

Be Careful of Telemarketers & Door-To-Door Salespersons

Scam artists move quickly into and out of the area and know how to target vulnerable people. Door-to-door salespeople can be pushy and make you believe you will miss services or products you need, if you do not sign up now! Do not make a quick decision when someone calls or comes to your door. Ask them how you can re-contact them, ask for written



information, and tell them you will think about it. If they are legitimate, they will allow you time to consider what you

should do. If an offer or situation sounds too good to be true, it probably is so be wary. For more helpful tips and community education programs, call Senior Medicare Patrol program at 1-800-292-1268 or 319-752-5433 or Visit: www.StopMedicareScams.org

Did You Know?

It's impossible to sneeze with your eyes open.

Goat's eyes have rectangular pupils.

Murphy's Oil Soap is the chemical most commonly used to clean elephants.

Abuse Warning Signs

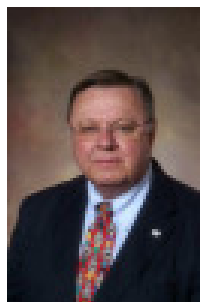
It isn't a very pleasant thing to think that someone you know or love could be the victim of abusive behavior by a family member, friend or acquaintance. But, it does happen! While Iowa's abuse law does not specifically apply to elders only, it is important to understand and be able to look for the signs that abuse may be occurring. In order to do this one must use their powers of observation but let authorities determine if abuse is actually happening. We have listed some of the warning signs on Page 2.



Save the Date!

Annual Senior Health Fair
Scheduled for
Friday, October 29th!

“The Best Is Yet to Come”



Foege Appointed Interim Director of the Department on Aging

On June 7, 2010, Governor Chet Culver appointed Ro Foege director of the Iowa Department on Aging.

He is filling the position due to the resignation of John McCalley.

Mr. Foege was the Iowa State Representative from the 29th District having served in the Iowa House of Representatives from 1996 - 2008. His background is as a social worker with a BA from Wartburg College and and MSW from the University of Iowa. The network welcomes Mr. Foege and looks forward to working with him to serve the needs of Iowa's elder population.

Food Safety:

It's Especially Important for You

As we age, it is normal for our bodies not to work as well as they did when we were younger. Changes in our organs and body systems are expected as we grow older. These changes often make us more susceptible to contracting a foodborne illness or food poisoning. For example, our stomach and intestinal tract may hold on to foods for a longer period of time; our liver and kidneys may not readily rid our bodies of toxins; and our sense of taste and/or smell may be altered.

By the age of 65, many of us have been diagnosed with one or more chronic conditions, such as diabetes, arthritis, cancer, or cardiovascular disease, and are taking at least one medication. The side-effects of some medications and/or the chronic disease process may weaken your immune system, causing you to be more susceptible to contracting a foodborne illness.

After the age of 75 years and older, many adults often have a weakened immune system and are at an increased risk for contracting a foodborne illness. Essentially, as we age, our immune system and other organs in our bodies have become a bit sluggish in recognizing and ridding the body of harmful bacteria and other pathogens that cause infections, such as foodborne illness. Should you contract a foodborne illness, you are more likely to have a lengthier illness, undergo hospitalization, or even die. To avoid contracting a foodborne illness, you must be especially vigilant when handling, preparing, and consuming foods.

Make safe food handling a lifelong commitment to minimize your risk of foodborne illness.

Material from the
United States Department of Agriculture
Food Safety and Inspection Service

September is Food Safety Month

Did You Know?

In Iowa, the 60+ population as of July 2008 was 596,110 people and of that number, 326,881 were age 70 or older. Isn't it great to be a part of a select group of individuals?

Warning Signs (Con't)

The list is not meant to be all inclusive and while one sign does not necessarily indicate abuse, some tell-tale signs that there could be a problem are:

- **Bruises**, pressure marks, broken bones, abrasions, and burns may be an indication of physical abuse, neglect, or mistreatment.
- **Unexplained** withdrawal from normal activities, a sudden change in alertness, and unusual depression may be indicators of emotional abuse.
- **Bruises** around the breasts or genital area can occur from sexual abuse.
- **Sudden** changes in financial situations may be the result of exploitation.
- **Bedsores**, unattended medical needs, poor hygiene, and unusual weight loss are indicators of possible neglect.
- **Behavior** such as belittling, threats, and other uses of power and control by spouses are indicators of verbal or emotional abuse.
- **Strained** or tense relationships, frequent arguments between the caregiver and elderly person are also signs.

Most importantly, be alert. The suffering is often in silence. If you notice changes in a senior's personality or behavior, you should start to question what is going on.

Remember, it is not your role to verify that abuse is occurring, only to alert others of your suspicions.

If you suspect abuse of an elder, you can call to make a report of this through the Iowa Department of Human Services. Call toll-free 1-800-362-2178.

In some cases, it might help prevent abusive situations if a professional can help the individual, family or friend arrange for services so that the caregiver(s) are not overwhelmed by the care they are providing.

If you suspect abuse of an elder, you can call to make a report of this through the Iowa Department of Human Services. Call toll-free 1-800-362-2178.

An additional information resource:

<http://www.ncea.aoa.gov/>

(NCEA = National Center on Elder Abuse)

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	Vacant
Donnellson Meal Site	835-5115	11:30 am	Tue - F	Virginia Woodley
Fort Madison Meal Site	372-3147	Noon	M - F	Vacant
Keokuk Meal Site	524-5464	Noon	M - F	Karen Wetzel
Hy-Vee Senior Deli Dining	385-2266	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)

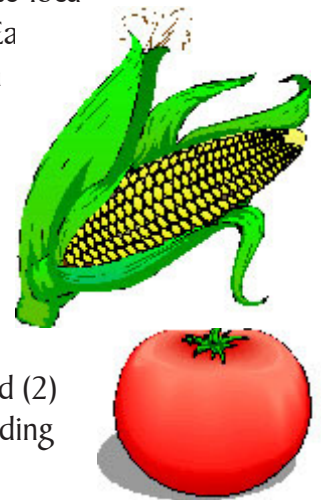
Mediapolis: For information about Home Delivered Meals offered in Mediapolis, contact either Ruth O'Brien at 1-319-523-8455 or Pam in the Central Office @ 1-800-292-1268. (Service M-F)



Senior Farmer's Market Nutrition Program

The Agency has begun distributing the Senior Farmer's Market Nutrition Program Coupon Booklets. They are being distributed through the congregate meal site locations (see locations above) and also at the Central Office in Burlington. . Each applicant must be 60 years of age at the time of application and meet low-income criteria of \$20,036 annually for one person or \$26,955 annually for a married couple. If both husband and wife meet all criteria, **both** are eligible for coupons. A coupon booklet contains 10 coupons with a value of \$3 each.

Please abide by the rules of this program which state that only fresh locally grown produce can be purchased, The coupons are not convertible to cash. No meats, bakery items or canned products may be purchased with the coupons. Each recipient will be given a sheet explaining the guidelines. The goal of the program is twofold: (1) eat nutritiously and (2) buy locally grown produce to support local farmers. Coupons can be used up to and including October 31, 2010.



Did You Know?

Half of the world's population live on a staple diet of rice.

Des Moines has the highest per capita Jello consumption in the U.S.

Sarsaparilla is the root that flavors root beer.

The onion is named after a Latin word meaning large pearl.

Beware of “Debt Settlement” Companies

You may pay a lot but receive no help getting out of debt.

Consumer debt, including credit card debt, has risen to historic high levels, and that has led to an explosion of questionable “debt settlement” companies who claim they can almost magically solve your debt problems – for a major fee. The problem is, many of these for-profit companies charge a lot – in advance – but do little or nothing to help. And that just puts you deeper in debt, deeper in the hole.

It IS a good idea to get help to work your way out of debt, and it IS a good idea to talk to your creditors about arrangements to pay back and even reduce what you owe. But some for-profit “debt settlement” companies just prey on people in debt – they charge high fees in advance, do little or no work to help you, and just *cost* you money.

Warning signs of questionable debt settlement companies: They claim they will contact your creditors and settle your accounts for “pennies on the dollar.” They claim to “guarantee 100% success.” They tout a “new government program” to bail out credit card debtors. They promise they can stop all debt collection calls or lawsuits. They charge you a full fee, in advance. They tell you not to contact creditors.

The Government Accountability Office investigated widespread fraudulent, abusive and deceptive practices by debt settlement companies and found numerous consumers “who experienced tremendous financial damage” from the companies.

If you are deep in consumer debt: The first step is to develop a thorough and realistic budget to see if you can make ends meet. Another early step is to contact your creditors directly and immediately if you are having trouble making payments. They may work with you on a modified payment plan that can make payments manageable.

Find a free, reputable credit counseling agency: If you need help, a credit counseling agency can advise you on managing your money and making a budget, and usually can offer free education materials. Find a credit counselor through a college or university, ISU Extension, your financial institution, or a local credit counseling center. Be sure to use an agency that works with you in person, not just by phone or Internet.

Go to www.FTC.gov/credit for excellent brochures on finding a reputable credit counseling agency and many other topics related to debt. (Click on “In Debt?”)

For more information, contact the Attorney General’s Consumer Protection Div., 1305 East Walnut, D.M., Iowa 50319. Go to www.iowaAttorneyGeneral.gov. Call 515-281-5926, or 888-777-4590 toll-free. File complaints with the Iowa Division of Banking, 200 East Grand Ave., Ste. 300, D.M., IA 50309, 515-281-4014, www.idob.state.ia.us.

Plea for Volunteers in Mt. Pleasant



The Agency still has a need for meal delivery volunteers to serve homebound elders in Mt. Pleasant. The activity will only take about an hour of your time and if you and a friend would like to do it together, one can drive and one can run the meal to the door of the homebound senior. The activity can be very rewarding as in some cases, the volunteer is the only person a senior may see during the day. They will be appreciative and so will we. We provide the training and work with the volunteers until they are comfortable doing what we ask them to do. If you can give us some of your time, please call our office in

Burlington and ask for Pam Taylor, Nutrition Director. The number is: 800-292-1268.

The Agency also has volunteer opportunities available in Burlington, Fort Madison, Keokuk, Salem, Donnellson, Wapello, Winfield, Columbus Junction and Mediapolis. Interested persons can call the same “800” number to learn about the types of activities where volunteers are used.



Thought You'd Like to Know

Our Agency fiscal year ended June 30, 2010. We are prohibited from paying for any expenses incurred in one fiscal year with funds from another fiscal year. We want you to be paid! If you have claims from the period **July 1, 2009 to June 30, 2010** which have not been paid, we must have your statement no later than **August 11, 2010**. Any claims for services for the period shown above which are not received by **August 11, 2010 CANNOT** be paid.

5 Reasons to Plan Ahead for an Emergency

Planning for disasters or emergencies makes good sense. However, what makes some people plan for them while others do not? We do not concentrate on the negative, nor do we expect bad things to happen in our lives. So many of us have a tendency to avoid planning for the "what if"

events. However, there are compelling reasons to have an emergency plan that protects you and your family – just in case something does happen. It could save your life or help avoid serious injury.

Consider these reasons:

- ✓ Disasters are traumatic – a plan can reduce stress and anxiety.
- ✓ A support network will be in place – knowing who you can count on.
- ✓ You will have more control – at least in the aftermath.
- ✓ Your expectations will be more realistic, and
- ✓ It might be easier to put your life back together.

In making your plan, involve your family, friends, and neighbors. You will undoubtedly find that they want to help you and appreciate being involved. You need to have more than one person you can count on. No matter how independent and capable we are, when it comes to disasters, we often must rely on others for support.

The planning process does not have to be difficult. Take the time, start the conversation with your network, and help them become prepared.

Resources are available at your local Red Cross office, the AAA office, and Public Health Departments.

(Reference: It Could Happen to Me: Family Conversations about Disaster Planning. The Hartford Insurance Co.)

Iowa Synapse Challenges!

1. In what year did a driver's license become mandatory for all drivers in Iowa? _____
2. Where did the Ringling Brothers grow up?

3. How many miles wide is Iowa from east to west?

4. How many state parks are there in Iowa? _____

Material for Iowa Synapse Challenges taken from Iowa Trivia/ Copyright 1996 and 2001 by Janice Beck Stock, Alan Beck and Ken Beck. Published by Rutledge Hill Press

How Did You Do?

Answers on Page 7.

Did You Know?

The population 65 and over will increase from 35 million in 2000 to 40 million in 2010 (a 15% increase) and then to 55 million in 2020 (a 36% increase for that decade). By 2030, there will be about 72.1 million older persons, almost twice the number in 2007. People 65+ represented 12.6% of the population in the year 2007 but are expected to grow to be 19.3% of the population by 2030.

Service Definitions

"Knowledge is power!"

Many of you know that we fund a variety of services in our four-county service area. When we fund services for elders to help keep them independent in the setting of their choice, we use the following service definitions as a "base" to define the service. In the next few issues of our newsletter, we will provide service definitions as determined by the Administration on Aging and also an indication of who provides the service for us. If you would like to know what services are provided in each county in our service area, go to our website at southeastiowa.org and click on the **News & Events** tab and then on the **Highlights** tab and look for documents with the phrase "Service Menu" in their title. There is one sheet for each of the counties we serve.

Caregiver Support: Group support programs that develop and/or strengthen informal or family support systems in an effort to enhance the health, happiness, and comfort of elders. Components of such programs include the provision of education and training of family and friends, the formation of peer support groups, and the organization of volunteer community projects to help fill any gaps in the existing service networks. (This service is subcontracted with the Alzheimer's Association of Central Iowa)

Case Management: Assistance either in the form of access to or care coordination in circumstances where the older person and/or their caregivers are experiencing diminished functioning capacities, personal conditions or other conditions or other characteristics which require the provision of services by formal service providers. Activities of case management include assessing needs, developing care plans, authorizing services, arranging services, coordinating the provision of services among providers, follow-up and reassessment, as required. (This service is subcontracted with Southeast Iowa Case Management)

Chore: Providing assistance to persons having difficulty with one or more of the following instrumental activities of daily living: heavy housework, yard work, or sidewalk maintenance. In our area, we fund reasonable lawn mowing and snow removal. (This service is subcontracted with Dale Dietsch for Lee County and Monica Pratt for Des Moines County and is limited to snow removal and lawn mowing.)

Congregate Meals: A meal provided to a qualified individual in a congregate or group setting. The meal as served meets all of the requirements of the Older American Act and State/Local laws. A meal should comply with the Dietary Guidelines for Americans (published by the Secretaries of the Department of Health

and Human Services and the United States Department of Agriculture) and meet a minimum of 33 and 1/3 percent of the current daily recommended dietary allowances (RDA) as established by the Food and Nutrition Board of the National Research Council of the National Academy Sciences. (The Agency provides this service directly.)

Home Delivered Meals: Provision to an eligible client or other eligible participant at the client's place of residence, a meal which: (a) complies with the Dietary Guidelines for Americans as described under the congregate meal category above. Additionally, a recipient of this type of meal must be assessed for appropriateness before having a meal delivered. Assessments are completed initially and then every six months thereafter or as needs change. (The Agency provides this service directly.)

Home Repair: Improving or maintaining residence, appliances, etc. (This service is subcontracted with Community Action of Southeast Iowa)

Homemaker: Assistance to persons having difficulty with one or more of the following instrumental activities of daily living: medication management, preparing meals, shopping for personal items, managing money, using the telephone, or doing light housework. (This service is subcontracted with Home Caring Services, Inc. for Des Moines and Louisa Counties, Lee County Health for Lee County and Henry County Health for Henry County)

Legal assistance: Provision of legal advice, counseling and representation by an attorney or other person acting under the supervision of an attorney. This service is limited to civil/non-fee generating legal assistance only. (This service is subcontracted with Iowa Legal Aid)

Personal Care: Providing personal assistance, stand by assistance, supervision or cues for persons having difficulties with one or more of the following activities of daily living: eating, dressing, bathing, toileting, and transferring in and out of bed. (This service is subcontracted with the same agencies listed under Homemaker service.)

Respite: Service which offers temporary, substitute supports or living arrangements for older persons in order to provide a brief period of relief or rest for family members or other caregivers. (Respite funded through Lee County Health and Home Caring Services, Inc.)

Look for more definitions in the October/November/December issue of the newsletter.

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

July 16, 2010
August 20, 2010
September 17, 2010
(Meeting begins at 9:15 a.m.)

AAA Board of Director Meetings

July 23, 2010
August 27, 2010
September 24, 2010
(Meeting begins at 9:00 a.m.)

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

Iowa Synapse Challenge Answers

1. 1932 2. McGregor 3. 324 4. 84

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Visit Us on the Web:

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

JULY

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

August

The Spanish word for August is "agosto".

September

September 12th is National Grandparents Day and the forget-me-not is the official flower for that day.

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

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

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