

Do You Know Who Your State Legislators Are?

If you don't know the answer to this question, this issue of the Silver Eclectic will guide you in finding out who your state senator and representative is. In addition, this issue will give you pointers on how to track bills in Missouri's General Assembly. There are also tips on how to communicate effectively with your state legislators. (See Page 3.)

First, let's find out who your state legislators are. The easiest way is to get on the Internet and type this state government website address: <http://www.mo.gov/my-government/elected-officials>. Under the "Who's in the Legislative Branch" category heading, click on the "Look Up Your Legislator" link. You will be prompted to enter your full nine-digit zip code. Then, click on the "Look Up Legislators" button. Not only will you find out who your state senator and representative is, but your U.S. House Representative will be listed as well as Missouri's two U.S. Senators.

Now that you know who your legislators are, you can use this Silver Eclectic as a quick reference. To the right is a listing of state senators whose districts overlap, in part or in whole, with the CMAAA region. The listing starts with

Covers Portions of:	Senator	Contact Information
Audrain	District 18	Brian Munzlinger, (R) Room 426, State Capitol, Jefferson City, MO 65101 (573) 751-7985 Brian.munzlinger@senate.mo.gov
Boone	District 19	Kurt Schaefer, (R) Room 420, State Capitol, Jefferson City, MO 65101 (573) 751-3931 Kurt.Schaefer@senate.mo.gov
Callaway Cole Miller Moniteau Morgan	District 6	Mike Kehoe, (R) Room 429, State Capitol, Jefferson City, MO 65101 (573) 751-2076 Mike.kehoe@senate.mo.gov
Callaway	District 20	Jeanie Riddle, (R) Room 302B, State Capitol, Jefferson City, MO 65101 (573) 751-5226 Jeanie.Riddle@house.mo.gov
Camden Laclede	District 33	Chuck Purgason, (R) Room 416, State Capitol, Jefferson City, MO 65101 (573) 751-1882 chuck.purgason@senate.mo.gov
Cooper Howard	District 21	Ryan McKenna, (D) Room 427, State Capitol, Jefferson City, MO 65101 (573) 751-1492 Ryan.mckenna@senate.mo.gov
Crawford Dent Gasconade Maries Osage Phelps Pulaski	District 16	Dan W. Brown, (R) Room 434, State Capitol, Jefferson City, MO 65101 (573) 751-5713 Dan.brown@senate.mo.gov
Washington	District 3	Kevin Engler, (R) Room 319, State Capitol, Jefferson City, MO 65101 (573) 751-3455 Kevin.Engler@senate.mo.gov

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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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Jean Leonatti

From the CEO...

By Jean Leonatti



Dear Readers,

Hope is on the way! My daffodils are peeking up through the earth --- spring cannot be far behind. It has been a tough winter with too much snow. But, we can now feel the earth warming up and change is in the air.

Spring is also the peak legislative season and change is also in the air on that front. Both our state and federal legislators are wrestling with the tough issues of balancing budgets and lower revenues. Since all of our programs receive both federal and state funding, these decisions could have serious impact on our programs and their ability to provide service to you and your loved ones.

At the federal level, we are still on a "temporary" funding measure as Congress was unable to approve a permanent budget for the start of the federal fiscal year, October 1, 2010. You will hear lots of media coverage on "stop gap" measures to keep the federal government from shutting down. Many people might dismiss that by saying "that won't affect us, that is Washington, DC" --- but it WILL affect us because some of that federal money funds our local programs.

At the same time, our state government is grappling with balancing the budget for the fiscal year that starts on July 1, 2011. They also are looking at cuts in existing programs to balance the state budget. Again, this will affect us, particularly the meals program, as we do receive state funding.

All of our legislators, both federal and state, want to hear from their constituents. They want to know what you think - what is important to you and what isn't. In many cases, they will depend on what the people in their districts want when they make their final votes.

No matter what your party affiliation or your political leanings, it is very important that you participate in the political process and let your voice be heard. Use the information contained in the Silver Eclectic to communicate your thoughts and priorities to your legislators --- we hope that includes support for our programs.

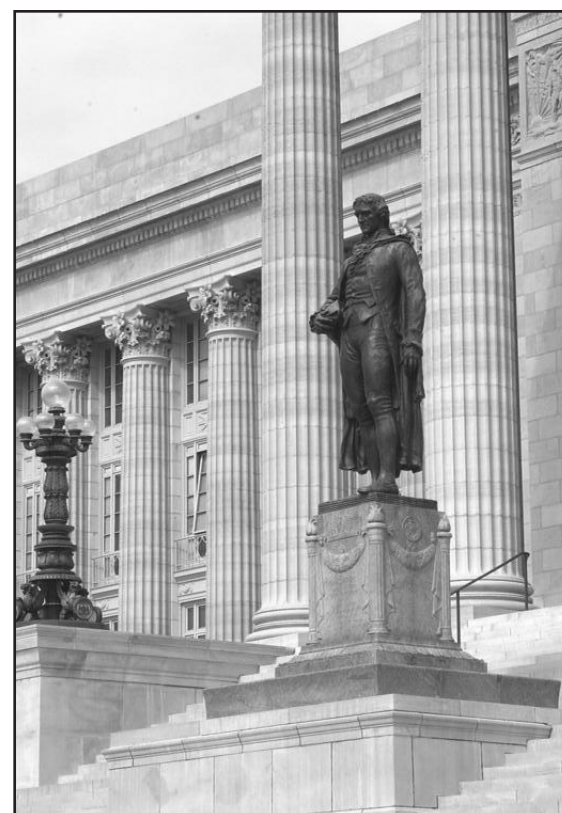


Tips on Tracking a Bill Filed with the 96th General Assembly

To track a bill in the House, go to the Missouri House of Representative's website at <http://www.house.mo.gov/>. Click on the "Bill Information" heading on the left-hand side and choose the "Bill Tracking" option. This site is the House's "Bill Central". You can choose to look at the entire list of bills filed in the House by clicking on "Bill List." If you want to see the current status of a bill, choose "Current Status of House Bills." If you don't know the exact name or number of

the bill you're interested in, you can choose the "Subject Index" option. If you do know the number of the bill, simply enter "HB" followed by the bill's number where prompted on the screen.

For tracking a bill in the Senate, go to the Senate's website at <http://www.senate.mo.gov/>. Click on the "Legislation" heading at the top. On the drop-down list, you can choose from "List of 2011 Senate Bills", "Daily Actions" and "Topical Index."



Tips on Writing or Calling Your Legislators

1. Sit down and do it. A message to a legislator can make all the difference. Remember, he or she is *your* elected official.
2. Address members of the legislature with due respect. Make sure the full name, initial and title is correct.
3. Address your communication properly. The Honorable _____, State Representative or The Honorable State Senator.
4. Tell how the matter under consideration affects you, your organization or your community.
5. Be brief.
6. Be specific. Let them know what you want. Identify the bill or specific issue. To you there is only one interest. Legislators must deal with hundreds of bills, maybe even several on the general topic you are contacting him or her about.
7. Be as factual as possible.
8. Ask for an answer. You have made your views known. It is now the legislator's turn to say where he or she stands.
9. Be sure to give your name and address.
10. Be polite. A nasty message can easily work to your disadvantage.
11. Remember to say thank you. After your legislator has pushed for your bill, a note of thanks will go a long way towards building goodwill the next time you want something. And there will always be a next time.
12. The letter should be timely. Sometimes the bill is out of committee or has passed the floor before a helpful letter arrives. Inform your legislator while there is still time to take effective action.
13. The representative and senator of your district need your vote and want to know your views. Some writers undertake to contact all members of the House and Senate who cast votes for other districts. Use your efforts to contact your own legislators.
14. Write your own views, not someone else's. A personal letter is far better than a form letter or a signature on a petition. Many people will sign a petition without reading it just to avoid offending the circulator. Form letters are recognizable; they usually arrive in batches and they usually register the sentiments of the person or lobbying group preparing the form. Form letters often receive a form reply, so it is better to tell of your experiences and observations or what the proposed bill will do for you.

These tips are excerpted from the Missouri Silver Haired Legislature Training Manual.

State Representatives in Mid-Missouri

Covers Portions of:	Representative	Contact Information
Audrain Boone Howard	District 9	Paul Quinn, (D) Room 101J, State Capitol, Jefferson City, MO 65101 (573) 751-4028 Paul.Quinn@house.mo.gov
Audrain Callaway	District 10	Jay Houghton, (R) Room 203B, State Capitol, Jefferson City, MO 65101 (573) 751-3649 Jay.Houghton@house.mo.gov
Audrain Boone Callaway	District 21	John Cauthorn, (R) Room 235, State Capitol, Jefferson City, MO 65101 (573) 751-9458 John.Cauthorn@house.mo.gov
Boone	District 23	Stephen Webber, (D) Room 106A, State Capitol, Jefferson City, MO 65101 (573) 751-9753 Stephen.Webber@house.mo.gov
Boone	District 24	Chris Kelly, (D) Room 106B, State Capitol, Jefferson City, MO 65101 (573) 751-4189 Chris.Kelly@house.mo.gov
Boone	District 25	Mary Still, (D) Room 101H, State Capitol, Jefferson City, MO 65101 (573) 751-1169 Mary.Still@house.mo.gov
Camden Miller Morgan	District 115	Rodney Schad, (R) Room 411A, State Capitol, Jefferson City, MO 65101 (573) 751-2077 Rodney.Schad@house.mo.gov
Camden Laclede	District 146	Darrell Pollock, (R) Room 314, State Capitol, Jefferson City, MO 65101 (573) 751-4451 Darrell.Pollock@house.mo.gov
Camden	District 155	Diane Franklin, (R) Room 400CA, State Capitol, Jefferson City, MO 65101 (573) 751-1119 Diane.Franklin@house.mo.gov
Cooper Moniteau Morgan	District 117	Caleb Jones, (R) Room 201B, State Capitol, Jefferson City, MO 65101 (573) 751-2134 Caleb.Jones@house.mo.gov

State Representatives in Mid-Missouri

Covers Portions of:	Representative	Contact Information
Crawford Gasconade	District 111	Dave Schatz, (R) Room 235BA, State Capitol, Jefferson City, MO 65101 (573) 751-6668 Dave.Schatz@house.mo.gov
Crawford Dent Phelps	District 150	Jason Smith, (R) Room 302-1, State Capitol, Jefferson City, MO 65101 (573) 751-1688 Jason.Smith@house.mo.gov
Gasconade Maries Osage	District 112	Tom Loehner, (R) Room 311, State Capitol, Jefferson City, MO 65101 (573) 751-1344 Tom.Loehner@house.mo.gov
Morgan	District 116	Wanda Brown, (R) Room 134, State Capitol, Jefferson City, MO 65101 (573) 751-3971 Wanda.Brown@house.mo.gov
Phelps Pulaski	District 147	Don Wells, (R) Room 303A, State Capitol, Jefferson City, MO 65101 (573) 751-1490 Don.Wells@house.mo.gov
Phelps	District 149	Keith Frederick, (R) Room 201C, State Capitol, Jefferson City, MO 65101 (573) 751-3834 Keith.Frederick@house.mo.gov
Pulaski	District 148	David Day, (R) Room 402, State Capitol, Jefferson City, MO 65101 (573) 751.1446 David.Day@house.mo.gov
Washington	District 110	Ben Harris, (D) Room 109F, State Capitol, Jefferson City, MO 65101 (573) 751-2398 Ben.Harris@house.mo.gov
Washington	District 152	Paul Fitzwater, (R) Room 115E, State Capitol, Jefferson City, MO 65101 (573) 751-2112 Paul.Fitzwater@house.mo.gov

Creating Home: Advocating for Change in How and Where We Age

By Beth Simpson, Ombudsman Program Director

Missouri is one of twenty-two states selected to participate in a project sponsored by the Pioneer Network and the Picker Institute, with the goal of educating consumers about their long-term care choices. From February through June, Missouri's culture change coalition, MC5, will facilitate a number of discussions around the state.

The Pioneer Network is the national culture change organization that serves as the umbrella for state coalitions like MC5. Stakeholders include providers of health care, advocates, family members, and consumers (and potential consumers) of health care services for elders. The Picker Institute is an international not-for-profit organization devoted to research and education on person-centered care. In Missouri, the Long-term Care Ombudsman Program and the Alzheimer's Association are partnering with Pioneer Network and The Picker Institute to reach consumers.

The sessions are held for small groups of between five and twelve participants. I had the privilege of facilitating two sessions during the week of February 21, in Rolla and in Columbia. Participants shared their own ideal routines

and discussed how it would feel to give up those routines.

I would be really cranky," said one. "And after a while I would become seriously depressed."



All of us want to make our own choices about how and where we live. Becoming educated about what choices are available is a positive first step toward that goal. The good news is that nursing homes are changing, and many of them are places where we can continue to grow, learn, and have good lives. An informed consumer makes better choices. Whether you receive care in your own home or in a nursing home, your choices deserve thoughtful consideration well in advance of necessity.

If you would like to host a "Creating Home" session in your community, contact Beth Simpson, Director, Long-term Care Ombudsman Program, CMAAA, at (800) 369-5211 or (573) 443-5823, or e-mail bethsimpson@cmaaa.net. Remember that the ideal group will include at least five and no more than twelve people. A home would be an ideal location for the event. Provide a pot of coffee and a plate of cookies, and learn how to plan your future!

Upcoming MC5 Regional Meetings

The Rolla Regional Group of MC5 will meet on Thursday, March 16, from 10:00 – 12:00 at Rolla Presbyterian Manor. The program will feature the video "Dining with Friends: Innovative Approaches to Dining for People with Dementia." For more information, or to register, contact Beth Simpson at 800-369-5211, or e-mail bethsimpson@cmaaa.net

The Jefferson City Regional Group of MC5 will meet on Thursday, April 20, from 10:00 – 12:00 in the Clydesdale Room, Schepper's Distributing Co., 2300 St. Mary's Blvd., Jefferson City. The program will feature "Dining with Friends: Innovative Approaches to Dining for People with Dementia." To register, see contact information above.

Anyone who is interested in the changing culture of long-term care is welcome at MC5 meetings.



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

By Pat Donehue, CMAAA SHL Chairperson

The Missouri Silver Haired Legislature (SHL) sponsored an "Advocacy Day" at the State Capitol on Tuesday, March 1, 2011. Members of the Missouri SHL met at the Capitol to visit with their representatives and senators on bills on interest to the group.

SHL PRIORITIES

The Silver Haired Legislature asks you to contact your State representative and senator in support on the following bills that impact senior citizens:

HB27 - CREDIT FOR SENIOR CENTER DONATIONS – Sponsored by David Sater, Dist. 68. Authorizes an income tax credit to any taxpayer who donates cash or food to a senior citizen services center. Last Action: 1/06/2011 - Read Second Time (H).

HB31 - FUNDING FOR SENIOR SERVICES - Sponsored by David Sater, Dist. 68. Establishes the Senior Services Growth and Development Program to provide additional funding for senior services in the state by imposing a

surcharge on certain health insurance premiums. Last Action: 2/24/2011 - Referred: Insurance Policy (H).

HB41 - AMBER ALERT AND SILVER ALERT SYSTEM - Sponsored by Sara Lampe, Dist. 138. Expands the Amber Alert System to include missing endangered persons, specifies the criteria for being a missing endangered person, and changes the system's name to the Amber Alert and Silver Alert System. Last Action: 2/10/2011 - Public Hearing Completed (H). SHL TESTIFIED IN SUPPORT.

HB60 - PROPERTY ASSESSMENT INCREASES – Sponsored by Jerry Nolte, Dist. 33. Limits the increase in assessed valuation of residential property by the percentage of increase in the federal Social Security benefits for the elderly and disabled who own and live in their principal residence. Last Action: 2/09/2011 - Public Hearing Completed (H). SHL TESTIFIED IN SUPPORT.

HB132 - PAYDAY LOANS – Sponsored by Rep. Mary Still, Dist. 25. Changes the laws regarding unsecured loans of \$500 or less, commonly known as payday loans. Last Action: 2/24/2011 - Referred: Financial Institutions (H). This is Representative Still's third attempt to push payday loan reform. The Silver Haired Legislature supports her efforts to get this important piece of legislation passed.

Continued from Page 1.

the county(ies) the legislator covers, district number, legislator's name and party affiliation. The legislator's Capitol office address, phone number and e-mail address are also provided. Listings for state representatives can be found on pages 4 and 5.

Additional information regarding Missouri's General Assembly can be found at the following websites:

For the House – <http://www.house.mo.gov/>
For the Senate – <http://www.senate.mo.gov/>

SUBSCRIPTION FORM

Suggested contribution - \$4.00

Mail to: CMAAA, 1121 Business Loop 70 East, Suite 2A, Columbia, MO 65201

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NOTE: If you are requesting an address change or stopping a subscription, include your mailing label from the page 8 of **SILVER ECLECTIC**.

SILVER ECLECTIC

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

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Need Help? Call Us.

SENIOR CENTERS

County Services Director
Leilani LaCasse
(800) 369-5211 or (573) 443-5823

Boonslick Senior Center (Boonville) (660) 882-2344	Eldon Senior Center (573) 392-6102	Mexico Senior Center (573) 581-7743	Versailles Senior Center (573) 378-6232
Bourbon Senior Center (573) 732-4268	Fayette Senior Citizens Center (660) 248-3733	Moniteau Nutrition Center (Tipton) (660) 433-2715	Vienna Senior Center (573) 422-3834
California Nutrition Center (573) 796-4240	Friendship Hall (Iberia) (573) 793-2747	Oakland Senior Center (Columbia) (573) 449-8000	Warren Senior Center (Richland) (573) 765-5414
Callaway Senior Center (Fulton) (573) 642-2458	Glasgow Senior Center (660) 338-2975	Owensville Senior Center (573) 437-3096	Waynesville/St. Robert Sr. Center (573) 774-2668
Camdenton Senior Center (573) 346-2776	Hughes Center (Lebanon) (417) 532-3040	Rolla Elderly Highrise (573) 341-2929	Westside Senior Center (Laurie) (573) 372-3588
Conway Senior Center (417) 589-2079	Jefferson City Centers <i>Clarke Senior Center</i> (573) 634-8020	Salem Senior Center (573) 729-2373	
Crocker Senior Center (573) 736-5405	<i>Senior Center @ the Mall</i> (573) 635-4120	Sayers Senior Center (Potosi) (573) 438-3237	
Cuba Senior Center (573) 885-2909	Linn Nutrition Center (573) 897-4221	St. James Golden Age Center (573) 265-7072	
Dixon Senior Center (573) 759-6313	Macks Creek Senior Center (573) 363-0153	Stoutland Senior Center (417) 286-3880	

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Care Coordination Director
Hugh Smith
(800) 369-5211 or (573) 443-5823

Audrain County Carol Senor (573) 581-7678	Cole County Trish Luther (573) 634-8828	Gasconade County Marianne Fox (573) 437-2532	Miller County Kathleen Humphrey (573) 392-7229	Phelps County Scott Shaffer (573) 364-7255
Boone County (573) 443-5823	Cooper County Karen Wright (660) 882-3444	Howard County Karen Wright (660) 248-3283	Moniteau County Olivia Werner (573) 796-4051	Pulaski County Mary Ann Mathews (573) 774-3390
Callaway County Karen Elwood (573) 642-6772	Crawford County Tanya Johnson (573) 885-2922	Laclede County Joan Martin (417) 588-4300	Morgan County Olivia Werner (573) 378-9980	Washington County (573) 438-5962
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