

## 95 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 Dietary Staff



L to R: Joyce Kramer (Wapello - 2 Years), Ramona Walker (Wapello - 11 Years), Linda Bevard (Keokuk - 10 Years), Shari Gerhardt (Fort Madison - 13 Years), Nancy Skog (Keokuk - 9 Years), Ted Knutson (Mt. Pleasant - 3 Years), Tina Penrod (Fort Madison - 12 Years) and Dar Moffett (Mt. Pleasant - 3 Years). Not pictured: Barbara Ledbetter (Mt. Pleasant - 32 Years).

Next Issue?

Our Central Office Staff  
58 Years

## Governor Culver Appoints Richard Tiemeyer to Dependent Adult Protective Advisory Council

(Des Moines) Richard Tiemeyer of Fort Madison was recently appointed by Governor Culver to a term on the Dependent Adult Protective Advisory Council and will serve in that capacity until April 30, 2013. Richard, a member of the Agency's Board of Directors, is also very actively involved as a volunteer in the Senior Medicare Patrol program coordinated by the Agency. His other volunteer work includes the Older Iowans Legislature. We are fortunate to have Richard living in Southeast Iowa. Congratulations Richard!



## 29 Years & Counting!

The theme for the Health Fair this year will be:



## A Health Fiesta

(Continued on Page 2.)

# H1N1 Update

As flu season approaches it is important to be vaccinated against the seasonal flu.

Traditionally, **seasonal flu** affects the elderly population more severely than the younger.



Seasonal flu vaccine will be available in September. Please remember to get your shot. September will not be too early to receive the **seasonal flu vaccine**, as it will provide protection for up to one year.

The **seasonal influenza vaccines** are formulated to prevent annual influenza; they do not protect against novel influenza A (H1N1.)

**At this time, senior citizens are not in the priority groupings for H1N1 vaccine. The priority groups are as follows:**

1. Pregnant women;
2. Household contacts and caregivers for children younger than 6 months of age;
3. Health care and emergency medical services personnel;
4. All people from 6 months through 24 years of age;
5. Persons aged 25 through 64 years of age who have health conditions associated with higher risk of medical complications from the flu.

As with any flu, please practice good hygiene: wash your hands thoroughly after sneezing, blowing your nose and toileting. Cough into your sleeve. **STAY HOME IF YOU ARE ILL.** Use common sense regarding travel. And above all, do not panic. At this time, H1N1 cases have been relatively mild.

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## Do You Know the Meaning of: *pandiculating?*

(See Page 7 for the answer.)

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IOWA FAMILY



Informing • Encouraging • Empowering

Southeast Iowa AAA, Inc.  
is one of 13 founding  
members of the Iowa  
Family Caregiver Program

(Continued from Page 1.)

Had the Agency been able to hold the annual health fair last year we would be celebrating 30 years of service to area elders this year. Unfortunately, the flooding kept us from holding last year's event! Instead, the upcoming Annual Senior Health Fair will be our 29th!

Some of you may have even been to all of them. Unfortunately, we do not have records of who attended in the early years or we could recognize each of you.

## Frequently Asked Health Fair Questions

### Will Flu Shots Be Offered?

Yes, **seasonal** flu shots will be available as usual. If you want Medicare to cover the cost, you will need to bring your Medicare card so that it can be billed to them. If you would prefer to pay for the shot, the cost is \$20.

### Do I Have to Register to Get Into the Health Fair?

Yes. The Area Agency on Aging spends federal and state money to offer the health fair and it requires that you register so that they can prove that they served you. Please honor our rules.

### Will I Be Able to Pick Up A Registration Form Ahead of Time?

Yes. You can pick up a form at any of our congregate meal sites or in our main office in Burlington. Please fill out the form completely so that your entrance into the fair is expedited. You still must stop at the front entrance to have us check your form and keep one of the copies. Plus, we use one of the copies for door prize drawings!

## See You on October 23rd!



# 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.

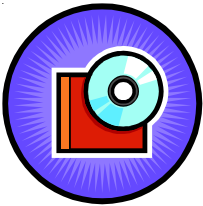


Nutrition Site	Telephone	Time	Days	Contact
Autumn Heights Meal Site	753-2675	11:30 am	M - F	Joyce Martin
Columbus Junction Meal Site	728-3148	Noon	M - F	Barbara Spurling
Donnellson Meal Site	835-5115	11:30 am	Tue - F	Virginia Woodley
Fort Madison Meal Site	372-3147	Noon	M - F	Judy Stephenson
Keokuk Meal 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)

## New DVD's Ordered for the Caregiver Lending Library



The Agency has ordered some new dvd's for the Caregiver Lending Library housed at the Yohe Library at Southeastern Community College. These items should be available for check-out by mid-October. If you would like to know how to obtain a library card to use for these items,

contact the Area Agency on Aging to obtain the form. If you would like to see a list of what is available, you can view one on our website. The new ones are:

- ➡ Nutrition and Meal Preparation for Older Adults
- ➡ Fall Prevention
- ➡ Caregiver Wellness
- ➡ How to Communicate Effectively With Someone Who Has Hearing Loss

## Agency Now Has Two Certified Information and Referral Specialists on Staff

Southeast Iowa AAA, Inc. now has two staff members who are certified as Information and Referral Specialists with an emphasis in aging. Please feel free to give either one of them a call if you are looking for information about services designed for elders.



Jackie Williams




Kelly Ripperger

Call 1-319-752-5433 or  
1-800-292-1268






# October 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 &amp; salad dressings optional. Menu approved by an RD, LD. Dietary compliance is the responsibility of the participant. Menus subject to change. Meals provided by Southeast Iowa AAA, Inc.</p> <p><b>Invite A Friend To Join You for A Meal</b></p>			<p><b>1</b> Tuna Noodle Casserole Peas Strawberries &amp; Bananas Vanilla Wafers Orange Juice</p>	<p><b>2</b> Chicken &amp; Noodles Mashed Potatoes Broccoli Normandy Cirtus Gelatin Salad</p>
<p><b>5</b> Salisbury Steak Gravy Oven Browned Potato Broccoli Diced Peaches Tomato Juice</p>	<p><b>6</b> <b>High Sodium</b> Chili w/Beans Crackers Mixed Green Salad Corn Bread Fruit Pudding</p>	<p><b>7</b> Roast Pork Mashed Potatoes Gravy Scalloped Cabbage Fresh Apple Mexican Wedding Cake</p>	<p><b>8</b> Potato Chowder Crackers Roast Beef Sandwich Tomato Wedges Orange &amp; Grapefruit Sections Crispy Rice Bar</p>	<p><b>9</b> Liver &amp; Onions Mashed Potatoes Gravy Green Bean Casserole Pudding w/ Fruit</p>
<p><b>12</b> Glazed Ham Balls Baked Sweet Potato Mixed Vegetable Pumpkin Whip</p>	<p><b>13</b> Hearty Beef Vegetable Soup Crackers Potato Salad Creamy Coleslaw w/ Carrots Banana Peach Cup</p>	<p> Pot Roast Boiled Red Potatoes Gravy Winter Squash Banana Cake w/ Ice Cream Tomato Juice</p>	<p><b>15</b> Salmon Patty Baked Potato Half Creamed Peas Oatmeal Raisin Cookie Orange Juice</p>	<p><b>16</b> Pork Cutlet Scalloped Potatoes Brussels Sprouts w/ Cheese Pineapple Crisp Punch Drink</p>
<p><b>19</b> Meat Loaf Mashed Potatoes Gravy Peas Prune Whip Tomato Juice</p>	<p><b>20</b> Cream Turkey Mashed Potatoes Harvard Beets Mixed Green Salad Strawberries &amp; Bananas</p>	<p><b>21</b> Baked Chicken Baked Potato Half Sour Cream Stewed Tomatoes Fruited Gelatin</p>	<p><b>22</b> Pork Cutlet Mashed Sweet Potatoes Broccoli Oatmeal Raisin Bar</p>	<p><b>23</b> Beef Macaroni Casserole Spinach Bran &amp; Raisin Muffin Orange Apricot Gelatin Salad</p>
<p><b>26</b> Beef Stew Buttermilk Biscuit Mixed Green Salad Fruit Tomato Juice</p>	<p><b>27</b> Baked Chicken Breast Mashed Potato Gravy Asparagus Blushing Pineapple</p>	<p><b>28</b> Meat Sauce Spaghetti Noodles Lima Beans Layered Lettuce Salad Banana Peach Cup Punch Drink</p>	<p><b>29</b> <b>High Sodium</b> Baked Glazed Ham Garlic Mashed Potatoes Green Bean Saute Citrus Sections</p>	<p><b>30</b> Meat Loaf Hashbrown Casserole Peas &amp; Onions Garlic Bread Cherry Gobble Up</p>

# November 2009 Menu

Birthdays Celebrated on the 11th

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Beef Meatball Gravy Parsley Butter Potatoes Green Beans Banana &amp; Mandarin Oranges Tomato Juice</p>	<p>3</p> <p>Cook's Choice w/Dessert</p> 	<p>4</p> <p>Bistro Chicken Breast Au Gratin Potatoes Succotash Mixed Fruit Punch Drink</p>	<p>5</p> <p>Tuna Noodle Casserole Peas Strawberries &amp; Bananas Vanilla Wafers Orange Juice</p>	<p>6</p> <p>Chicken &amp; Noodles Mashed Potatoes Broccoli Normandy Citrus Gelatin Salad</p>
<p>9</p> <p>Salsibury Steak Oven Browned Potatoes Broccoli Diced Peaches Tomato Juice</p>	<p>10</p> <p><b>High Sodium</b></p> <p>Chili w/Beans Crackers Mixed Green Salad Corn Bread Fruit Pudding</p>	 <p>Roast Pork Mashed Potatoes Gravy Buttered Cabbage Cranberry Velvet Pumpkin Pie Ice Cream</p>	<p>12</p> <p>Potato Chowder Crackers Roast Beef Sandwich Tomato Wedges Orange &amp; Grapefruit Sections Crispy Rice Bar</p>	<p>13</p> <p>Liver &amp; Onions Mashed Potatoes Gravy Green Bean Casserole Pudding w/Fruit</p>
<p>16</p> <p>Glazed Ham Balls Baked Sweet Potato Mixed Vegetable Pumpkin Whip</p>	<p>17</p> <p>Hearty Beef Vegetable Soup Crackers Potato Salad Creamy Coleslaw w/ Carrots Banana Peach Cup</p>	<p>18</p> <p>Salmon Patty Baked Potato Half Sour Cream Creamed Peas Oatmeal Raisin Cookie Orange Juice</p>	<p>19</p> <p>Pot Roast Boiled Red Potatoes Gravy Winter Squash Rice &amp; Raisin Pudding Tomato Juice</p>	<p>20</p> <p>Pork Cutlet Scalloped Potatoes Brussels Sprouts w/Cheese Pineapple Crisp Punch Drink</p>
<p>23</p> <p>Meat Loaf Mashed Potatoes Peas Prune Whip Tomato Juice</p>	<p>24</p> <p>Cream Turkey Mashed Potatoes Harvard Beets Mixed Green Salad Strawberries &amp; Bananas</p>	<p>25</p> <p>Baked Chicken Baked Potato Half Sour Cream Stewed Tomatoes Fruited Gelatin</p>	<p>26</p> <p>Holiday Sites Closed</p> 	<p>27</p> <p>Holiday Sites Closed</p>
<p>30</p> <p>Beef Stew Buttermilk Biscuit Mixed Green Salad Fruit Tomato Juice</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 approved by an RD, LD. 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>We Appreciate Your Contribution for Our Meals!</b> <b>What You Give Is A Personal Decision</b></p>			

# December 2009 Menu

Birthdays Celebrated on the 9th

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.</p>	<p>1 Baked Chicken Breast Mashed Potatoes Gravy Asparagus Blushing Pineapple</p>	<p>2 Meat Sauce Spaghetti Noodles Lima Beans Layered Lettuce Salad Banana Peach Cup Punch Drink</p>	<p>3 <b>High Sodium</b> Baked Glazed Ham Garlic Mashed Potatoes Green Bean Saute Citrus Sections</p>	<p>4 Au Gratin Fish Ranch Mashed Potatoes Mixed Vegetable Mixed Fruit</p>
<p>7 Beef Meatball Gravy Parsley Buttered Potatoes Green Beans Bananas &amp; Mandarin Oranges Tomato Juice</p>	<p>8 Cook's Choice w/Dessert</p> 	 <p>Bistro Chicken Breast Au Gratin Potato Succotash Strawberries Angel Food Cake w/ Ice Cream</p>	<p>10 Tuna Noodle Casserole Peas Strawberries &amp; Bananas Vanilla Wafers Orange Juice</p>	<p>11 Chicken &amp; Noodles Mashed Potatoes Broccoli Normandy Citrus Gelatin Salad</p>
<p>14 Salisbury Steak Gravy Broccoli Diced Peaches Tomato Juice</p>	<p>15 <b>High Sodium</b> Chili w/Beans Crackers Mixed Green Salad Corn Bread Fruit Pudding</p>	<p>16 Roast Pork Mashed Potatoes Gravy Scalloped Cabbage Fresh Apple Mexican Wedding Cake</p>	<p>17 Potato Chowder Crackers Roast Beef Sandwich Tomato Wedges Citrus Sections Crispy Rice Bar</p>	<p>18 Liver &amp; Onions Mashed Potatoes Gravy Green Bean Casserole Pudding w/ Fruit</p>
<p>21 Glazed Ham Balls Baked Sweet Potato Mixed Vegetable Pumpkin Whip</p>	<p>22 Hearty Beef Vegetable Soup Crackers Potato Salad Creamy Cole Slaw Banana Peach Cup</p>	<p>23 Salmon Patty Baked Potato Half Sour Cream Creamed Peas Oatmeal Raisin Cookie Orange Juice</p>	<p>24 Pot Roast Boiled Red Potatoes Gravy Winter Squash Rice &amp; Raisin Pudding Tomato Juice</p>	<p>25 Holiday Sites Closed</p> 
<p>28 Meat Loaf Mashed Potatoes Gravy Peas Prune Whip Tomato Juice</p>	<p>29 Cream Turkey Mashed Potatoes Harvard Beets Mixed Green Salad Strawberries &amp; Bananas</p>	<p>30 Baked Chicken Baked Potato Half Sour Cream Stewed Tomatoes Fruited Gelatine</p>	<p>31 Chicken Cacciatore Mashed Potatoes Gravy Black Eyed Peas Orange Apricot Gelatin Salad Caramel Cheesecake</p>	<p>All meals served with a bread, margarine and 1% milk. Menu approved by an RD, LD. Dietary compliance is the responsibility of the participant. Menus subject to change. Meals provided by Southeast Iowa AAA, Inc.</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** me 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](http://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



## Events for Your Calendar

**AAA Advisory Council Meeting**  
October 16, 2009  
November 20, 2009  
9:00 - Noon

**AAA Board of Directors Meeting  
& Legislative Forum**  
October 30, 2009  
9:00 - Noon

All meetings are held at  
the Burlington Public Library

Pandiculating is yawning and stretching at the same time.

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Visit Us on the Web:

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

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We know it is early but since we only publish every quarter, we have to cover all of the holidays in that period of time. We are not implying that you should start your Christmas shopping early because you will get plenty of reminders of that from the merchants. We do however want to wish you a.....

**Joyful New Year  
filled with  
peace, joy,  
prosperity and  
good health.**



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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.

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## The Advisor

*The Advisor* is a quarterly publication of  
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