri General Assembly, which will convene in January 2011.

Missouri Legislators worked this year to create a state budget under difficult circumstances. The state budget for the 2011 Legislative Session will continue to be a major priority and will prove to be very challenging for the elderly within our State. The SHL will continue to advocate for improving the lives of Missouri's seniors.

CMAAA's SHL Senator Bill Trimm will serve as Senate Majority Leader at the October session. Other members of CMAAA's SHL delegation include: Pat Donehue, CMAAA SHL Chairperson of Jefferson City, Mack Brushwood of Columbia, Elizabeth Broughton of Salem, Goldie Sims of Salem, Ronald Sterrett of Mexico, Harold Enslin of Mexico, Marilyn and Jim Ringland of Holts Summit, Sherman and Susa Davis of Lebanon, Ray and Jane Horton of Salem, Carol Krassinger of Bourbon, and Alice Scivner of California.

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SILVER ECLECTIC

*a monthly publication
for senior citizens
and for those who share
their concerns.*

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