

## Patty Duke To Be Keynote Speaker at Governor's Conference on Aging

Wednesday's keynote speaker will be Patty Duke on the topic of mental health and wellness. Today, almost fifty years after her acting debut, Anna Marie Patty Duke Pearce is still going strong. She is a happy, wife, mother, mental health spokesperson and actress who starred in about a dozen feature films and over seventy movies for television.



Other speakers include **Jenefer Duane** who who has been successful in bringing banks in California and their employees into the circle of those seeking to protect older citizens from financial fraud and abuse.



Rounding out the event will be **Cea Cohen Elliott** who is a professional motivational speaker, wellness and fitness coach, seminar and workshop leader. Her humor-filled motivational presentations as a have been experienced by thousands whose lives have been changed forever...for the better.



## Conference Begins May 13, 2009

For more information on the conference and the sessions being offered, go to the Iowa Department of Elder Affairs website at:

<http://www.state.ia.us/elderaffairs/>

# Aging Well Expo



Unfortunately, this phishing is about stealing personal information which may put you at risk. We are amazed at the tactics scammers use to get information out of our readers. We are even more amazed that people still give out information when they have been warned over and over again that doing so puts them at risk, The Iowa Attorney General Tom Miller has issued another reminder.

Identity thieves are constantly trying to trick people into giving them crucial information — such as credit card numbers, bank account numbers, and private passwords. It's called "phishing." If they succeed in stealing your personal information, they may try to drain your account, run up credit card charges, or open new accounts in your name.

The most frequent form of "phishing" is by e-mail, but lately we've heard of other new tactics — cell phone text messages supposedly from a bank or credit union, and phone calls claiming to offer better credit card rates. Text messages or calls may ask you to give information by phone. E-mail messages usually ask you to click on a link and enter your personal information for some reason. There are new kinds of "phishing" scams every day.

"Phishing" messages may say there is "suspicious activity" on your account, that they need to "validate" or "verify" your account or Social Security number, or even that they are the IRS and need your account info "to send your economic stimulus check." Phishing scams imitate banks, credit card companies, credit unions, the IRS, eBay, PayPal, UPS, your Internet provider — just about any kind of institution or company.

Continued on Page 2.

# Cancer Caregiver Writing Study Invites Participants

For families who provide care to a loved one with cancer, stress and isolation can be a burden that's hard to carry. A University of Iowa researcher is conducting a study to see if older adults (55 years or older) writing about their thoughts and feelings about caregiving can be a strategy to help those family caregivers manage stress.



## FAMILY MEMBERS

Family members who provide care for cancer patients are asked to write for 20 minutes about their experiences related to their caregiving role every other day for six occasions. Participants in the study write in their homes or a place and time that is most convenient to them. Participants in the study do not need to be "good writers" or worry about spelling or grammar because it is the effect of the writing that is being studied.

## PROGRAM DIRECTOR

Howard Butcher, RN, PhD, Associate Professor of nursing and principal investigator of the Cancer and Aging Program funded study, will evaluate whether expressing stress and other emotions in writing is a helpful way to deal with the often difficult emotions of caring for a loved one with cancer.

## A WAY TO DEAL WITH STRESS

Written expression or journaling has been used with people who have experienced stressful and traumatic situations such as job loss, abuse, natural disasters, and loss of a spouse. The strategy involves participants writing about their thoughts and feelings. Previous research has shown that this type of writing promotes psychological and physiological health benefits that can last as long as 6 months. A previous study completed by Dr. Butcher with caregivers caring for a family member with Alzheimer's disease found writing significantly reduced cortisol levels.

The studies have shown that writing helps trauma survivors make meaning out of their life circumstances. This cognitive process can result in physiological changes in the autonomic and immune system by reducing stress and facilitating coping.

*For more information or if you are interested in participating in the study, you can reach Dr. Butcher at 319-335-7039.*

# Phishing (Con't)

How to avoid being hooked by a "phishing" telephone or e-mail scam:



**Don't reply to e-mails, calls or text messages that ask for your info.** If there's any question, contact the company yourself at its regular phone number.



**If you are tricked into providing your account information, notify your financial institution at once.** You may need to change your account or take other steps. Also report phishing to the U.S. Internet Crime Complaint Center at [www.ic3.gov](http://www.ic3.gov).



**Don't send sensitive information by ordinary e-mail** -- it's just not safe. Use only secure web sites which are indicated by a padlock icon or "https" in the web address.



**Examine your account statements each month for unauthorized charges.** Report any suspicious activity to the business. Put a security alert on your credit bureau files. See the AG's web site for more information on avoiding identity theft.

If you think you have given out personal account information, don't panic. Contact the Attorney General's Consumer Protection Div., Hoover Bldg., Des Moines, IA 50319. Call 515-281-5926 or 1-888-777-4590 toll-free. Web site: [www.IowaAttorneyGeneral.org](http://www.IowaAttorneyGeneral.org)



## Interested In a Presentation on Identity Theft?

If your group or organization is interested in a presentation on identity theft and/or Medicare Fraud and Abuse, contact our office. The Agency has trained volunteers through the Senior Medicare Patrol program who are willing to present a program on these topics. Call either 800-292-1268 or 319-752-5433 and ask for Brenda.

# 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.

## What Is Vitamin D?

Vitamin D is found in many dietary sources such as fish, eggs, fortified milk, and cod liver oil. The sun also contributes significantly to the daily production of vitamin D, and as little as 10 minutes of exposure is thought to be enough to prevent deficiencies.



A major function of vitamin D is to maintain normal blood levels of calcium and phosphorus. Vitamin D aids in the absorption of calcium, helping to form and maintain strong bones. Recently, research also suggests vitamin D may provide protection from osteoporosis, hypertension (high blood pressure), cancer, and several auto-immune diseases.

## Did You Know?

- Melba toast is named after Australian opera singer Dame Nellie Melba.
- There are more than 10,000 varieties of tomatoes.
- An ounce of chocolate contains about 20 mg of caffeine.
- Maria Ann Smith introduced the Granny Smith apple in 1838.
- The can opener was invented 48 years after cans were introduced.
- Ice tea was introduced in 1904 at the World's Fair in St. Louis.
- Botanically speaking, the banana is a herb and the tomato is a fruit.

*Food Related Fun Facts*

*From the didyouknow organization*

*Do You Know Others?*




# April 2009 Menu

Birthdays Celebrated on the 8th

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 &amp; salad dressings optional. Menu reviewed 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>1 Beef &amp; Noodles Mashed Potatoes Asparagus Pickled Beets Applesauce</p>	<p>2 BBQ Pork Potato Salad Spinach Fresh Baked Apple</p>	<p>3 Western Egg Casserole Hash Brown Potatoes Broccoli Normandy Canned Fruit Orange Juice</p>
<p>6 Beef Stroganoff w/ Noodles Corn w/Pimento Apple Ringed Bananas</p>	<p>7 Porkey's Patty Sweet Potatoes Broccoli Canned Fruit</p>	 <p>Bistro Chicken Breast Mashed Potatoes Gravy Tomato Spoon Salad Cake &amp; Ice Cream</p>	<p>9 Hamburger on Wheat Bun Sweet Potato Fries Marinated Cucumber w/ Onion Fruit Cup</p>	<p>10 Easter Holiday Sites Closed</p>
<p>13 Meat Loaf Baked Potato Sour Cream Kidney Bean Salad Mandarin Oranges</p>	<p>14 Chicken Salad on Wheat Bun Tomato Slices Pineapple Tidbits Sweet Potato Custard</p>	<p>15 Spaghetti w/Meat Sauce Green Beans Layered Lettuce Salad Garlic Bread Orange Juice</p>	<p>16 Boiled Beef Dinner Pea Salad Strawberries &amp; Bananas Rye Bread</p>	<p>17 Chicken &amp; Rice Casserole Carrot Raisin Salad Citrus Sections</p>
<p>20 Baked Chicken Mashed Potatoes w Gravy Sunshine Carrots Mandarin Oranges Banana Bar</p>	<p>21 Swedish Meatballs Parslied Noodles Corn Waldorf Salad</p>	<p>22 Roast Pork Sweet Potatoes Steamed Cabbage Apple Pie</p>	<p>23 Fish Au Gratin Lyonnaise Potato Broccoli Salad Fruited Gelatin</p>	<p>24 Cook's Choice w/Dessert</p> 
<p>27 Glazed Ham Ball Baked Sweet Potato Cauliflower Rosey Pears</p>	<p>28 Turkey Tetrazzini Peas Tomato Cucumber Salad Sunshine Salad Oatmeal Raisin Cookie</p>	<p>29 Beef Tips in Mushroom Gravy Mashed Potatoes Mixed Veggies Melon Wedge Granola Bar</p>	<p>30 BBQ Chicken Potato Salad Green Bean Casserole Canned Fruit Orange Juice</p>	<p>Congregate <b>HOME</b> &amp; Delivered <b>MEALS</b></p>

# May 2009 Menu

Birthdays Celebrated on the 13th

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><b>We Appreciate Your Contribution for Our Meals!</b>  <b>What You Give Is A Personal Decision</b></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 &amp; salad dressings optional. Menu reviewed 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 style="text-align: center;"><b>1</b>            Meat Loaf            Macaroni Salad            Glazed Carrots            Tomato Spoon Salad            Gingerbread w/Whipped Topping</p>
<p style="text-align: center;"><b>4</b>            Cook's Choice w/Dessert</p> 	<p style="text-align: center;"><b>5</b>            Roast Turkey on Wheat Bun            Tomato Slices            Pasta Salad            Banana &amp; Mandarin            Oranges</p>	<p style="text-align: center;"><b>6</b>            Beef &amp; Noodles            Mashed Potatoes            Asparagus            Pickled Beets            Applesauce</p>	<p style="text-align: center;"><b>7</b>            BBQ Pork            Potato Salad            Spinach            Baked Apple</p>	<p style="text-align: center;"><b>8</b>            Western Egg Casserole            Hash Brown Potatoes            Broccoli            Normandy            Canned Fruit            Orange Juice</p>
<p style="text-align: center;"><b>11</b>            Porkey's Patty            Sweet Potatoes            Broccoli            Canned Fruit</p>	<p style="text-align: center;"><b>12</b>            Beef Stroganoff w/            Noodles            Corn w/ Pimento            Apple Ringed            Bananas</p>	 <p style="text-align: center;"><b>Bistro Chicken Breast</b>            Mashed Potatoes            Gravy            Spoon Salad            Cake &amp; Ice Cream</p>	<p style="text-align: center;"><b>14</b>            Hamburger on Wheat Bun            Sweet Potato Fries            Marinated Cucumbers            w/Onions            Fruit Cup</p>	<p style="text-align: center;"><b>15</b>            Baked Fish            Parslied Noodles            Peas            Calico            Coleslaw            Sunshine Salad</p>
<p style="text-align: center;"><b>18</b>            Chicken Salad on Wheat Bun            Tomato Slices            Pineapple Tidbits            Sweet Potato            Custard</p>	<p style="text-align: center;"><b>19</b>            Meat Loaf            Baked Potato            Sour Cream            Kidney Bean Salad            Mandarin            Oranges</p>	 <p style="text-align: center;"><b>Spaghetti w/Meat Sauce</b>            Green Beans            Layered Lettuce Salad            Garlic Bread            Orange Juice</p>	<p style="text-align: center;"><b>21</b>            Boiled Beef Dinner            Pea Salad            Strawberries &amp; Bananas            Rye Bread</p>	<p style="text-align: center;"><b>22</b>            Chicken &amp; Rice Casserole            Carrot Raisin Salad            Citrus Section</p>
<p style="text-align: center;"><b>25</b>            Memorial Day            Sites Closed</p>	<p style="text-align: center;"><b>26</b>            Baked Chicken            Mashed Potatoes w/            Gravy            Sunshine Carrots            Mandarin            Oranges            Banana Bar</p>	<p style="text-align: center;"><b>27</b>            Roast Pork            Sweet Potatoes            Steamed Cabbage            Apple Pie</p>	<p style="text-align: center;"><b>28</b>            Fish Au Gratin            Lyonnaise Potato            Broccoli Salad            Fruited Gelatin</p>	<p style="text-align: center;"><b>9</b>            Beef &amp; Macaroni Casserole            Peas            Tossed Salad w/ Dressing            Apricots</p>

# June 2009 Menu

Birthdays Celebrated on the 11th

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Turkey Tetrazzini Peas Tomato Cucumber Salad Sunshine Salad Oatmeal/Raisin Cookie</p>	<p>3 Glazed Ham Ball Baked Sweet Potato Cauliflower Rosey Pears</p>	<p>4 Beef Tips w/Mushroom Gravy Mashed Potatoes Mixed Veggies Melon Wedge Granola Bar</p>	<p>5 BBQ Chicken Potato Salad Green Bean Casserole Canned Fruit Orange Juice</p>	<p>6 Meat Loaf Macaroni Salad Glazed Carrots Spoon Salad Gingerbread w/Whipped Topping</p>
<p>9 Roast Turkey on Wheat Bun Tomato Slices Pasta Salad Banana &amp; Mandarin Oranges</p>	<p>10 Cook's Choice w/Dessert</p> 	 <p>Beef &amp; Noodles Mashed Potatoes Asparagus Applesauce Cake &amp; Ice Cream</p>	<p>12 BBQ Pork Potato Salad Spinach Baked Apple</p>	<p>13 Western Egg Casserole Hash Brown Potatoes Broccoli Normandy Canned Fruit Orange Juice</p>
<p>16 Beef Stroganoff w/ Noodles Corn w/ Pimento Apple Ringed Bananas</p>	<p>17 Porkey's Patty Sweet Potatoes Broccoli Canned Fruit</p>	<p>18 Bistro Chicken Breast Mashed Potatoes Gravy Banana Peach Cup Oatmeal Fruit Bar</p>	<p>19 Hamburger on Wheat Bun Sweet Potato Fries Fruit Cup</p>	<p>20 Baked Fish Parslied Noodles Peas Calico Cole Slaw Sunshine Salad</p>
<p>23 Meat Loaf Baked Potato Sour Cream Kidney Bean Salad Mandarin Oranges</p>	<p>24 Chicken Salad on Wheat Bun Tomato Slices Pineapple Tidbits Sweet Potato Custard</p>	<p>25 Spaghetti w/Meat Sauce Green Beans Layered Lettuce Salad Garlic Bread Orange Juice</p>	<p>26 Boiled Beef Dinner Pea Salad Strawberries &amp; Bananas</p>	<p>27 Chicken &amp; Rice Casserole Carrot Raisin Salad Citrus Section</p>
<p>29 Baked Chicken Mashed Potatoes Sunshine Carrots Mandarin Oranges Banana Bar</p>	<p>30 Swedish Meatballs Parslied Noodles Corn Waldorf Salad</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 &amp; salad dressings optional. Menu reviewed 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 style="text-align: center;"><b>"Touching Lives With Food &amp; Friendship"</b></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.

*\*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.*

## 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



## We Invite You to Visit Our Website

We recently had our website revamped and want those of you with compute access to look at what we have done. There is a wealth of information available to you or your family. What you see below is what you will see upon arriving at our web address.



<http://www.southeastiowaaaa.org/>

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 Tidbits

National Poetry Month

Arbor Day is the last Friday of the month

April birthstone is the diamond

## May Tidbits

May birthstone is the emerald

Kentucky Derby is on the first Saturday

Memorial Day on the last Monday

## June Tidbits

June birthstone is the pearl

June flower is the rose



---

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.

---

## 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  
Jackie Williams.....Proofing

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**