

May is Older Americans Month!

May is Older Americans Month—a tradition dating back to 1963 to honor the legacies and ongoing contributions of older Americans and support them as they enter the next stage in life. Southeast Iowa Area Agency on Aging, Inc. is joining communities nationwide in celebrating this event.

This year's Older Americans Month theme—*Age Strong! Live Long!*—recognizes the diversity and vitality of today's older Americans who span three generations. They have lived through wars and hard times, as well as periods of unprecedented prosperity. They pioneered new technologies in medicine, communications, and industry while spearheading a cultural revolution

These remarkable achievements demonstrate the strength and character of older Americans, and underscore the debt of gratitude we owe to the generations that have given our society so much. But the contributions of older Americans are not only in the past.

Older Americans are living longer and are more active than ever before. And with the aging of the baby boomer generation—the largest in our nation's history—America's senior population is expected to number 71.5 million by 2030.

While keeping the growing population of older Americans healthy and active will increase the demand for senior services, what is remarkable is the extent to which older Americans themselves are supporting each other. As the new generations of seniors become better educated and more financially secure than their predecessors, they are spending more time making significant contributions in their communities through civic and volunteer opportunities.

In fact, older Americans are a core component of service delivery to seniors—embodying and modeling the drive to *Age Strong! Live Long!* They volunteer at group meal sites and deliver food to homebound seniors; they act as escorts and provide transportation for older adults who cannot drive; they help seniors with home repair, shopping and errands; and they provide vital counseling, information and referral services. Their energy and commitment reminds all Americans—not just senior citizens and their caregivers—to do their part to enhance the quality of life for older generations.

The annual commemoration of Older Americans Month is our opportunity to recognize the contributions of older citizens and join them in providing services and support that empower the elderly. Americans of all ages and backgrounds can volunteer with programs that improve health literacy, increase access to quality health services, offer food and nutrition services, provide financial and housing counseling, sponsor social

activities and community engagement, and more. Contact Southeast Iowa Area Agency on Aging, Inc. or by visiting <http://www.eldercare.gov> or calling 1-800-677-1116 to find out what you can do to strengthen services for older Americans during May and all year round.



Senior Deli Dining[®] Begins at Hy-Vee in Mt. Pleasant

The Agency, in cooperation with Hy-Vee in Mt. Pleasant, has started a new dimension in senior dining. The program, called Senior Deli Dining was modeled after a similar program operating in Olathe Kansas. Hy-Vee is also the food vendor for the program in Kansas.

The program works by having an interested diner register in the Agency nutrition program and then enroll in Senior Deli Dining. Once the eligible senior decides on their contribution and the number of meals they would like on their card, a dining card is issued to them. The card has a unique number associated with that diner and it is not transferrable. When the diner arrives to eat their reserved meal, their card is swiped and the number of meals assigned to the card is reduced by one. The card may only be used once per day Monday - Friday and only during the 11:00 a.m. to 1:00 p.m. time period.



The menu being served in this program is the same as it is in our other service locations. A great advantage to having this program operate at Hy-Vee is the availability of a registered dietician on the premises two days per week. Seniors with dietary issues are free to visit with the dietician on Mondays and Tuesdays.

The Agency wishes to convey their appreciation to Willy Amos, Store Manager, Dee Sandquist, Dietician and John Ita, Food Service Manager at Hy-Vee and the other staff for their help and assistance in developing the program. Being the only community in Iowa currently operating this program says a lot about the progressive attitude of people in Mt. Pleasant!

More Enrollment Dates 

Lastly, thank you to those who have signed up to try the new program: Vera Akers, Paul Anderson, Carmen Barr, Donna Baxter, Anna Benda, Dinah Bindner, Fred Bindner, Millie Bossler, Bob Buckman, Warren Burns, Charles Dyll, Albert Hadlock, Wanda Hatch, Bonnie Jones, Reed Jones, Edward Kropa, Susan Kropa, Joe Kuntz, Gloria Leonard, Lyle Litton, Thomas Matheis, Dick McAllister, Carolyn Meinhardt, Margaret Millard, Margaret Molander, Pauline Morrow, Bernice Nichting, Thelma Niece, Ken Purdy, Phillip Rich, Wilma Rich, Arline Sampson, Robert Sampson, Carole Scott, Carl Seberg, Charlene Seggerman, Ed Seggerman, Raymond Smith, Sharon Torres, Louise Trueblood, Sharyl Van Dorin, Dora Mae Van Winkle, Lloyd Van Winkle, Mary Wathen, Pauline Willson and Donald Young.

A Few Candid Shots of Diners!



Additional Senior Deli Dining Enrollment Dates

Representatives from the Agency will be available in the dining room at the Mt. Pleasant Hy-Vee on the following dates to enroll others who are interested in this program. Current Senior Deli Dining card holders will also be able to make contributions for additional meals to be added to their card. Please note that it takes 24 hours for the meals to show up on your card so don't wait too long or you won't be able to eat! Staff will be available to explain the program and enroll new diners beginning at 10:00 a.m. on March 31st, April 14th and 28th and again on May 12th and 26th. Schedule subject to change based on interest.

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 |
| Hy-Vee Senior Deli Dining | See Info Below | 11:00 - 1:00 | M - F | Not Staffed |
| 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)

Senior Deli Dining *Making A Reservation or Canceling One*

If you would like to eat in our new program at HyVee in Mt. Pleasant, you will need to have a Senior Deli Dining Card. The program is limited to those who are registered participants of our nutrition program and who have enrolled in the Senior Deli Dining Program. Please call us for additional information.

If you already have a Senior Deli Dining card and wish to make a reservation, you can call 1-800-292-1268 to reserve a spot at the table. If you have a reservation and wish to cancel it, please call the same number. You can also make reservations and notify us of cancellations if you are eating in this program. The reservation sheet is located at Hy-Vee.

PLEASE DO NOT CALL HY-VEE!

Reservations Required 24 hours in advance for ANY service location.

Cancellations can be made up until 9:00 a.m. on the day you intended to eat but are unable to do so.

Where Are The Menus?

We have made a decision to not put our menus in the newsletter any longer. The reasons are many but primarily because we also print a large number of each of the menus and have them available at our various service locations. You can pick a set of them up when you go in to have a meal. We include nutrition education on the back side of the menus and we were unable to when they run in the newsletter. You can also look at the menus on our website and even print a copy if you wish to do so. We trust that you understand and will soon be accustomed to this change. As many of you will recall, we have a five (5) week cycle menu which means that the daily menu could be repeated within a five week period of time.





Burlington Public Library

Did you know that in addition to checking out books, magazines, DVDs, cds, and books on tape or cd for all ages that the Library has services designed especially for seniors? The Library provides:

- Books, DVDs, and books on tape to homebound members of our community and deposit collections to senior centers all over town
- Programs specifically for seniors on the first Monday of each month at 10 a.m. – On April 2nd is “Trains Across Iowa”.
- Tax preparation assistance from AARP with a priority given to seniors
- Federal and state tax forms
- Genealogy materials specializing in Iowa and Des Moines county and genealogy classes
- Photographs of early Burlington and a newspaper clipping file
- Storytimes, special events, movie showings, and game times for families and children including grandparents
- Public computers to search the Internet and catch up on email as well as wireless service throughout the building
- Hands-on computer classes to teach everything from using a mouse to shopping on E-bay
- Meeting and study rooms to accommodate any size group from your card club to a statewide meeting
- Online book clubs, book reviews, recommended reading lists, travel information, newspaper and magazine articles on current issues, genealogy research, and even crafts, hobbies, and car repair.

All of these programs and services are **free** plus the Library has a welcoming staff ready to offer assistance in finding the resources you need. Stop by or call today. The phone number is 319-753-1647 and the web address is www.burlington.lib.ia.us. The Library is open 9-9 Monday through Thursday and 9-5 Friday and Saturday.

New at the Library

Thanks to a partnership with the library at the Great River Medical Center and with funding from the Great River Health Systems Community Enhancement Foundation, you can find up-to-date, authoritative, commercial free, medical and mental health information any time day or night from your home, school, or office. All you need is a Burlington Public Library card.

4 Easy Steps to using the *Health Reference Center*

1. Go to the Burlington Public Library’s website: www.burlington.lib.ia.us.
2. Select “Databases” from the row of services.
3. Scroll down the list of resources and click on *Health Reference Center*.
4. Type in your medical condition, diagnosis, prescription, etc.

The *Health Reference Center* has understandable articles written for the general public on every health concern imaginable. For most folks, a big question is when to go to the doctor’s office and then what to do after you leave the office. *Health Reference Center* will help you talk with your doctor and it can help you afterwards by explaining the diagnosis, the medical tests, clinical trials, drugs, and treatment options. The *Health Reference Center* provides what you need to know to make informed health decisions as well as information on diet, exercise, and overall wellness. Or better yet, call on the expertise of two local libraries. The Burlington Public Library works with the Great River Medical Center Library. The public library will help you find the information you need and teach you how to use the *Health Reference Center*. The hospital librarian will search for more specialized and in-depth information from medical journals, textbooks, and online resources. The hospital library is open week days from 8:00 to 4:30 and community members are welcome to come to the library or to call for information. The phone number is 319-768-4075.

Take charge of your health with the Burlington Public Library and the Great River Medical Center Library.



Let's Talk! Top 10 Things to Discuss With Your Parents

As you were growing up, your parents probably sat you down plenty of times for "a talk." Is it time to reverse the process?

Discussing important issues with loved ones who are growing older can be a challenge. Studies show that few Americans have these conversations until a major event occurs—a sudden health crisis, the loss of a spouse, or even a holiday visit by children during which it becomes apparent that Mom or Dad is having some issues with the activities of daily living.

But waiting until a crisis moment isn't a good planning strategy. Instead, bring up these subjects before a crisis arises. Keep it casual, don't overwhelm Mom and Dad, let them feel your love and concern. And remember: helping your parents plan is not only important for their well-being as they age, but will make a difference in your own financial, emotional and physical health as well.

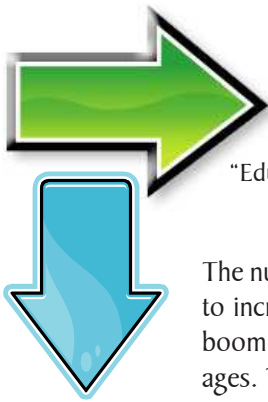
Here is a "cheat sheet" of questions to think about and discuss:

1. **Living options**—Do your parents want to stay in their current home as long as possible? Or are they considering "downsizing" or moving to a senior living community? Discuss what they would prefer if they were to experience a decline in health and need greater assistance with the activities of daily living. Home care? Assisted living?
2. **Home modifications**—Is your parents' home keeping up with their needs? What repairs and modifications could make their house, apartment or condominium safer and more convenient?
3. **A plan to stay physically active**—Study after study shows that regular physical activity is the most important contributor to healthy aging. No matter what a person's condition, adding exercise is of benefit. Encourage your loved ones to add more exercise to their lifestyle.
4. **A goal to remain socially connected**—Meaningful social interaction is vital to the physical, emotional and intellectual health of people of every age. For seniors, spending time with children is richly rewarding—but did you know that recent studies show that seniors who socialize not only with family members but also with other groups have better emotional, intellectual and physical health.

5. **Estate planning**—Do your parents have an up-to-date will? If their plan is to pass property to family members, have they talked to a financial advisor about the best way to do that? How can their assets help provide for their own care in case of a decline in health or incapacity?
6. **Advance healthcare planning**—Have your parents completed advance directives for healthcare, including a healthcare power of attorney and living will? Have you discussed with them what their wishes are if they were to be incapacitated and unable to make their own healthcare decisions?
7. **Medicare, Social Security, VA benefits, retirement**—Are your parents taking advantage of all the benefits available to them? Do they have the best supplemental ("Medigap") policy? Part D drug plan? Do they know the deadlines to sign up for benefits in order to avoid penalties?
8. **Long-term care insurance**—Many people erroneously believe that Medicare pays for a nursing home or home health care services. But in reality, long-term care is not covered by Medicare, and paying for it can quickly deplete financial resources. Investigate whether your parents are good candidates for long-term care insurance. And if they already have a policy, is it from a reputable company?
9. **Fall prevention**—Especially if they have already experienced falls, many older adults are reluctant to discuss this topic. But did you know that fall protection is actually an important part of planning for the future? Falls are one of the leading causes of incapacity...and this is one risk factor for incapacity that we can take proactive steps to avoid.
10. **Avoiding crime and fraud**—Unfortunately, criminals and con artists often target vulnerable seniors. Scams and unethical sales methods aimed at older people can cause serious financial loss. Seniors who have been victimized are often ashamed to discuss the incident. So bring up the subject and educate yourself and your parents about crooked sweepstakes, identity theft and unscrupulous salespersons.

These topic suggestions are intended to provide a framework for seniors and family members as they talk and plan together.

*by Joyce Remy
IlluminAge Communication Partners
Seattle, Washington*



Save the Date!

"Education is the best provision for the journey to old age" - Aristotle

The number of elders in our region is expected to increase over the next decade as the baby boomer generation approaches retirement ages. This significant demographic shift poses great challenges but it also brings great opportunities. Southeast Iowa Area Agency on Aging, Inc. is planning an aging conference to assist elders, their family caregivers, and service providers to understand and influence key issues affecting the aging network.

No Place Like Home

May 18, 2010

Details will be forthcoming, so watch for them in the newspaper through direct mail or email. We are inviting aging issue experts to present on a wide variety of topics relating to aging at home and in the community.

Planning this event is part of the Area Agency on Aging commitment to elders living independently and safely in their own homes. Whether you are an elder or family caregiver or a professional in the field of aging, those who attend will have the opportunity to gain new insights into aging issues, resources, benefits, and services.



Synapse Challenges!

1. What town library contains the Mark Twain Center? _____
2. How many Iowa counties are named after U.S. Presidents? _____
3. What Iowa town got its name from a music teacher who suggested the town be named for three musical symbols? _____
4. What is the annual average temperature in Iowa? _____

How Did You Do?

Church Bulletin Faux Pas

We all get a chuckle out of the seemingly endless typographical errors sometimes made in the church bulletin. Here are a few we found exceedingly funny. Please enjoy and share them with your fiends,

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

For those of you who have children and don't know it, we have a nursery downstairs.

Eight new choir robes are currently needed due to the addition of several new members and the deterioration of some older ones.

Please place your donation in the envelope along with the deceased person you want remembered.

The pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday.

Weight watchers will meet at 7 PM at the First Presbyterian Church. Please use the large double door at the side entrance.

Scouts are saving aluminum cans, bottle and other items to be recycled. Proceeds will be used to cripple children.

Don't let worry kill you off....let the Church help.

Remember in prayer the many who are sick of our community. Smile at someone who is hard to love. Say "Hell" to someone who doesn't care much about you.

How Many of These Do You Remember?

- Blackjack chewing gum.....
- Newsreels before the movie.....
- Butch wax.....
- Coffee shops or diners with tableside juke-boxes.....
- Howdy Doody.....
- Rollerskate keys.....
- Washtub wringers.....?

Ah.....those were the days or.....were they? You decide.

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



Events for Your Calendar

AAA Advisory Council Meetings

April 16, 2010
May 21, 2010
June 18, 2010
9:15 - Noon

AAA Board of Director Meetings

April 23, 2010
May 28, 2010
June 25, 2010
9:00 - Noon

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

Synapse Challenge Answers

1. Keokuk 2. Eleven 3. Ladora 4. 48°

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

Visit Us on the Web:

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

Unique “Stuff” for This Quarter

April

April starts on the same day of the week as July in all years, and January in leap years.

This is the month of that dreaded tax deadline!

May

Older Americans Month was established in 1963 by President John F. Kennedy. May is also mental health awareness month.

June

The rose is June’s flower and the birthstone is the pearl. This also seems to be the month for weddings.



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