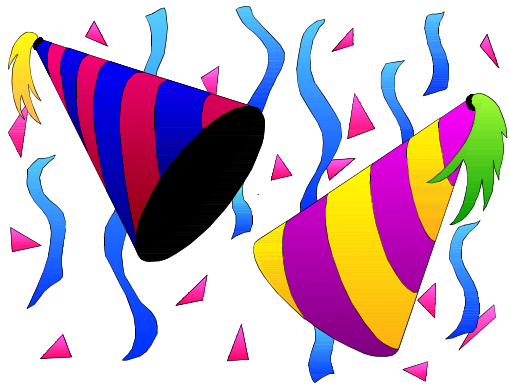


The Advisor

Published Quarterly
January/February/March 2012

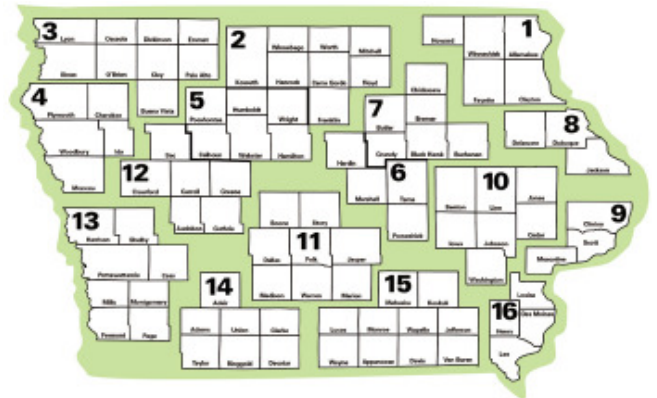


Happy New Year!

We suppose that by the time you get this copy of the newsletter, you are planning your New Year's celebration or have completed one. Whichever is the case, we hope your holidays were everything you wanted them to be.

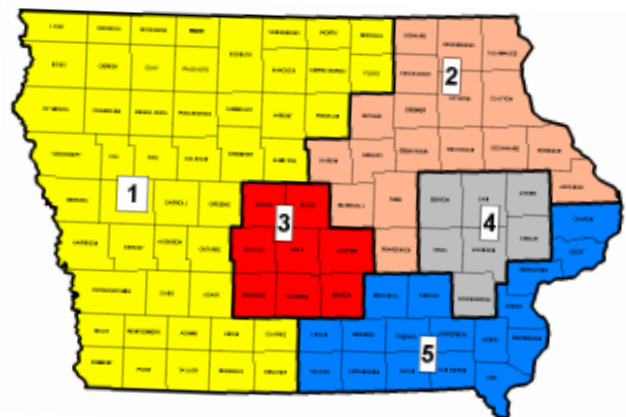
We approach the new year with some concerns about how the aging network in Iowa and specifically in Southeast Iowa will look beginning July 1, 2012 which is the beginning of our new fiscal year. If you are tuned into the legislature you may already know that in last year's session there was a provision in one of the bills which directed the Department on Aging to come up with a plan to reduce the number of Area Agencies on Aging in the state. Currently there are 13 and the proposed plan being presented to a couple legislative committees is for there to be 5 instead of 13. How and why 5 became the number and why or how the proposed boundaries were drawn has not been clearly stated. Another thing that has not been clear is why there was a need in the first place to reduce the number of agencies serving Iowa's elders. Our Board and Advisory Council have asked these questions but received no answers.

Shown to the right are two graphics. One is how the AAA's are organized at the present time and then a graphic of the proposed boundaries for the 5 agencies. Look at them carefully to see how large an agency is being created in at least three of the areas. You will also note that two areas have no boundary changes. We have asked why this is so too and received no answers to that question.



The numbers on the map above represent what are called Planning and Service Areas (PSA's). The reason there are 16 of those and only 13 AAA's is that some of the area agencies on aging have more than one PSA as a part of their agency. For example, numbers 2, 5 and 12 are all a part of one agency.

In the proposed realignment (the map below) you will note that PSA Areas 15 (Ottumwa), 16 (Burlington) and 9 (Davenport) become the new Area 5. This merger combines 17 counties into one area agency on aging.



Unfortunately, there have been a lot more questions than answers and it has been frustrating to try to understand many of the issues surrounding this mandate. In a world where "transparency" has been the catch phrase of politicians, there certainly has not been any transparency in this activity.

How our organization will look or whether we will continue to exist as an agency is unclear. How or even

(Continued on Page 2.)

(Reorganization Continued)

whether you will continue to receive services is unclear or has not been determined.

Our Board of Directors and Advisory Council wanted you to be aware of these pending changes because one of their goals is to advocate for you and others that we are mandated to serve. If you have questions, you can certainly contact your elected representatives who were sent to Des Moines to represent YOU! You could also contact the Governor's Office or the Department on Aging. If you have difficulty finding addresses and telephone numbers, please let us know as we would be happy to provide those to you.

In their role as advocates for elders, the AAA Board of Directors and the Area Advisory Council have been advocating on your behalf.



Over the last seven years, the Area Agency on Aging has been steadily purchasing videos and DVDs to add to the collection in our caregiver lending library. Currently there are 27 videos and 13 DVDs specifically

(Video Resources Con't)

for family and professional caregivers housed at the Yohe Library at Southeastern Community College in West Burlington. Groups, service organizations and agencies who are interested in educating their members or staff about caregiving are also encouraged to utilize these resources. All you have to do to check out an item is to complete a registration form for a SCC library card. The videos and DVDs are about a wide variety of topics relevant to both family and professional caregivers. A few examples include: Dealing With Alzheimer's Disease, Caregiver Wellness, Fall Prevention and Late Life Depression. Call the Area Agency on Aging for a complete list of videos and DVDs that are available and how to obtain a library card. If you don't live near SCC and are unable to personally check out an item, SCC is willing to mail the materials. It is the library card holder's responsibility to return any items that are checked out. Consider using the caregiver lending library as another tool to help meet the challenges of caregiving. (Material provided by Kelly Ripperger, National Family Caregiver Program Coordinator.)

Do You Know An Elder With An Alcohol Problem?

Call us and request a reprint of:
AgePage: Alcohol Use In Older People
319-752-5433
800-292-1268

Why Am I Blue.....Is It Depression?

Many older adults mistakenly believe that depression is a normal part of the aging process, but it is not. Depression is treatable medical condition. Depression can be caused by a number of factors, like stressful life events like the death of a loved one, retirement or health problems, certain prescription medications or drug interactions or chemical imbalances or heredity. It is an illness that affects your mood, emotions, behavior, and physical health. It is estimated that 15% of adults over the age of 65 living in the community may have depressive symptoms. The good news is that as many as 80% of those people suffering from depression will improve with treatment, and many can be completely restored to their former selves. The most common treatments for depression are antidepressant medication and counseling either alone or in combination. Antidepressant medication helps to correct chemical imbalances in the brain, while counseling can be especially helpful in adjusting to difficult life events like the death of a loved one, serious illness, or loneliness. So is it depression? Start with your doctor by getting a complete physical and review of your prescribed and over-the-counter medicines and discussing your concerns about depression. You want to participate fully in life that is why it is important to bring depression out into the open and get treatment. (Material provided by Brenda Sayre, LISW)

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	Manager
Autumn Heights Meal Site	753-2675	11:30 am	M - F	Joyce Martin
Columbus Junction Meal Site	728-3148	Noon	M - F	Judy Shear
Donnellson Meal Site	835-5115	11:30 am	M - F	Shelia Shriver
Fort Madison Meal Site	372-3147	Noon	M - F	Carol Wyatt
Keokuk Meal Site	524-5464	Noon	M - F	Karen Wetzel
Hy-Vee Senior Deli Dining	385-2266	11:00 - 1:00	M - F	Shelley Morton
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 - F	Renee Quinn

Burlington: For information about Home Delivered Meals offered in Burlington (Non Autumn Heights), contact Anita at the Central Office. The telephone number is 319-752-5433. (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)

Mt. Pleasant Home Delivered: For information about Home Delivered Meals offered in Mt. Pleasant or to CANCEL a home delivered meal in Mt. Pleasant, contact Shelley Morton at 1-800-292-1268.

March Is National Nutrition Month

The 2012 National Nutrition Month theme is "Get Your Plate in Shape." However, while we are waiting to see the media materials for this campaign, we would like to remind you to consider eating in our Older Americans Act funded congregate and home delivered meal programs offered at the locations noted above.

National nutrition month is an opportunity for us to explain the difference between our home delivered meal program and meals on wheels. In many cases you will see these initials to identify the two different programs: HDM and MOW.

HDM (Home Delivered Meals)

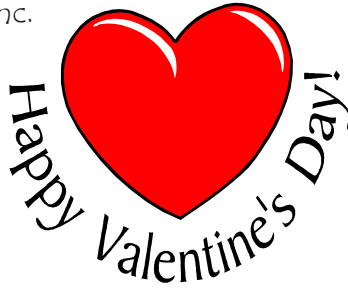


Home delivered meals as offered by the Area Agency on Aging using federal Older Americans Act funds are available only to persons age 60 or older and their spouse of any age. The meals are offered on a contribution basis and the Area Agency on Aging can offer a "suggested contribution" as a guide for diners. What the diner gives is their choice. In our program, if you do not meet the age or spousal requirement, you can still eat a meal with us but you must pay the full cost of the meal and payment must be made to our meal program managers at the sites listed above.

MOW (Meals on Wheels)

On the other hand, the meals on wheels program is one which is available to anyone of any age and it is offered at a set price. Each meals on wheels program can set their requirements for delivery of the meal and frequently these programs can offer more than one meal per day depending upon the provider. A telephone call to the meals on wheels program will provide you with the information you need to access this program. The only meals on wheels program that we are aware of in our four county service area is the one offered through Great River Medical Center in West Burlington.

Southeast Iowa Area Agency on Aging, Inc.
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
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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 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.

Visit Us on the Web:

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

The Advisor

The Advisor is a quarterly publication of Southeast Iowa Area Agency on Aging, Inc., 509 Jefferson Street, Burlington, Iowa 52601-5427

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The Advisor is printed by
Professional Office Services