Message from the Chief Executive Officer

50 Years Ago...

1964 was an eventful year - a half-century ago, humans were making strides toward space travel beyond the Earth’s orbit, and Tokyo hosted the 18th Summer Olympics. The Beatles took America by storm, as Race Riots gripped big cities -- and the Civil Rights Act of 1964 was signed into law. Boxer Cassius Clay became Muhammad Ali and the heavyweight champion of the world. Cyprus devolved into a civil war between the Turks and Greeks, and President Lyndon Johnson escalated the U.S. involvement in the Vietnam War.

That same year, President Johnson also signed another piece of federal legislation. Perhaps not as well-known as the above stated acts, but one that is no less important today than it was on its original signing. Recognizing the needs of older Americans, President Johnson signed the Older Americans Act. Over the next 50 years, this act served as the cornerstone of support and services for older Americans with a desire to continue to live as independently as possible. Out of the Older Americans Act came a service structure called the Area Agency on Aging.

First established in Iowa in the late 1960’s/early 1970’s, the Area Agencies on Aging (AAA’s) have served as a source of support for hundreds of thousands of people. Constantly evolving to meet new service needs, new delivery models, and a roller coaster funding source, the AAA’s have been on the front line for generations of seniors wishing to be active, healthy, and independent. The services and supports, while they may look different, are of the same importance as they were 50 years ago.

Northeast Iowa Area Agency on Aging (NEI3A) has been providing these supports in communities large and small throughout Northeast Iowa. While our most visible service comes in the form of our meals (Meals on Wheels) and Senior Centers, NEI3A provides a full array of in-home services dedicated to assisting individuals and families in the desire to remain within the community, stay healthy, and have choices in how they live and work. We have partnerships with over 100 in-home service providers and work to enhance, develop, and coordinate services based on the needs within the community.

From in-home nursing, to caregiver support, consumer protection to care coordination, NEI3A is creating opportunities for Iowans to grow up and grow old with dignity, respect, and choice. Your needs become our mission, and your choice becomes our direction. If you are looking for ways to be more independent, to plan for your next life chapter, or simply want more information about how you can be a part of making Iowa the greatest state to grow up and grow old, simply make one phone call to LifeLong Links at 1-866-468-7887 and begin the journey with caring and supportive professionals here to partner with you today...and tomorrow.

Mike Isaacson,
Chief Executive Officer

Rent Reimbursements and Property Tax Credits

Property Tax Credits and Rent Reimbursements are little known programs from the Iowa Department of Revenue. The Property Tax Credit program assists low income seniors and the disabled with paying for their property taxes. The Rent Reimbursements program refunds a person the portion of their rent that goes towards property taxes. These programs may be applied for between January 1st and June 1st. This is a change in the deadline for applying. Last year the deadline was June 30th.

NEI3A can assist clients with filling out the forms to apply for assistance. To be eligible for the Property Tax Credit and Rent Reimbursement, you must be age 65 and older or age 18 to 64 and totally disabled. Your income must be under $22,011 a year. You must own the property that you are living in and apply for a Property Tax Credit. You cannot apply for a Rent Reimbursement if the residence you are renting does not pay property taxes. This would include some of the low rent housing in our area. If you own a mobile home and also pay lot rent, you may apply for both a Mobile Home Credit and Rent Reimbursement.

Your Property Tax Credit may be anywhere from 25% to 100% of your taxes, depending on your income. A Rent Reimbursement is a one time payment that will be sent to you. The Iowa Department of Revenue figures that 23% of the rent you pay goes towards property taxes. Your reimbursement may be anywhere from 25% to 100% of this amount. A person that receives SSI, SSA, or lives in a health care facility with the Department of Human Services and is paying for part of the care, may qualify for a property tax suspension.

To apply for these programs or for more information, you may contact your county treasurer or call LifeLong Links at 1-866-468-7887. - Jill Halverson, Program Coordinator
February Fresh Conversations Program Expands to Independence & Waukon

What do balance exercises and sweet potato samplings have in common? They are both part of the Fresh Conversations program for February.
Winter ice, slushy snow and slippery walkways can spell disaster for anyone. This month, participants will explore easy exercises that strengthen core muscles, which can prevent balance difficulties and falls. Everyone will have the chance to try out some practical in-home exercises during the program.

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

The nutrition portion of the program will have tasters sampling microwave sweet potatoes packed with vitamin A, sweet potatoes make a quick, yummy addition to any meal. Each month a new food or recipe is shared.

Fresh Conversations programs are held at the Bellevue, Decorah, Dyersville, Cresco, Eldora, Grinnell, Iowa Falls, Independence, Manchester, Waukon and West Union sites. Check with your Senior Center Coordinator for the February date and time and come join the conversation.

Is your grocery budget tight?
If you are not already receiving Food Assistance and if your household incomes is within the guidelines, you may be eligible. If you need assistance with the application contact:

Teri Lynn Winkey, SNAP Outreach Coordinator
Email: tlwinkey@iowafba.org
Phone: 319-529-0566

<table>
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Iowa Food Bank Association
Feeding Iowa

Medicare Card Scam Calls Happening in Iowa Now!

Iowa seniors have reported that scammers are working hard to steal personal information by calling about “new” Medicare cards and “better benefits.” The scam theme is about improved benefits coming for your Medicare or supplemental insurance, if you give personal information like your Medicare number, other insurance ID number, doctor’s name or drugstore location.

For years, scammers have made calls early each year with an offer of new insurance cards but it appears they are now trying even harder to sell themselves as legitimate by also asking for other information like your health provider’s name. Just because they ask a lot of questions does not mean they are honest!

Please read Iowa Senior Medicare Patrol’s article about “Getting Your Medicare Ready for 2015,” for tips about new cards for the new year. In the meantime, please tell your friends and neighbors to watch out for these scam calls, do not give out any personal information. If you receive this type of call, Iowa Senior Medicare Patrol would like you to report it to us at 1-800-423-2449.

Getting Your Medicare Ready for 2015

The Medicare website, www.medicare.gov has an interesting blog section; we’ve used a title from a recent entry and encourage you to read this summary of suggestions.
• Make sure you take the right insurance card to your doctor visit. If you are on original Medicare, your red, white and blue card is good from year to year; it doesn’t expire. Remember, even if you’ve gone to your doctor or used the same hospital for years, they have the right to ask to see your Medicare card each time you visit. If you are on a Prescription Drug Plan and you changed plans for 2015, be sure you have received your new ID card and use it at the drugstore. If you’ve not received it, contact the plan you signed up with. If you are in a Medicare Advantage plan and you changed plans, also be sure you have your new card.
• Check with your doctor to see if you are eligible for Medicare-covered preventive tests or screening. Many of these are covered each year, at no charge to you, if you meet the requirements; your doctor will know.
• New deductibles will apply, so make sure you budget for some out of pocket expense.
• READ your “2015 Medicare & You” handbook that was mailed last fall. You can also download electronic copies and audio versions of the handbook. Check it out at www.medicare.gov.

Phone Scammers Lie About Getting Money Back

The Federal Trade Commission (FTC) has warned the public about phone scammers that call persons that have already lost money to a scam, offering to “recover” some of their losses for them. The scammers require their victims to pay advance fees in order to get their money returned. The FTC says, “If you lost money to a scam, don’t believe anyone who promises they can get your money back if you pay them an up-front fee. That’s against the law. Report them to the FTC at www.ftc.gov/complaint.”

Source: FTC Blog Topics “Money & Credit” dated Nov. 20, 2014
As Harry entered the kitchen, he heard Iris say, “Rose, you wouldn’t believe the phone call I got yesterday! They said they wanted to send me a free 50-inch TV.” Before Rose could respond, Harry turned to his sister-in-law in alarm: “What?! You didn’t sign up for it, did you?” Iris laughed. “Of course not, Harry. After all the times we’ve talked about possible signs of fraud, I knew I needed to be suspicious of anything that sounds too good to be true! After I asked some questions, I could tell they really wanted to get a lot of personal information from me.”

Harry relaxed and smiled with relief.

“The reason I mentioned it,” Iris went on, “was because they were so sincere-sounding, and so skillful. It’s easy to see why some people fall for those tricks.”

Defensive Driving

Defensive driving can be defined as driving to save lives, time and money, in spite of the conditions around you and the actions of others. The majority of Iowans enjoy an active, healthy and longer life than previous generations. However, older drivers have a higher fatality rate per mile driven than any other driver age group, except those under the age of 25.

The following tips and suggestions may help you remain safely on the road for many years.

• Don’t speed. Drive according to road and weather conditions and at a speed that most closely matches traffic without exceeding speed limits. Also, drive at a consistent steady speed to avoid confusing other drivers.

• Look down the road, scanning for possible problems areas. When in city traffic, you should try to look at least one block ahead. On the highway, about four city blocks or one quarter to one third mile.

• Yield anyway. If in doubt about who has the right of way, yield. There are clear right of way rules, however, not everyone follows or understands them. It’s better to err on the side of safety.

• Communicate with other drivers. Position yourself to be seen and avoid driving in other driver’s blind spots. ALWAYS use your turn signal, even when other traffic is not present. Use your headlights to increase your visibility to other drivers and make certain all lights on your vehicle function properly.

• Allow plenty of space between your vehicle and others. You never know what the other driver may do and what sort of driving mistakes they may make, so allow yourself a ‘cushion’ around your vehicle.

• Avoid distractions. There have been many recent accidents blamed on cell phones and texting. Those are obvious causes, but there are many more subtle distractions. Passengers, looking for street signs or addresses, checking your speedometer, adjusting heating and cooling controls, even worrying about what to fix for supper takes your focus from driving. Driving is not a single task skill, all drivers must have the ability to multi-task.

• Know your limitations. Many drivers self-regulate their driving behavior. However, since some changes occur so gradually, a driver may be unaware of changes until an accident occurs. Discuss driving with your physician and eye care professional and be prepared to heed their advice.

• And finally. Wear your seatbelt. Modern vehicles are built to crumple around the driver. Seatbelts hold you in place during accidents allowing the vehicle to collapse around you. If they are uncomfortable, many can be adjusted for a better fit, see your auto dealer.

We as Americans value our independence in our own vehicles, allowing us to stay connected to friends, family and communities. Driving is a skill and like any skill needs attention and assessment. There are a number of refresher classes available locally through AARP, community colleges, and insurance providers. Also, the Iowa DOT’s Office of Driver Services provides a free Senior Driver’s Workbook at all licensing locations throughout the state.
Tax Preparation

Preparing federal and state income tax returns can be complicated and confusing. If you need help filing your 2014 federal and state tax return and if your family income falls within the low to moderate range, or if you are disabled or elderly, trained and certified volunteers can help you file your tax returns for free.

Returns will be filed electronically and usually you can expect any tax refund to be deposited in your bank account within two weeks. Taxpayers who do not have a bank account but would like to file electronically are encouraged to visit a local bank to set up a free checking or savings account. The volunteer tax preparer will make sure you file for the Earned Income Tax Credit and the Child Tax Credit if you qualify.

Taxpayers who visit a volunteer tax site should bring: 2014 wage and earnings statement (Form W-2) from all employers; interest statements from banks (Form 1099); a copy of last year’s tax return; auto registration; social security cards or official documentation for yourself and all dependents; and bank account and routing numbers if a refund is to be directly deposited. Also, you should check with the volunteer when you set up your appointment, to see if you need to take additional information with you to your appointment.

To the right is a list of some locations in the NEI3A service area. If you have questions please call LifeLong Links at 1-866-468-7887.

Free Tax Preparation Assistance

Free tax preparation is being offered in various locations throughout the counties served by NEI3A. Tax preparation locations are as follows:

- **Cedar Falls**: Cedar Falls Senior Center (RSVP), 528 Main Street, Tuesdays and Thursdays; February 2 - April 14 by appointment only. Call RSVP (319) 272-2250.
- **Cresco**: Cresco Public Library (VITA), February 4 – April 15, by appointment only. Call (563) 203-7681.
- **Decorah**: Decorah Public Library (VITA), 2202 Winnebago Street, February 2 – April 14, by appointment only. Call (563) 419-3703.
- **Dubuque**: Saint Matthew Lutheran Church, 1780 White Street, February 2 – April 15. 12:00 noon to 3:30 p.m. No appointment needed.
- **Dubuque**: Operation New View CAA, 1473 Central Avenue, January 26 – April 9, by appointment only. Call (563) 588-3980.
- **Dubuque**: Hills Dales Community Center, 3505 Stone Road, February 2 – April 15, by appointment only. Call (563) 588-3980.
- **Independence**: Buchanan County Senior Center (RSVP), 400 5th Avenue NE, Thursdays only. February 5 – April 9. Appointments only. To make an appointment call (319) 334-7011 (after January 25) and leave your name, number and the purpose of your call. A volunteer will contact you to schedule an appointment.
- **Manchester**: Operation New View CAA, 721 South 5th St. Suite B, February 20 – March 9 by appointment only. Call (563) 927-4629.
- **Maquoketa**: Operation New View CAA, 904 East Quarry Street, January 26 – April 10, by appointment only. Call (563) 652-5197.
- **Marshalltown**: Marshalltown Public Library, 105 Boone Street, Tuesdays, no appointments needed. Also available on certain Saturdays. For questions call (641) 754-5738.
- **Oelwein**: First Baptist Church, 31-1st Ave. Tuesdays only. February 4-April 14. Appointments only. To make an appointment call 319-238-3195 after January 25.
- **Postville**: Postville Public Library (VITA), Fridays February 2 – April 15 by appointment only. Call (563) 419-3703.
- **Toledo**: ISU Extension Tama County, 203 W. High Street, by appointment only. Call (641) 484-2703.
- **Waukon**: Allamakee County Extension Office (VITA), February 4– April 15 by appointment only. Call (563) 568-6345.
- **Waterloo**: Kimball Ridge Center (RSVP), 2101 Kimball Ave., Monday through Thursday only. February 2 - 5 will be walk-ins only. February 9 - April 15 appointments only; For an appointment call RSVP (319)272-2250.
- **Waterloo**: The Salvation Army (RSVP), 207 Logan Avenue entrance, Mondays and Wednesdays. February 2-April 15. Walk-ins only.
- **Waterloo**: Eastside Ministerial Alliance, 207 Logan Avenue, by appointment only. Call (319) 235-5580 for an appointment.

CBE Donates Money to NEI3A

The employees of CBE Companies donated over $6,200 to NEI3A’s nutrition program. The money was collected through CBE’s Jeans for Charity program. Jeans for Charity is a voluntary program wherein weekly contributions allow employees to wear jeans each Wednesday. A committee comprised of employees from the corporate offices in Cedar Falls and Waterloo choose which charity the money will be donated to for the year.

Thank you to the employees of CBE for this generous donation! Pictured is Cody Engel, CBE Companies and Sally Myers, NEI3A.

If you have questions about tax preparation in your area call the LifeLong Links at 1-866-468-7887.
Will Activated Charcoal Activate your Health?

Take a look around your local health market shelves or smoothie bar menu and you may notice products containing activated charcoal (also called activated carbon). Before you jump to try this latest fad, take a moment to understand what this product is, its intended uses, and health implications.

Activated charcoal is often used for these conditions and what doses should be used.

Nutrition information per serving: 470 calories, 13 g total fat, 2 g saturated fat, 0 g trans fat, 50 mg cholesterol, 610 mg sodium, 60 g total carbohydrate, 6 g fiber, 5 g sugar, 27 g protein

Ingredients:
- 2 teaspoons ground ginger
- 1 teaspoon garlic powder
- 1/4 cup low sodium soy sauce
- 1/4 cup water
- 1/2 pound lean beef or pork, sliced thinly
- 2 cups uncooked instant brown rice
- 2 tablespoons vegetable oil, divided
- 7 cups chopped vegetables or 24 ounces frozen stir fry vegetables, thawed
- 1 tablespoon cornstarch

Preparations:
1. Create ginger mixture by mixing ginger, garlic powder, soy sauce, and water. Pour 1/4 cup of the mix into a sealable plastic bag and save the rest. Add meat to the bag. Seal the bag and set it in the refrigerator for about 20 minutes.
2. Prepare brown rice according to directions on the package for 4 servings.
3. Heat 1 tablespoon oil in a large frying pan. When oil is hot, add meat from plastic bag and stir until brown. This will take 1 to 3 minutes. Discard liquid from the bag.
4. Remove meat from pan and cover it. Add 1 tablespoon oil to pan.
5. Add chopped vegetables. Stir and cook until tender, about 5 minutes.
6. Add cornstarch to the saved ginger mixture and stir until smooth.
7. Return meat to the pan when vegetables are tender. Add cornstarch mixture and cook for about 2 minutes until bubbly.
8. Serve over brown rice.

Making the Cut

Which is better at preventing a foodborne illness outbreak—a wooden or plastic cutting board? This is a long-standing food safety question. Some research suggests wood is a better option, because the pores in the wood can trap and immobilize bacteria, which then die. Other studies, however, suggest bacteria absorbed in wooden boards can in fact survive and could possibly multiply and recontaminate the surface in the future, making plastic seem superior.

The take-away message is that all cutting boards, plastic or wooden, can be sources of contamination. To help prevent contamination, your cutting board needs to be clean and in good condition.

1. After each use, scrub your cutting board in hot, soapy water, then rinse and allow to air dry.
2. Using the dishwasher to clean plastic and solid wooden boards is fine, but laminated boards can crack in the dishwasher.
3. Wooden and plastic cutting boards can be disinfected with a bleach solution (1 tablespoon traditional regular chlorine bleach [6% sodium hypochlorite] per gallon of water or 2 teaspoons concentrated bleach per gallon of water). Pour solution over the surface and let sit for at least one minute; then rinse well and air dry.
4. It is time to get a new cutting board if your board has cracks, crevices, chips, or grooves where bacteria can hide.
5. Designate one cutting board for raw meat, poultry, and seafood, and another for vegetables, fruits, breads, and other ready-to-eat foods to avoid cross-contamination.

For more information, visit the Iowa Food Safety Website: http://www.extension.iastate.edu/foodsafety/

Sources: University of California, Berkley Wellness Letter (December 2014) Food Safety Tips for Food Event Volunteers
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 basis for those over age 60. Actual cost of the meals is $7.26. 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 by 11 a.m. the day before. Some locations need reservations a few hours earlier. Be sure to check with your local center or dining program for the reservation policy at your location.

### February Menu

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

**Reservations:** Call 1-800-779-8707 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.

### Northeast Iowa Area Agency on Aging Nutrition Services Menu

- **A” and “B” menu is available for all meal site locations in:**
  - Black Hawk
  - Bremer
  - Butler
  - Buchanan
  - Chickasaw
  - Grundy
  - Hardin
  - Marshall
  - Tama
  - Poweshiek

- **“A” menu only is available at the following meal sites:**
  - Allamakee
  - Clayton
  - Delaware
  - Dubuque
  - Fayette
  - Howard
  - Jackson
  - Winnebago

### Home Delivered Meals

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

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:**
Good Samaritan Society
400 Hardin Drive-Postville
Monday – Friday at 11:30 a.m.
563-864-7425

Waukon Wellness Center
1220 3rd Ave. NW–Waukon
Monday – Friday at 11:45 a.m.
563-568-3250

**Black Hawk County:**
Cedar Falls Senior Center
528 Main – Cedar Falls
Monday - Friday at 12:00 p.m.

La Porte City Senior Center
300 1st St.–La Porte City
Mon., Wed., and Fri. at 12:00 p.m.
519-342-2676

**Buchanan County:**
Buchanan County Senior Center
Buchanan County:
319-352-2463
100 Washington–Denver
Denver Library
319-352-2463
Monday - Friday at 11:30 a.m.
563-875-2600

**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

Germant Lutheran Home
313 Elkader Street
Strawberry Point
Monday – Friday at 11:30 a.m.
563-933-2251

**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:**
Alvina
3525 Windsor Avenue – Dubuque
Monday – Friday at 11:30 a.m.
563-582-6344

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.
563-556-5586

Farley Fireman’s Hall
103 2nd Avenue NW – Farley
Tues. and Thurs. at 11:30 a.m.
563-875-2600

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

Hills and Dales Lifetime Center
3505 Stoneman Road – Dubuque
Monday – Friday at 11:30 a.m.
563-556-3305

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 Public Library
711 Main Street – Arlington
Wed. and Fri. at 11:30 a.m.
563-633-4715

W. Clermont Lutheran
211 Larrabee Street – 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

**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

**Howard County:**
Kessel Lodge
268 7th Avenue W. – Cresco
Monday - Friday at 11:30 a.m.
563-547-2563

**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 ½ E. State - Marshalltown
Monday – Friday at 12:00 p.m.
641-752-1638

**Poweshiek County:**
Grinnell Senior Center
927 4 Ave – Grinnell
Monday - Friday at 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

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

Winnebago County Senior Center
806 River Street – Decorah
Monday - Friday at 11:45 a.m.
563-382-9357

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

**Lifelong Links**
Make this your first call for questions on community supports and services
866-468-7887
lifelonglinks.org
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Valentine’s Day
Find all the words that are hidden in the grid. The remaining letters spell a popular Valentine’s Day item.

Livewire Puzzles (www.puzzles.ca)