

NEIghborhood News

A MONTHLY PUBLICATION OF NORTHEAST IOWA AREA AGENCY ON AGING (NEI3A)

Serving Allamakee, Black Hawk, Bremer, Buchanan, Butler, Chickasaw, Clayton, Delaware, Dubuque, Fayette, Grundy, Hardin, Howard, Jackson, Marshall, Poweshiek, Tama, Winneshiek Counties in Iowa

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Message from the Chief Executive Officer *Volunteers: Keeping the Wheels Turning!*

April is officially Volunteer Appreciation Month around here, but to be honest, that may as well be every day at NEI3A. We set aside April to formally say “thank you” to the hundreds of volunteers that keep the wheels turning in this agency. “Wheels turning” in this case is not just an analogy, it is a fact.

Last year our volunteers helped us reach new heights in our meal program. Serving over half a million people in Northeast Iowa, these volunteers put in countless hours and miles to ensure that folks received at least one nutritious meal a day. Without these amazing volunteers there is no way that NEI3A could support so many people to maintain their independence and health.

NEI3A has experienced stagnant or declining funding for the services we provide in the community. As

these funds decline and as the number of people needing support increases, our volunteers step up on a daily basis to allow us to continue to expand our mission and our purpose. To put it in perspective:

Home Delivered Meal Figures...

- In one year our volunteer group drives an average of 26,000 meal routes
- At an average of 20 miles per route, these volunteers collectively drive 520,000 miles
- If NEI3A had to pay mileage for all of these deliveries it would cost the agency \$234,000!
- Based on current funding this would mean that we would be forced to reduce our meal delivery by close to 46,800!

So, taking a look at those numbers, when NEI3A says “THANK YOU” to our vol-

unteers we do so with the sincerest appreciation and admiration for their committed service and support of Iowans. Our volunteers are truly the lifeblood of our operations and without their work we could not do ours.

Of course, it’s always the case that “many hands mean light work.” When it comes to our need for volunteers, this is most definitely the case! We are always looking for more people to join our volunteer family. One day a week, one day a month, whatever you can spare, we will always have room for your service and would love to have you join us.

If you are interested in learning more please give us a call at LifeLong Links toll free 866-468-7887!

Thank you for all that you do!

*Mike Isaacson,
Chief Executive Officer*

NEI3A is Celebrating Volunteers During National Volunteer Month!

NEI3A is celebrating the volunteer month and acknowledging valuable service that volunteers provide each and every day. At NEI3A, volunteers play a vital role in helping us to live out our mission to empower older individuals and those with disabilities to remain independent and in their homes for as long as they desire. Volunteers help to deliver hot nutritious meals, present information about potential scams and help out in Senior Centers. The time and talents donated by our dedicated volunteers is immeasurable.

We truly appreciate everything our volunteers do to help their communities. During the month of April we are saying **Thanks!** To help celebrate and show our appreciation to our hundreds of

volunteers, recognition events have been planned in the 18 counties we serve. Check with your local senior center for details.

Not a volunteer? – New volunteers are always wel-

come – *and needed!* You can volunteer once a week or once a month - whatever works for you! For more information about volunteering call LifeLong Links at 1-866-468-7887.



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Northeast Iowa Area Agency on Aging
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Waterloo, IA. 50704-0388

Managed Care Organizations and Iowa Area Agencies on Aging Partner to Deliver Senior Services to Iowa Medicaid Recipients

Three Medicaid managed care health plans will serve Iowa Medicaid beneficiaries as a part of the state's new IA Health Link program beginning April 1, 2016. Separate contracts with AmeriHealth Caritas Iowa, Amerigroup Iowa, and UnitedHealthcare have been signed by the Iowa Area Agencies on Aging (AAA's) which allow Iowa Medicaid Members access to elder care services.

Medicaid managed care is a health care delivery system

organized to manage cost, use of services, and quality. Delivery of health benefits and services are contracted through arrangements between Iowa Medicaid and managed care organizations (MCOs). The new IA Health Link program will serve the majority of Iowa's Medicaid population, or about 560,000 Iowans. For more information about IA Health Link program, visit www.IA-HealthLink.gov.

Mike Isaacson, NEI3A CEO said, "With these contracts, we are happy to provide many of our existing services to the clients who we already serve. We will continue to support and help our clients through this transition and look forward to working with the three managed care organizations."

Iowa's six Area Agencies on Aging cover the state's 99 counties from 15 cities and manage LifeLong Links™,

Iowa's Aging and Disability Resource Center. LifeLong Links is in place to support all Iowans – aging, individuals with disabilities, veterans, and caregivers of all walks of life – with information and access to resources to support planning and long-term independent living. Call LifeLong Links toll-free at 866-468-7887 for more information or to be connected to one of the local AAA's coordination centers.

Caregiver Self Care Workshops Scheduled in Manchester, West Union and Waterloo

Caring for a loved one, friend or family member can be rewarding. An estimated 34 million unpaid caregivers provide care to someone age 18 and older who is ill, has a disability, or is unable to care for themselves. (AARP/CDC) But being a caregiver also involves stress. Approximately 35 percent of caregivers report having difficulty finding time for one's self and experiencing emotional and physical stress. (CDC)

NEI3A is inviting caregivers to attend one of three Caregiver Self Care Work-

shops being held in northeast Iowa. Workshops will be held in the following communities:

- **Manchester:** Wednesday, April 6 from 1:30 to 3:30 p.m. at the Delaware County Senior Center, 1208 West Marion Street.
- **West Union:** Thursday, April 7 from 9:00 to 11:00 a.m. at the West Union Senior Center, 107 E. Armour Street.
- **Waterloo:** Monday, April 11 from 1:00 to 3:00 p.m. at Covenant Medical Center Meeting Room 10 – 4th Floor Women's Cen-

ter, 3421 West Ninth Street.

Each event will feature speakers including Sally Timmer from the Alzheimer's Association, and Laurie Magnus and Marshall Abbe from NEI3A. Participants will learn about techniques to help deal with the stress of caregiving allowing them to take better care of themselves and ultimately better care of their loved one.

Don't miss this informative workshop! There is no



cost to attendees, and all caregivers are welcome and encouraged to come. To register or request respite assistance call LifeLong Links at 1-866-468-7887 or visit www.nei3a.org.

Caring For Each Other

Brenda Schmitt and Barb Wollan- Family Finance Specialists- Iowa State University Extension

"I'm sure glad our tax preparer explained the Iowa tax return to us." Harry turned to his wife as he continued, "Now we can stop having state taxes withheld from our paychecks, since it's unlikely we'll ever owe any state tax."

Rose nodded. "I agree. I wasn't aware of all the income exclusions that benefit retirees. If we stop having state taxes taken out, then we can use the money each month rather than waiting to get it back in the form of a tax refund in the spring."

Rose and Harry were wise to listen as their tax preparer explained their return to them. Understanding the tax return means less worry and fewer surprises; it also means they are equipped to make informed choices about their

tax withholding throughout the year.

Iowa tax law includes many provisions favorable to retirees, so it is common for middle-income retirees to owe no tax at all. These provisions include:

- Social Security income is never included in Iowa taxable income. This provision was new in 2014. It differs from the Federal return, where up to 85% of your Social Security income may be taxable, depending how high your total income is.
- Pension exclusion. On the Iowa return, the first \$6,000 of pension/IRA income is excluded from income. For married couples, the first \$12,000 of pension income is ex-

cluded. This exclusion is found on Line 21 of the Iowa tax return, and applies primarily to those over age 55 and disabled individuals.

- Military and Railroad pensions are not taxable at all in Iowa. The military pension provision also took effect in 2014, while the railroad pension provision is a long-standing fact.
- Health insurance premiums you pay out of pocket are subtracted from your income, even if you don't itemize deductions. This includes any Medicare Supplement policies, as well as your Medicare Part B premium, and your prescription plan (Part D). This provision (Line 18) applies to people of all ages, but is especially

useful to retirees, since they typically do pay substantial health insurance premiums.

These four provisions alone explain why many retirees owe no state income tax. If you find that year after year you are receiving a full refund of all the money withheld for state income taxes, consider following Harry and Rose's example. Contact your pension administrator and ask them to make that change. They may require you to complete a new W-4P form. This form is just like the W-4 Withholding Form which people fill out when they begin a new job, but the "P" in W-4P stands for pension. The form guides your pension administrator in what taxes to withhold from your pension payments.



BLAZE A TRAIL: MAY 2016

Older Americans Month One Mile Walk

Get your walking shoes ready! May is Older Americans Month – to celebrate the strength and vitality of older Americans and to encourage healthy lifestyles, NEI3A is hosting the 7th annual one mile walk in each of the 18 counties we serve. Last year, the walk attracted over 1,500 walkers.

The walks will take place on Thursday, May 26. Check-in begins at 9:00 a.m. followed by a short program at 9:45 a.m. with the walk starting at 10:00 a.m. The walk is FREE and open to all ages. Walk locations are listed below. In the event that it is raining, walks/activities will be held inside. Rain locations are in parenthesis.

- **Ackley** – Grand Jivante (AGWSR High School Gym)
- **Aurora** – Comet Center (Comet Center)
- **Bellevue** – Felderman Park (Horizon Hall)
- **Cedar Falls** – Cedar Falls Community Center (Community Center)
- **Cresco** – Cresco Fitness Center (Cresco Fitness Center)
- **Decorah** – Winneshiek County Fairgrounds - Danan Lansing Building (Danan Lansing Building)
- **Denver** – Athletic Complex Walking Trail (American Legion Building)
- **Dunkerton** – Gazebo (Community Center)
- **Dubuque** – Clarke College (Clarke University Gym)
- **Dyersville** -Westside Park (Social Center)
- **Eldora** – Dorothy’s Senior Center (Center)
- **Elkader** – Founder's Park Shelter House (Senior Center)
- **Fredericksburg** - Fredericksburg Community Center (Community Center)
- **Gladbrook** - Westbrook Acres (City Centre)

- **Greene** – Perrin Park (Greene Community Center)
 - **Grinnell** – Ahrens Park (Grinnell Athletic Rec Center)
 - **Grundy Center** – Grundy Center High School Track (Community Center)
 - **Independence** – Buchanan County Health Center – Therapy and Wellness Connection (Health Center)
 - **Iowa Falls** – Estes Park (Dale Howard Activity Center)
 - **La Porte City** – Union High School Track (High School Gym)
 - **Manchester**–Delaware County Senior Center (Delaware County Senior Center)
 - **Maquoketa** – YMCA (YMCA)
 - **Marshalltown** – Riverview Park (Marshalltown Senior Center)
 - **New Hampton** – Chickasaw Wellness Complex (inside Wellness Complex)
 - **Parkersburg** – Ed Thomas Field Track (Parker Place)
 - **State Center** - East Marshall High School Track (State Center Nursing Home)
 - **Tama** – Elementary School (Elementary School)
 - **Waterloo** – Young Arena (Young Arena)
 - **Waukon** – Waukon Wellness Center (Wellness Center)
 - **Waverly** – The W Track at Wartburg College (The W)
 - **West Union** – West Union Rec Center (Senior Center)
- Register today! Registrations must be received by May 2 to guarantee a T-shirt! Register by filling out the form to the right or you can register online at www.nei3a.org. If you have questions call 319-874-6850 or toll free at 1-866-468-7887.

2016 Older Americans Month Walk Registration Form

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

E-mail _____

Provide your age to help us celebrate healthy aging _____

Check shirt size: Small Medium Large
 X-Large XX-Large 3X-Large

Check the location you will be walking:

- | | |
|---|--|
| Allamakee County
<input type="checkbox"/> Waukon - Waukon Wellness Center | Dubuque County
<input type="checkbox"/> Dubuque - Clarke University
<input type="checkbox"/> Dyersville - Westside Park |
| Black Hawk County
<input type="checkbox"/> Waterloo – Young Arena
<input type="checkbox"/> Cedar Falls – Community Center
<input type="checkbox"/> La Porte City – Union High School Track
<input type="checkbox"/> Dunkerton - Gazebo | Fayette County
<input type="checkbox"/> West Union - West Union Rec Center |
| Bremer County
<input type="checkbox"/> Denver – Athletic Complex Walking Trail
<input type="checkbox"/> Waverly – The W Outdoor Track | Grundy County
<input type="checkbox"/> Grundy Center - High School Track |
| Buchanan County
<input type="checkbox"/> Independence – Therapy and Wellness Connection
<input type="checkbox"/> Aurora - Comet Center | Hardin County
<input type="checkbox"/> Ackley – Grand Jivante
<input type="checkbox"/> Eldora - Dorothy’s Senior Center
<input type="checkbox"/> Iowa Falls – Estes Park |
| Butler County
<input type="checkbox"/> Parkersburg – Ed Thomas Field Track
<input type="checkbox"/> Greene – Perrin Park | Howard County
<input type="checkbox"/> Cresco Fitness Center |
| Chickasaw County
<input type="checkbox"/> New Hampton – Chickasaw Wellness Complex Trail
<input type="checkbox"/> Fredericksburg - Community Center | Jackson County
<input type="checkbox"/> Bellevue - Felderman Park
<input type="checkbox"/> Maquoketa - YMCA |
| Clayton County
<input type="checkbox"/> Elkader - Founder’s Park Shelter House | Marshall County
<input type="checkbox"/> Marshalltown – Riverview Park |
| Delaware County
<input type="checkbox"/> Manchester - Delaware County Senior Center | Poweshiek County
<input type="checkbox"/> Grinnell – Ahrens Park
<input type="checkbox"/> State Center - East Marshal High School Track |
| | Tama County
<input type="checkbox"/> Tama - Tama Elementary School
<input type="checkbox"/> Gladbrook - Westbrook Acres |
| | Winneshiek County
<input type="checkbox"/> Decorah - Winneshiek County Fairgrounds-Danan Lansing Building |

Consent/Waiver

I have full knowledge of the risks involved with, and understand that I could be injured during, the Older Americans Month Walk event (the “Event”). I agree to assume all risks of such injury. I unconditionally release and discharge Northeast Iowa Area Agency on Aging (NEI3A) and all other persons and entities involved with this Event from any and all claims, damages, and expenses that may arise directly or indirectly from my participation in this Event. I understand that neither NEI3A nor any of the other sponsors, individuals, or groups involved in the coordination of this Event makes any representations or warranties about the fitness or condition of the streets, sidewalks, or trails that will be used for the Event, and I agree that none of these parties is responsible for the maintenance or condition of the streets, sidewalks, or trails or for the public safety thereon. I hereby certify that I am able to participate in this Event without harm to myself or others. I hereby grant NEI3A and its licensees, the irrevocable right to use and publish, for any purpose whatsoever and without compensation, any photographs or video recordings of my likeness, voice, portrait, testimonial statement, if any, and refer to me and my name, title, city, and state of residence in relation thereto, in all media and promotion of NEI3A in connection with my participation in the Event. I also understand that for the safety of others and restrictions of some walk locations, no pets are allowed on the walk.

SIGNATURE OF WALKER or PARENT/GUARDIAN MUST SIGN IF PARTICIPANT IS UNDER AGE 18

Name _____ Date _____

Mail registration forms to:

Northeast Iowa Area Agency on Aging
 Attn: Walk - P.O. Box 388 - Waterloo, IA 50704-0388

Turn in registrations by May 2 to guarantee to get your T-shirt size.

Spring Into Action: Prepare to be Active

Spring is a time of preparation and activity. Gardeners and farmers use this time of year to prepare for the upcoming growing season. Other people find it a great time to houseclean or declutter. Regardless of your preference, the warm weather inspires us to clean out flowerpots, rake up winter's leftovers and begin digging in the dirt. You can be better prepared for gardening or other favorite activities this spring by taking two important steps: Check your vitamin D status, and practice muscle-strengthening movements every day.

You may be aware that vitamin D is important for calcium absorption and bone strength. But did you know that vitamin D also helps maintain muscle strength? Researchers found that giving a vitamin D supplement to people with vitamin D deficiency can help improve overall health.

This month's Fresh Conversations discussion will look at the pros and cons of vitamin D supplementation. Most older adults need 800 International Units (IU) of Vitamin D each day. However, vitamin D stores itself in the body until it is used. This makes it important to not ingest excessive amounts. Besides supplementation, participants will identify good food sources, such as dairy, eggs and tuna.

Exploring new foods is the best part of every Fresh Conversations program. The recipe for the month of April is a delicious edamame salad. This delicious spring salad

is high in protein and can be eaten as a main course or a side dish at mealtime.

As the sun brightens our days and warmer weather arrives, it is tempting to get outside or tackle in-door spring-cleaning projects. Sometimes it is easy to overdo. To help get our bodies ready for spring, participants will practice leg strengthening chair activities that get legs and knees ready for more active months. Strengthening legs and knees can also help combat the painful and activity-limiting effects of arthritis. Join a local Fresh Conversations meeting and explore new exercises as well as tips for getting daily doses of activity.

Fresh Conversations programs offer fun, fellowship and food. Sites offering the program in April include Bellevue, Dyersville, Decorah, Eldora, Grinnell, Iowa Falls, Independence, Guttenberg, Manchester, Cresco, West Union, and Waukon. New members are welcome anytime. Bring a guest and check your local meal site for the date and time. If your meal site is interested in bringing Fresh Conversations to your location, contact coordinator Anne Blocker at anneblockerrd@gmail.com.

By Anne Blocker, Fresh Conversations Coordinator



Senior Center Events

Toledo Senior Center: Iowa Valley Continuing Education is offering a class entitled "The Meskwaki Story" on Monday, April 18 at 1:00 p.m. Johnathan Buffalo will share the Meskwaki history and what led them to be the first settlement in Iowa. Registration is required by calling Deb Peska at 641-484-3839. This session is free but limited to 20 participants.

Iowa Senior Medicare Patrol/Consumer Protection Division

Nancy Creery, Iowa SMP Coordinator
ncreery@nei3a.org

Scams and Identity Theft

Common Scams

Be suspicious of doctors, health care providers, or suppliers who:

- Ask for your Medicare number:
 - In exchange for free equipment or services
 - For "record keeping purposes"
- Tell you that tests become cheaper as more of them are provided
- Advertise "free" consultations to people with Medicare
- Call or visit you and say they represent Medicare or the federal government
- Use telephone or door-to-door selling techniques
- Use pressure or scare tactics to sell you expensive medical services or diagnostic tests
- Bill Medicare for services you never received or a diagnosis you do not have
- Offer non-medical transportation or housekeeping as Medicare-approved services
- Bill home health services for patients who are not confined to their home, or for patients who still drive
- Bill Medicare for medical equipment for people in nursing homes
- Bill Medicare for tests you received as a hospital inpatient or within 72 hours of admission or discharge
- Bill Medicare for a power wheelchair or scooter when you don't meet Medicare's qualifications

Identity Theft

Identity theft happens when someone uses your personal information without your consent to commit fraud or other crimes. Personal information includes your name, Social Security, Medicare, or credit card numbers.

The crime takes many forms. Identity thieves may rent an apartment, obtain a credit card, or establish a telephone account in your name. You may not find out about the theft until you review your credit report or a credit card statement and notice charges you didn't make—or until you're contacted by a debt collector.

Protect yourself. Keep your personal information safe. Don't give your information out over the Internet, or to anyone who comes to your home (or calls you) uninvited. Give personal information only to doctors or other Medicare approved providers.

To see if a provider is Medicare approved, call:

- 800-MEDICARE (800-633-4227)

A Matter of Balance

Would you like to improve your balance? Do you want to feel more comfortable participating in your favorite activities? NEI3A is offering A Matter of Balance, an award winning workshop designed to increase the activity levels of older adults who have concerns about falling. During 8 two-hour sessions, participants learn to:

- Promote exercise to increase strength and balance
- Set realistic goals for increasing activity
- Improve environment to reduce fall risk factors
- View falls and fear of falling as controllable

Take active steps to reduce the risk of falls - register today for A Matter of Balance! Classes will be held at the following location:

• **Independence: Classes start May 2-** Classes will be held Mondays and Fridays from 2:00 to 4:00 p.m. at the Guttenberg Municipal Hospital (Large Conference Room) 200 Main Street in Guttenberg. To register call 563-382-2941 or toll-free 800-233-4603 by April 28.

There is a \$15 materials fee to attend. Scholarships are available for persons 60 years of age and older who express financial need.

Nutrition Notes

Jill Weber, Human Sciences Specialist/Nutrition and Wellness- Iowa State University Extension and Outreach

2016 International Year of Pulses

If you've never heard of pulses you are not alone. The United Nations declared 2016 the International Year of Pulses as a way to increase public awareness of the nutrition benefits of pulses as part of sustainable food production.

What is the difference between a legume and a pulse?

Legume: Legumes are plants whose fruit is enclosed in a pod like peas and beans, soybeans and peanuts, alfalfa, and clover. When growing, legumes fix nitrogen into the soil, reducing the need for chemical fertilizers.

Pulse: Part of the legume family, the term "pulse" refers only to the dried seed. Dried peas, edible beans, lentils, and chickpeas are the most common varieties of pulses. Pulses are high in fiber, protein, and other nutrients. They are naturally low in fat and sodium.

The 2015 Dietary Guidelines for Americans recommend consuming 1.5 cups of dried beans and peas (pulses) per week for a 2,000-calorie eating pattern. This includes cooked from dry or canned beans and peas such as kidney beans, white beans, black beans, red beans, lentils, chickpeas, split peas,



edamame (green soybeans), and pinto beans. It does not include green beans or green peas.

Ways to increase dried beans and peas in everyday eating:

Add dried beans to soup. Think beyond the traditional bean soup and chili and add to vegetable- and tomato-based soups. Try new soup recipes that include dried beans.

Experiment with beans you have never eaten and learn more about cooking dried beans. They can easily be cooked in a slow cooker and don't necessarily require presoaking.

Add beans to salads. They are delicious added to any vegetable-based salad such as a tossed salads, slaws, and pasta salads.

Add to any taco/Mexican dish, casseroles, and even egg dishes.

Lentil Tacos

Size: 2 Tacos
Serves: 6

Ingredients:

- 1 tablespoon oil
- 1 onion, diced
- 2 cloves garlic, diced
- 1 cup dried lentils
- 1/2 package (1.25 ounces) of 40% less sodium taco seasoning*
- 3 cups water
- 12 corn tortillas
- 1 cup salsa
- 1 cup shredded cheddar cheese
- 2 cups shredded lettuce

* Homemade taco seasoning mix: 1 tablespoon chili powder, 2 teaspoons ground cumin, and 1 teaspoon dried oregano

Instructions:

1. Heat the oil in a skillet over medium-high heat. Add the onion and garlic and cook for 4-6 minutes, or until they become soft and fragrant. Stir several times during cooking.
2. Add the lentils and seasonings. Stir so that the seasonings are mixed in.
3. Slowly add the water and bring to a boil. Reduce heat to medium low and cover. Cook for about 30 minutes, or until the lentils are tender.
4. Uncover and cook for 5 minutes more until the mixture has thickened and the liquid is absorbed. Mash slightly with a fork.
5. Heat corn tortillas according to package directions.
6. Spread 1/4 cup lentil mixture onto each tortilla.
7. Serve with salsa, cheese, and lettuce.

Nutrition information per serving: 350 calories, 11 g fat, 480 mg sodium, 51 g carbohydrates, 8 g fiber, 16 g protein

This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more recipes, information, and videos, visit www.extension.iastate.edu/food-savings/.



Senior Companion Program-Frequently Asked Questions

There are always so many details involved when providing information about community service organizations. To help educate those interested in becoming a volunteer for the Senior Companion Program, here are just a few frequently asked questions.

What areas are served by the Senior Companion Program of Hawkeye Community College (SCP of HCC)?

The SCP of HCC currently provides services in Blackhawk and Buchanan counties. Companions will provide service within the communi-

ty they reside.

Why are there eligibility guidelines like income level, and a minimum of 15 hours of service each week?

These guidelines are established by the Corporation for National and Community Service, and are part of the Senior Corps Federal Regulations. SCP of HCC is required to follow these guidelines to continue to receive grant funds.

Is my compensation tax-free?

Yes, the stipend and other compensation from the pro-

gram are all tax exempt. Companions do not count this compensation as income when applying for other benefits such as housing, food, and medical assistance.

Who decides what Senior Companion volunteers do, and who they visit?

Senior Companion volunteers work closely with their local project director, who gathers specific information about how potential volunteers would like to serve. The program director will match the companion with a client in the community whose needs can be met with the

companions' abilities and talents. Some client assignments include respite care, transportation, and light housekeeping. Again, the program director works to match the companion and client in a way that each person will benefit from the service.

For those interested in learning more about the SCP of HCC, you can contact the office at 319-233-6726. We are currently in need of volunteers, and would love to hear from you!

Sonya Carlson,
Senior Companions

Northeast Iowa Area Agency on Aging Nutrition Services Menu

Below you will find the menu for the NEI3A dining centers. Please note that some menu changes may be made after the menu is published in the newsletter. Meals are offered on a contribution bases for those over age 60. Actual cost of the meals is \$8.28. Persons under age 60 must pay the actual cost. These meals provide one-third of the recommended daily allowance and includes milk. *Responsibility for compliance with any dietary restrictions rests with the participant.*

To make a meal reservation call 1-866-468-7887 or the local number listed on page 7 of this newsletter. Be sure to check with your local center or dining program for the reservation policy at your location.

Monday	Tuesday	Wednesday	Thursday	Friday
April 2016				A ¹ Spring Holiday Meal Breakfast Casserole Hashbrowns Hot Spiced Apples Wheat Bread /Marg. Cranberry Juice <i>Calories - 738 Sodium - 599</i> <i>Carb-91.2 Fat - 31.8%</i> B Cheese Omelet  Hashbrowns Hot Spiced Apples Wheat Bread/Marg. Cranberry Juice <i>Calories -499 Sodium - 803</i> <i>Carb -82.2 Fat -14.7%</i>
A ⁴ Italian Style Pork Baked Potato/S. Cream Broccoli Wheat Bread/Marg. (2) Cookie <i>Calories- 561 Sodium - 506</i> <i>Carb -75.6 Fat - 22.7%</i> B Beef with Gravy, Peppers, & Onions Baked Potato/S. Cream Broccoli Wheat Bread/Marg. (2) Cookie <i>Calories -642 Sodium - 677</i> <i>Carb - 78.3 Fat - 30.7%</i>	A ⁵ Lemon Pepper Chicken Roasted Potato Medley Spinach Multi Grain Bread/Marg. Fruited Gelatin Chocolate Milk <i>Calories - 830 Sodium - 667</i> <i>Carb -100.0 Fat -34.4%</i> B Pork Loin with Gravy Roasted Potato Medley Spinach Multi Grain Bread/Marg. Fruited Gelatin Chocolate Milk <i>Calories-738 Sodium -679</i> <i>Carb-103.4 Fat -23.4%</i>	A ⁶ Salisbury Beef w/ Gravy Whipped Potatoes Glazed Carrots Wheat Bread/Marg. Strawberry Applesauce <i>Calories-622 Sodium -662</i> <i>Carb-85.9 Fat - 26.7%</i> B Spinach & Turkey Chef Salad Assorted Fruit Juice Crackers/Marg. Strawberry Applesauce Salad Dressing <i>Calories-482 Sodium -690</i> <i>Carb-69.7 Fat -22.5%</i>	A ⁷ BBQ Chicken Ranch Beans Coleslaw Multi Grain Bread/Marg. Peach Cobbler <i>Calories - 809 Sodium - 785</i> <i>Carbo -114.0 Fat - 20.8%</i> B Sl. Roast Beef & Swiss Multi Grain Bread/Must. Potato Salad Mixed Green Salad Peach Cobbler Salad Dressing <i>Calories - 759 Sodium - 493</i> <i>Carb -97.2 Fat -25.3%</i>	A ⁸ Country Fried Steak Country Gravy  Whipped Potatoes French Green Beans Multi Grain Bread/Marg. Fresh Seasonal Fruit <i>Calories - 775 Sodium - 1090</i> <i>Carb -105.3 Fat -26.1%</i> B Split Pea Soup Chicken Salad Multi Grain Bread/Marg. Carrot Raisin Salad Fresh Seasonal Fruit <i>Calories - 725 Sodium - 663</i> <i>Carb -95.2 Fat -20.8%</i>
A ¹¹ Chicken Cacciatore Pasta w/ Garlic & Red Pepper Italian Vegetable Blend Bread Stick/Marg. Mandarin Oranges <i>Calories - 789 Sodium - 689</i> <i>Carb-99.0 Fat - 29.1%</i> B Pork w/ Supreme Sauce Pasta w/ Garlic & Red Pepper Italian Vegetable Blend Bread Stick/Marg. Mandarin Oranges <i>Calories - 754 Sodium -701</i> <i>Carb -95.6 Fat - 26.3%</i>	A ¹² Hamburger Patty Baked Beans Coleslaw Hamburger Bun/Ketch. Hot Spiced Fruit <i>Calories - 765 Sodium - 784</i> <i>Carb - 104.6 Fat - 26.1%</i> B Baked Chicken Breast Baked Beans Coleslaw Hamburger Bun/Mayo Hot Spiced Fruit <i>Calories -768 Sodium -675</i> <i>Carb -110.1 Fat - 18.2%</i>	A ¹³ BIRTHDAY MEAL Roast Beef Brown Gravy Whipped Potatoes California Vegetables Wheat Roll Birthday Cake Margarine <i>Calories-760 Sodium -713</i> <i>Carb-90.9 Fat - 27.3%</i> 	A ¹⁴ Pork Loin with Gravy Oven Roasted Potatoes Green Peas Wheat Bread/Marg. Tropical Fruit <i>Calories - 728 Sodium - 417</i> <i>Carb -93.6 Fat -27.0%</i> B Vegetable Beef Soup H. Mustard Chick. Salad Wheat Bread Mixed Green Salad Tropical Fruit Salad Dressing <i>Calories -703 Sodium - 617</i> <i>Carb -94.8 Fat -17.2%</i>	A ¹⁵ Turkey Breast w/ Gravy Baked Sweet Potato Broccoli Multi Grain Bread/Marg. Fresh Seasonal Fruit <i>Calories - 529 Sodium - 421</i> <i>Carb -82.4 Fat - 12.0%</i> B Spinach & Ham  Chef Salad Assorted Fruit Juice Crackers Fresh Seasonal Fruit Salad Dressing <i>Calories -495 Sodium - 939</i> <i>Carb -65.3 Fat -26.9%</i>
A ¹⁸ Potato Crusted Fish Macaroni & Cheese Green Beans Multi Grain Bread/Marg. Tropical Fruit Tartar Sauce <i>Calories - 749 Sodium -670</i> <i>Carb -105.1 Fat - 27.5%</i> B Grilled Pork with Gravy Macaroni & Cheese Green Beans Multi Grain Bread/Marg. Tropical Fruit <i>Calories -727 Sodium -764</i> <i>Carb-94.4 Fat - 29.1%</i>	A ¹⁹ Swedish Meatballs Pasta Broccoli Multi Grain Bread/Marg. Pineapple Tidbits <i>Calories - 566 Sodium -800</i> <i>Carb- 68.5 Fat - 32.5%</i> B Mixed Bean Soup Chicken Salad Crackers Green Pea Salad Pineapple Tidbits <i>Calories -807 Sodium - 671</i> <i>Carb -111.4 Fat - 18.7%</i>	A ²⁰ Oven Fried Chicken Roasted Red Potatoes Whole Kernel Corn Wheat Bread/Marg. Fruited Gelatin <i>Calories -845 Sodium -719</i> <i>Carb -111.5 Fat - 28.9%</i> B Hamb. Steak w/ Gravy Roasted Red Potatoes Whole Kernel Corn Wheat Bread/Marg. Fruited Gelatin <i>Calories - 745 Sodium - 746</i> <i>Carb -107.0 Fat - 25.5%</i>	A ²¹ Beef Chili Baked Potato/S. Cream Mixed Green Salad Cornbread/Marg. (2) Hot Spiced Pears Salad Dressing <i>Calories -684 Sodium - 864</i> <i>Carb -112.3 Fat - 16.8%</i> B Chef Salad Assorted Fruit Juice Crackers Pears Salad Dressing <i>Calories - 466 Sodium - 696</i> <i>Carb -63.4 Fat - 25.7%</i>	A ²² Chicken Alfredo Green Peas Sliced Carrots Garlic Bread Stick/Marg. Peaches Chocolate Milk <i>Calories -731 Sodium - 742</i> <i>Carb -120.3 Fat - 13.4%</i> B Cottage Cheese Peaches Pasta Salad Muffin/Marg. Chocolate Milk <i>Calories - 761 Sodium - 791</i> <i>Carb -116.9 Fat - 25.1%</i>
A ²⁵ Beef Spaghetti Casserole Green Beans Mixed Green Salad Garlic Bread Stick/Marg. Hot Spiced Fruit Salad Dressing <i>Calories -662 Sodium - 722</i> <i>Carb -85.6 Fat - 25.3%</i> B Chicken & Pasta Green Beans Mixed Green Salad Garlic Bread Stick/Marg. Hot Spiced Fruit Salad Dressing <i>Calories - 675 Sodium - 769</i> <i>Carb -97.8 Fat - 19.2%</i>	A ²⁶ Cranberry Dijon Chicken Roasted Red Potatoes Broccoli Multi Grain Bread/Marg. Cinnamon Applesauce <i>Calories -621 Sodium - 509</i> <i>Carb -85.2 Fat - 20.2%</i> B Sl. Roast Beef & Swiss Multi Grain Bread/Must. Potato Salad Green Pea Salad Cinnamon Applesauce <i>Calories - 699 Sodium - 514</i> <i>Carb -85.3 Fat - 24.1%</i>	A ²⁷  Turkey Ham & Potato Casserole Whole Kernel Corn Glazed Carrots Multi Grain Bread/Marg. Fresh Seasonal Fruit <i>Calories -548 Sodium - 1020</i> <i>Carb -83.9 Fat - 19.5%</i> B Corn Chowder Cottage Cheese Mixed Green Salad Muffin/Marg. Fresh Seasonal Fruit Salad Dressing <i>Calories - 598 Sodium - 795</i> <i>Carb -92.9 Fat - 19.5%</i>	A ²⁸ Roast Beef with Gravy Whipped Potatoes Green Peas Dinner Roll/Marg. Fruited Gelatin <i>Calories -7890 Sodium - 711</i> <i>Carb -98.6 Fat - 22.9%</i> B Pork Loin with Gravy Whipped Potatoes Green Peas Dinner Roll/Marg. Fruited Gelatin <i>Calories - 745 Sodium - 720</i> <i>Carb -98.6 Fat - 22.7%</i>	A ²⁹ King Ranch Chicken Casserole Pinto Beans Fiesta Vegetable Blend Multi Grain Bread/Marg. Cookie <i>Calories -723 Sodium - 655</i> <i>Carb -88.9 Fat - 22.7%</i> B Asian Pork Salad Assorted Fruit Juice Multi Grain Bread Cookie Salad Dressing <i>Calories - 660 Sodium - 638</i> <i>Carb -78.6 Fat - 29.5%</i>

Reservations: Call 1-866-468-7887 or the local number listed by 11:00 the day before to make reservations for lunch. Some sites need you to call a few hours earlier so check for exact time.

Home Delivered Meals are available to seniors not able to leave their homes without assistance. NEI3A determines eligibility to receive home delivered meals. Call your local Senior Center for more information. Not all communities listed have hot meals available Monday through Friday but frozen meals or shelf stable are available for other days.

Frozen Meals offer an option for seniors who live in rural areas or small communities without a regular NEI3A Meal program. Frozen meals are available in 2-day or 5-day packs and meet all nutritional requirements. Call your Senior Center for more information.

NEI3A Senior Centers and Dining Programs

Allamakee County:

Waukon Wellness Center
1220 3rd Ave. NW-Waukon
Monday - Friday at 11:30 a.m.
563-568-3250

Black Hawk County:

Cedar Falls Senior Center
528 Main - Cedar Falls
Monday - Friday at 11:45 a.m.
319-277-1900

La Porte City Senior Center
300 1st St.-La Porte City
Mon, Wed., and Fri. at 12:00 p.m.
319-342-2676

Jesse Cosby
Healthy Lifestyles Center
1112 Mobile - Waterloo
Monday - Friday at 12:00 p.m.
319-234-1799

Waterloo Senior Center
2101 Kimball Ave. - Waterloo
Monday - Friday at 11:30 a.m.
319-874-6849

Walnut Court
315 Walnut St. - Waterloo
Monday - Friday at 11:00 a.m.
319-833-8014

Dunkerton
United Methodist Church
301 S. Washington St.-Dunkerton
Mon. and Thurs. at 11:30 a.m.
319-822-7910

Evansdale
Countryside Vineyard Church
3467 Lafayette Rd.-Evansdale
Thursdays at 11:30 a.m.
319-874-6849

Raymond
United Methodist Church
6903 Lafayette Rd.-Raymond
Wednesdays at 12:00 p.m.
319-874-6849

Washburn
410 1st Street-Washburn
1st and 3rd Tues. at 12:00 p.m.
319-296-1810

Bremer County:

Waverly Senior Center
506 E. Bremer Ave.-Waverly
Monday - Friday at 11:30 a.m.
319-352-2463

Denver Library
100 Washington-Denver
Wed. and Thurs. at 11:45 a.m.
319-352-2463

Buchanan County:

Buchanan County Senior Center
400 5 Ave. NE - Independence
Monday - Friday at 12:00 p.m.
319-334-7011

Lamont
644 Bush St.-Lamont
Thursdays at 11:30 a.m.
563-924-2237

Rowley
101 Ely Street - Rowley
Monday - Friday at 11:30 a.m.
319-938-2864

Butler County:

Greene Community Center
202 W. South St. - Greene
Monday - Friday at 11:30 a.m.
641-823-4422

Dumont Legion Hall
508 Main St. - Dumont
Wednesday at 12:00 p.m.
641-857-6231

Chickasaw County:

Chickasaw Senior Center
301 N. Water Ave.-New Hampton
Monday - Friday at 12:00 p.m.
641-394-3173

Fredericksburg Comm. Center
151 W. Main St.-Fredericksburg
Tues. and Thurs. at 11:30 a.m.
641-394-3173

Lawler - 414 E. Grove
2nd Tuesdays at 11:30 a.m.
641-394-3173

Clayton County:

Elkader Senior Center
133 S. Main - Elkader
Monday - Friday at 11:30 a.m.
563-245-1846

Guttenburg Municipal Bldg.
502 S. First St.-Guttenburg
Monday - Friday at 11:30 a.m.
563-252-1182

Monona Community Center
104 E. Center St.-Monona
Tues. & Thurs. at 11:30 a.m.
563-539-2385

Delaware County:

Delaware County Senior Center
1208 W. Marion St.-Manchester
Monday - Friday at 11:30 a.m.
563-927-5473

Delhi United Methodist Church
304 Market Street - Delhi
Tuesday at 11:30 a.m.
563-927-5473

Dundee Fire Station Comm. Room
117 N. Center Street - Dundee
Wednesday at 11:30 a.m.
563-927-5473

Dubuque County:

Alverno
3525 Windsor Avenue - Dubuque
Monday - Friday at 11:30 a.m.
563-543-7065

Cascade Senior Center
109 1st Avenue West - Cascade
Monday - Friday at 11:30 a.m.
563-852-3047

Ecumenical Tower
250 W. 6th Street - Dubuque
Monday - Friday at 11:30 a.m.
563-543-7065

Heritage House
7396 Columbus St.-New Vienna
2nd & 4th Thurs. at 11:30 a.m.
563-875-2600

Luxemburg City Hall
202 S. Andres St. - Luxemburg
Mon. and Wed. at 11:30 a.m.
563-875-2600

Dyersville Social Center
625 3rd Ave. SE - Dyersville
Monday - Friday at 11:30 a.m.
563-875-2600

Fayette County:

Arlington Community &
Event Center
853 Main Street- Arlington
Wed. and Fri. at 11:30 a.m.
563-633-4715

Church of the Savior
610 Mill St./US Hwy 18 - Clermont
Mon., Wed. and Fri. at 11:30 a.m.
563-423-5550

Veterans Memorial Comm. Bldg.
310 Mill Avenue - Elgin
Tues. and Thurs. at 11:30 a.m.
563-426-5545

Hawkeye Community Hall
102 E. Main - Hawkeye
Tues., Thurs., & Fri. at 11:30 a.m.
563-427-5503

Oelwein Senior Dining Center
25 West Charles - Oelwein
Monday - Friday at 11:30 a.m.
319-283-5180

West Union Senior Center
107 E. Armour St.-West Union
Mon. through Fri. at 11:45 a.m.
563-422-6100

Grundy County:

Grundy Center Senior Center
705 F Ave. - Grundy Center
Monday - Friday at 11:30 a.m.
319-824-3843

Hardin County:

Dorothy's Senior Center
1306 17 Ave. - Eldora
Monday - Friday at 12:00 p.m.
641-858-5152

Iowa Falls Senior Center
218 S. River Street- Iowa Falls
Monday - Friday at 12:00 p.m.
641-648-9311

Radcliffe Apartments
604 Catherine - Radcliffe
Wednesday at 11:30 a.m.
515-899-2239

Howard County:

Kessel Lodge
268 7th Avenue W. - Cresco
Monday - Friday at 11:30 a.m.
563-379-9737

Protivin Community Center
103 S. Main Street - Protivin
Tues. and Thurs. at 11:30 a.m.
563-569-8731

Jackson County:

Bellevue Community Center
1700 State Street - Bellevue
Monday - Friday at 11:30 a.m.
563-872-4666

Jackson County Senior Center
1000 E. Quarry St.-Maquoketa
Monday - Friday at 11:30 a.m.
563-652-6771

Marshall County:

Marshall County Senior Center
20 1/2 E. State - Marshalltown
Monday - Friday at 12:00 p.m.
641-752-1638

Poweshiek County:

Grinnell Senior Center
927 4 Ave - Grinnell
Monday - Friday 12:00 p.m.
641-236-2612

Tama County:


Toledo Senior Center
103 S. Church - Toledo
Monday - Friday at 12:00 p.m.
641-484-3839

Winneshiek County:

Calmar Senior Center
106 E. Main Street - Calmar
Tues. and Thurs. 11:30 a.m.
563-562-3654

Winneshiek County Senior Center
806 River Street - Decorah
Monday - Friday at 11:45 a.m.
563-382-9557

Fort Atkinson Comm. Center
300 3rd St. NW-Fort Atkinson
Tues. and Thurs. at 11:30 a.m.
563-534-7517



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Sudoku Puzzle

2			1					6
			9				2	
					7			
					3			9
		5	4		8		7	
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1	6		8	9				2
4	8							
	5			6				

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Weather Word Find

Find and all of the words that are hidden in the grid. The remaining letters spell an additional weather word.

F O R E C A S T Y W F O G R T O
D P C W N T R T I N V T E B H D
R I T H O T E N H E N T S L E A
I S H G O N D M R U E U F I R N
Z U G N H Y S C P M N A S Z M R
Z I U I P E A H O E H D C Z O O
L S O N Y S I R U R R I E A M T
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I E D H S B U N N A I L T D T F
E C O G R O H O N A A D I U E R
N O O I A E R U P U C M I A R E
O L L L I T S F Q N T I R T H E
L D F T N T A S H O W E R O Y Z
C Y T I L I B I S I V O E R T E
Y T I M O N S O O N O N D L U S
C C L O U D S E I R R U L F S H

BAROMETER
BLIZZARD
CELSIUS
CLOUDS
COLD
CYCLONE
DOWNPOUR
DRIZZLE
DROUGHT
FAHRENHEIT
FLOOD
FLURRIES
FOG
FORECAST

FREEZE
FROST
HAIL
HOT
HUMIDITY
HURRICANE
ICE
LIGHTNING
MIST
MONSOON
OVERCAST
RAIN
SHOWER

SLEET
SNOW
SQUALL
STORM
SUNNY
TEMPERATURE
THERMOMETER
THUNDER
TORNADO
TSUNAMI
TYPHOON
VISIBILITY
WINDY

Source: Livewire Puzzles

NEighborhood News

PO BOX 388

Waterloo, IA. 50704-0388.

319-874-6840 866-468-7887

e-mail: vhyke@nei3a.org

NEighborhood News is published monthly to entertain, educate, and inform our readers. The opinions expressed in NEighborhood News do not necessarily reflect the opinions of the Agency on Aging, its governing bodies, or Advisory Councils. Articles, letters to the Editor and other comments are welcome. NEighborhood News reserves the right to publish all or part of material submitted. Deadline is the 10th of the month for next month's issue.

Our Vision: Our vision is to empower older persons to live safe and independent lives with dignity, purpose, and self-determination.

Our Mission: Northeast Iowa Area Agency on Aging will create and provide services for older persons to empower them to maintain their independence.

In accordance with the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973 and the Aging Discrimination Act of 1975, it is the policy of Northeast Iowa Area Agency on Aging to provide services to all persons eligible under the provisions of the Older Americans Act of 1965, as amended, without regard to race, creed, color, religion, national origin, sex, sexual orientation, handicap, or age.