



The
MEAAA

SENIOR

Fair

May 15, 2009 9 a.m. to 3 p.m.
St. Ann Community Center
1 Community Center Drive

Celebrating the Fabulous Fifties



Terry Thompson Band

Book Speakers For Your May Older Americans Month Events

Together we can tackle several of seniors' biggest concerns as part of Older Americans Month in May. Economic security, health care and social activities are seniors' top three concerns, and the Department of Health and Senior Services has compiled a list of dynamic speakers to address these concerns.

We encourage you to book a speaker for a special event in May, and then let the department know about it. There is no cost for the speakers. The speakers include FBI agents who can tell seniors how to protect themselves from investment fraud schemes, a former Ms. Missouri Senior America, and many more. These speakers will appeal to a broad range of seniors in all walks of life—those who live at home, in nursing homes or who attend senior centers.

Please send an e-mail to Charisse.Pappas@dhss.mo.gov to obtain a speakers list. Please note that the department cannot guarantee a speaker's availability, and that certain speakers may be available only in a specific part of the state. Your chances of obtaining a speaker are also greater if you call or e-mail the speaker as soon as possible.

The department will publicize your speaker events and other Older Americans Month activities through press releases and its Web site in May. But they need to know about them.

Please e-mail Pappas with the particulars (e.g., date of event, time of event, name of your organization, speaker's name, location of event, contact person's name and phone number). She will add the events to a calendar that will be posted on the department's Web site throughout May.

The 2009 MEAAA Senior Fair will return you to the days of tail fins, soda shops and sock hops as we celebrate the Fabulous Fifties.

This year's fair, the 33rd annual, will take place at the St. Ann Community Center, 1 Community Center Drive, May 15, from 9 a.m. to 3 p.m. Terry Thompson and his band, masters of the music of the 1950s, join us once again. Terry's band knows the rock and roll hits of Elvis,

Fats and Buddy Holly — and they're just as good with the smooth sounds of Frank Sinatra, Patti Page and Nat "King" Cole.

Bring your steady girl or guy for the cheapest date in town — free. (You can't get any cheaper than that!) If you can still fit into that poodle skirt or letter sweater, wear it to the fair.

In addition to Terry Thompson, you'll enjoy live music from the duo of Tommy Goldenberg and Pete

Keiser. The Cameo Club will also dance and sing and get you clapping along with their unique variety show.

The fair will feature more than 50 information booths, health screenings, games and prizes — everything you've come to expect from this great St. Louis area tradition.

For more information about the MEAAA Senior Fair, contact us at 636-207-0847 or 1-800-AGE-6060.

Al Ukman Honored As Senior Service Award Winner

Al Ukman, one of the MEAAA Foundation's most active volunteers, is being honored with Lt. Gov. Peter Kinder's Senior Service Award.

Kinder will be in St. Louis County on May 5 to personally present Mr. Ukman with this prestigious award.

Mr. Ukman has been a tireless

volunteer for numerous organizations over the years. Faithfully, every week since 2001, Mr. Ukman has worked at the Mid-East Area Agency on Aging (MEAAA) Foundation sending letters to prospective donors. He has helped raise more than \$40,000 over the past three years for the foundation through this letter campaign. He also serves as secretary for the MEAAA Foundation and has held that office for the last five years. He is always willing to assist the MEAAA Foundation when an extra pair of hands is needed. In addi-



Al Ukman

tion, Mr. Ukman works as receptionist at the American Red Cross - St. Louis Chapter each week.

Because of his efforts to help organizations, Mr. Ukman is well-known in the community for his selfless concern for others.

"Recently, when asked what he would like for his 85th birthday," says MEAAA Foundation Executive Director Mary Schaefer, "he asked that donations be made to the MEAAA

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Timing Is Important With Many Medicines

Work With Your Pharmacist To Set Up A Schedule That Is Sensible And Easy To Follow

Question: I was told to take metformin every 12 hours. I take my morning dose at 8 a.m., but I often forget to take the second dose at 8 p.m. Is there another way I can take this drug?

Answer: Metformin (Glucophage) is a medicine used to lower blood sugar in patients with type 2 diabetes. The original form of metformin is dosed twice a day because of its half-life, a measure of the time it takes to eliminate a drug from the body.

There also is a newer form of metformin that is an extended release product and can be given once a day. The manufacturer recommends that metformin be taken with meals — namely breakfast and dinner — to reduce the risk of stomach side effects, such as nausea, diarrhea and gas. It is not necessary that the doses be 12 hours apart.

The once-daily form of metformin is recommended to be taken with the evening meal. Thus, you can safely take your metformin at 8 a.m. and with supper, 8 to 10 hours apart. In this way, you will be less likely to forget the second dose because it will be tied to an event you routinely do every day.

Because different medications have different recommendations on



Hedva Levy,
PharmD,
BCPS, CGP

Ask The Pharmacist

how to time the doses, it's best to check with your pharmacist on whether timing is important for any of your other medicines, as well. The timing of medicines with regard to meals can be important for certain drugs. For example, omeprazole and Prevacid® need to be taken 30 minutes before a meal. Carvedilol should be taken with food in the stomach.

"Three times a day" usually means that it's OK to time the drug around mealtimes (pentoxifylline, for example). However, for some medicines, every eight hours might be more appropriate (antibiotics, for example).

Medication schedules or regimens are best when kept as simple as possible. A simple regimen helps

you remember to take your medicines. Doses scheduled for the middle of the afternoon, or in your case at 8 p.m., often can be moved to a more convenient time.

Ideally, medicine doses are tailored around activities that you do every day, such as with mealtimes and bedtime. An occasional exception might creep up (one hour before or two hours after a meal, for example), but work with your pharmacist to develop a schedule that works for you. She can use her expertise to make a sensible, easy to follow regimen that ensures that the timing of your medicines is appropriate.

If you would like a blank medication schedule that you can fill in with your medications and when to take each one, send a self-addressed stamped envelope to HbL PharmaConsulting, 9648 Olive Blvd., #309, St. Louis, MO 63132.

Mid-East Area Agency on Aging can also send you a free pill minder to help you keep track of your medicine. Call MEAAA at 636-207-0847 or 1-800-AGE-6060 to have a pill minder mailed to you.



Aging Matters

Aging Matters is a publication of Mid-East Area Agency on Aging, a non-profit organization providing services and information to people age 60 and over and their caregivers.

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Our Mission:
Assisting Adults Through the
Journey of Aging



Scam Alert!

Your \$250 Economic Recovery Payment Is Automatic — Don't Pay Anyone To Help You Get It

The federal government is gearing up to distribute \$250 economic recovery payments to more than 50 million people who receive Social Security and Supplemental Security Income (SSI) benefits.

Be prepared for scams!

- All Social Security and SSI beneficiaries who are eligible for the special one-time recovery payment will have their payment issued in May.
- The payment is automatic.
- There are no requests to make, no applications to complete, no e-mails to respond to and no fees to pay, no help required to obtain the payment.

Social Security has an Office of the Inspector General (OIG) that will investigate allegations of fraud, including circumstances where scammers attempt to intercept a beneficiary's one-time economic recovery payment.

Report any such activity to Social Security's OIG at www.socialsecurity.gov/oig or by calling the fraud hotline at 1-800-269-0271 between the hours of 9 a.m. and 3 p.m. central time.

The American Recovery and Reinvestment Act of 2009 provides this one-time payment of \$250 to adult Social Security beneficiaries and to SSI recipients, except those receiving Medicaid in care facilities.

To receive the payment, the individual must be eligible for Social Security or SSI during the months of November 2008, December 2008, or January 2009.

The legislation also provides for a one-time payment to Veterans Affairs (VA) and Railroad Retirement Board (RRB) beneficiaries. The VA

and RRB will be responsible for paying individuals under their respective programs.

However, if someone receives Social Security and SSI, VA, or RRB benefits, only one \$250 payment will be received.

The Social Security Administration (SSA) urges those who receive Social Security and SSI to refrain from calling about the payment unless the benefit is not received by June 4.

There are a number of educational resources you can use to learn the facts and prepare for I&R questions.

Log onto the Social Security Administration's Web site, www.ssa.gov/payment/ to find the Social Security Economic Recovery One-Time Payments information page. There you will find frequently asked questions, a training video, scam alert, factsheet and a brochure that can be ordered in bulk by sending an e-mail to oea.net.post@ssa.gov.

Tributes

Call the MEAAA Foundation when you want to send a Tribute in honor of someone's birthday, anniversary, health or any other special occasion. The MEAAA Foundation will gladly send a note to the person you want to honor with your gift. A \$100 contribution will entitle you to 10 tributes.

For details call 636-207-0847 or 1-800-AGE-6060. Or send your tax-deductible donation to the MEAAA Foundation, 14535 Manchester Road, Manchester, MO 63011.

Gifts to the MEAAA Foundation Jan. 23-April 23, 2009

Special Thanks to

*Ray & Diane Keefe
The Emerson Charitable Trust
Hallmark Holdings/Heartland Bank*

*Jack & Ione Anderson
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Irene Cummings
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David Steinberg
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In Memory of

*Mary M. Heisler
Charles Heisler*

In Memory of:

*Hortense Hartkopf Kuehner
Marjorie Wilkins Behan
Genina Williams*

Alice & Howard Handelman

In Memory of Lester Bohle

*Mary & Jim Schaefer
Jeannette Bommarito
Phyllis Reed & Jack Lewis*

In Memory of Lotte Brand

Myrna Hershman

In Memory of Ann Levinson

Mary & Bruce Horwitz

In Honor of

Marvin Grossman's Recovery

Al Ukman

In Honor of

Freida Handelman's Birthday

Mary Oxenhandler

In Honor of

Mr. & Mrs. Craig Ukman

*Myron & Rhoda Hochman
Betty Abrams*

In Honor of:

Esther Schlutz's Birthday

Karen Handelman's Birthday

*Alex Davis' Birthday
Alice & Howard Handelman*

In Honor of

Al Ukman's Recovery

Dee Rosenthal

In Honor of Samuel Kennedy

Russell & Jan Mandziera

MEAAA And Alzheimer's Association Sponsoring Caregiver Retreat

Friday, May 22
9 a.m. – 2:30 p.m.
Clayton on the Park
8025 Bonhomme, Clayton

Join MEAAA and the Alzheimer's Association at Clayton on the Park May 22 for a fun-filled day of relaxation, support and information. This free retreat is for full-time caregivers of loved ones 60 years of age or older. Continental breakfast and lunch are included.

Reservations will be taken by telephone only, starting 9 a.m. on Monday, April 27. Call (314) 801-0424 to make your reservation. Retreat space is limited to the first 50 participants. No group phone reservations will be accepted.

"The staff at Clayton on the Park



A 2008 MEAAA/Alzheimer's Association Caregiver Retreat featured a session on exercise and relaxation by Jane Hahn.

is excited to be hosting this wonderful day of pampering for these special people" says **Stacy Tew-Lovasz**, Clayton on the Park executive director. "Caregivers deserve our honor and respect for their sacrifices and loving care."

Presenters for the conference include **Elizabeth Reinsch**, human development specialist with University of Missouri Extension, whose topic will be "Happiness."

Also presenting will be **Malinda**

Meyer, a mother, grandmother and practicing registered nurse for more than three decades. She will offer a lively segment at the retreat focusing on humor.

The caregiver retreat is part of a continuing series sponsored by Mid-East Area Agency on Aging (MEAAA) and the Alzheimer's Association St. Louis Chapter. The retreats are planned for each of the four counties of St. Louis, St. Charles, Franklin and Jefferson.

Mayors For Meals Enlists 26 Local Officials



Winchester Mayor Gail Winham delivers a meal to Helen Nenadovic as part of Mayors for Meals Day, March 18.

Twenty-four prominent public officials in the metro area hit the road to deliver Meals on Wheels March 18.

The officials lent their support to Mid-East Area Agency on Aging's fourth annual Mayors for Meals campaign. MEAAA operates Meals on Wheels programs in the counties of St. Louis, St. Charles, Franklin and Jefferson.

Mayors for Meals' purpose is to raise awareness of the need for

Meals on Wheels volunteers and of the role of home-delivered meals in making it possible for seniors to continue living independently. It is a national event sponsored by the Meals on Wheels Association of America, of which MEAAA is a member.

"Our officials know how important Meals on Wheels are to their communities," says Patricia Hoeft, MEAAA senior centers director. "These mayors and other local officials showed they know that it makes sense to support seniors living in their own homes."

Participants included: Department of Health and Senior Services Director **Margaret Donnelly** and state Reps. **Belinda Harris**, D-110, **Cynthia Davis**, R-19 and **Vicki Lorenz Englund**, D-85.

In St. Louis County: mayors **Lawrence Besmer** of Woodson Terrace, **Mike Schneider** of Overland, **Gary Guittar** of St. Ann, **Bert Gates** of Shrewsbury, **Joe Adams** of University City, **Virginia Bira** of Vinita Park, **Gail Winham** of Winchester, and **David Willson** of Manchester. County Council member **Steve Stenger** also delivered.

In St. Charles County; mayors **Pam Fogarty** of Dardenne Prairie, **Donna Morrow** of O'Fallon, **Patti York** of St. Charles, and **Paul Lambi** of Wentzville and St. Peters Alderman **Jerry Hollingsworth**.

In Franklin County: mayors **Otis Schulte** of Gerald, **Ron Blum** of St. Clair, **James Schatz** of Sullivan, **Mike Livengood** of Union, and **Richard Stratman** of Washington.

In Jefferson County, Presiding Commissioner **Chuck Banks**, De Soto City Manager **David Dews**, and Mayor **Frank Roland** of Hillsboro.

There are still many opportunities for everyone else to deliver meals on any weekday.

"Our public officials did a great job of setting an example," says Hoeft. "They showed their residents how important volunteering for Meals on Wheels is."

Hoeft also says MEAAA can work with almost anyone's schedule.

"Some people deliver every weekday, some just one day a week," she says. "Others fill in for volunteers on vacation. Delivering only takes an hour or so during the day, so we can match just about anyone with a route."

For more information on volunteering for MEAAA's Meals on Wheels program, call 636-207-0847 or 1-800-AGE-6060.



Chloe and other senior cats are looking for loving homes.

Senior Cats For Senior People

Rescue Group Pairing Mature Felines And Older Adults

A St. Louis pet rescue organization has announced a program to pair beautiful loving cats over eight years old with older residents in pet-friendly housing at no charge to the resident, including lifetime veterinarian care.

The organization, Dr. Doug's Vet-Pet Rescue, can help seniors adopt cats that are already up to date with immunizations, neutered or spayed, parasite-free, microchipped and in good health. A resident will only need to provide love, good food and a litterbox.

Cats that are maintained indoors live, long healthy lives and provide years of love and companionship. There is nothing more soothing than a purring cat. Pets can be a great aid in keeping you healthy, helping you to maintain normal blood pressure and an active mind and give you a conversational companion. You can tell cats anything, and they don't repeat it to your family or neighbors! Cats appreciate interactive play even when they are older and help keep their person active.

If you are interested in learning more about having your own companion you may contact: Mandy Seitter at 636-530-1808 or Barb Vanderbeek at 314-494-7826.

MEAAA Honors Tax Volunteers

Mid-East Area Agency on Aging will thank its 2009 tax volunteers at a special event May 1. Clayton on the Park, a Sunrise Senior Living residence, will host a breakfast in honor of the volunteers.

In the tax year just ended, MEAAA's 15 volunteers helped hundreds of older adults prepare their income tax and Property Tax Credit returns. All volunteers passed a rigorous IRS test to qualify to provide this free service.

"We estimate these wonderful volunteers saved seniors more than \$45,000 in tax preparation fees," says Cindy Carlson, MEAAA's tax program coordinator. "Tax time always makes people nervous, too, and you can't put a dollar value on the peace of mind our volunteers gave to their clients."

"Clayton on the Park is happy to host this event," says Stacy Tew-Lovasz, Clayton on the Park's executive director. "Sunrise Senior Living has partnered with MEAAA on many projects over the years, and we're glad to have to opportunity to help them recognize their volunteers."

Carlson noted that the MEAAA volunteers prepared almost 350 federal and state returns. The volun-



MEAAA tax program coordinator Cindy Carlson watches as volunteers Gene King (left) and Jim Sisson discuss a tax return.

teers were able to help seniors claim more than \$100,000 in federal and state tax refunds. In addition, they helped many other senior renters and homeowners file for the Missouri Property Tax Credit.

MEAAA is a private non-profit agency offering services and information to people age 60 and older and their caregivers in the Missouri counties of St. Louis, Franklin, Jefferson and St. Charles.

Designed exclusively for active, independent seniors, Clayton on the Park is a one-of-a-kind rental retirement-living residence located at 8025 Bonhomme Avenue in the heart of Clayton. For more information, call 314-725-9990.

News & Notes

Transitions

Good luck to long-time MEAAA payroll and benefits administrator **Myrna Land** (at right, bottom), who retired April 15 after more than 15 years with the agency. Joining the fiscal department are **Sherry Maurer** (left) as the new payroll administrator and **Deb Schnyder** in accounts payable.

Our sympathies to the family of **Mary Patricia "Pat" Looser**, (lower left) former member of the MEAAA Silver Haired Legislature delgation, who passed away March 21.

Congratulations to **Pam Guest** (lower right), administrator at MEAAA's South County Senior Center, who was named MEAAA's Employee of the Month for February.



Trivia Night August 29

Mark your calendar for the MEAAA Foundation's first trivia night. It will be held Aug. 29 at the Trinity Lutheran Church, 14088 Clayton Road, Chesterfield. Call 636-207-0847 or 1-800-AGE-6060 for information.



MEAAA Welcomes New Board Members

Four new members have joined MEAAA's all-volunteer board of directors. Clockwise, from left: **Thomas Diehl**, St. Louis County; **William Rupp**, St. Charles County; **Ken Hawkins**, St. Charles County; **Carrie Cafazza**, St. Louis County.

Ukman Honored

Continued from Page 1

Foundation. Many donations came in from his personal friends to honor the occasion."

Mr. Ukman is very willing to ask his friends to join him in supporting community causes. He has recruited several to assist MEAAA in different ways.

"Al has a special dedication to the foundation's Supply Bank for Senior Independence," adds Schaefer, "which provides incontinence prod-

ucts and liquid nutritional supplements at no cost to older adults in need.

"Al knows the Supply Bank keeps seniors living independently, and he's been one its greatest supporters," says Schaefer.

The MEAAA Foundation is a 501(c)(3) organization that supports the programs of the Mid-East Area Agency on Aging. Tax-deductible Tribute donations can be made to the MEAAA Foundation, 14535 Manchester Road, Manchester, MO 63011.