

The Advisor

Published Quarterly
April/May/June 2008



Caregiver Fair Scheduled for April 20th

One of the main goals of the Area Agency on Aging is to provide caregivers with support to assist them in the important work they do. That is why we are sponsoring a caregiver fair to be held Sunday April 20th from

1 p.m. – 5 p.m. at Memorial Auditorium in Burlington. Anyone who is providing care or anticipating the possibility of providing care to someone age 60 or over is invited to attend. We are very excited about what this day will have to offer:

Over 30 service providers will be available to talk with caregivers about the products and services they have to offer elders and their caregivers.

Char Cole, PharmD, CGP of Heritage Partners Pharmacy will provide medication reviews for care recipients.

Russ Fry will present two workshops that should prove to be not only enlightening, but fun:



1:30 – 2:30
Hue Are You:
What Color is Respect?

This workshop will allow caregivers insight into the nature of their personalities and the personalities of those around them. These insights may help to deal with conflict more comfortably.

(Con't Page 2.)

Memories

(Author Unknown)

We each have a picture
Of someone we treasure
We take it out often, and always with pleasure
Perhaps for a moment, perhaps for all day
Then carefully, lovingly, tuck it away.

It could be a photo
Often it's not
It may be no more than a wonderful thought
The kind that's brought happiness
Right from the start,
And it's always nearby
For it's kept in the heart.

Interested Parties Sought

Are you 60 or older? Are you interested in talking about or helping to plan services for elders? Can you devote a few hours per month to this kind of activity? If so, Southeast Iowa Area Agency on Aging, Inc. would like to know who you are so that we can consider you for a volunteer position on either our Corporation Board of Directors or our Advisory Council. Here are a few of the minimum requirements:

- Age 60 or older.
- A resident of Des Moines, Henry, Lee or Louisa Counties of Southeast Iowa.
- An interest in services for elders.
- A willingness to learn about federal programs designed to serve elders.
- A chance to get to know some really dynamic people who work for us and with us.

Sound interesting? Find out how you can let us know who you are by filling out an "I'm Interested Form" as shown on Page 2 and sending it to us. (Con't Page 2.)



Caregiver Fair (Con't)



3:00 – 4:00

Your Thoughts are Killing You

Caregivers who attend this workshop will learn about stress and how they can eliminate much of it through managing their thinking style.

We will require everyone who wants to attend this event to call the Area Agency on Aging at 319-752-5433 or 800-292-1268 to register by April 15th. Caregivers are welcome to bring the person(s) they are caring for with them to the caregiver fair. When you call to register you can tell us if you are interested in attending one or both of Russ Fry's workshops and if you are interested in obtaining a medication review for your care recipient. If you are interested in a medication review, we will mail you a medication review form along with a registration form that must be signed by your care recipient. After we receive the completed forms back we will contact you to schedule your medication review.

Hors d'oeuvres and desserts will be served throughout the day.

We think we have something for everyone at the caregiver fair. Hope to see you there!



\$600 Stimulus Payment?

Are you wondering whether you will be included in the stimulus payments that will be sent out by the government sometime in May? There certainly has been a lot of news about all of this. According to the IRS, this is who should qualify for one of the payments:

Most taxpayers just need to file a 2007 tax return as usual. No other action, extra form or call is necessary.

In most cases, the payment will equal the amount of tax liability on the tax return, with a maximum amount of

I'm Interested Form

My Name: _____

My Address: _____

My County of Residence: _____

My Birthdate: _____
(Month/Day/Year)

My Telephone No.: _____

Best Time to Reach Me: _____ AM _____ PM
(Check One)

Please check what interests you so that we can send you the appropriate information:

- I'm interested in your Board of Directors
- I'm interested in your Advisory Council
- I'm interested in both. (Can only serve on one.)

Mail Request To:

Dennis Zegarac, Executive Director
Southeast Iowa AAA Inc
509 Jefferson Street
Burlington IA 52601-5427

Thank You for Your Interest!

Stimulus Payment (Con't)

\$600 for individuals (\$1,200 for taxpayers who file a joint return).

The law also allows for payments for select taxpayers who have no tax liability, such as low income workers or those who receive Social Security benefits or veterans' disability compensation, pension or survivors' benefits received from the Department of Veterans Affairs in 2007. These taxpayers will be eligible to receive a payment of \$300 (\$600 on a joint return) if they had at least \$3,000 of qualifying income.

Qualifying income includes Social Security benefits, certain Railroad Retirement benefits, certain veterans' benefits and earned income, such as income from wages, salaries, tips and self-employment. While these people may not be normally required to file a tax return because they do not meet the filing requirement, the IRS emphasizes they must file a 2007 return in order to receive a payment.



Make A Reservation Today! 24 Hour Advance Notice Required

While our menus are not part of a specified diabetic, low fat or low salt diet, we believe you will find that they meet these requirements. Dietary compliance is the responsibility of the participant.

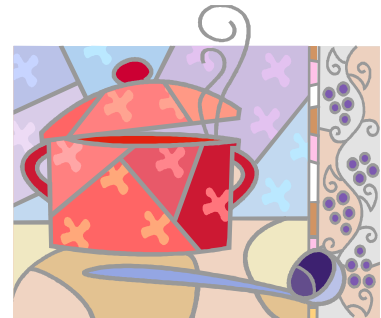
Meal Location	Telephone No.	Site Manager
Autumn Heights Meal Site	753-2675	Carol Hillgartner
Columbus Junction Meal Site	728-3148	Judy Stirling
Donnellson Meal Site	835-5115	Virginia Woodley
Fort Madison Meal Site	372-3147	Judy Stephenson
Keokuk Meal Site	524-5464	Karen Wetzel
Mt Pleasant Meal Site	385-2512	Mary Stoner
Salem Meal Site	258-4111	Connie Weatherman
Wapello Meal Site	523-8455	Ruth O'Brien
Winfield Meal Site	257-6921	Cindy Morse

Burlington: For information about Home Delivered Meals offered in Burlington (Non Autumn Heights), contact Anita at the Central Office. The telephone number is 319-752-5433.

Mediapolis: For information about Home Delivered Meals offered in Mediapolis, contact either Ruth O'Brien at 1-319-523-8455 or Pamela in the Central Office @ 1-800-292-1268.

Soup's On So Why Don't You Join Us for A Home Cooked Congregate Meal?

Find a meal you like on one of the menus (Pages 4,5 or 6) and call the location nearest you (see above) to make a reservation. 24 hours in advance please!



Opting Out




Tired of all the junk mail, credit card offers and the like. Take charge and "opt out". It is easier than you think!

To get off of lists you can go to dmachoice.org and click on "Remove my name from those lists." That lets you register with the Mail Preference Service of the Direct Marketing Association to get off mailing lists. Online registration is free (or \$1 through the mail) and is good for three years. This move alone should stop 80% of unsolicited mail within four months. If you want to know how to get out of receiving credit card offers, please call our office and request the sheet "Opting Out". We will be happy to mail you one. It will tell you how to do this if you don't have internet access.

April 2008 Menu



Birthdays Celebrated on the 9th

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Menu approved by Donna Carlsen, R.D., L.D. Dietary compliance is the responsibility of the participant. Menu subject to change.</i></p>	<p>1 Roast Turkey on Wheat Bun Tomato Slice Spring Salad Banana & Mandarin Oranges</p>	<p>2 Beef & Noodles Mashed Potatoes Asparagus Applesauce</p>	<p>3 BBQ Pork on Wheat Bun Potato Salad Tomato Slice Gobble Up Fruit Cake</p>	<p>4 Tuna Patty Baked Potato Broccoli Normandy Fruit Orange Juice White Cake</p>
<p>7 Country Fried Beef Steak Mashed Potatoes Country Gray Scalloped Corn Fresh Orange</p>	<p>8 Pork Cutlet Gravy Sweet Potatoes Broccoli Fruit</p>	<p> Bistro Chicken Breast Mashed Potatoes Gravy Tomato Spoon Salad Peach Slice Cake & Ice Cream</p>	<p>10 Hamburger on Wheat Bun Tator Tots Baked Beans Fruit Cup Baseball Opening Day</p> <p></p>	<p>11 Baked Fish Parslied Noodles Peas Creamy Cole Slaw Sunshine Salad</p>
<p>14 Meat Loaf Baked Potato Kidney Bean Salad Mandarin Oranges</p>	<p>15 Chicken Salad on Wheat Bun Fresh Tomato Slices Pineapple Slices Peach Upside Down Cake</p>	<p>16 Spaghetti w/Meat Sauce Green Beans Layered Lettuce Salad Garlic Bread Applesauce</p>	<p>17 Roast Beef Mashed Potatoes w/Gravy Glazed Baby Carrots Sliced Strawberries Chocolate Pudding Orange Juice</p>	<p>18 Polish Sausage Macaroni Salad Cauliflower Mixed Fruit</p> <p>Congregate HOME & Delivered MEALS</p>
<p>21 Baked Chicken Hind Quarter Garlic Mashed Potatoes Spinach Mandarin Oranges Apple Cinnamon Bar</p>	<p>22 Swedish Meatballs Parslied Noodles Corn Waldorf Salad</p>	<p>23 Roast Pork Sweet Potatoes Steamed Cabbage Apple Pie</p>	<p>24 Baked Catfish Baked Beans Broccoli Salad Fruited Gelatin</p>	<p>25 Cook's Choice w/Dessert</p> <p></p>
<p>28 Glazed Ham Ball Baked Sweet Potato Cauliflower Pineapple Tidbits</p>	<p>29 Turkey Tetrazzini Peas Creamy Cucumbers w/Onion Sunshine Salad Oatmeal/Raisin Cookie</p>	<p>30 Beef Steak Mashed Potatoes w/Gravy Mixed Veggies Pineapple Tidbits</p>	<p>Contributions accepted from persons age 60 or over and their spouse of any age. The suggested contribution range is \$3.00 - \$7.25. Cost for persons under 60 is \$7.25. All meals served with a bread, margarine and 1% milk. Gravy & salad dressings optional. Dietary compliance is the responsibility of the participant. Menu subject to change. Meal provided by Southeast Iowa AAA, Inc.</p> <p>"Touching Lives With Food and Friendship"</p>	

May 2008 Menu






Birthdays Celebrated on the 14th

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Contributions accepted from persons age 60 or over and their spouse of any age. The suggested contribution range is \$3.00 - \$7.25. Cost for persons under 60 is \$7.25. All meals served with a bread, margarine and 1% milk. Gravy & salad dressings optional. Dietary compliance is the responsibility of the participant. Menu subject to change. Menu approved by Donna Carlsen, R.D., L.D.</p> <p>Meals provided by Southeast Iowa Area Agency on Aging, Inc.</p> <p>“Volunteer to Feed the Need”</p>			<p>1 BBQ Chicken Potato Salad Green Bean Casserole Fruit Orange Juice</p>	<p>2 Meat Loaf Macaroni Salad Glazed Carrots Tomato Spoon Salad Gingerbread w/Whipped Topping</p>
<p>5 Cook's Choice w/Dessert</p> 	<p>6 Deep Dish Pizza Wax Beans Tossed Salad Blushing Pears Cookie</p>	<p>7 Beef & Noodles Mashed Potatoes Asparagus Applesauce</p>	<p>8 BBQ Pork on Wheat Bun Potato Salad Tomato Slice Gobble Up Fruit Cake</p>	<p>9 Tuna Patty Baked Potato Broccoli Normandy Fruit Orange Juice White Cake</p>
<p>12 Pork Cutlet Gravy Sweet Potatoes Broccoli Fruit</p>	<p>13 Country Fried Beef Steak Mashed Potatoes Country Gravy Scalloped Corn Fresh Orange</p>	 <p>Bistro Chicken Breast Mashed Potatoes Gravy Tomato Spoon Salad Peach Slice Cake & Ice Cream</p>	<p>15 Hamburger on Wheat Bun Tator Tots Baked Beans Fruit Cup</p>	<p>16 Baked Fish Parslied Noodles Peas Creamy Cole Slaw Sunshine Salad</p> 
<p>19 Chicken Salad on Wheat Bun Fresh Tomato Slices Pineapple Slices Peach Upside Down Cake</p>	<p>20 Meat Loaf Baked Potato Kidney Bean Salad Mandarin Oranges</p>	 <p>Spaghetti w/Meat Sauce Green Beans Layered Lettuce Salad Garlic Bread Applesauce Celebrate Graduations!</p>	<p>22 Roast Beef Mashed Potatoes w/Gravy Glazed Baby Carrots Sliced Strawberries Chocolate Pudding Orange Juice</p>	<p>23 Polish Sausage Macaroni Salad Cauliflower Mixed Fruit</p>
<p>26</p>  <p>Memorial Day Sites Closed</p>	<p>27 Swedish Meatballs Parslied Noodles Corn Waldorf Salad</p>	<p>28 Roast Pork Sweet Potatoes Steamed Cabbage Apple Pie</p>	<p>29 Baked Catfish Baked Beans Broccoli Salad Fruited Gelatin</p>	<p>30 Beef & Macaroni Casserole Tossed Salad Peach Slices Poke Cake w/Whipped</p>

June 2008 Menu



Birthdays Celebrated on the 11th

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Turkey Tetrazzini Peas Creamy Cucumbers w/Onion Sunshine Salad Oatmeal/Raisin Cookie</p>	<p>3 Glazed Ham Ball Baked Sweet Potato Cauliflower Pineapple Tidbits</p>	<p>4 Beef Steak Mashed Potatoes w/Gravy Mixed Veggies Mandarin Oranges</p>	<p>5 BBQ Chicken Potato Salad Green Bean Casserole Fruit Orange Juice</p>	<p>6 Meat Loaf Macaroni Salad Glazed Carrots Tomato Spoon Salad Gingerbread w/Whipped Topping</p>
<p>9 Deep Dish Pizza Wax Beans Tossed Salad Blushing Pears Cookie</p>	<p>10 Roast Turkey on Wheat Bun Tomato Slice Spring Salad Banana & Mandarin Oranges</p>	<p> Beef & Noodles Mashed Potatoes Asparagus Applesauce Cake & Ice Cream</p>	<p>12 BBQ Pork on Wheat Bun Potato Salad Tomato Slice Gobble Up Fruit Cake</p>	<p>13 Tuna Patty Baked Potato Broccoli Normandy Fruit Orange Juice White Cake</p>
<p>16 Cook's Choice w/Dessert</p> <p></p>	<p>17 Pork Cutlet Gravy Sweet Potatoes Broccoli Fruit</p>	<p>18 Bistro Chicken Breast Mashed Potatoes Gravy Tomato Spoon Salad Peach Slice</p>	<p>19 Hamburger on Wheat Bun Tator Tots Baked Beans Fruit Cup</p>	<p>20 Baked Fish Parslied Noodles Peas Creamy Cole Slaw Sunshine Salad</p>
<p>23 Meat Loaf Baked Potato Kidney Bean Salad Mandarin Oranges</p>	<p>24 Chicken Salad on Wheat Bun Fresh Tomato Slices Pineapple Slices Peach Upside Down Cake</p>	<p>25 Spaghetti w/Meat Sauce Green Beans Layered Lettuce Salad Garlic Bread Applesauce</p>	<p>26 Roast Beef Mashed Potatoes w/Gravy Glazed Baby Carrots Sliced Strawberries Chocolate Pudding Orange Juice</p>	<p>27 Polish Sausage Macaroni Salad Cucumber Tomato Salad Apricots "Drive In Time" </p>
<p>30 Baked Chicken Hind Quarter Garlic Mashed Potatoes Spinach Mandarin Oranges Apple Cinnamon Bar</p>	<p>Contributions accepted from persons age 60 or over and their spouse of any age. The suggested contribution range is \$3.00 - \$7.25. Cost for persons under 60 is \$7.25. All meals served with a bread, margarine and 1% milk. Gravy & salad dressings optional. Dietary compliance is the responsibility of the participant. Menu subject to change. Menu approved by Donna Carlsen, R.D., L.D.</p> <p>Meals provided by Southeast Iowa AAA, Inc.</p> <p>"Touching Lives With Food and Friendship"</p>			

Fiscal Year Ending & Deadline for Claims Is July 25, 2008

The Agency's fiscal year will end June 30, 2008. The end of a fiscal year means closing out our books and meeting a strict deadline for reporting all of our revenues and expenditures for the period July 01, 2007 - June 30, 2008. For that reason, we ask that anyone who has a claim for payment that was incurred between the above dates to submit that claim no later than July 25, 2007. If there are questions about claims, you may contact Kelly Ripperger, Finance Director, at one of the numbers listed under "How To Contact Us" shown to the right.

How To Contact Us

Southeast Iowa Area Agency on Aging, Inc.
509 Jefferson Street
Burlington IA 52601-5427
319-752-5433
1-800-292-1268

Did You Know?

There are words added to our language almost every year. You would think we should have enough already. However, here are three recent "a" words.

abdominoplasty
aerobicized
agroterrorism

Advisor Update & Contribution Form

The Advisor is published quarterly by Southeast Iowa Area Agency on Aging, Inc.,

My Name: _____
My Address: _____
My City: _____
My State: _____ My ZIP: _____



Mail To:
Southeast Iowa AAA Inc
509 Jefferson Street
Burlington IA 52601-5427

Please Mark Your Selection(s) Below

- I would like to make a contribution to *The Advisor*.
We suggest \$5.00 -\$7.00 per year. Any amount is greatly appreciated!
- Please **ADD** the name above to *The Advisor* mailing list.
- If you would prefer to have *The Advisor* delivered to you via email* instead of snail mail, we would be happy to accomodate your request. We will need your physical address (above) and email address (below) in order to fulfill your request.

@ _____

- Please **REMOVE** the name above from *The Advisor* mailing list.



*We do not sell, loan, rent or otherwise give names and addresses or email addresses to anyone. The newsletter will be sent as a Portable Document File (PDF) and you will need to have the free Adobe Reader software installed on your computer in order to read it. You can download a free copy of Adobe Reader at Adobe.com.

Southeast Iowa Area Agency on Aging, Inc.
509 Jefferson Street
Burlington IA 52601-5427

Return Service Requested

NONPROFIT
ORGANIZATION
U.S. POSTAGE
PAID
POS
50701

April



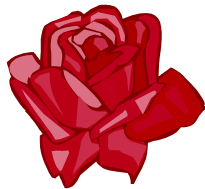
Celebrate
Diversity
Month

May

Older
American's
Month

June

National
Rose
Month



The Advisor

The Advisor is a quarterly publication of
Southeast Iowa Area Agency on Aging, Inc.,
509 Jefferson Street, Burlington, Iowa
52601-5427

Dennis Zegarac.....Executive Director/Editor
Kelly Ripperger.....Finance Director
Brenda Sayre.....Planning Director
Pamela Taylor.....Nutrition Director

Articles provided/submitted to/for publication
in *The Advisor* do not necessarily reflect the
opinion of the staff, Advisory Council or
Board of Directors of the Agency.

We reserve the right to edit any material
submitted for publication.

The Advisor is printed by
Professional Office Services

Southeast Iowa Area Agency on Aging, Inc. does not discriminate based on age, race, gender, national origin, color, creed, religion, political affiliation or physical or mental disabilities in its employment practices or the provision of services except where it is a requirement of law.
