

107 Years of Experience:

The Faces Behind Our Success

Southeast Iowa Area Agency on Aging, Inc. has been fortunate over the years to have a staff of very dedicated people who enjoy what they do. The evidence for this lies in the longevity of our employees. Some of these people you know personally because you might see them every day. Some you may only see occasionally because they work behind the scenes to help the Agency accomplish their mission. For others, you may have heard their name but have never seen their smile.

As we approach the new decade we wanted you to know who they are and how many years of service they have provided to us.

Our Nutrition Project Site Managers



L to R: Judy Stephenson (Fort Madison - 10 Years), Cindy Morse (Winfield & Central Office - 20 Years), Anita Lock (Central Office - 8 Years), Joyce Martin (Autumn Heights - 1 Year), Karen Wetzel (Keokuk - 9 Years), Barbara Spurling (Columbus Junction - 1 Year), Virginia Woodley (Donnellson - 14 Years), Connie Weatherman (Salem - 30 Years), Mary Stoner (Mt. Pleasant - 2 Years) and Ruth O'Brien (Wapello - 12 Years).

(Watch this space for the Dietary Staff in the next issue.)



Shining Star Awards Presented for Outstanding Contributions to Older Iowans

(Des Moines, IA) Iowa Department on Aging (formerly the Iowa Department of Elder Affairs) Director, John McCalley, presented Polly Prior of Columbus Junction (Louisa Co.) with a Shining Star Award at the Aging & Action – Partnering Through Hard Times Forum held May 13, 2009 in Des Moines. Polly Prior was nominated by Dennis Zegarac, Executive Director of Southeast Iowa Area Agency on Aging, Inc. In the nomination letter, it stated that “When the flood took out the Senior Citizen Center (Columbus Community Senior Center in Columbus Junction), Polly was busy researching and lining up funding so that the facility could be rebuilt. The nomination letter goes on to say that Polly “has been able to raise \$102,000 in cash ...and another \$143,000 in funding commitments ...to go towards rebuilding the Senior Center.”

Iowa Department on Aging Director John McCalley stated, “Polly Prior exemplifies what the Shining Star Awards stand for and it was an honor to present Polly with the award.” Six Shining Star awards were given out to those individuals and organizations making outstanding contributions to older Iowans and the field of aging.



(See the results of Polly's work on Pages 2 & 3 of this issue.)

Hospice of Central Iowa Encourages End-of-Life Planning

It's an all too common situation. A family is at the bedside of a loved one who is seriously ill and nearing the end of life. Each member of the family has a different idea of what should be done and what the patient would have wanted. Far too many people wait until they are in the midst of a health care crisis before thinking about what options are available or what care they or their loved ones would have wanted. Hospice of Central Iowa professionals deal with these challenging situations every day – that's what they are trained to do.

When a family is coping with a serious illness and a cure is no longer possible, hospice provides the type of care most people say they want at the end of life: comfort and dignity. Considered to be the model for high-quality, compassionate care for people with a life-limiting illness, hospice care includes expert medical care, pain management, and emotional and spiritual support. Care is provided by an inter-disciplinary group of professionals and trained volunteers. The wishes of the patient and family are always at the center of care. Most hospice care is provided in the home – where the majority of Americans have said they would want to be at this time. Care is also provided in nursing homes, assisted living facilities, and hospice centers.

Care is paid for by Medicare, Medicaid, and most private insurance plans and HMOs. The National Hospice and Palliative Care Organization reports that more than 1.4 million people received care from our nation's hospices last year.

Hospice providers can help with information about care options and choices and ensure you live as fully as possible throughout your entire life. They will make sure your loved ones receive support as well.

One of the best ways to make sure you and your loved ones benefit fully from hospice, should you ever need this care, is to talk about it before it becomes an issue. For more information, call Hospice of Central Iowa at 319-385-4472. This information is provided by the National Hospice and Palliative Care Organization and Hospice of Central Iowa.

Hospice of Central Iowa is the state's oldest hospice care provider, serving 35 counties. As an independent, not-for-profit organization, we are committed to providing excellent end-of-life care to patients and compassionate support for their families, whether they live at home, or in nursing care facilities, hospitals or our residential hospice care facilities, the Kavanagh Houses. To learn more, please call us at 319-385-4472, toll-free at 1-888-385-4472 or visit our Web site: www.hospiceofcentraliowa.org.

(Material Submitted by Katie Smith)

From THEN to.....NOW: A Transformation!

Many of our readers know that during the devastating floods of last June, the Columbus Junction Community Senior Center was inundated with water from the Cedar and Iowa Rivers. In the picture below, the very peak of the roof is still visible.



After much hard work and dedication, the building has been refurbished with all new pieces of equipment and other furnishings.



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	Contact
Autumn Heights Meal Site	753-2675	11:30 am	M - F	Joyce Martin
Columbus Junction Meal Site	728-3148	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 local telephone number is 319-752-5433. Toll Free if outside of the 319 Area Code is 800-292-1268 (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)

Other Hospice Programs Serving Southeast Iowa

(Des Moines, Henry, Lee and Louisa Counties)

Great River Home Care & Hospice (877) 404-4766

Lee County Hospice (800) 458-6672

Iowa Hospice (800) 467-7423)

Iowa City Hospice (800) 897-3052 (Only serves Louisa County in our area.)



If you are planning to be in Columbus Junction and would like to join the seniors there for a midday meal and some camaraderie, you would be welcome. Please call 728-3148 for a meal reservation at least 24 hours in advance.



July 2009 Menu

Birthdays Celebrated on the 8th

Monday	Tuesday	Wednesday	Thursday	Friday
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. 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>1</p> <p>Beef Tips in Mushroom Gravy Mashed Potatoes Mixed Veggies Melon Wedge Granola Bar</p>	<p>2</p> <p>BBQ Chicken Potato Salad Green Bean Casserole Canned Fruit Orange Juice</p>	<p>3</p> <p>Staff Holiday Sites Closed</p> 
<p>6</p> <p>Beef Chili Casserole Mixed Green Salad w/ Dressing Blushing Pears Banana Muffin</p>	<p>7</p> <p>Roast Turkey on Wheat Bun Tomato Slices Pasta Salad Banana & Mandarin Oranges</p>	 <p>Beef & Noodles Mashed Potatoes Gravy Stir Fry Mix Applesauce Cake & Ice Cream</p>	<p>9</p> <p>Cook's Choice w/Dessert</p> 	<p>10</p> <p>Golden Baked Chicken Mashed Potatoes w/ Gravy Broccoli Normandy Apricot Crisp</p>
<p>13</p> <p>Beef Stroganoff w/ Noodles Corn w/Pimento Fresh Fruit Cup</p>	<p>14</p> <p>Chicken Cacciatore Mashed Potatoes Gravy Green & Gold Beans Banana Cake</p>	<p>15</p> <p>Porkey's Patty Sweet Potatoes Broccoli Lime Pear Gelatin</p>	<p>16</p> <p>Hamburger on Wheat Bun Sweet Potato Fries Marinated Cucumber w/ Onion Fruit Cup</p>	<p>17</p> <p>Baked Fish Parslied Noodles Peas Calico Coleslaw Sunshine Salad</p>
<p>20</p> <p>Spaghetti w/Meat Sauce Green Beans Layered Lettuce Salad Garlic Bread Orange Juice</p>	<p>21</p> <p>Chicken Salad on Wheat Bun Tomato Slices Pineapple Tidbits Sweet Potato Custard</p>	<p>22</p> <p>Meat Loaf Baked Potato Sour Cream Kidney Bean Salad Mandarin Oranges</p>	<p>23</p> <p>Chicken & Rice Casserole Carrot Raisin Salad Citrus Sections</p>	<p>24</p> <p>Boiled Beef Dinner Pea Salad Strawberries & Bananas Rye Bread</p>
<p>27</p> <p>Swedish Meatballs Parslied Noodles Corn Ambrosia Salad</p>	<p>28</p> <p>Roast Pork Sweet Potatoes Steamed Cabbage Apple Pie</p>	<p>29</p> <p>Baked Chicken Mashed Potatoes Gravy Sunshine Carrots Vanilla Pudding w/ Bananas</p>	<p>30</p> <p>Fish Au Gratin Lyonnaise Potato Broccoli Salad Fruited Gelatin</p>	<p>31</p> <p>Beef & Macaroni Casserole Peas Lettuce Salad w/Dressing Apricots</p>


August 2009 Menu

Birthdays Celebrated on the 12th

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Turkey Tetrazzini Peas Tomato Cucumber Salad Sunshine Salad Oatmeal Raisin Cookie</p>	<p>4 Glazed Ham Ball Baked Sweet Potato Cauliflower Pears</p>	<p>5 Beef Tips w/Mushroom Gravy Mashed Potatoes Mixed Veggies Melon Wedge Granola Bar</p>	<p>6 BBQ Chicken Potato Salad Green Bean Casserole Canned Fruit Orange Juice</p>	<p>7 Meat Loaf Macaroni Salad Cabbage & Carrots Tomato Spoon Salad</p>
<p>10 Roast Turkey on Wheat Bun Tomato Slices Pasta Salad Banana & Mandarin Oranges</p>	<p>11 Beef Chili Casserole Mixed Green Salad w/ Dressing Blushing Pears Banana Muffin</p>	<p> Golden Baked Chicken Mashed Potatoes Gravy Broccoli Normandy Apricot Crisp & Ice Cream</p>	<p>13 BBQ Pork Potato Salad Parisian Green Beans Baked Apples</p>	<p>14 Beef & Noodles Mashed Potatoes Stir Fry Mix Applesauce</p>
<p>17 Porkey's Patty Sweet Potatoes Broccoli Pears</p>	<p>18 Beef Stroganoff w/ Noodles Corn w/ Pimento Fresh Fruit Cup</p>	<p>19 Chicken Cacciatore Mashed Potatoes Gravy Green & Gold Beans Banana Cake</p>	<p>20 Baked Fish Parslied Noodles Peas Calico Coleslaw Sunshine Salad</p>	<p>21 Hamburger on Wheat Bun Sweet Potato Fries Marinated Cucumbers w/Onions Fruit Cup</p>
<p>24 Chicken Salad on Wheat Bun Tomato Slices Pineapple Tidbits Sweet Potato Custard</p>	<p>25 Cook's Choice w/Dessert </p>	<p>26 Spaghetti w/Meat Sauce Green Beans Layered Lettuce Salad Garlic Bread Orange Juice</p>	<p>27 Boiled Beef Dinner Pea Salad Strawberries & Bananas Rye Bread</p>	<p>28 Chicken & Rice Casserole Carrot Raisin Salad Citrus Sections</p>
<p>31 Baked Chicken Mashed Potatoes Gravy Sunshine Carrots Vanilla Pudding w/ Bananas</p>	<p style="text-align: center;">We Appreciate Your Contribution for Our Meals! What You Give Is A Personal Decision</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. 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>			

September 2009 Menu

Birthdays Celebrated on the 9th

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Swedish Meatballs Parslied Noodles Corn Ambrosia Salad</p>	<p>2 Roast Pork Sweet Potatoes Steamed Cabbage Apple Pie</p>	<p>3 Fish Au Gratin Lyonnaisse Potato Broccoli Salad Fruited Gelatin</p>	<p>4 Beef & Macaroni Casserole Peas Tossed Salad w/ Dressing Apricots</p>
<p>7 Labor Day Holiday Sites Closed</p> 	<p>8 Turkey Tetrazzini Peas Tomato Cucumber Salad Sunshine Salad Oatmeal Raisin Cookie</p>	 <p>Beef Tips w/Mushroom Gravy Mashed Potatoes Mixed Veggies Melon Wedge Granola Bar Ice Cream</p>	<p>10 BBQ Chicken Potato Salad Green Bean Casserole Canned Fruit Orange Juice</p>	<p>11 Meat Loaf Macaroni Salad Cabbage & Carrots Spoon Salad</p>
<p>14 Roast Turkey on Wheat bun Tomato Slices Pasta Salad Banana & Mandarin Oranges</p>	<p>15 Beef Chili Casserole Mixed Green Salad w/ Dressing Blushing Pears Banana Muffin</p>	<p>16 Golden Baked Chicken Mashed Potatoes Gravy Broccoli Normandy Apricot Crisp</p>	<p>17 Beef & Noodles Mashed Potatoes Stir Fry Mix Applesauce</p>	<p>18 BBQ Pork Potato Salad Parisian Green Beans Baked Apple</p>
<p>21 Beef Stroganoff w/ Noodles Corn w/ Pimento Fresh Fruit Cup</p>	<p>22 Porkey's Patty Sweet Potatoes Broccoli Lime Pear Gelatin</p>	<p>23 Chicken Cacciatore Mashed Potatoes w/Gravy Green & Gold Beans Banana Cake</p>	<p>24 Baked Fish Parslied Noodles Peas Calico Coleslaw Sunshine Salad</p>	<p>25 Cook's Choice w/ Mexican Wedding Cake</p> 
<p>28 Meat Loaf Baked Potato Sour Cream Kidney Bean Salad Mandarin Oranges</p>	<p>29 Chicken & Rice Casserole Carrot Raisin Salad Citrus Sections</p>	<p>30 Boiled Beef Dinner Pea Salad Strawberries & Bananas Rye Bread</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. 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>	

Advisor Update & Contribution Form

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My City: _____
My State: _____ My ZIP: _____



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509 Jefferson Street
Burlington IA 52601-5427

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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



Events for Your Calendar

AAA Advisory Council Meeting

July 17, 2009
9:00 - Noon

AAA Board of Directors Meeting

July 24, 2009
9:00 - Noon

AAA Advisory Council Meeting

August 21, 2009
9:00 - Noon

AAA Board of Directors Meeting

August 28, 2009
9:00 - Noon

All meetings are held in Room B of
the Burlington Public Library

An "aglet" is the plastic end of a shoestring.
But you already knew that. Right?

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It's Coming!

Area Agency on Aging
Senior Health Fair
October 23, 2009



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The Advisor

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