We Help You Maintain Quality of Life and Independence

SeniorAge plans, develops, coordinates, and delivers a wide range of service and support to help seniors 60 and over remain independent and at home. Every relationship we nurture begins with a simple phone call or friendly visit. Having the right information is key to helping you navigate the complicated maze of life. Here is what we can do for you:

Support (Information and Assistance)
We answer questions and provide guidance in the areas of home care, housing options, adaptive and safety equipment for the home, as well as signing up for public benefits.

Care Coordination/Caregiver Guidance
We provide options counseling and then link you to opportunities and services within your own communities.

Nutrition
Our nutrition programs target hunger, malnutrition, and food insecurity in a variety of ways. For those who are able, our Senior Activity Centers offer healthy meal options in a dining room setting. Volunteers deliver meals to our in-home diners who meet the eligibility requirements.

Telephone Reassurance
A friendly phone call goes a long way. Our Telephone Reassurance phone calls offer a friendly check on loved ones. Our team will call you each week to make sure you are staying well, have plenty of food and supplies, and reassure you that we’re here for you.

Health and Wellness
Wellness programs include fitness and exercise, health management, foot clinics, falls prevention, and other research-based interventions. Check out our new virtual classes, offering you education in the comfort of your own home.

Advocacy (Championing for Seniors)
We work on your behalf to help protect and prevent elder abuse through services like the Ombudsman program which enhances the lives of long-term care residents. We also support the efforts of Silver-Haired Legislature volunteers who promote and endorse positive legislation for senior needs.

Additional Benefits:
• Care Coordination
• Medicare Education and Enrollment
• Tax Counseling for the Elderly
• Property Tax Rebates/Renters Rebates
• In-Home Services/Essential House Cleaning
• Personal Care/Respite Care
• Transportation Options
• Insurance Counseling (Navigator)
• Patient Companion
• Text Alert Program
• And many other programs supported by County Senior Citizens’ Services Funds

We are redefining a generation.

Support for seniors.
Compassion for caregivers.

Independence for all.
SeniorAge offers a wide range of activities and programs through 34 senior centers in our 17-county service area of southwest Missouri:

- Home and center dining meals—exceeding the one-million mark annually
- Information and assistance
- Medicare enrollment
- Transportation services
- Benefits enrollment counseling
- Volunteer opportunities
- Health, fitness, and wellness programs
- Social and recreational activities
- The South Central Pension Rights project helps you find retirement benefits you are entitled to
- Educational and arts programs
- Our new alert program sends you county-specific urgent text messages to help you stay safe and informed.
- Telephone reassurance is offered area-wide. A friendly staff or volunteer calls each week, with a gentle “how are you doing” wellness check.

Today’s Senior Activity Centers are transforming. New programs and opportunities keep the centers dynamic for seniors across the entire age spectrum, from new boomers to the 100+ club.

SeniorAge E-News features the latest collection of information and news you need to know, in electronic format.

Website
www.senioragemo.org

Blogsites
www.makingagingmoreengaging.com

Tax-Deductible Contributions
www.continuetogive.com/senioragegiving

Wellness Opportunities
SeniorAge offers free workshops for Chronic Disease Self Pain Management, Walk with Ease, Circle of Friends, Dementia Friends, Alzheimer’s Support and Matter of Balance. Call for more information about classes in your county.

Our Mission

Our Vision
Opportunities, answers, and freedoms for all seniors.