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Missouri Association of Area Agencies on Aging (MA4) Announces 2012 Innovative Idea Awards

Honors Camdenton Senior Center and Senior Center at the Mall in Jefferson City

The Missouri Association of Area Agencies on Aging (MA4) announced the 2012 Innovative Ideas Awards for best demonstrated practices in providing and supporting senior services in Missouri. The awards are sponsored by Harrah’s – St. Louis and North Kansas City. This year’s recipients were honored at a plenary session on August 23rd during the 2012 MA4 Show Me Summit on Aging and Health at the Capitol Plaza Hotel in Jefferson City. This year’s honorees each received $500 to fund programs in their areas.

- **The Camdenton Senior Center** was selected for the Healthy Aging category for their “Salad Growing” project. At the center seniors made center-piece salad pots, calling upon the skills of the 60+ Art Class at the center to paint the pots and the “farmers” in the group to do the potting and planting.

  The work resulted in salad center pieces for the dining room tables and which sparked conversations about healthy food choices. The lettuce can be picked and will continue to produce for several weeks.

- **The Senior Center at the Mall in Jefferson City** was selected for the Advocacy/Fundraising category for starting the National Granny Basketball League in Missouri. There were no teams in Missouri until the Jefferson City senior center brought the first National Granny Basketball game to this area last year. The Granny Basketball players came from the National Iowa League and played local celebrities. There are now three teams in the Jefferson City area. Jefferson City’s local “Grannies” are going to Chicago to play Iowa in the WBA finals this year. Granny Basketball is great exercise for senior women to keep them active and fit and is an effective fundraiser for non-profit organizations.

“Each year, we ask senior organizations throughout Missouri to submit innovative ideas that MA4 and the Area Agencies on Aging can showcase and share with other providers of senior services,” said Mary Schaefer, president of MA4. “With our sponsor, Harrah’s St. Louis and North Kansas City, we are pleased to congratulate this year’s honorees for their outstanding work on behalf of seniors. In each case, their innovating thinking and resourcefulness are excellent models for the rest of the state. We thank Harrah’s for continued support for senior services and providing funding for these awards.”

This article is excerpted from the MA4 website at: http://www.ma4web.org/press/news-releases.

CMAAA’s Advisory Council Officers Elected

At the meeting on September 25, 2012, new officers were elected to CMAAA’s Advisory Council for the current fiscal year. Elected were:

- President - Dixie Collins - Mexico
- First Vice-President - Paul Jungmeyer - Jefferson City
- Second Vice-President - Wayne Williams - Salem

County Services Director Leilani LaCasse stated, “Everyone is looking forward to a productive year.”

The purpose of CMAAA’s Advisory Council is to advise the Board of Directors and staff on the establishment of priorities and development of overall plans for programs on aging in CMAAA’s 19 counties. Some of the Council’s functions include: making recommendations on new services and on coordination/improvement of existing services; serving as liaison between CMAAA and the general public by supporting, explaining and implementing new programs and ideas; recommending financial budgetary allocations; and evaluating administrative procedures.
CMAAA’s central office, all senior centers and care coordination offices will be closed during the following holidays:

**Thanksgiving**  
Thursday, November 22 and Friday, November 23

**Christmas Holiday**  
Monday, December 24 and Tuesday, December 25

**New Year’s Day Holiday**  
Monday, December 31 and Tuesday, January 1

Everyone at CMAAA wishes you Happy Holidays and a Happy New Year!

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**How does CMAAA make the decision about winter weather-related closings?**

Our primary consideration must be the safety of the participants. Falls on the snow and ice can have very serious consequences for our participants. We have a wide range of ages (60 to 100) with varying degrees of physical fitness and balance who attend our centers. There will always be someone who disagrees with a decision to close because “they” can get around – our decisions have to consider the safety of all our participants, not just the more physically fit ones. We err on the side of caution.

The center administrator and a designated representative of the local council review weather conditions and the status of the parking lots, sidewalks and entryways. All must be free of ice and snow. This is usually done by 6:00 a.m. The decision about closure has to be made early because many of our cooking staff begin meal preparation by 8:00 a.m. Calls are then made to local media to announce any closings. Once the announcement is made that the senior center is closed, it is closed for the day, including all center activities.

While school closures are also monitored as a good guideline, we sometimes close when schools are open because our parking lots, sidewalks, etc. are unsafe.

*(Excerpted from the Central Missouri Area Agency on Aging Local Site Council Handbook.)*
No doubt about it, purchasing your medications online is quick and convenient. But it could also place your personal information in the hands of criminals.

Since 2008, hundreds of people who have purchased drugs over the Internet or via telephone have unwittingly exposed themselves to extortion by individuals posing as Food and Drug Administration (FDA) agents.

Despite ongoing investigations and arrests by FDA, the Drug Enforcement Administration and the Immigration and Customs Enforcement’s, Homeland Security Investigations, such scams are hard to trace and eliminate. And according to Philip Walsky, special agent in charge at FDA’s Office of Criminal Investigations (OCI), they are likely to continue.

FDA has warned in the past that consumers face an increased risk of purchasing unsafe and ineffective drugs from websites operating outside the law, and about the danger that personal data can be compromised.

These criminals are getting personal information from transactions with individuals buying drugs online or by telephone, or from medical questionnaires frequently sought by illegal online websites. Personal information can also turn up on customer lists obtained by criminals. These lists can contain tens of thousands of names and a great deal of self-reported information, including names, addresses, telephone numbers, Social Security numbers, dates of birth, purchase histories and credit card account numbers.

Here’s how the scam works: Someone will call you and identify him or herself as an FDA special agent or another kind of law enforcement official. You’ll be told that purchasing drugs over the Internet or telephone is illegal and be threatened with prosecution unless a fine or fee—ranging from $100 to $250,000—is paid. If you refuse to pay up, the caller threatens to search your properties, arrest or deport you, put you in jail, and even physically harm you.

Hang Up the Phone
Since the scams first came to FDA’s attention, Walsky and other OCI staff have handled dozens of calls from alarmed consumers. “I tell them it’s a scam,” Walsky says, “and that the best thing they can do is ignore the caller and hang up.”

Walsky and others who have spoken to concerned consumers also assure that no federal official would ever contact a consumer by phone and demand money or any other form of payment. As for actual physical danger, no known victim has ever been approached in person. Most of the fraudulent callers are actually based overseas, Walsky says.

The call is likely a scam if the so-called agent directs you to send the money by wire transfer to a designated location, usually overseas, and if you are warned not to call an attorney or the police. In fact, FDA special agents and other law enforcement officials are not authorized to impose or collect fines imposed for criminal acts. Only a court can take such action, with fines payable to the U.S. Treasury.

According to Walsky, some fraudulent callers have a “veneer of legitimacy” about them.

Like many telephone solicitors for illegal prescription medications, he says, they’re based overseas and use voice over internet protocol (VOIP) telephone numbers, which enable extorters to select phone numbers with specific area codes, and change numbers frequently.

Some even go to the trouble of using the Internet to find names of actual FDA law enforcement personnel, Walsky says. And they are adept at exploiting people’s fears.

What is the best way to make the calls stop?

Walsky advises victims of these scams to change whatever phone number(s) the caller used to contact them in the first place, and to stop buying drugs online unless they know the website is trustworthy. If you have purchased medication online or via telephone, you may also want to alert your credit card company and make sure that your account is up to date, and that no suspicious charges have been made against your credit card.
Social Security Announces 1.7 Percent Benefit Increase for 2013

Monthly Social Security and Supplemental Security Income (SSI) benefits for nearly 62 million Americans will increase 1.7 percent in 2013, the Social Security Administration announced today.

The 1.7 percent cost-of-living adjustment (COLA) will begin with benefits that more than 56 million Social Security beneficiaries receive in January 2013. Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2012.

Some other changes that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to $113,700 from $110,100. Of the estimated 163 million workers who will pay Social Security taxes in 2013, nearly 10 million will pay higher taxes as a result of the increase in the taxable maximum.

Information about Medicare changes for 2013, when announced, will be available at www.Medicare.gov. For some beneficiaries, their Social Security increase may be partially or completely offset by increases in Medicare premiums.

The Social Security Act provides for how the COLA is calculated. To read more, please visit www.socialsecurity.gov/cola.

Hey Kay...

Your source for Medicare answers

By Kay Barbee, CMAAA Medicare Consultant

Does Medicare ever cover dental services?

This is a frequently asked question by Medicare beneficiaries who are seeking dental services. Usually, the answer is no. For example, Medicare will not cover routine checkups, cleanings or pay for you to get fillings. Medicare will never pay for dentures. Even if Medicare has paid for you to have a tooth pulled (extracted) as preparation for a medical procedure, you will be responsible for the cost of your dentures.

Medicare may cover some dental care if it is for your general health, or if you need dental care in order for another health service that is covered by Medicare to be successful.

Some examples of when Medicare covers dental service include:

- If you have a disease of the jaw, such as oral cancer, and you need certain dental services in order to be able to receive radiation.
- If you have a facial tumor removed and had reconstruction of your jaw as part of the procedure. This is called ridge reconstruction.
- If you have surgery to fix a fracture of your face or jaw.
- If you need dental splints and wiring as a result of having jaw surgery.

While Medicare may pay for these initial services, Medicare will not pay for follow-up dental care after your underlying health condition has been treated.

Medicare may also pay for dental-related hospitalizations (including room and board, anesthesia, and x-rays; it will not cover the dentist fee for treatment or fees for the other physicians, such as radiologists or anesthesiologists).

If you are in a Medicare Advantage plan, also known as a Medicare private health plan, your plan may cover some of these dental services. You should check with your plan to find out if and what dental care they cover.

Kay can be reached at (800) 369-5211 or (573) 424-7632 or you can email Kay at BarbeeKK@centurytel.net.

Medicare Prescription Drug (Part D)
Open Enrollment ends December 7

If you haven’t reviewed your Plan D options yet, call your county care coordinator to schedule your appointment today. (See page 8 for a complete listing of care coordinators.)
Victims can report their experience to FDA via OCI’s website at: http://www.fda.gov/ICECI/CriminalInvestigations/default.htm. Click on “Report Suspected Criminal Activity.”

Trustworthy Websites

Some online websites sell prescription and over-the-counter (OTC) medications that may not be safe and can put your health at risk, including counterfeit versions of FDA-approved medications. When buying medications online, it helps to know the following signs of a trustworthy website:

- It’s located in the United States and provides a physical street address.
- It’s licensed by the state board of pharmacies where the website is operating. A list of these boards is available at the website of the National Association of Boards of Pharmacy (NABP).
- It has a licensed pharmacist available to answer your questions.
- It requires a prescription from your licensed health care professional for prescription medicines.
- It provides contact information and allows you to talk to a person if you have problems or questions.

In addition, many websites display the Verified Internet Pharmacy Practice Site (VIPPS) seal. The VIPPS seal verifies that an Internet pharmacy is safe and meets state licensure requirements and other NABP requirements.

Prevent Carbon Monoxide (CO) Poisoning

Daylight Saving Time ends on Sunday, November 4th, 2012. As you prepare to set your clocks back one hour, remember to change the batteries in your carbon monoxide (CO) detector. If you don’t have a battery-powered or battery back-up CO alarm, now is a great time to buy one. More than 450 people die each year in the US from unintentional, non-fire related CO poisoning.

CO is found in fumes produced by furnaces, vehicles, portable generators, stoves, lanterns, gas ranges, or burning charcoal or wood. CO from these sources can build up in enclosed or partially enclosed spaces. People and animals in these spaces can be poisoned and can die from breathing CO.

When power outages occur during emergencies such as hurricanes or winter storms, the use of alternative sources of power for heating, cooling, or cooking can cause carbon monoxide (CO) to build up in a home, garage, or camper and to poison the people and animals inside.

How to Recognize CO Poisoning

The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. People who are sleeping or who have been drinking alcohol can die from CO poisoning before ever having symptoms.

You Can Prevent Carbon Monoxide Exposure

- Do have your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.
- Do install a battery-operated or battery back-up CO detector in your home and check or replace the battery when you change the time on your clocks each spring and fall. If the detector sounds, leave your home immediately and call 911.
- Do seek prompt medical attention if you suspect CO poisoning and are feeling dizzy, light-headed, or nauseous.
- Don’t use a generator, charcoal grill, camp stove, or other gasoline or charcoal-burning device inside your home, basement, or garage or near a window.
- Don’t run a car or truck inside a garage attached to your house, even if you leave the door open.
- Don’t burn anything in a stove or fireplace that isn’t vented.
- Don’t heat your house with a gas oven.

CO poisoning is entirely preventable. You can protect yourself and your family by acting wisely in case of a power outage and learning the symptoms of CO poisoning.

This article is excerpted from the Centers for Disease Control and Prevention’s (CDC) website http://www.cdc.gov/Features/TimeChangeCODetectors/index.html.
Dear Beth:

By Beth Busseau,
Ombudsman Program Director

Dear Beth:

My Dad insists on leaving the skilled nursing home and move into an apartment in our home town. I don’t think he can make it on his own; after all that is why we put him in the nursing home. How can I convince him to stay put?

Thanks, Won’t Budge Son

Dear Won’t Budge:

Let me first say that I understand your frustration with your dad’s desire to leave the nursing home. It is difficult to make the arrangements for a nursing home; then take care of the move; and perhaps have the responsibility of selling your father’s home, making decisions about his belongings, and determining all of the financial obligations and responsibilities.

First and foremost, it is important to understand that each of us want the ability to make choices for ourselves. As we age and our abilities diminish, we don’t want to give up the ability to exercise choice. Your dad believes he should still have control over where he lives. And, if he is his own person without a court-appointed guardian or has not been declared incompetent by his doctor, he is able to make his own decisions, especially this choice of living arrangements. With a Durable Power of Attorney, the “agent” or “attorney-in-fact” does not have the authority to make this choice or veto this choice unless the person has been declared incompetent.

At your father’s quarterly care plan, which he should attend, nursing home staff should ask him this question under Section Q of the Minimum Data Set 3.0 (MDS), “Would you like to talk to someone about the possibility of returning to the community?” This question is part of the federally-mandated process for assessing individuals receiving care in certified skilled nursing facilities in order to record their overall health status. The process provides a comprehensive assessment of individuals’ current health conditions, treatments, abilities, and plans for discharge.

In the event your dad, or anyone else, responds with “yes” to this question, the home is required to recommend the person for “Options Counseling” provided by State-designated agency staff. They will interview your dad to determine what community support he may be eligible for and what his options are to live on his own. One option for your dad may be the “Money Follows The Person” program, where the Missouri Department of Health and Senior Services will support his transition to a community living setting such as his own apartment. If your dad receives Medicaid, has lived in the skilled nursing home for at least ninety (90) days, and qualifies for Money Follows The Person, a case worker will work with your dad to make all of the arrangements for transition and provide one year of follow up. Community supports such as home-delivered meals, home health services or transportation services can be arranged.

As a family member, we often would choose the safe environment of a nursing home for our loved one; however, everyone has the right to explore the choice of living independently in a community environment. If they are not successful and need to return to the nursing home, they will have the satisfaction of having tried.

Sincerely, Beth

Ombudsmen answer questions about long-term care, help residents solve problems and assist families on behalf of residents. This service is free and all contacts between ombudsman and caller are confidential. For more information about the Ombudsman program, or to become trained as an ombudsman volunteer, contact the Ombudsman Program staff at CMAAA, 1121 Business Loop 70 East, Suite 2A, Columbia, MO 65201, (800) 369-5211 or (573) 443-5823.
Silver Haired Legislative delegates from all areas of the state met in Jefferson City October 10-12, 2012 for their 39th annual legislative session. Delegates debated and voted on 20 separate proposals during a two and a half-day session that took place at the Capitol Plaza Hotel and Convention Center, as well as the House and Senate Chambers of the Capitol. The Silver Haired Legislators were honored to have Governor Jeremiah “Jay” Nixon address them on Thursday in the House Chambers prior to them debating their proposals. Those delegates attending from the Central Missouri area were: Mack Brushwood, of Columbia, Bill Trimm, Richard Hirst, Bill Deeken and Pat Donehue, of Jefferson City, Elizabeth Broughton and Mary Ann Gustin of Salem, Sherman Davis of Lebanon, Judy Baumgartner of Holts Summit, and Alice Scrivner of California.

At the conclusion of the session, delegates voted on their top five priority bills for presentation to the Missouri General Assembly scheduled to convene in mid January.

Silver Haired priorities include:
1. Completely Restore Funding for the Area Agencies on Aging Meal Programs;
2. Increase Funding for Medicaid Meals Program;
3. Silver Alert System;
4. Raise the Asset Level for Missouri HealthNet Beneficiaries; and
5. Limit Interest Rates and Prohibit Renewals for Pay Day Loans.
Need Help? Call Us.

SENIOR CENTERS

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

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