

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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New in 2018!



One Meal Option

In an effort to simplify the meal ordering and delivering process, NEI3A has decided to go with one meal option. When ordering a meal for January, all you need to do is place your order with your local senior center by 11:00 a.m. the day before you plan to attend or want a meal delivered.



Quarterly Newsletter

The NEIghborhood News is going to get a new look and name! Beginning with the January issue the newsletter will have a new four color format. The newsletter will be printed quarterly instead of monthly and will also be available electronically.

If you are a current subscriber and have paid your subscription within the last year, you will continue to receive the quarterly newsletter. If you haven't paid, then you will need to send in your payment to keep getting the newsletter. The new subscription price will be \$10.00 for a year's subscription.

The newsletter is also available on our website at www.nei3a.org/our-services/newsletters.aspx. You can also have the newsletter emailed to you by contacting Vicki Hyke at vhyke@nei3a.org or calling 319-874-6847.



New Board Members

To ensure that all of NEI3A's service area is properly represented, board members are chosen from a variety of counties throughout the service area. NEI3A board member elected officers at the annual meeting in October. The officers include:

- Joyce Denczek (Dubuque County) – President
- Robert J. Brown (Black Hawk County) – Vice President
- Vicki Rowland (Fayette County) – Secretary
- Elaine Eshbaugh (Black Hawk County) - Treasurer

In addition, three new members were appointed to the Board of Directors. Joining NEI3A's Board of Directors are:

- Diana Dawley (Poweshiek County)
- Jean Maddux (Black Hawk County)
- Marna Mitchell-Butler (Marshall County)

These three will join the remaining board members which include:

- Dan Anderson, (Tama County)
- Kathy Babcock, (Chickasaw County)
- Gary Bowden, (Clayton County)
- Bob Brown, (Black Hawk County)
- Bob Clemen, (Delaware County)
- Joyce Denczek, (Dubuque County)
- Elaine Eshbaugh, (Black Hawk County)
- LuAnn Goeke, (Jackson County)
- Shirley Helmrichs, (Delaware County)
- Mark Kubik, (Howard County)
- Vicki Rowland, (Fayette County)
- Dan Byrnes, (Allamakee County)
- Dean Thompson, (Winneshiek County)
- Clark Wilharm, (Bremer County)

Non-Profit Organization
U.S. Postage Paid
Decorah, IA
Permit No. 6

Open House

Join us as we celebrate the launch of Iowa's first LifeLong Links Center for Community Living

Thursday, December 14

12:00 - 2:00 p.m.

(Presentation at 1:00)

607 Washington St.-Decorah

Enjoy refreshments and presentation by the five collaborating organizations making their home at the LifeLong Links Center for Community Living.



NEI3A
Northeast Iowa Area Agency on Aging
PO BOX 388
Waterloo, IA. 50704-0388

Home for the Holidays *By Janice Wallace*

Many of us live far away from our families. The holidays are times when we reconnect with our loved ones. Holidays are an opportunity to take an objective look at how the seniors in our families are coping. Take time to notice if things have changed. Your visit may reveal that your frequent phone calls are not giving you a complete picture of your loved one's daily life.

Use the following questions as a guide. Determine if there have been any significant changes in their abilities and environment since your last visit.

- Is your family member clean and properly dressed?
- Have they experienced any significant change in weight (up or down)?
- How is their balance? Are they walking well? If the home has stairs, can they navigate the stairs safely?
- Observe closely to determine if your family member has experienced changes to their hearing, sight, or speech.
- How is their energy level?
- How is their short term memory?
- Can they perform daily tasks?
- Do they ask the same questions over and over?
- When did they last visit the doctor?
- Take a careful look at your family member's environment. Is the home neat, clean, and well maintained? Are there obvious hazards in the house that need to be fixed such as loose throw

rugs, excessive clutter, or low lighting? Should grab bars be installed in the bathroom? How safe is the neighborhood? Are services such as grocery stores, banks, and medical offices easy to access?

■ If the person drives, take a ride with them during the day and at night. How is their driving? Do they see and respond appropriately to changes in traffic, road hazards, and pedestrians?

■ What is your family member's average day like? Do they have opportunities to socialize?

■ If your loved one is caring for another family member, are they getting respite from care giving and receiving emotional support?

If your observations lead to concerns, you need to create an action plan. If the situation is unsafe or the person is at risk, immediate action will be required. In most cases you have some time to begin making changes and providing resources to your loved one. What are your next steps?

Find a quiet, relaxed time to check in with your loved one. What does he/she see as the biggest challenges or concerns for daily living? In a calm manner, share 2-3 of your major concerns with your family member. You may be met with resistance or denial. Try not to let the conversation escalate emotionally. Don't give into the temptation to share more than 2-3 of your concerns.

Brainstorm with your loved one and other family members



about possible solutions. Offer to research and bring information back to the family.

Many times you may only get to step 1 and 2. This is ok. Communicating is like gardening. It takes patience. You have just planted some seeds for the future. Plan a follow up visit to check on your family member or schedule calls to continue the conversation.

If possible, enlist the help of neighbors/friends/relatives to check on your loved one and keep you informed.

Consider arranging for an aging specialist who can help recommend elder care resources.

Follow the proactive steps recommended in the next paragraph to learn about elder care resources where your family member lives.

If your family member is doing fine, this is your chance to be proactive. While you are in the area, take time to visit local elder care resource cen-

ters. The local Area Agencies on Aging are a good place to start. The first call to make would be to LifeLong Links toll-free at 1-866-468-7887. These information specialists can help put you in contact with services that are available in your community.

Put together a list of medications your family member is taking. Plan future conversations to understand their wishes if they become ill or incapacitated. Make a plan to keep the lines of communication open.

The holidays are a wonderful time of year to reconnect with distant relatives. Give your loved ones the gift of your time and care by helping them address problems that may have crept up during the year.

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1 IN 6 SENIORS FACES HUNGER.

HOT, NUTRITIOUS MEALS!

Nearly 90% of people over the age of 65 want to stay in their home and community as they age. Many grandparents today do not get the proper nutrition they need to help them remain healthy and in their homes. Help your loved one, friend, neighbor, or community member by purchasing hot, nutritious meals to keep them healthy.



ONE WEEK \$41.40
TWO WEEKS \$82.80
ONE MONTH \$165.60



CONTACT NEI3A AT 319-874-6840 FOR MORE INFORMATION OR DONATE ONLINE AT WWW.NEI3A.ORG/SUPPORT-NEI3A



#1 Tip for Caregivers.... Take care of yourself!

While caregiving has its rewards, it can also be stressful. Caregiver stress is caused by the emotional, physical and mental demands of caregiving. Many caregivers feel the strain of being constantly "on call" for the multiple daily living needs that come with caring for some one that is aging, has dementia or a disability. Caregiver stress can have a negative effect on the caregiver. According to aging-care.com, being a caregiver puts you at greater risk of suffering from: a weakened immune system, high blood pressure, ulcers, anxiety, heart palpitations, headaches, and cardiovascular problems among others.

So.... Now that you know that caregiver stress can be bad for you, what next? You take care of yourself! You cannot pour from an empty cup.

In my caregiver support groups we have discussed strategies for self-care. Many of my caregivers describe feeling guilt; whether it is for leaving to get a break, for feeling upset or frustrated, or for feeling that they are putting their needs over that of their recipient. The first step in taking care of yourself is to LET GO OF THE GUILT; because you NEED time to yourself so you are physically and mentally able to cope with the challenges and frustrations that creep up from day to day. Having breaks and getting time away actu-

ally will make you a BETTER CAREGIVER.

My loved one needs 24 hour care, so how do I get a break? You accept help. We all have family, friends and neighbors that say, "Let me know what I can do for you", or "Is there something I can do to help?". I challenge you to say, "Actually, would you be able to sit with Dad sometime this week so I can get groceries?" Once you accept help the first time, it will become easier to repeat down the road. If you have children asking what you would like for Christmas, you could say, "You know, it would be nice if I didn't have to cook lunch every day, maybe you could see about getting us a ticket for home delivered meals" or "It would help me out having someone to come in and clean once a week, could you line an agency up for that?" You can call LifeLong Links for information on service providers in your area and we can line up in-home services to help you maintain your recipient at home.

I also encourage you to consider attending a Caregiver Support Group. In my last support group meeting I had a caregiver that said that being around her friends now is incredibly isolating. A support group is a great way to discuss your feelings in a confidential group where people understand and can offer comfort and suggestions on coping.

Please remember that

NEI3A is here to help. We are with you in this. We have Caregiver Specialists in each region that are available to discuss your stress, give you techniques on stress relief, help problem solve, and most importantly to understand.

Call Lifelong Links at 1-866-468-7887 to get in touch with a Caregiver Specialist today! Caring hearts need support. *Kelly Kuennen, LBSW, Aging/Caregiver Specialist, Decorah Region*



Caregiver Support Groups

Decorah Caregiver Support Group

3rd Monday of the month
10:00 a.m.
Aase Haugen Nursing Home
4 Ohio Street, Decorah

Oelwein Caregiver Support Group

2nd Monday of the month
1:30 p.m.
Arlington Place Assisted Living
1101 3rd St. SW, Oelwein

Starting in December!

New Hampton Caregiver Support Group

2nd Wednesday of the month (first meeting December 13)
2:00 p.m.
New Hampton Public Library
20 West Spring Street, New Hampton

These Caregiver Support Groups are a free resource for individuals caring for an elderly spouse, grandparent, mother, father, relative, or non-relative such as a neighbor. Group members receive education on caregiving, share success stories and coping strategies, and discuss useful resources through the caregiving journey. For more information call LifeLong Links at 1-866-468-7887.

Iowa Senior Medicare Patrol/Consumer Protection Division

Nancy Creery, Iowa SMP Coordinator • ncreery@nei3a.org

Starting April 2018: New Medicare Numbers!

To help protect your identity, Medicare is mailing new Medicare cards. Your new card will have a new Medicare number that is unique to you, instead of your Social Security Number. The primary goal of new Medicare cards is to decrease Medicare beneficiary vulnerability to identity theft by removing the SSN-based number from one's Medicare cards and replace with a new unique Medicare Number. Medicare will be removing the gender

and signature line from the new cards.

Watch out for scams

Scam artists may try to get your current Medicare number and other personal information by contacting you about your new Medicare card. They often claim to be from Medicare and use various scams to get your Medicare Number including:

- Asking you to confirm your Medicare or Social Security Number so they can send

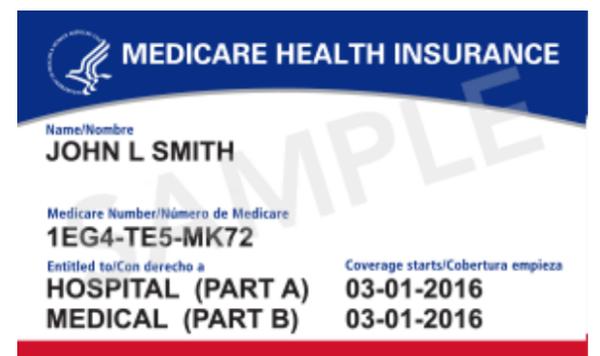
you a new card.

- Telling you there's a charge for your new card and they need to verify your personal information.

- Threatening to cancel your health benefits if you don't share your Medicare Number or other personal information.

What do the new Medicare cards mean for people with Medicare?

The new Medicare number/



card won't change Medicare benefits. People with Medicare may start using their new Medicare cards as soon as they get them. Please destroy your old Medicare card. The effective date of the new cards, like the old cards, is the date each beneficiary was or is eligible for Medicare.



Holiday Healthy

Jingle bell rock. Dashing through the Snow. Deck the halls. The holidays are upon us and like these familiar song lyrics suggest, December is a month to stay active – for fun and for health.

Join a Fresh Conversation program in your area to discover enjoyable tips for staying holiday healthy this December and throughout the whole year.

With winter snows and slippery sidewalks part of the season, it is easy to spend extra time in a favorite recliner.

But that habit can cause you to lose muscle over the winter!

Being active every day helps us build up muscle strength. But inactivity – even as little as 2 weeks – can rob the body of 25 to 30% of its muscle. This can have a big impact on your general health and quality of life. Regaining muscle strength is possible, but it takes six weeks—or three times longer than the period of inactivity. And, according to studies, muscle building requires weight training in addition to

other physical activity.

So, the goal of the season, is to keep moving!

Join a December Fresh Conversation Holiday Health party to explore fun opportunities for movement in your community. A party isn't a party without food to celebrate, so the food samples will include recreated holiday favorites with a tasty, healthy twist. The program newsletter also features recipes for tasty oatmeal cookies, zucchini muffins and an easy cowboy party dip.

Take 30 minutes for yourself this month and join a Fresh Conversations program for fun, fellowship and food. Sites offering the program include Applewood and Alverno Apartments – Dubuque, Bellevue, Cedar Falls, Cresco, Dyersville, Decorah, Dubuque, Dumont, Eldora, Elgin, Elkader, Grinnell, Iowa Falls, Independence, Greene, Guttenberg, Grundy Center, Manchester, Marshalltown, Oelwein, Tama, Walnut Court – Waterloo, West Union, and Waukon. *By Anne Blocker, Fresh Conversations Coordinator*

Caring For Each Other

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

Iris was admiring the holiday decorations when she stopped, surprised. "Rose, I haven't seen these figurines for years! They sure bring back memories."

"The truth is, Iris, I had forgotten I had them," her sister replied. The box was tucked on the far bottom shelf in the back. I just happened to notice it this year."

"Even these decorations I've seen every year are a fresh surprise, like I'm seeing them for the first time," Iris added. "And you know, this reminds me of a story my friend Maggie told me. Several years ago she had a fire in her garage. All her holiday decorations were stored there, and were completely destroyed. And even though she had good insurance coverage, she had to present a list of everything that was lost before she could get it replaced. She couldn't

come close to remembering it all."

"I can imagine," said Rose. "I wouldn't be able to list everything either."

"Every once in a while," Iris went on, "she remembers one of her collectible ornaments that didn't get replaced. It makes her sad all over again, but the insurance claim was closed years ago. It's too late to do anything about it."

Everyone dreads losing everything in a fire or some other disaster. One key to recovering from disaster is insurance. Meeting with your insurance agent every 3 years or so to review your homeowner's or renter's policy can help you make sure your coverage still meets your needs.

Household Inventory. Beyond insurance, though, another key step is to inventory your belongings. If your home is wiped out by a fire

or tornado, an inventory of what you owned will make it much easier to file an insurance claim for replacement of your possessions.

These days it would be virtually impossible for most people to make a list of everything they own, so the most practical way for most people to inventory their belongings is with photographs or video. Using video has the advantage of allowing you to make comments about the value of an item, or to audibly record the model and serial number of electronics or appliances.

Year-round task. Even if you've done an inventory fairly recently, it might not include seasonal items, as Iris' friend discovered. At every stage of the year, you have different items you use, whether seasonal decorations, tools for yard work,

patio furniture and outdoor decorations, or other items. This winter, make a point to snap some photos of seasonal items, and file them with your household inventory, so that if disaster strikes you will be better-prepared to file an insurance claim.

Storing your inventory. Your photos, video, and any lists you create of special items should be stored away from your home. These days "cloud storage" can be a helpful tool, since the information can be accessed from anywhere. Suggestion: consider making sure someone else also has access to the files, in case you are unable to handle the tasks on your own. Another option is to load the files on a flash drive and keep a copy with a friend or family member who lives in another town.



Senior Center Events

Tama County Senior Center: On Monday, December 18, meet STC's foreign exchange students and learn about their countries and cultures. Registration is required by calling Deb Peska at 641-484-3839. This session is free but limited to 15 participants. Sponsored by Toledo State Bank and Iowa Valley Community Foundation.

A Matter of Balance Workshop

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, and view falls and fear of falling as controllable. Class information:

Mayflower-Montgomery Lounge (624 Broad Street - Grinnell) starting January 5 - Classes will be held on Mondays and Fridays from 8:30 to 10:30 a.m. Register by calling Anne Sunday at 319-290-9171 by December 14.

There is a \$20 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



What is “clean” labeling?

You may have heard or read of the movement in the food industry to create a clean food label. There is no legal definition to “clean” labeling which increases confusion among consumers. Often when one thinks of the term “clean” labeling it may bring to mind:

1. Natural ingredients: no artificial flavors, artificial colors, artificial preservatives, or synthetic additives.
2. Simplicity: fewer chemicals and more recognizable ingredients that do not sound chemical or artificial.
3. Transparency: information on how ingredients are

sourced and how products are manufactured.

4. Minimal processing: processing using techniques that consumers don’t understand to be artificial.

It is not easy for manufacturers to switch from artificial ingredients to natural sounding ingredients with the same function in a food. The natural ingredient will have the same use in a product but may appear to be from a “natural” source but not be any different chemically.

Adapted from UGA Cooperative Extension Bulletin 1476 • Clean Labeling and the “Real Food” Movement

Not Always the Last Thing You Ate

One minute you’re fine, and the next you begin to sweat as crippling cramps move wavelike through your belly. You vomit or have diarrhea, or both, fearing you won’t live to see another day; then it goes away. You’re back to your old self, maybe after a day or two.

The Centers for Disease Control and Prevention estimates this scenario, known as an “acute gastrointestinal event,” happens to all of us at least once a year. People tend to blame the last thing they ate, but most likely it could be something from a day or two ago.

It takes the stomach around four to six hours to empty a full meal, and then the small intestine takes about six to eight hours to

get out all the nutrients and empty into the colon. The remains linger there for another one to three days.

While this may not be something you like to think about, knowing this information the next time you get sick will help you be able to estimate when you might have eaten the food that made you sick. For example, if you throw up something and don’t have diarrhea, it could be that what made you ill was something you ate within the last four to six hours. If you wake up in the middle of the night with cramps and diarrhea, it’s more likely something you consumed 18 to 48 hours earlier.

From: www.cdc.gov/foodsafety/symptoms

It’s a Meal Strata

Serving Size: 4 in. x 4 in. piece

Serves 4

Ingredients

- 3 cups vegetables (sliced or chopped)
- 1 teaspoon oil (canola or vegetable)
- 1 clove garlic, minced, or 1/4 teaspoon garlic powder
- 1 package (3 ounces) light cream cheese, softened
- 3 eggs
- 1 cup cubed bread (day old, about 1 slice)
- 1/3 cup cubed ham (cooked)
- 1/8 teaspoon ground black pepper
- 1/3 cup cheddar cheese, shredded

Directions

1. Preheat oven to 350°F.
2. Cut the vegetables so they are about the same size.
3. Heat oil over medium high heat in a large skillet. Add the vegetables and garlic and cook until tender (stirring occasionally). Turn off heat and pat the vegetables with paper towels to remove the moisture. Set aside.
4. Beat the cream cheese until smooth in a large bowl. Add eggs and beat well.
5. Stir in vegetables, bread, cubed ham, and pepper.
6. Pour into a greased 8”x 8” baking dish or small casserole dish.
7. Bake uncovered for 10-15 minutes or until the egg mixture is set.
8. Remove from heat, sprinkle on the cheese, and let stand for 5 to 10 minutes before serving.

Nutrition information per serving:

200 calories, 12g total fat, 5 g saturated fat, 0 g trans fat, 165 mg cholesterol, 350 mg sodium, 11 g total carbohydrate, 2g fiber, 13 g sugar, 13 g protein

This recipe is courtesy of ISU Extension and Outreach’s Spend Smart. Eat Smart website. For more information, recipes, and videos, visit spendsmart.extension.iastate.edu



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. All meal orders must be in by 11:00 a.m. the day prior to attending the Senior Center. If you do not order before attending, the meal you receive could be different than what is stated on the menu.

Monday	Tuesday	Wednesday	Thursday	Friday
December 2017 				1 A King Ranch Casserole Mixed Beans Chuckwagon Corn Fresh Seasonal Fruit <i>Calories -620 Sodium -607 Carb-88.5 Fat - 19.1%</i> B Turkey with Gravy Mixed Beans Chuckwagon Corn Fresh Seasonal Fruit <i>Calories -554 Sodium - 354 Carb -80.5 Fat -16.2%</i>
4 A Potato Crusted Fish Rice Florentine Italian Vegetable Blend Multi Grain Bread/Marg. Fresh Seasonal Fruit Tartar Sauce <i>Calories - 638 Sodium - 608 Carb -85.2 Fat -28.9%</i> B Tomato Basil Chicken Rice Florentine Italian Vegetable Blend Multi Grain Bread/Marg. Fresh Seasonal Fruit <i>Calories-551 Sodium -481 Carb -72.6 Fat -18.1%</i>	5 A Hamburger Patty Lettuce & Tomato Oven Roasted Potatoes Mixed Vegetables H. Bun/Ketchup Fruited Gelatin Chocolate Milk <i>Calories - 775 Sodium -837 Carb -116.5 Fat -21.9%</i> B Baked Chicken Oven Roasted Potatoes Mixed Vegetables Hamburger Bun/Mayo Fruited Gelatin Chocolate Milk <i>Calories--747 Sodium --631 Carb - 113.4 Fat -15.5%</i>	6 A Baked Chicken Breast Savory Apricot Sauce Whipped Potatoes Harvard Beets Wheat Bread/Marg. Fruit Cocktail <i>Calories - 650 Sodium -592 Carb - 95.4 Fat -17.0%</i> B Meatloaf Whipped Potatoes Harvard Beets Wheat Bread/Marg. Fruit Cocktail <i>Calories - 696 Sodium -655 Carb -93.9 Fat - 25.4%</i>	7 A Beef Fiesta Macaroni Green Peas Sliced Carrots Carnival Cookie <i>Calories - 678 Sodium - 712 Carb -72.2 Fat - 33.9%</i> B Chef Salad Broccoli Salad Crackers Carnival Cookie Salad Dressing <i>Calories - 624 Sodium -797 Carb -56.7 Fat - 41.2%</i>	8 A Pork Loin Mushroom Gravy Mashed Red Potatoes Brussels Sprouts Wheat Bread/Marg. Applesauce <i>Calories - 619 Sodium -418 Carb -79.0 Fat - 24.6%</i> B Mixed Bean Soup Tuna Salad Multi Grain Bread Mixed Green Salad Applesauce Salad Dressing <i>Calories - 637 Sodium - 765 Carb -92.5 Fat - 18.3%</i>
11 A Spaghetti Casserole Italian Vegetable Blend Multi Grain Bread/Marg. Apples <i>Calories - 570 Sodium - 564 Carb-68.5 Fat - 27.0%</i> B Chicken Marsala# Italian Vegetable Blend Multi Grain Bread/Marg. Apples <i>Calories -483 Sodium -473 Carb -53.5 Fat - 24.7%</i>	12 A Lemon Pepper Fish Cheesy Rice Lima Beans Multi Grain Bread/Marg. Fresh Banana Tartar Sauce <i>Calories -659 Sodium -455 Carb - 90.0 Fat - 23.7%</i> B Pork Loin Brown Gravy Cheesy Rice Lima Beans Multi Grain Bread/Marg. Fresh Banana <i>Calories -695 Sodium -458 Carb -92.6 Fat - 23.3%</i>	13 A Roast Beef with Gravy Mashed Red Potatoes Green Peas Wheat Roll/Marg. Frosted Birthday Cake <i>Calories -829 Sodium - 798 Carb -97.1 Fat - 27.8%</i> 	14 A Baked Chicken Breast Lemon Herb Sauce Roasted Potato Medley Green Beans Wheat Bread/Marg. Chocolate Chip Cookie <i>Calories - 653 Sodium - 555 Carb -75.2 Fat - 27.7%</i> B Mixed Bean Soup Egg Salad Wheat Bread Mixed Green Salad Chocolate Chip Cookie Salad Dressing <i>Calories -770 Sodium -- 758 Carb -99.3 Fat -28.5%</i>	15 A Ham & White Beans Broccoli Cornbread/Marg. Peaches <i>Calories - 630 Sodium - 717 Carb -91.6 Fat - 22.3%</i> B Oriental Chicken Salad Broccoli Tomato Salad Crackers Peaches Salad Dressing (2) <i>Calories - 662 Sodium - 798 Carb -64.7 Fat -43.4%</i>
18 A Country Fried Steak Country Gravy Whipped Potatoes Whole Kernel Corn/ Marg Peaches <i>Calories - 698 Sodium -784 Carb -93.1 Fat - 30.0%</i> B Potato Crusted Fish Whipped Potatoes Whole Kernel Corn/Marg. Peaches Tartar Sauce <i>Calories -682 Sodium --505 Carb - 89.0 Fat - 33.4%</i>	19 A Turkey Breast w/ Gravy Mashed Yams Broccoli Wheat Roll/Marg. Fruited Gelatin <i>Calories -601 Sodium -643 Carb-83.6 Fat - 21.4</i> B Fall Harvest Salad Pasta Salad Saltine Crackers Fruited Gelatin Salad Dressing (2) <i>Calories -846 Sodium - 747 Carb -111.5 Fat -28.0%</i>	20 A Beef Chili with Beans Baked Potato/S. Cream Spinach Cinnamon Sugar Cookie Chocolate Milk Margarine (2) <i>Calories -682 Sodium- 630 Carb -106.3 Fat - 19.7%</i> B Chicken Chili Baked Potato/S. Cream Spinach Cinnamon Sugar Cookie Chocolate Milk Margarine (2) <i>Calories - 682 Sodium -643 Carb-106.1 Fat - 16.1%</i>	21 A HOLIDAY MEAL Ham Balls Scalloped Potatoes Cabbage with Carrots Wheat Roll/Marg. Dutch Apple Pie <i>Calories -578 Sodium- 533 Carb -75.3 Fat - 29.4%</i> B Swedish Meatballs Scalloped Potatoes Cabbage with Carrots Wheat Roll/Marg. Dutch Apple Pie <i>Calories - 1076 Sodium - 2256 Carb -139.5 Fat - 34.9%</i>	22 A Baked Chicken Breast Creamy Garlic Sauce Macaroni & Cheese Green Beans Multi Grain Bread/Marg. Fresh Seasonal Fruit <i>Calories -578 Sodium- 533 Carb -75.3 Fat - 29.4%</i> B Corn Chowder Roast Beef &S. Cheese Multi Grain Bread/Must. Mixed Green Salad Fresh Seasonal Fruit Salad Dressing <i>Calories - 607 Sodium --478 Carb -74.0 Fat - 22.5%</i>
25 Closed for the Holiday 	26 A Salisbury Beef Oven Roasted Potatoes Broccoli Multi Grain Bread/Marg. Peaches <i>Calories -578 Sodium- 533 Carb -75.3 Fat - 29.4%</i> B C'berry Dijon Chicken Oven Roasted Potatoes Broccoli Multi Grain Bread/ Marg. Peaches <i>Calories - 585 Sodium -497 Carb -84.2 Fat - 16.9%</i>	27 A Baked Chicken Breast Blackberry BBQ Sauce Baked Sweet Potato Cabbage/Marg. Chocolate Pudding <i>Calories -688 Sodium- 683 Carb -97.6 Fat - 20.3%</i> B Beef w/Pepper Gravy Baked Sweet Potato Cabbage/Marg. Chocolate Pudding <i>Calories -675 Sodium- 748 Carb -89.2 Fat - 28.8%</i>	28 A Roast Beef w/ Gravy Whipped Potatoes Sliced Carrots Dinner Roll/Marg. Oatmeal Cookie <i>Calories -755 Sodium- 647 Carb -81.7 Fat - 30.4%</i> B Chicken Berry Almond Salad Copper Pennies Crackers Oatmeal Cookie Salad Dressing (2) <i>Calories -784 Sodium- 659 Carb -87.8 Fat - 35.1%</i>	29 A Pork Loin w/ Gravy Mashed Red Potatoes Green Peas Wheat Bread/Marg. Cinnamon Applesauce <i>Calories -658 Sodium- 440 Carb -82.3 Fat - 25.0%</i> B Beef Vegetable Soup Egg Salad Wheat Bread Ranch House Tomatoes Cinnamon Applesauce <i>Calories - 642 Sodium --769 Carb -66.5 Fat - 36.7%</i>

Reservations: Call the local number listed on page 7 by 11:00 the day before to make reservations for lunch. If you do not order before attending, the meal you receive could be different than what is stated on the menu.

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
2nd Wed. at 12:00 p.m.
319-342-2676

Jesse Cosby
Healthy Lifestyles Center
1112 Mobile - Waterloo
Monday - Friday at 12:00 p.m.
319-234-1793

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.
563-920-6001

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.
1-877-834-9865

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

Dubuque Senior Center
St. Matthew Lutheran Church
1780 White Street-Dubuque
Monday-Friday at 11:30 a.m.
563-543-7065

Fayette County:

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

Veterans Memorial Comm. Bldg.
310 Mill Avenue - Elgin
Tues. and Thurs. at 11:30 a.m.
563-422-5365

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

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
925 East Street-Grinnell
Monday-Friday 12:00 p.m.
641-236-2612

Tama County:

Tama County Senior Center
900 E. 5th Street - Tama
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.
563-379-9737



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Sudoku Puzzle

					3			
	8				7		9	
	6					1		
			9			2		
		3					8	
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PO BOX 388
Waterloo, IA. 50704-0388

Holiday Word Find

Find and circle all of the Holiday words that are hidden in the grid. The remaining letters spell a secret message.

E N A C Y D N A C H T A E R W S S
 T H I S S N O I T A R O C E D H Y
 E G G N O G M E H E L H T E B E O
 G I F T S F R U I T C A K E T P T
 R E G N A M H F R I E N D S F H S
 S L T R E E I E C S C S R R S E E
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| ANGEL | GOLD | SHEPHERDS |
| BELLS | GREETING CARDS | SKATES |
| BETHLEHEM | HOLLY | SLEIGH |
| CANDLES | ICICLES | SNOWFLAKES |
| CANDY CANE | JESUS | SNOWMAN |
| CAROLS | JOSEPH | STABLE |
| DECORATIONS | LIGHTS | STAR |
| EGGNOG | MANGER | STOCKING |
| FAMILY | MARY | THREE WISE MEN |
| FRANKINCENSE | MISTLETOE | TOBOGGAN |
| FRIENDS | MYRRH | TOYS |
| FRUITCAKE | ORNAMENTS | TREE |
| GABRIEL | POINSETTIA | WREATH |
| GIFTS | SANTA | |

NEighborhood News

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 Waterloo, IA. 50704-0388. 319-874-6840 800-779-8707
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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.