



A Different World View

The new year brings lots of changes to our and potentially your world sphere. We are close to having our website update finished and by the time you receive this issue of The Advisor, you may be able to view the changes we made. The address: southeastiowaagingservices.com. Here are some things you may have done to change your world:

- ★ You may have decided to retire.
 - ★ You may have decided to go back to work because your retirement funds went South during the recent slowdown in the market!
 - ★ You may have changed your Medicare Prescription Part D Plan and are paying less for drugs than you did before.
 - ★ You may have recovered sufficiently from the June Flooding that you can see your way clear to a less stressful life.
 - ★ You may have voted in the presidential election.
 - ★ You may have gotten married.
- Whatever you may have discovered or done, you may have also decided to take charge of your own destiny. Work on the things you can change and leave the ones you can't to someone else!

Meal Participation Declining

If you are a long-term customer of our federally funded meal program, you have probably noticed that participation in congregate meals has been declining. We all struggle with what we can do to interest the "young" old in our program. If you are like us, we continually encourage eligible elders to participate; to join us for a midday meal. We/you may or may not get a response. The best participation levels tend to occur in some of our smaller communities where the elders of the community see it as an option for them. In other communities, there seem to be more options and less participation from elders.

Here are some statistics for you to consider:

Participation (Con't)

Congregate Meals

2004	2005	2006	2007	2008
36,152	34,014	32,840	30,543	29,381

If you compare 2004 to 2008, you will see that in Congregate Meals, we have a 18.7% decrease in the number of meals we served. In looking at the actual people we served (not on the chart) in both Congregate and Home Delivered Meals, there was a 22.4% decrease in the same period.

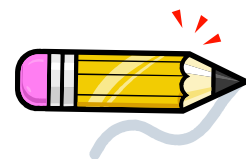
Home Delivered Meals

2004	2005	2006	2007	2008
47,920	41,858	45,329	42,894	36,421

Comparing 2004 to 2008 in the Home Delivered Meal category there is a 24% decrease in the number of meals served.

Please note that the year being reported is for a July 1st - June 30th fiscal year and these are systemwide figures.

Take Our
10 Minute
Nutrition Survey
(Page 2.)



In This Issue

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What Do You Think?

We are interested in knowing what you think about why elders don't choose to eat in our meal program. Please share your ideas on this form and then send it to us at the address on the back page of the newsletter. Thanks.

(You may attach additional sheets if you wish.)

10 Minute Survey

I think the meal program should: _____

I think the menus should: _____

I think the "suggested contribution" is: _____

I think the purpose of the meal program is: _____

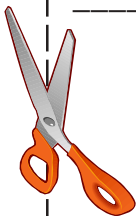
I would like to have these things on the menu: _____

If I were running this program, I would: _____

Most elders who eat here don't like: _____

The thing I like best about this program is: _____

Thank you for your time and comment.
We don't want to know your name unless
you want us to. It is not required.



New Partnership

Southeast Iowa Area Agency on Aging, Inc. announced this week that their agency and Southeast Iowa Case Management have partnered to offer case management services. The service is designed to provide frail elders age 60 and older with an opportunity to make choices about the services which would enable them to remain independent and safe in their own home.

Persons needing case management must agree to participate in a comprehensive assessment and have a need for two or more services. The goal of case management is to coordinate available services designed to assist elders and their family.

Potential clients can self refer or be referred by a family member, a friend or local service agency with the client's approval to make a referral. The service is being offered in Des Moines, Henry, Lee and Louisa Counties of Southeast Iowa. Contact Penny Collier at Southeast Iowa Case Management at 319-986-5659 (Mt. Pleasant).



Walk A Mile In Her Shoes

Recently I had occasion to visit with an old friend who now lives in a long term care facility. She was tearful while telling me how she ended up being where she is. According to her, one day her son and daughter showed up at her apartment to move her to this new home. Despite the fact that there had been no talk or planning for this eventual move, at first she thought that it was the right thing to do to help her son. After all, he had always been the one to take care of her when she needed help. She is devoted to and very appreciative of all that he has done over the years and wanted to please him.

Now, she is much more aware of what has happened and is questioning why she was not consulted before the decision was made which hastened her loss of independence.

While I was not privy to the events which precipitated this action by her son and daughter and while it is not my place to question their decision, I would hope to remind families that we all have an obligation to help individuals preserve their right to self determination. This includes their living arrangements. (Cont on Page 3.)

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.



Nutrition Site	Telephone	Time	Days	Manager
Autumn Heights Meal Site	753-2675	11:30 am	M - F	Joyce Martin
Columbus Junction Meal Site*	728-2412	Noon	M - F	Barbara Spurling
Donnellson Meal Site	835-5115	11:30 am	Tue - F	Virginia Woodley
Fort Madison Meal Site	372-3147	Noon	M - F	Judy Stephenson
Keokuk Meal Site	524-5464	Noon	M - F	Karen Wetzel
Mt Pleasant Meal Site	385-2512	11:30 am	M - F	Mary Stoner
Salem Meal Site	258-4111	Noon	M - F	Connie Weatherman
Wapello Meal Site	523-8455	Noon	M - F	Ruth O'Brien
Winfield Meal Site	257-6921	Noon	M, W - F	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. (Service M-F)

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

*Due to the recent Iowa floods, the Columbus Junction Nutrition Site has been temporarily moved to the City Hall in Columbus City. The telephone number listed above is for Columbus City.

Is There A Difference Between "Meals on Wheels" and "Home Delivered Meals"?



Well, actually there is and we often hear people refer to our program (Home Delivered Meals) as Meals on Wheels. Many don't know that there are some distinct differences between the two programs. Here is your chance to impress your friends by letting them know that the two programs are different. Here are three distinct differences.

Program Elements

1. Must be a certain age?
2. Can make a voluntary contribution toward the cost?
3. Special diet meals available?



Home Delivered Meals

Yes/Age 60+
Yes
No

Meals on Wheels

No/Any Age
No
Yes

Walk (Con't from Page 2.)

Always consider the views and needs of the person you are caring for and let them have a say in determining what or how they should live their life. I encouraged my friend to talk to her son about what she was feeling and acknowledged that it will take some courage on her part but it will be good for both of them. *Walk a mile in her shoes.* (Dennis Zegarac, Editor)

Note: If you would like some guidance on making decisions like the one described, let us know and we will mail you two forms: "Need Assessment for Living on Your Own" and "Is It Time to Move"; two checklists that you can use for planning with your loved one.

January 2009 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 \$3.50 - \$8.45 Cost for persons under 60 is \$8.45. All meals served with a bread, margarine and 1% milk. Gravy & salad dressings optional. Menu approved by Donna Carlsen, R.D., L.D. Dietary compliance is the responsibility of the participant. Menus subject to change. Meals provided by Southeast Iowa AAA, Inc.</p> <p>Start The Year Right/Invite A Friend to Join You</p>			<p>1</p> <p>Holiday Sites Closed</p>	<p>2</p> <p>Holiday Sites Closed</p>
<p>5</p> <p>Beef Stew Biscuit Mixed Green Salad w/ Dressing Canned Fruit</p>	<p>6</p> <p>Pork Cutlet Sweet Potatoes Peas Oatmeal Raisin Bar</p>	<p>7</p> <p>Ranch Chicken Breast Mashed Potatoes Gravy Mixed Vegetables Strawberry Surprise Salad</p>	<p>8</p> <p>Spaghetti w/ Meat Sauce Green Beans Lettuce Layer Salad Applesauce</p>	<p>9</p> <p>Baked Pollock Ranch Mashed Potatoes Peas Mixed Fruit</p>
<p>12</p> <p>Beef Meatball Parslied Noodles Gravy Green Beans Banana & Mandarin Orange Mix</p>	<p>13</p> <p>Ham & Beans Tomato Spoon Salad Cornbread Muffin Blushing Pears</p>	<p></p> <p>Bistro Chicken Breast Mashed Potatoes Gravy Peas & Carrots Gingerbread Cake Ice Cream</p>	<p>15</p> <p>Tuna & Noodle Casserole Peas Strawberries & Bananas w/ Vanilla Wafers</p>	<p>16</p> <p>Cook's Choice w/ Bread Pudding</p> <p></p>
<p>19</p> <p>Beef Steak Salisbury Oven Brown Potatoes Broccoli Peaches</p>	<p>20</p> <p>Vegetable Soup Turkey Sandwich Ambrosia Salad Rice Krispy Bar</p>	<p>21</p> <p>Roast Pork Mashed Potatoes Gravy Scalloped Cabbage Fresh Apple Oatmeal Cake</p>	<p>22</p> <p>Liver & Onions Buttered Parsley Potatoes Green Bean Casserole Apricots</p>	<p>23</p> <p>Chili with Beans Creamy Coleslaw Canned Fruit Baked Custard</p>
<p>26</p> <p>Pork Riblette Mashed Potatoes Gravy Mixed Green Salad w/Dressing Applesauce</p>	<p>27</p> <p>Potato Chowder Soup Cheese Slice Creamy Coleslaw Red Gelatin w/Fruit Cocktail</p>	<p></p> <p>Roundup Bean Casserole Chuckwagon Corn Cornbread Muffin Cinnamon Apples Ranger Cookie</p>	<p>29</p> <p>Roast Beef Mashed Potatoes Gravy Broccoli Rice Pudding w/Raisins</p>	<p>30</p> <p>Glazed Ham Balls Baked Sweet Potato Mixed Vegetables Oatmeal Raisin Cookie</p>

February 2009 Menu



Birthdays Celebrated on the 11th




Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Beef Meat Loaf Baked Potato Sour Cream Creamed Peas & Onions Orange Juice</p>	<p>3 Creamed Turkey Biscuit Sauted Green Beans Tossed Salad w/ Dressing Fruited Gelatin</p>	<p>4 Baked Chicken Hind Quarter Scalloped Corn Sliced Strawberries & Bananas</p>	<p>5 Baked Ham Garlic Mashed Potatoes Beets Pineapple Tidbits</p>	<p>6 Beef Macaroni Casserole Broccoli Minted Pears w/Topping</p>
<p>9 Beef Stew Biscuit Mixed Green Salad w/ Dressing Canned Fruit</p>	<p>10 Pork Cutlet Sweet Potatos Peas Oatmeal Raisin Bar</p>	<p> Ranch Chicken Breast Mashed Potatoes w/ Gravy Mixed Vegetables Cake Ice Cream</p>	<p>12 Spaghetti w/ Meat Sauce Green Beans Lettuce Layer Salad Applesauce</p>	<p>13 Baked Pollock Ranch Mashed Potatoes Peas Mixed Fruit</p>
<p>16 Holiday Sites Closed</p>	<p>17 Beef Meatball Parslied Noodles Gravy Green Beans Banana & Mandarin Orange Mix</p>	<p>18 Bistro Chicken Breast Mashed Potatoes Gravy Spinach Mixed Fruit</p>	<p>19 Cook's Choice w/Dessert </p>	<p>20 Chicken & Noodles Mashed Potatoes Broccoli Normandy Citrus Gelatin Salad Banana Bar</p>
<p>23 Beef Steak Salisbury Oven Brown Potatoes Broccoli Peaches</p>	<p> Jumbalaya w/ Beans & Rice Okra Cornbread Mardi Gras Cupcake</p>	<p>25 Roast Pork Mashed Potatoes w/ Gravy Scalloped Cabbage Fresh Apple Oatmeal Cake</p>	<p>26 Liver & Onions Buttered Parsley Potatoes Green Bean Casserole Apricots</p>	<p>27 Chili with Beans Creamy Coleslaw Canned Fruit Baked Custard</p>

Contributions accepted from persons age 60 or over and their spouse of any age. The suggested contribution range is \$3.50 - \$8.45. Cost for persons under 60 is \$8.45. All meals served with a bread, margarine and 1% milk. Gravy & salad dressings optional. Menu approved by Donna Carlsen, R.D., L.D. Dietary compliance is the responsibility of the participant. Menus subject to change. Meals provided by Southeast Iowa AAA, Inc.

March 2009 Menu



Birthdays Celebrated on the 11th

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Pork Riblette Mashed Potatoes w/ Gravy Mixed Green Salad w/Dressing Applesauce</p>	<p>3 Potato Chowder Soup Cheese Slice Creamy Coleslaw Red Gelatin w/Fruit Cocktail</p>	<p>4 Hamburger Patty Gravy Baked Potato Carrot Raisin Salad Orange Juice</p>	<p>5 Roast Beef Mashed Potatoes w/ Gravy Broccoli Rice Pudding w/Raisins</p>	<p>6 Glazed Ham Balls Baked Sweet Potato Mixed Vegetables Oatmeal Raisin Cookie</p>
<p>9 Beef Meat Loaf Baked Potato Sour Cream Creamed Peas & Onions Orange Juice</p>	<p>10 Creamed Turkey Biscuit Sauteed Green Beans Mixed Green Salad w/ Dressing Fruited Gelatin</p>	<p> Baked Chicken Hind Quarter Mashed Potatoes w/Gravy Carrots Angel Food w Strawberry Topping Ice Cream</p>	<p>12 Baked Ham Garlic Mashed Potatoes Beets Pineapple Tidbits</p>	<p>13 Beef Macaroni Casserole Broccoli Minted Pears w/Topping</p> <p>Congregate HOME & Delivered MEALS</p>
<p>16 Beef Stew Biscuit Mixed Green Salad w/ Dressing Canned Fruit</p>	<p> New England Boiled Dinner w/ Veggies Buttered Potatoes Emerald Pears Dinner Roll Lime Delight Dessert</p>	<p>18 Ranch Chicken Breast Mashed Potatoes w/ Gravy Mixed Vegetables Strawberry Supreme Salad</p>	<p>19 Spaghetti w/ Meat Sauce Green Beans Lettuce Layer Salad Applesauce</p>	<p>20 Baked Pollock Ranch Mashed Potatoes Peas Mixed Fruit</p>
<p>23 Beef Meatball Parslied Noodles Gravy Green Beans Banana & Mandarin Orange Mix</p>	<p>24 Ham & Beans Tomato Spoon Salad Cornbread Muffin Blushing Pears</p>	<p>25 Bistro Chicken Breast Mashed Potatoes w/ Gravy Spinach Mixed Fruit</p>	<p>26 Tuna & Noodle Casserole Peas Sliced Strawberries & Bananas w/Vanilla Wafers</p>	<p>27 Cook's Choice w/ Mexican Wedding Cake</p> <p></p>
<p>30 Beef Steak Salisbury Oven Brown Potatoes Broccoli Peaches</p>	<p>31 Vegetable Soup Turkey Sandwich Ambrosia Salad Rice Krispy Bar</p>	<p>Contributions accepted from persons age 60 or over and their spouse of any age. The suggested contribution range is \$3.50 - \$8.45 Cost for persons under 60 is \$8.45. All meals served with a bread, margarine and 1% milk. Gravy & salad dressings optional. Menu approved by Donna Carlsen, R.D., L.D. Dietary compliance is the responsibility of the participant. Menus subject to change. Meals provided by Southeast Iowa AAA, Inc.</p> <p>"Touching Lives With Food & Freindship"</p>		

Advisor Update & Contribution Form

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



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

Please Make Your Selection(s) Below

- I would like to make a contribution to **The Advisor**. We suggest \$6.00 -\$8.00 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.

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How To Contact Us

Southeast Iowa Area Agency on Aging, Inc.
509 Jefferson Street
Burlington IA 52601-5427
319-752-5433
800-292-1268
FAX: 319-754-7030

We are open Monday - Friday from
7:30 a.m. - 4:30 p.m.

We are available by telephone 24 hours per day as you can leave a message on our answering machine and we will return your call on the next business day.

Southeast Iowa AAA Inc is a member of the Iowa Association of Area Agencies on Aging



Basic Emergency Supply Kit?

Interested in knowing what you should have in your basic emergency supply kit? It is never too early to plan ahead in case we have another ice storm like we did in 2006. Call us or send us a note and we will send you a checklist of what you should consider for your basic kit.

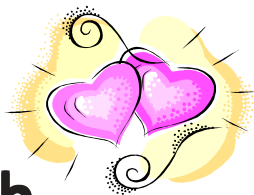


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January

Martin Luther King Jr. Day is on Monday, January 19th.



February

Treat your valentine on the 14th.

March

March's birthstone is the aquamarine and the flower is the daffodil. March is Women's History Month and also American Red Cross Month.

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The Advisor

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

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The Advisor is printed by
Professional Office Services