



Silver Haired Legislature 50th Anniversary

The Missouri Silver Haired Legislature (SHL) celebrated its 50th anniversary during its annual session in Jefferson City this month. In honor of the group, Governor Mike Parson has officially proclaimed October as Missouri Silver Haired Legislature Month.

At present, SHL has 122 members elected from the 10 Area Agencies on Aging covering Missouri. Coordinated by the Department of Health and Senior Services (DHSS), the delegates are all age 60 and above. They come from many different backgrounds,

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all sharing the goal of making a difference in the lives of their fellow aging Missourians.

The volunteer senators and representatives bring a wealth of wisdom and experience to the table. They meet for two days in the fall to conduct a model legislative session.

At that time, members present, debate and vote on a pre-prepared docket of bills and resolutions that concern legislation, which affects the lives of not only the elderly but all Missouri citizens. From the docket, five bills having the highest priority are selected as the group's main focus for the upcoming year.

SHL delegates also convene at the Capitol in Jefferson City each spring for a regular meeting of the Board of Directors as well as a chance to meet with legislators and discuss SHL's past achievements and current priorities. In addition, each region meets locally in July to prepare the bills they would like to submit for consideration at the fall session.

The SHL has the distinction of being the very first organization of its kind in the United States. In 1973, a small group of senior citizens met with the President Pro Tem of the Senate, William Cason,

to discuss and form a group whose specific purpose was to advocate for senior issues. Throughout the years, the SHL has continued to serve as a legitimate voice for older adults, to support legislation to improve the lives of all senior Missourians.



SHL President John Kramer, admires the 50th anniversary cake.

The event which took place October 17 - 19, included a banquet, a cake-cutting ceremony and several inspirational speakers. Door prizes and some wonderful silent auction items were also available.

If SHL sounds like a volunteer activity you would like to be involved in, please contact Melissa at 573-489-3260 or mschulte@agingbest.org. For more background and information on the Missouri SHL program visit: <https://health.mo.gov/seniors/silverhairred/>.

News Tribune Promotes Medicare Open Enrollment

Aging Best team members were recently featured in a lengthy article in the News Tribune that stressed the importance of reviewing your Medicare plan every year.



Aging Best team members Ronecia Duke and Victoria Johnson are pictured attending a training session to prepare for Open Enrollment assistance.

The article provided information on some of the terms we often hear but may be unfamiliar with such as Traditional Medicare and Medicare Advantage. It is important to fully understand what is available and what plan covers your specific needs. Aging Best's Specialists are trained to assist you in finding the plan that works best for you. During your appointment they will gather your information and

guide you through the application process. In addition, the Specialist will check your eligibility for SNAP (Food Stamps), energy assistance and other savings programs. This is a great time to explore all possible savings for the coming year.

Appointments can be scheduled by calling Aging Best at 800-369-5211. You will be connected to a Specialist in your area who can schedule a time to speak with you about your options for 2024. We are here to help you prepare and look forward to hearing from you.

Vaccine Clinics

Aging Best is part of a national effort to help more older adults get vaccinations. By partnering with local Health Departments we have been able to offer pop-up clinics in Senior Centers and other community locations. The clinics are targeted at older adults which helps provide a more quiet and comfortable atmosphere to receive vaccinations than in larger, busier locations that include all age groups.

The clinics also provide educational materials and assistance with other programs. The vaccinations provided vary by location. The main focus is on flu and/or COVID, but other options

such as RSV or shingles may be offered as well as blood pressure screenings at some locations.



Participants register to receive their vaccines at California Nutrition Center.

Aging Best will continue to add new locations. The next clinic is scheduled this month at:

Boone County

The Crossing Church

Wednesday, November 15

10:00 - Noon

Many adults may not be receiving the recommended vaccines. This leaves not only the unvaccinated individual, but the friends and family they interact with vulnerable to serious diseases. As we age our immune systems may not respond as well. It is important to be informed of the recommended vaccinations for your age group (See pages 5 - 6) and to make sure they are kept up to date. Doses and booster recommendations may vary making it important to check annually.

The most common side effects for vaccines are mild and may include pain, swelling, or redness where the vaccine was given. If you have had a reaction to a previous vaccination or have questions about receiving your first, you may want to speak with your health care provider.

For more information on upcoming vaccine clinics call 800-369-5211.



Residents' Rights Month is an annual event celebrated each October to honor residents living in all long-term care facilities. Learn the facts:

- Residents of nursing homes have rights in addition to rights as US citizen or resident.
- This additional set of rights, called Residents' Rights, is legally protected by federal law.
- The nursing home must protect and promote all of your rights.
- Exercising your rights can help ensure you have the quality of care and life you want and need.

For more information 573-476-5746 or or email rgiger@agingbest.org.



**YOU'VE
GOT THIS.**

We've got you.

Vaccine Facts

What Vaccines Should I Get?

Most people should get vaccinated for:

- **Seasonal Flu (Influenza):** Get by the end of October or soon after.
- **COVID-19:** Everyone aged 5 years and older should get 1 updated COVID-19 vaccine, at least two months after getting the last dose of any COVID-19 vaccine. People who are immunocompromised may get additional doses of updated COVID-19 vaccines and should talk to a healthcare professional about additional updated doses.

Check with a healthcare professional to see if there are additional vaccines that are right for you.

Most people over age 50 should also get vaccinated for:

- **Shingles:** Get 2 doses within 2 to 6 months.
- **Pneumonia (over age 65):** Get 1-2 doses one year apart depending on your age and whether you have already had 1 dose. Talk with a trusted healthcare professional to find out what is best for you.
- **TDAP (Tetanus, Diphtheria and Pertussis) (over age 7):** Get TDAP or TD every ten years after an initial shot.
- **RSV (Respiratory Syncytial Virus) (over age 60):** Talk to your healthcare provider about getting a single dose of the RSV vaccine.



Are Vaccines Safe?

- The United States long-standing vaccine safety system ensures that vaccines are as safe as possible.
- For example, hundreds of millions of Americans have safely received seasonal flu and COVID-19 vaccines.

Do Vaccinations Cause Side Effects?

- Vaccines can have side effects, but most people experience only mild side effects—if any—after vaccination.
- The most common side effects are fever, tiredness, body aches, or redness, swelling and tenderness where the shot was given.
- Mild reactions usually go away on their own within a few days. Serious or long-lasting side effects are extremely rare, and vaccine safety is continually monitored.

QUESTIONS?

If you are not sure, talk with a trusted healthcare professional to find out which vaccines are recommended for you. [Learn more at www2.cdc.gov/nip/adultimmsched/](http://www2.cdc.gov/nip/adultimmsched/)

Why Should I Get Vaccinated?

- Getting vaccinated is the best way to reduce your risk of getting these diseases.
- Vaccines reduce your risk of getting very sick if you do get these diseases.
- The people most at risk for getting very sick from these diseases are people over age 65, people with disabilities and people who have compromised immune systems or health conditions like asthma, diabetes or heart and lung disease.

What is the Cost?

- Vaccines are covered by insurance. Not insured? We can help.

Recent Activities



Sayers Senior Center



Dixon Senior Center



Osage Beach Senior Center



Waynesville Senior Center



Mexico Senior Center



California Nutrition Center



Cuba Senior Center



Salem Senior Center