

The Advisor



Published Quarterly
January/February/March 2010

58+ 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. This is the last group.

Our Central Office Staff



Brenda Sayre
Planning
Director
12+ Years



Steve Mattoon
Delivery
3 Months



Jackie Williams
Information &
Assistance
3+ Years



Kelly Ripperger
Finance Director
10+ Years



Pam Taylor
Nutrition
Director
10+ Years



Dennis Zegarac*
Executive
Director
23 Years

*This was the best picture of the "boss" we could find!

Two other staff work in the Central Office but their pictures were included in the Site Manager photo. They are Anita Lock and Cindy Morse.

Spring Begins March 21, 2010! Whoopie!



SMP is all about empowering consumers!

SMP as we are now referred stands for Senior Medicare Patrol and it is a corps of professional volunteers to provide community education to Medicare beneficiaries and their family caregivers. The program began in 1997 and can be found throughout the nation providing educational programs to teach consumers about Medicare errors, fraud, and abuse and includes ways to avoid identity theft and scams.

It is sponsored locally by Southeast Iowa Area Agency on Aging, Inc. and is funded in part by a grant from the Administration on Aging. Current SMP Volunteers are: Jerri Dean (Mt. Pleasant), Fran Bohlken (West Burlington), Joyce Dickey (Donnellson), Nancy Hodson (Farmington) and Richard Tiemeyer (Fort Madison).

SMP volunteers give community education programs for clubs, organization, church groups, home health care agency staff and interested parties, we set-up exhibits at local health fairs, conferences and other venues where large groups gather.

If your group or organization would like a community education program or you have specific questions any of the topics listed above, contact Southeast Iowa Area Agency on Aging at 1-800-292-1268 or 319-752-5433 and ask for SMP. For a more in-depth review about SMP visit the website:

www.StopMedicare.com

Be A Better Caregiver: Tips for Success

#1 You will be a better caregiver if you embrace the help of others.

#2 Identify your needs. There are the basic needs of eating and sleeping (which is probably lacking for family caregivers). We also have the need to HAVE FUN. This is the one that people tend to forget. When a caregiver has a day off, they are more refreshed and that helps them be a better caregiver.

#3 Set boundaries and limits for yourself....for some family members that is difficult. Give what you can, but don't forget your other roles.

#4 Don't have unreasonable expectations of yourself. We often are our own biggest stressor because we expect too much of ourselves.

#5 Be careful of being rigid. Go with the flow. As a caregiver, that is a requirement for happiness.

#6 Monitor yourself for overwhelming feelings. If you are feeling out of control, helpless, resentful, or guilty seek help. Take care of yourself....it is a part of your job as a healthy caregiver.

#7 Have someone to share your feelings with. It is important to have someone that you can share your frustration, fears and anger with. We all feel those feelings and need to be able to talk about them.

#8 Have hope. Hope is the feeling you have that the feeling you have now isn't permanent.

#9 Learn and improve. Read, ask others, attend educational opportunities, observe, try different things, and change your perspective.

#10 Have a feel good box. This is a box where you keep all of those special notes that people have written to you. Maybe it is something you accomplished, a thank you card, or anything that makes you feel good about yourself.



Informing • Encouraging • Empowering

<http://www.iowafamilycaregiver.org>

1-866-468-7877

Taking Care of Yourself Helps You Take Care of Others

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 Wetzell
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)

Your Contribution for Our Meals Helps Us Continue to Offer the Service. Please Be As Generous As You Can

Notice

Check with your local county health department to see if there will be an H1N1 clinic scheduled in your area. This vaccination is now available for anyone. Originally it was only offered for people in certain age and health categories.



Synapse Challenges!

Left - Right, Can You Name Them....Without Looking It Up?

(See Page 7 for the answer.)






Do You Know the Meaning of:

cruciverbalist?

(See Page 7 for the answer.)

January 2010 Menu

Birthdays Celebrated on the 13th

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 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;">Invite A Friend To Join You for A Meal "Touching Lives With Food & Friendship"</p>				<p style="text-align: center;">1 Holiday Sites Closed</p> 
<p style="text-align: center;">4</p> <p>Baked Chicken Breast Mashed Potatoes Gravy Asparagus Blushing Pineapple</p>	<p style="text-align: center;">5</p> <p>Spaghetti w/Meat Sauce Lima Beans Layered Lettuce Salad Banana Peach Cup Orange Juice</p>	 <p style="text-align: center;">High Sodium Meal</p> <p>Baked Glazed Ham Garlic Mashed Potatoes Green Bean Saute Citrus Sections</p>	<p style="text-align: center;">7</p> <p>Beef Stew Buttermilk Biscuit Mixed Green & Mandarin Salad Fruit Fresh Grapes</p>	<p style="text-align: center;">8</p> <p>Tuna Noodle Casserole Peas Strawberries & Bananas Vanilla Wafers Orange Juice</p>
<p style="text-align: center;">11</p> <p>Cook's Choice w/Dessert</p> 	<p style="text-align: center;">12</p> <p>Beef Meatball Gravy Parslied Potatoes Southern Black-eyed Peas Bananas & Mandarin Oranges Tomato Juice</p>	 <p style="text-align: center;">Bistro Chicken Breast</p> <p>Au Gratin Potatoes Succotash Strawberries Angel Food Cake Ice Cream</p>	<p style="text-align: center;">14</p> <p>Au Gratin Fish Ranch Mashed Potatoes Mixed Vegetable Mixed Fruit</p>	<p style="text-align: center;">15</p> <p>Chicken & Noodles Mashed Potatoes Broccoli Normandy w/Cheese Citrus Gelatin Salad Sugar Cookie</p>
 <p style="text-align: center;">High Sodium Meal</p> <p>Chili w/Beans Crackers Mixed Green Salad Corn Bread Fruit Pudding</p>	<p style="text-align: center;">19</p> <p>Salisbury Steak Oven Browned Potatoes Gravy Broccoli Diced Peaches Tomato Juice</p>	<p style="text-align: center;">20</p> <p>Roast Pork Mashed Potatoes Gravy Scalloped Cabbage Fresh Apple Mexican Wedding Cake</p>	<p style="text-align: center;">21</p> <p>Potato Chowder Crackers Roast Beef Sandwich Tomato Wedges Citrus Sections Crispy Rice Bar</p>	<p style="text-align: center;">22</p> <p>Liver & Onions Mashed Potatoes Gravy Green Bean Casserole Pudding w/Fruit</p>
<p style="text-align: center;">25</p> <p>Hearty Beef Vegetable Soup Crackers Potato Salad Creamy Cole Slaw Banana Peach Cup</p>	<p style="text-align: center;">26</p> <p>Glazed Ham Balls Baked Sweet Potato Mixed Vegetables Pumpkin Whip</p>	<p style="text-align: center;">27</p> <p>Salmon Pattie Baked Potato Half Sour Cream Creamed Peas Oatmeal Raisin Cookie Orange Juice</p>	<p style="text-align: center;">28</p> <p>Pot Roast Boiled Red Potatoes Gravy Winter Squash Rice & Raisin Pudding Tomato Juice</p>	<p style="text-align: center;">29</p> <p>Pork Cutlet Scalloped Potatoes Brussels Sprouts w/Cheese Pineapple Crisp Punch Drink</p>

February 2010 Menu

Birthdays Celebrated on the 10th





Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Meat Loaf Mashed Potatoes Gravy Cabbage & Tomatoes Hot Fruit Compote</p>	<p>2 Creamed Turkey Mashed Potatoes Harvard Beets Mixed Green Salad Strawberries & Bananas</p>	<p>3 Baked Chicken Baked Potato Sour Cream Stewed Tomatoes Fruited Gelatin</p>	<p>4 Pork Cutlet Mashed Sweet Potatoes Broccoli Oatmeal Raisin Bar</p>	<p>5 Beef Macaroni Casserole Spinach Bran & Raisin Muffin Orange & Apricot Gelatin Salad</p>
<p>8 Beef Stew Buttermilk Biscuit Mixed Green & Mandarin Salad Fresh Grapes</p>	<p>9 Baked Chicken Breast Mashed Potatoes Gravy Asparagus Blushing Pineapple</p>	<p> Spaghetti w/Meat Sauce Lima Beans Layered Lettuce Salad Banana Bar Ice Cream Orange Juice</p>	<p> High Sodium Meal Baked Glazed Ham Garlic Mashed Potatoes Green Bean Sauté Citrus Sections</p>	<p>12 Tuna Noodle Casserole Peas Strawberries & Banana Vanilla Wafers Orange Juice</p>
<p>15 President's Day Sites Closed </p>	<p>16  Cook's Choice w/Dessert</p>	<p>17 Bistro Chicken Breast Au Gratin Potatoes Succotash Strawberries</p>	<p>18 Au Gratin Fish Ranch Mashed Potatoes Mixed Vegetable Mixed Fruit</p>	<p>19 Chicken & Noodles Mashed Potatoes Broccoli Normandy w/Cheese Citrus Gelatin Salad Sugar Cookie</p>
<p>22 Salisbury Steak Oven Browned Potatoes Broccoli Diced Peaches Tomato Juice</p>	<p> High Sodium Meal Chili w/Beans Crackers Mixed Green Salad Corn Bread Fruit Pudding</p>	<p>24 Roast Pork Mashed Potatoes Gravy Buttered Scalloped Cabbage Fresh Apple Mexican Wedding Cake</p>	<p>25 Potato Chowder Crackers Roast Beef Sandwich Tomato Wedges Citrus Sections Crispy Rice Bar</p>	<p>26 Liver & Onions Mashed Potatoes Gravy Green Bean Casserole Pudding w/Fruit</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 an RD, LD. Dietary compliance is the responsibility of the participant. Menus subject to change. Meals provided by Southeast Iowa AAA, Inc.

We Appreciate Your Contribution for Our Meals

March 2010 Menu

Birthdays Celebrated on the 10th

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Glazed Ham Balls Baked Sweet Potato Mixed Vegetables Pumpkin Whip</p>	<p>2 Hearty Beef Vegetable Soup Crackers Potato Salad Creamy Cole Slaw Banana Peach Cup</p>	<p>3 Salmon Pattie Baked Potato Sour Cream Creamed Peas Oatmeal Raisin Cookie Orange Juice</p>	<p>4 Pot Roast Boiled Red Potatoes Gravy Winter Squash Rice & Raisin Pudding Tomato Juice</p>	<p>5 Pork Cutlet Scalloped Potatoes Brussels Sprouts w/Cheese Pineapple Crisp Punch Drink</p>
<p>8 Meat Loaf Mashed Potatoes Gravy Cabbage & Tomatoes Hot Fruit Compote</p>	<p>9 Creamed Turkey Mashed Potatoes Harvard Beets Mixed Green Salad Strawberries & Bananas</p>	<p> Baked Chicken Baked Potato Sour Cream Stewed Tomatoes Ambrosia Cake Ice Cream</p>	<p>11 Pork Cutlet Mashed Sweet Potatoes Broccoli Oatmeal Raisin Bar</p>	<p>12 Beef Macaroni Casserole Spinach Bran & Raisin Muffin Orange Apricot Gelatin Salad</p>
<p>15 Beef Stew Buttermilk Biscuit Mixed Green & Mandarin Salad Fruit Tomato Juice</p>	<p>16 Baked Chicken Breast Mashed Potatoes Gravy Asparagus Blushing Pineapple</p>	<p>17 Spaghetti w/Meat Sauce Lima Beans Layered Lettuce Salad Banana Peach Cup Orange Juice</p>	<p> High Sodium Meal Baked Glazed Ham Garlic Mashed Potatoes Green Bean Sauté Citrus Sections</p>	<p>19 Tuna Noodle Casserole Peas Strawberries & Bananas Vanilla Wafers Orange Juice</p>
<p>22 Beef Meatball Gravy Parslied Potatoes Black-eyed Peas Bananas & Mandarin Oranges Tomato Juice</p>	<p>23 Cook's Choice w/Dessert </p>	<p>24 Bistro Chicken Breast Au Gratin Potatoes Succotash Sliced Strawberries</p>	<p>25 Au Gratin Fish Ranch Mashed Potatoes Mixed Vegetables Mixed Fruit</p>	<p>26 Chicken & Noodles Broccoli Normandy w/Cheese Citrus Gelatin Salad Sugar Cookie</p>
<p>29 Salisbury Steak Oven Browned Potatoes Gravy Broccoli Diced Peaches Tomato Juice</p>	<p> High Sodium Meal Chili w/Beans Crackers Mixed Green Salad Corn Bread Fruit Pudding</p>	<p>31 Roast Pork Mashed Potatoes Gravy Scalloped Cabbage Fresh Apple Mexican Wedding Cake</p>	<p><i>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 an R.D.,L.D.. Dietary compliance is the responsibility of the participant. Menu subject to change.</i></p> <p>Meals provided by Southeast Iowa Area Agency on Aging, 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.

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



Washington, Jefferson, Roosevelt and Lincoln

Events for Your Calendar

AAA Advisory Council Meetings

January 15, 2010
February 19, 2010
March 19, 2010
9:15 - Noon

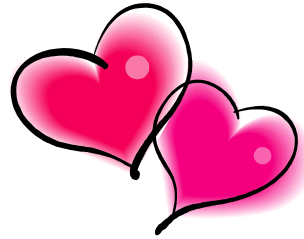
AAA Board of Director Meetings

January 22, 2010
February 26, 2010
March 26, 2010
9:00 - Noon

All meetings are held at the Burlington Public Library in either Room A or B. The library is handicapped accessible.

A "cruciverbalist" is a crossword puzzle enthusiast. Could also be one who constructs crossword puzzles or in general, one who likes word games.

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

This Month In History

January

On January 1, 1752, Betsy Ross (1752-1836) was born in Philadelphia, Pennsylvania. She was a seamstress credited with helping to originate and sew the Stars and Stripes flag of the new American Nation in 1776.

February

On February 1, 2003, sixteen minutes before it was scheduled to land, the Space Shuttle *Columbia* broke apart in flight over west Texas, killing all seven crew members.

March

On March 1, 1904 American band leader Glenn Miller (1904-1944) was born in Clarinda, Iowa.

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

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

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