



## 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.

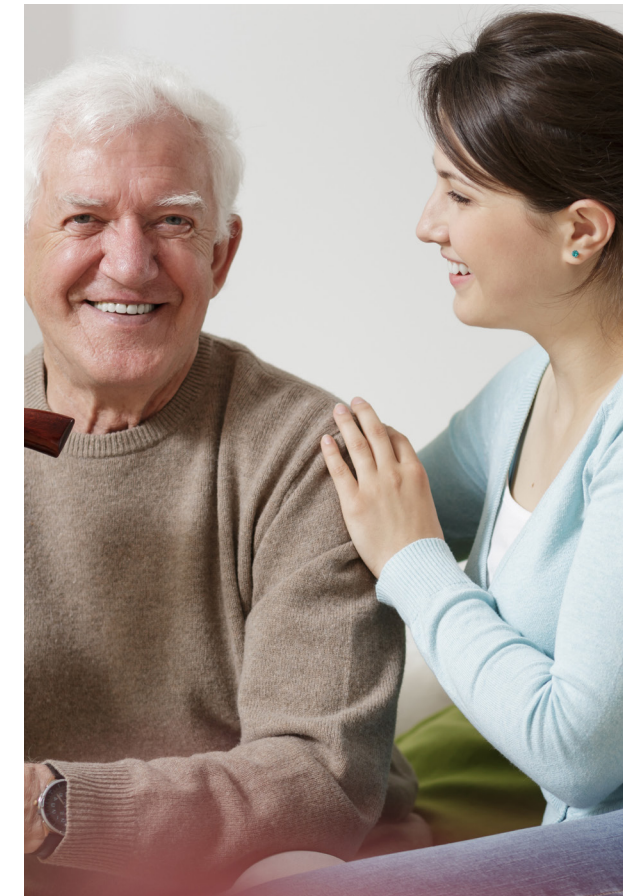
### Additional Benefits:

- 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.



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[www.senioragemo.org](http://www.senioragemo.org)

[facebook.com/senioragemo.org](https://facebook.com/senioragemo.org)

Blog: [www.makingagingmoreengaging.com](http://www.makingagingmoreengaging.com)

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## Brighter Days and a Bigger Community

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.

## We are Helping You Connect in Your Community

<b>Alton Multi-Purpose Senior Center</b> 204 S. Main, Box 403 65606 .....417-778-7342	<b>Monett Senior Center</b> 405 Dairy 65708 .....417-235-3285
<b>Ash Grove Sunshine Center</b> 310 Perryman, Box 72 65604 .....417-751-3826	<b>Mt. Vernon Senior Center</b> 425 N. Main, Box 51 65712.....417-466-2072
<b>Aurora - Heritage Harmony House</b> 700 Hudson, P.O. Box 229 65605.....417-678-5383	<b>Mtn. Grove Grant Center</b> 700 East State St. 65711 .....417-926-5867
<b>Ava Grant Center</b> 109 N. Spring St. 65608.....417-250-8029	<b>Mtn. View - R. Claude Trieman Grant Center</b> 903 E. 5th St. 65548.....417-934-6504
<b>Bolivar - Polk County Senior Center</b> 1850 W. Broadway 65613.....417-326-5570	<b>Nixa Senior Center</b> 404 S. Main Street 65714.....417-725-2322
<b>Branson Senior Center</b> 201 Compton Drive 65616.....417-335-4801	<b>Ozark Senior Center</b> 727 N. 9th St., Box 681 65721.....417-581-2538
<b>Buffalo - Montgomery Senior Center</b> 303 N. Maple St. 65622 .....417-345-8277	<b>Republic Senior Friendship Center</b> 210 E. Hines 65738.....417-732-7672
<b>Cabool Senior Center</b> 910 Cherry 65689 .....417-962-3860	<b>Rogersville Area Senior Center</b> 197 Marshall, Box 52 65742.....417-753-7800
<b>Cassville Senior Center</b> 1111 Fair Street 65625 .....417-847-4510	<b>Seymour Senior Center</b> 205 Commercial, Box 26 65746 .....417-935-2211
<b>Greenfield Grant Center</b> 58 N. Allison Ave. 65661.....417-868-9503	<b>Shell Knob - Central Crossing Senior Center</b> 20801 YY-15 Rd., Box 707 65747.....417-858-6952
<b>Eminence Senior Center</b> 108 Grey Jones, Box 513 65466.....573-226-3839	<b>Springfield: Northview</b> 301 E. Talmage 65803 .....417-864-8606
<b>Fair Grove Senior Center</b> 122 S Orchard Blvd. 65648 .....417-759-9455	<b>Springfield: South Side</b> 2215 S. Fremont 65804.....417-890-1313
<b>Forsyth - Senior Friendship Site</b> 13879 Hwy. 160 N, Box 248 65653 .....417-546-6100	<b>Strafford Senior Center</b> 201 W. Bumgarner 65757 .....417-736-9898
<b>Gainesville - Ozark County Senior Center</b> 516 CR 800, Box 122 65655.....417-679-4746	<b>Thayer - Fun &amp; Friends Senior Center</b> 100 Chestnut, Box 222 65791.....417-264-7354
<b>Houston Senior Center</b> 301 S. Grand 65483 .....417-967-4119	<b>West Plains Senior Citizens Center</b> 416 East Main 65775 .....417-256-4055
<b>Kimberling Area Senior Center</b> 63 Kimberling, Box 873 65686 .....417-739-5242	<b>Willow Springs Senior Center</b> 501 Senior Center Lane 65793 .....417-469-3892
<b>Marshfield Senior Center</b> 427 W. Washington St. PO Box 305 65706 .....417-859-3555	<b>Winona Senior Center</b> 212 Sapper St., Box 7 65588 .....573-325-4636



## Get Connected to Information

### SeniorAge E-News

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

### Website

[www.senioragemo.org](http://www.senioragemo.org)

### Blogsite

[www.makingagingmoreengaging.com](http://www.makingagingmoreengaging.com)

Features activities and helps you make connections in your community

### Tax-Deductible Contributions

[www.continuetogive.com/senioragegiving](http://www.continuetogive.com/senioragegiving)

We accept donations for our programs, services, and meals.

### 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

Working together. Finding options.  
Bettering lives.

### Our Vision

Opportunities, answers,  
and freedoms for all seniors.