

## Did You Know?

People in Affton & Bayless are older than in other parts of the county or state. 21% of these residents are at least 65 years of age, compared to 14% of County, and 13% of state residents.

## Safety Matters!!

These **10 home modifications** will help older Affton & Bayless residents live safely and independently in their own homes.

### No/Low cost changes:

- Remove scatter rugs; use no-slip mat in bath area
- Move items within reach (avoid step ladders)
- Improve lighting (Increase wattage of bulbs, add night lights in bedroom, hallways, bathroom)
- Use reflector tape on edge of steps

### Moderate cost changes:

- Add grab bars for bath/shower/toilet areas
- Install hand rails on both sides of stairs
- Raise height of bed/chairs/toilet seat
- Add motion sensitive lighting inside

### Good investments for aging in place:

- Move laundry to same floor as bedroom
- Install bathtub with built-in transfer seat, or shower unit with fold-down seat

Visit [www.aarp.org/families/home\\_design/](http://www.aarp.org/families/home_design/) for more great suggestions and tips.

### **Additional Non-profit Agencies Serving Affton & Bayless**

Cardinal Ritter Senior Services (314) 961-8000  
Lutheran Senior Services (314) 963-3430  
St. Andrews Senior Services (314) 726-0111



## Programs and Services for Older Adults

*Affton Community Betterment Association  
(314) 843-1171, ext. 2; Email: [afftonacba@yahoo.com](mailto:afftonacba@yahoo.com)  
This brochure is available on the ACBA website:  
[www.afftonacba.org](http://www.afftonacba.org)  
(print double-sided and fold)*



## County Older Resident Programs

County Older Resident Programs (CORP) provides programs, services, and volunteer opportunities for Saint Louis County Residents age 60 and over. Most programs and services are free of charge; however, donations are accepted for all services.

### CORP Connections

The following is a short listing of programs and services offered by CORP. These programs also welcome the assistance of older adult volunteers.

- **Home Care & Repair** – referrals to skilled workers for help with minor home repairs and in-home services (fees negotiated between customer and worker)—(314) 615-4021
- **Tax Assistance** – trained volunteers prepare state and federal tax forms in season and provide year-round assistance with the Missouri Property Tax Rebate
- **Legal Assistance** – volunteer attorneys prepare simple wills, quit claim deeds, and other legal documents
- **Neighbor Driving Neighbor** – volunteers use their cars to drive older adults to important appointments
- **Caring Shoppers** – volunteers assist older adults with their shopping needs

For more information about these and other services offered by CORP, please call:

**(314) 615-4516**

**Affton/Bayless Coordinator: Patty Gramke**  
**(314) 481-9999**



## Mid-East Area Agency on Aging

Mid-East Area Agency on Aging (MEAAA) provides programs and services to anyone age 60 and older and living in the counties of St. Louis, Jefferson, Franklin and St. Charles. Many programs are offered at no cost, although donations are welcome.

### MEAAA Services

Information and Assistance Specialists at MEAAA can provide you with information about community resources, as well as the following MEAAA programs:

- **Senior Centers** – offer a hot lunch, social activities, health and wellness information, and exercise classes
- **Meals on Wheels** - lunch delivery to homebound older adults; evening and weekend meals are also available
- **Caregiver Resources** - including access to respite services, a supply bank, case management, homemaker and chore services, and minor home modifications
- **Transportation** - group and fill-gap transportation to senior centers, medical appointments, banks, etc.
- **Legal Assistance** - provides information about benefits from Social Security, Medicare, Medicaid and other local, state and federal programs

To find out more about these and other MEAAA services, contact MEAAA Information & Assistance:

**1-800-AGE-6060**

**Affton Senior Center: 9801 Mackenzie Road**  
**(314) 544-5100**