

**Retired Senior Volunteer Program (RSVP)  
and  
The Volunteer Intergenerational Center  
(VIC) in Cape Girardeau and Scott Coun-  
ties**

- Provides a variety of opportunities for re-  
tired persons aged 60 and older to partici-  
pate more fully in the life of their commu-  
nity through significant volunteer service
- Special events can serve as a volunteer  
project for a group, a business, a family, or  
an individual – with a specific start and  
end time that can fit into any schedule.  
Volunteering with a group is a great way  
to build teamwork with co-workers or have  
a fun day with family and friends
- For more information about these pro-  
grams contact:

Email: [rsvpvic@sbcglobal.net](mailto:rsvpvic@sbcglobal.net)  
Phone: 573.887.3664  
Office: 105 N. Main, Chaffee, MO  
Website: [www.vicrsvp.org](http://www.vicrsvp.org)

**Transportation Program**

- Contracted transportation providers pro-  
vide services to seniors 60 and older, and  
handicapped individuals aged 18-59
- For help in determining which provider  
serves your area, call 1-800-392-8771

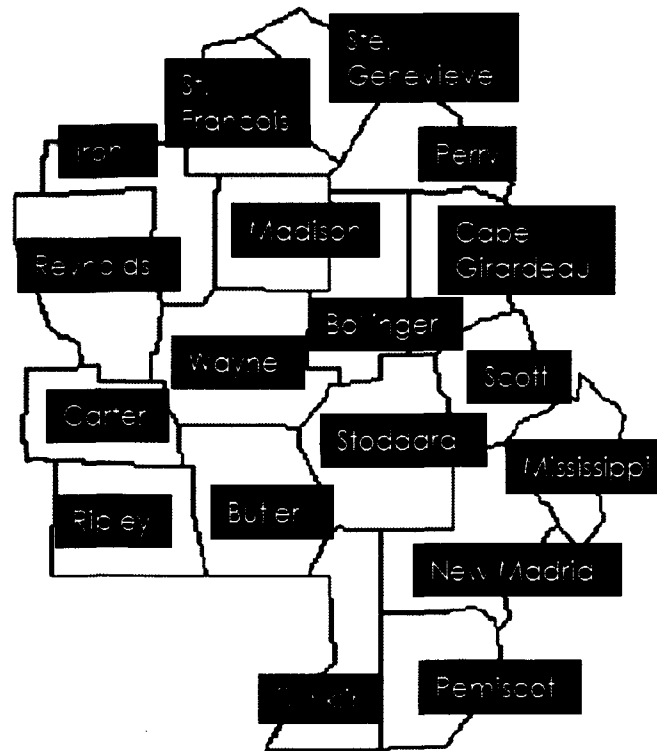
**Other services**

- Limited legal services
- Transportation assistance for medical  
appointments
- Referrals for housing repairs
- A periodical newsletter
- Applications are available for:
  - Books on tape
  - Open captioned tapes
  - Property Tax Credit
  - Assistive telephones
  - Hearing Aids

**Silver Haired Legislature**

- The Silver Haired Legislature (SHL) is a formally  
elected body of volunteer citizens 60+ of age that  
promote conscientious legislature advocacy for Mis-  
souri's older adults
- Each year in the Fall, the delegates participate in a  
mock legislative session in Jefferson City to debate  
SHL proposals and vote to determine the 5 priority  
bills for which they advocate with the Missouri Gen-  
eral Assembly

Our service area:



1078 Wolverine Lane  
Suite J  
Cape Girardeau, MO 63701  
Phone: 573.335.3331 | 800.392.8771  
Fax: 573.335.3017  
Website: [www.agingmatters2u.com](http://www.agingmatters2u.com)



# AgingMatters

## What is Aging Matters

Aging Matters, formerly known as Southeast Missouri Area Agency on Aging, is a not-for-profit organization serving an eighteen county area in Southeast Missouri. Our essential goal is to provide quality services to enhance the health, safety, and well-being of persons, age 60 and over, enabling them to live in their own homes for as long and independently, as possible.

# About Aging Matters

Aging Matters is one of ten Area Agencies on Aging in the State of Missouri. Nationwide, there are over 600 agencies, all established under the Older Americans Act in 1973 to respond to the needs of Americans 60 and over in every local community. By providing a range of options that allow older adults to choose the home and community-based services and living arrangements that suit them best, AAAs make it possible for older adults to remain in their homes and communities as long as possible.

An eighteen-member Board of Directors governs Aging Matters. One delegate from each county is elected by adults, 60 years of age and older, living in the service area.

## Programs & Services

### Nutrition Program

- 32 Senior Centers in our service area provide nutritious noon meals Monday through Friday
- Home delivered meals are available for persons 60+ that are not physically or mentally able to visit the center and lacks transportation to the center
- Supportive services are offered, including recreational activities, educational programs, information and assistance, outreach, and health and welfare counseling
- A Distance Dining program is available for clients 63+ and reside outside the delivery area of a senior center

### Information & Assistance

- Specialists provide much needed information about available services and resources
- Assistance with specific issues, such as Medicare, Medicaid, insurance, personal assistance or mediation with a specific problem
- Medicare boot camps provide valuable information
- Assistance with Med D enrollment
- Toll-free help line: 1.800.392.8771

### Long Term Care Ombudsman Program

- The Ombudsman Program was established by the Older American's Act to be a 'voice' for residents in long term care facilities, assuring that resident rights are upheld
- Advocates for individual residents, educates and informs the public regarding resident rights and long term care facility issues
- Provides information on options to nursing home placement
- Call for information about becoming an ombudsman volunteer



### In Home Services

- Most seniors want to remain living at home for as long as possible, but sometimes need help with various tasks and activities
- Whether you live alone, with family or friends, or in a retirement community, in-home services can help
- Needs vary from person to person and change with age
- To be eligible for services you must be age 60 or older
- Homemaker chores is a housekeeping service available to assist with tasks you are physically unable to do
- Personal care is available to help with bathing and other special needs

## We Listen, We Help

### Family Caregiver Program

- Established by the Administration on Aging in November 2000 and opened in Southeast Missouri in August of 2001 with the mission of empowering and supporting unpaid family caregivers
- Family caregiving is the act of assisting someone you care about who is 60 or older and is chronically ill or disabled and no longer able to care for themselves
- We support caregivers by providing educational programs, support groups and individual information and assistance; providing limited respite; and limited supplies assistance
- Monthly Caregiver newsletter