

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 CEO

Tips to Help Improve Your Health

This month should bring some of my favorites...cooler temperatures, fall colors in my flower beds, turning leaves. Of those, the turning leaves are my favorites! With that in mind, I also think fall is a great time to begin "turning leaves" on personal lifestyles and healthiness. NEI3A staff is ready to assist you! How can we do that?

• **Attending your local meal program.** Every day throughout our 18 counties, a NUTRITIOUS meal is served. A complete listing of our meal site locations can be found on page 7 of this newsletter or on our website at www.nei3a.org/our-services/meals.aspx. Not only does this meal provide individuals a chance to eat at least one fully balanced meal, it also provides a great opportunity to socialize with others in your community. Our staff is working diligently to introduce new activities and options to improve the offerings at our locations. If you have any ideas, please share!

• **Participating in our fall prevention classes.** Throughout our 18 counties, trained staff and volunteers

provide a variety of options for you to build strength to not only become a bit healthier but also to assist you with balance to prevent falls. Information about upcoming classes is posted on our website at www.nei3a.org/events or on our Facebook page. You can also call Lifelong Links at 866-468-7887.

• **Find services and supports in your community.** LifeLong Links trained staff are ready to answer your questions about receiving services that may assist you in living a healthier life. The phone lines are answered Monday through Friday, 8 – 4:30 p.m. at 1-866-468-7887.

• **Volunteering is one of the best ways to stay active and engaged.** NEI3A has many volunteer opportunities that we would love to discuss. If you live outside the NEI3A area, we can connect you with your local area agency on aging to learn about local opportunities. Just call LifeLong Links at 866-468-7887 to get started!

• **Making the best Medicare choices helps keep you healthy.** Most older individuals and some persons with

disabilities rely upon Medicare as their primary health care and the open enrollment period is October 15 through December 7. NEI3A partners with SHIIP trained volunteers to assist you with that process. We also have staff trained on some additional cost-savings you may receive based upon income. Making the best choice of coverage based upon YOUR situation provides you the best opportunity to stay healthy. Call LifeLong Links at 866-468-7887 to learn more.

• **Having a strong mental health status also balances your overall health.** NEI3A collaborates with County Social Services (CSS) and other mental health and disability services (MHDS) providers to connect persons of all ages with resources. Again, calling LifeLong Links at 866-468-7887 is the place to start.

I have tried to give you some thoughts and ideas how to take the first step to improve your health status and utilize our services and partners to be successful. Do it today!

-Donna Harvey

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Healthiest State Walk OCTOBER 4, 2017



Healthiest State
INITIATIVE

Iowans it's time to "Get Your Walk On" with the 2017 Annual Walk on Wednesday, October 4!! The goal is to have at least one walk in each county. NEI3A will be taking part with the walks listed below.

- Eldora - Dorothy's Senior Center (1306 17th Avenue - 9:15 a.m.)
- Toledo - Toledo Heights Park (Hwy. 30 & B Street - 10:00 a.m.)
- Cedar Falls - Cedar Falls Senior Center (528 Main Street) - 10:00 a.m.
- Elkader - Elkader Senior Center (133 Main Street) - 10:30 a.m.
- Waterloo - Waterloo Senior Center (2101 Kimball Avenue) - 12:00 noon

Don't see a location near you? Visit <http://www.iowahealthieststate.com/events/annual-walk> to find the nearest walk and join in!

NEI3A

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

Caring For Each Other

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

"I heard a news story today about the challenges people are facing as they try to put their lives back together after those terrible hurricanes down south. It's horrible. It makes me scared to wonder how we could cope if that happened to us."

Harry smiled at his wife. "Rose, you know perfectly well there's not going to be a hurricane here in Iowa."

"Now Harry, don't tease me! I'm serious. It won't be a hurricane, but we could experience some other disaster here: fire, flood, tornado, or something else. We might not even have any advance warning. I think we need to plan ahead so we have what we need."

"You're right Rose. Let's talk about it. I think we already have some preparations in place, but we could definitely do more."

Rose and Harry are about to have a valuable conversation. Dealing with disasters goes beyond protecting your

physical safety during the disaster; it also includes managing the recovery process. Planning ahead for recovery doesn't make the disaster any less serious, but it can reduce some stress and eliminate obstacles after the event.

One key to easing recovery after disaster is to have the information and documents you need. You will probably need to use more than one strategy to accomplish this:

- Keep critical documents in a safety deposit box, or in a secure waterproof location at home. Note: If you keep any important documents at home, keep them together in a place where you can easily grab them as you leave for safety. This is sometimes referred to as a "grab-and-go file." Be sure to keep a key to your safe deposit box in this file.
- Have copies of original documents stored in a safe place, especially any documents you keep at home. Some docu-

ments cannot be stored in a safe deposit box because you need them frequently; examples include your driver's license, health insurance cards, perhaps your passport if you travel frequently. A copy is not a substitute for the original, but having a copy may make it easier to obtain a replacement.

- Where to keep copies? One option is with a trusted family member or friend in another town. Another option is to scan the documents and store them in a secure on-line storage site (i.e. "in the cloud").

Below is a starter list of documents you will need. In many cases, you will need account numbers and also contact information for the companies.

- Insurance policies of all types
- Statements from financial accounts, including contact information
- Information about all loans and credit cards

- Utility service accounts (including power, phone, cable, etc)
- Prior-year income tax returns, plus information for current year return
- Names and contact information of personal and professional contacts.

Critical documents to protect and/or copy also include:

- Personal records (birth & marriage certificates, social security cards, military service records, divorce documents or other legal records, and more)
- Property records (titles, deeds or abstracts for real estate and vehicles)

Two other valuable steps Rose and Harry should consider:

- 1) An insurance review, to ensure their coverage meets their needs; and
- 2) A household inventory, perhaps a photographic inventory, kept in a safe location, to assist with insurance claims.

Take Action – Prevent Getting the Flu!

Influenza (flu) is a contagious respiratory disease that can lead to serious complications, hospitalization, or even death. Anyone can get the flu. Even healthy children and adults can get very sick from the flu and spread it to family and friends. Symptoms come on

suddenly and can last for several days. Symptoms include:

- Fever/chills
- Sore throat
- Muscle aches
- Fatigue
- Cough
- Headache
- Runny or stuffy nose

The Centers for Disease Control and Prevention (CDC) recommends the flu vaccine as the first and most important step in preventing the flu.

Who Should Get a Flu Vaccine?

Health experts now recommend that everyone 6 months of age and older get vaccinated against the flu. It is especially important that the following groups get vaccinated either because they are at high risk of having serious flu-related complications or because they live

with or care for people at high risk for developing flu-related complications:

- Pregnant women
- People age 65+
- Children younger than 5, but especially children younger than 2 years old
- People with certain chronic health conditions like asthma and COPD, diabetes (both type 1 and 2), heart disease, neurological conditions, and certain health conditions
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk including health care workers, household contacts, and in-home caregivers of children less than 6 months of age.

When to Get Vaccinated

Get vaccinated as soon as the vaccine becomes available in your community. The flu season can begin as early as September and last as late as May. Getting vaccinated as soon as it is available pro-

vides protection in case the flu season comes early and will protect you throughout the entire flu season. *For assistance finding locations to get a flu shot call LifeLong Links at 866-468-7887.*

Everyday Preventive Actions to Stop the Spread of Germs

In addition to getting the flu shot, remember these preventative actions to stop the spread of germs.

- Cover your nose and mouth when you cough or sneeze.
- Wash your hands often with soap and water.
- Avoid touching your eyes, nose, and mouth.
- Try to avoid close contact with sick people.
- If sick, stay home and limit contact with others.

Information provided by the Centers for Disease Control and Prevention. For more information visit www.cdc.gov.





Medicare 2018 - Open Enrollment Part D Plans or Qualify for Extra Help!!

Medicare Part D is one of the most successful programs that affects the lives of millions of Americans. Part D provides Medicare beneficiaries in every state a choice of affordable prescription drug plans to meet their medication needs.

Most seniors enrolled in Medicare Prescription Drug Plans can face premium hikes if they do not shop for a better premium deal.

When Can I Join a Medicare Part D Prescription Drug Plan for 2018?

If you currently have Medicare Hospital or Medicare Medical Insurance (Parts A and/or B), you can enroll or re-enroll in a Medicare Part D Prescription Drug Plan (PDP) or Medicare Advantage Plan with Prescription Coverage starting on October 15 through December 7, 2017.

During the open enrollment period, Medicare beneficiaries have a choice of prescription plans. Seniors and their family members can use the online Medicare Plan Finder to input individual prescription lists and find Medicare prescription plans in their region, or you can call LifeLong Links @ 866-468-7887 for assistance in completing a Part D comparison or applying for Extra Help with prescription costs.

Call LifeLong Links toll free at 1-866-468-7887 regarding completing a Part D comparison or to apply for Extra Help!

Information was obtained from <http://www.medicare.gov>

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:

Guttenberg City Hall (802 N. 1st Street) starting October 2 - Classes will be held on Mondays and Fridays from 2:00 to 4:00 p.m. Register by calling 319-231-1551.

There is a \$20 materials fee to attend. Scholarships are available for persons 60 years of age and older who express financial need.

Iowa Senior Medicare Patrol/Consumer Protection Division

Nancy Creery, Iowa SMP Coordinator

How Can You Save Thousands of Dollars Every Month?

Everyone likes to save money, right? Here is the one sure way to save money every month....

DO NOT ANSWER CALLS YOU DO NOT RECOGNIZE.

Last month, I received, but did not pick up, 27 calls from numbers I did not recognize. Most, if not all, of these calls were scammers wanting to steal my money or identity. These numbers were local, as well as from places such as California, Virginia, North Dakota, Arizona, Washington, D.C., and even one listed as "U.S.A." I also received calls which were obvious ROBO calls: 316-265-9344 and 316-265-9345. All 27 calls did not leave a message.

Even though these calls went unanswered, I still did not miss any family emergency, any desperate friend trying to reach me, nor did I miss any important function.

What I did miss by ignoring these calls were more likely the following:

- My "free" back, knee or wrist brace which wouldn't show up but would bill against my Medicare account so when I would need one, I would no longer be eligible.
- I was unable to save my "distressed grandchild" from severe peril and allow the scammer to steal \$7,200 of my money.
- Finally, I didn't win the Publishing Clearinghouse Sweepstake plus the Mercedes; also I didn't lose \$5,000 I would have been scammed to pay in advance for fees!

The above examples are real stories of people losing money to scammers because they picked up calls from unknown numbers, allowed the criminal to build rapport with them, and got SCAMMED. The above scams were reported to the Better Business Bureau and real people lost money.

Please invest in a caller-ID system and remember not to answer calls that you do not recognize and never give out your personal information.

Senior Center News & Events

Tama County Senior Center: Want to learn how to use Facebook? On Monday, October 16, Robin Anctil will present information about Facebook and how to use it. If you want to use Facebook or are merely curious about it, you will want to attend this session. Registration is required by calling Deb Peska at 641-484-3839. This session is free but limited to 20 participants. Sponsored by Toledo State Bank and Iowa Valley Community Foundation.

Waterloo Senior Center: Join us for lunch courtesy of the Galleria de Paco on October 16. Menu will include Bosnian Goulash and Bosnian Stew. Please RSVP by calling the Waterloo Senior Center at 319-874-6849.

Dubuque, Dyersville, Maquoketa, Bellevue: Join us for a sightseeing adventure on the American Lady on Tuesday, October 17 from 1:00 - 2:30 p.m. Cost is \$10. Must register to attend. Call the senior center to register.

Toledo, Eldora, Cedar Falls, Waterloo, and Elkader will be hosting an Iowa Healthiest State Walk on October 4 - See page one for details.

Legal Spotlight

By Michelle Jungers, Managing Attorney, Waterloo Regional Office of Iowa Legal Aid

Pension Payout: Lump Sum or Stream of Income

Some companies offer to cash out the pensions of certain retirees and instead give them one lump-sum payment. While having a large sum of money is tempting, this is a decision that you will have to live with for the rest of your life. If you take the lump sum, you will not have a lifetime income. You will have to take care of your own investments and make sure the money lasts throughout your retirement. Usually, a stream of income for life is a better option than a lump sum.

The only situations in which a lump sum should be considered are:

- You are in poor health -
- You don't expect to live long,
- You do not have a surviving spouse who will need lifetime income; or
- You have a substantial nest egg,
- You have another source of income, such as a spouse's pension.

Here are some questions you should think about before accepting a lump sum:

- Could I or my spouse live

longer than expected?

- A lump sum is decided on average life expectancies. If you or your spouse lives longer than expected, your lump sum won't be enough.

- Can I afford to lose some or all of the money?

- If you take a lump sum, no one is responsible for taking care of you except you.

-If you are wealthy enough that you don't need your monthly pension or if your spouse has a large pension, you have greater flexibility to consider taking the lump sum.

- How good are my investing skills? How good are my spouse's investing skills?

- If you already own stocks and bonds, look at your past investing history. You will have to earn enough through investments to make the lump sum grow and last throughout your retirement years.

- Most retirees invest much more conservatively than younger workers, so they usually have lower investment returns.

- If you take a lump sum and then die, it will be up to your spouse to make the mon-

ey last through his or her lifetime.

What are the tax implications of the lump sum?

• If you take the lump sum and don't roll it over directly into an IRA, the lump sum will be counted as income for the year. Depending on how much money it is, that might push you into a higher tax bracket, making you pay more in taxes.

What if I change my mind?

• If you take a lump sum and decide later that you want to use the money to purchase an annuity from an insurance company, individual annuities typically are very expensive.

• Keep in mind that annuities are expensive, particularly for women, because they are charged even more for annuities on the assumption that, as a group, women have a longer life expectancy.

• Women do not have this issue when getting a traditional pension or an annuity that was purchased by the pension plan.

• You will likely get a lower monthly payment than if you

had stayed with the annuity purchased by the plan.

• To see how much of an annuity you might be able to purchase with your lump sum, check out an annuity calculator, such as www.ImmediateAnnuities.com.

Other Important points:

• Make sure that your employer has your correct information including your age, salary, dates of employment, and any spousal or other benefits you have chosen.

• Unless you have other sources of income, don't take a lump sum for non-retirement purposes, like paying off debt, paying for everyday expenses, or helping out family or friends.

• Check into bias of anyone advising the lump-sum option. For example, a financial adviser might encourage you to take a lump sum because the adviser will get fees or commissions for handling your money. These fees and commissions could lower your return.

Support is Available for Caregivers

I recently attended a Dementia Summit in Dubuque in which one of the presenters, Dr. Robert Bender, shared the etymology of the word "Dementia." He said it comes from Latin and means "to lose oneself". This statement struck a chord with me as it perfectly summed up a message conveyed to me by several of the caregivers I speak with on a daily basis; that although their loved one is still very much alive, they are facing a grief at loss of who that person used to be. The dementia changes the prior relationship and defines new roles for both the patient and the caregiver.

Dementia is a terrible illness for the person experiencing it and for the caregiver and it comes with its own set of challenges. It can be an emotional rollercoaster. Somedays you feel that your routine is going smoothly and others nothing seems to

be working out the way you expected. And how do you cope if you experience several days of the "not working out how I expected" kind of day? We want to make sure that you have access to the help that you need.

I frequently get asked these questions: How do I deal with behavioral symptoms associated with dementia? How can I provide my loved one with necessary supervision? What if I am up with them all night? How can I cope with the fact that they no longer recognize me? How can I get a break? Where can I get the help that I need?

The aging specialists at NEI3A are here to help. We have a specialist in each region to answer your questions, help you navigate programs you may be eligible for, direct you toward services, and most importantly, to listen and to understand your caregiver burden. If you are

in a caregiving situation and are feeling overwhelmed; or doing okay right now but anticipating your future needs, please call Lifelong Links 1-866-468-7887 and

ask to speak to one of the caregiver specialists. Caring hearts need support and we can help support.

Kelly Kuennen, LBSW, Aging Specialist, NEI3A



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

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 866-468-7887.

Nutrition Notes

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

“Instant Pot” might help you eat

The electric programmable pressure cooker, popularly known as the “Instant Pot” or “Insta-Pot,” has become a best-selling kitchen appliance. Like a pressure cooker used on stovetops, it can cook beans and whole grains quickly as well as tenderize tough cuts of meat. Unlike a traditional pressure cooker, though, you don’t have to watch this pot. Just program it—then walk away.

The Insta-Pot does not cook all dishes equally well. Its moist heat is great for stews and pork shoulders, for example, but not for making chicken legs crisp. Still, if you believe that shorter

cooking times would motivate you to make more meals at home, the Insta-Pot could be one way to improve your diet. Studies show that meals made at home are likely to be more nutritious (and lower cost!) than processed foods or restaurant meals. Before you buy, however, be sure to read independent product reviews to get the right brand for you. For more information about choosing an electric pressure cooker, visit blogs.extension.iastate.edu/answerline/2016/11/21/electric-pressure-cookers/.

Sources: www.nytimes.com/2017/01/31/dining/instant-pot-electric-pressure-cookerrecipes.html www.todaysdietitian.com/newarchives/050409p42.shtml

Feeling Queasy?

To get more people to report foodborne illness or “food poisoning,” the Iowa Department of Public Health recently launched the IowaSic Hotline. Now when you think you ate something that made you sick, you can call 1-844-IowaSic or 1-844-469-2742. A trained specialist will ask you about your symptoms and all the foods you ate recently. If your illness seems related to a food you bought, the Iowa Food and Consumer Safe-

ty Bureau will investigate. By calling IowaSic, you may save others from the misery of foodborne illness—and worse. A food “bug” that makes you only queasy could possibly kill other, more vulnerable people, such as young children and the elderly. To find out more on what to do if you think you have a foodborne illness, go to youtu.be/NteaRbPFbno. Source: www.foodsafetynews.com/2016/10/who-ya-gonna-call-iowa-outbreakbusters-launch-hotline/

Red Beans and Rice

Serving Size:
1/2 cup vegetables and
1/2 cup rice

Serves: 8

Ingredients

- 1/2 tablespoon oil (canola or vegetable)
- 1 medium onion, chopped (about 1 cup)
- 1/4 teaspoon garlic powder
- 2 medium tomatoes (finely diced)
- 1 medium green bell pepper, chopped (about 1 cup)
- 2 ribs celery, sliced (about 1 cup)
- 1/2 teaspoon dried oregano
- 1 can (15 ounces) red beans (rinsed and drained)
- 4 cups instant brown rice, cooked

Instructions

1. Place oil in large skillet and heat. Add onion and cook until soft.
2. Add garlic powder, tomatoes, green pepper, celery, and oregano.
3. Cover and simmer until vegetables are crisp tender (about 5 minutes).
4. Add beans and simmer. Stir mixture every once in a while until heated through.
5. Cook rice according to package directions.
6. Spoon the vegetable and bean mixture over rice.

Nutrition information per serving: 260 calories, 3g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 130mg sodium, 49g total carbohydrate, 7g fiber, 2g sugar, 9g protein Recipe courtesy of ISU Extension and Outreach’s Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit spendsmart.extension.iastate.edu.



The Secret to Health and Longevity - Eat More Good Food

We’ve always known good food looks and tastes delicious. Now, research continues to show that focusing on eating more good foods might be the key to better health and longevity.

Recent US National Health and Nutrition Examination Surveys (NHANES) identified 10 dietary factors that were linked to half of all deaths due to heart disease, stroke and type 2 diabetes. There was also good news from the study. Eating more of certain foods promoted better health.

The top 7 dietary habits linked to better health included using more and less of various foods. The foods to eat less of include: salty foods, sugary drinks and processed meats like hot dogs and luncheon meats. Foods to include more often include nuts and seeds, fish, vegetables and fruits.

September’s Fresh Conversation program will focus on yummy ways to include more potassium using in-season sweet potatoes. Sweet potatoes can be prepared within minutes as oven fries,

mashed, baked or added to a variety of favorite recipes.

Plan to stop in to enjoy a sample, learn some fun cooking tips and explore ways to use more of the foods on the Eat More Good Foods list.

Join a Fresh Conversations program for fun, fellowship and food. Sites offering the program in September include Arlington, Bellevue, Cedar Falls, Cresco, Dyersville, Decorah, Dubuque, Dumont, Eldora, Elgin, Epworth, Grinnell, Iowa Falls, Independence, Greene, Guttenberg, Grundy Center, Lansing,

Manchester, Marshalltown, Oelwein, Tama, Waterloo, Walnut Court – Waterloo, West Union, and Waukon. Look for new starts in Elkader and other Dubuque sites.

New members and sites 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

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
A 2 BBQ Pork Rib Patty Baked Beans Mixed Vegetables Hamburger Bun Pears <i>Calories -758 Sodium -724 Carb-107.9 Fat - 21.5%</i> B Breaded Chicken Baked Beans Mixed Vegetables Hamburger Bun/Mayo Pears <i>Calories -776 Sodium -838 Carb-112.8 Fat -21.3%</i>	A 3 Baked Chicken Breast Creamy Garlic Sauce Macaroni & Cheese Green Beans Multi Grain Bread/Marg. Fresh Seasonal Fruit <i>Calories -607 Sodium -478 Carb-74.0 Fat - 22.5%</i> B Corn Chowder Roast Beef & Swiss Cheese Multi Grain Bread/Must. Mixed Green Salad Fresh Seasonal Fruit Salad Dressing <i>Calories -637 Sodium -420 Carb-68.8 Fat -34.6</i>	A 4 Beef Chili with Beans Baked Potato/S. Cream Spinach Cinn. 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 Cinn. Sugar Cookie Chocolate Milk Margarine (2) <i>Calories -682 Sodium -643 Carb -106.1 Fat -16.1%</i>	A 5 Turkey Breast Turkey 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 <i>Calories -846 Sodium -747 Carb-111.5 Fat -28.0%</i>	A 6 Country Fried Steak Country Gravy Whipped Potatoes Whole Kernel Corn Peaches Margarine <i>Calories -698 Sodium -784 Carb-93.1 Fat - 30.0%</i> B Potato Crusted Fish Whipped Potatoes Whole Kernel Corn Peaches Margarine Tartar Sauce <i>Calories -682 Sodium - 505 Carb -89.0 Fat -33.4%</i>
9 CLOSED FOR THE HOLIDAY	A 10 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 w/ Gravy Cheesy Rice Lima Beans Multi Grain Bread/Marg. Fresh Banana <i>Calories--695 Sodium --458 Carb--92.6 Fat -23.3%</i>	A 11 Roast Beef with Gravy Mashed Red Potatoes Green Peas Dinner Roll/Marg. Frosted Birthday Cake  <i>Calories - 829 Sodium -798 Carb-97.1 Fat -27.8%</i>	A 12 Ham and 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>	A 13 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>
A 16 Chicken Alfredo Penne Pasta Brussels Sprouts Rocky Road Pudding <i>Calories - 738 Sodium - 544 Carb-109.5 Fat - 18.6%</i> B Beef Italiano Penne Pasta Brussels Sprouts Rocky Road Pudding <i>Calories -673 Sodium -702 Carbo-83.5 Fat - 30.2%</i>	A 17 Beef Stew Brown Rice Cabbage Cornbread/Marg. Fresh Banana Chocolate Milk <i>Calories -819 Sodium -708 Carb- 120.0 Fat - 27.1%</i> B Mushroom Chicken Brown Rice Cabbage Cornbread/Marg. Fresh Banana Chocolate Milk <i>Calories -734 Sodium -583 Carb-111.3 Fat - 18.3%</i>	A 18 Baked Chicken Breast Chicken Gravy Oven Roasted Potatoes Sliced Carrots Multi Grain Bread/Marg. Fresh Seasonal Fruit <i>Calories -539 Sodium - 406 Carb-70.1 Fat - 20.5%</i> B Potato Ham Soup Roast Beef & Swiss Cheese Multi Grain Bread/Mayo Carrot Raisin Salad Fresh Seasonal Fruit <i>Calories -678 Sodium -741 Carb-85.1 Fat - 27.5%</i>	A 19 Swiss Steak Baked Sweet Potato Green Beans Multi Grain Bread/Marg. Fresh Fruit <i>Calories - 692 Sodium - 698 Carb-101.2 Fat - 23.5%</i> B Chef Salad Cuke Tomato Salad Crackers Fresh Seasonal Fruit Salad Dressing (2) <i>Calories --581 Sodium -- 736 Carb-54.9 Fat -40.6%</i>	A 20 Meatloaf & Onion Gravy Mashed Red Potatoes Whole Kernel Corn Multi Grain Bread/Marg. Tropical Fruit <i>Calories - 742 Sodium - 451 Carb-110.9 Fat - 22.1%</i> B Liver and Onions Mashed Red Potatoes Whole Kernel Corn Multi Grain Bread/Marg. Tropical Fruit <i>Calories --660 Sodium -- 447 Carb-112.1 Fat -12.5%</i>
A 23 Salisbury Beef Oven Roasted Potatoes Broccoli Multi Grain Bread/Marg. Peaches <i>Calories - 578 Sodium -533 Carb-75.3 Fat - 29.4%</i> B Cranberry Dijon Chicken Oven Roasted Potatoes Broccoli Multi Grain Bread/Marg. Peaches <i>Calories -585 Sodium -497 Carb-84.2 Fat - 16.9%</i>	A 24 King Ranch Casserole Mixed Beans Chuckwagon Corn Fresh Seasonal Fruit <i>Calories -620 Sodium -607 Carb-8.5 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>	A 25 Pork Loin with 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>	A 26 Roast Beef with 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>	A 27 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>
A 30 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>	A Halloween Meal 31 Pulled BBQ Pork Baked Beans Whole Kernel Corn Hamburger Bun Chocolate Pie <i>Calories -747 Sodium -957 Carb-112.2 Fat - 19.3%</i> B Breaded Chicken Patty Baked Beans Whole Kernel Corn Hamburger Bun Chocolate Pie Milk <i>Calories - 779 Sodium --820 Carb-104.3 Fat - 27.6%</i>		<h1>October 2017</h1>	

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
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.
319-234-1799

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.
563-920-6001

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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First Presbyterian Church Aging and Healthcare Speakers Series

October 3:

"Caregiving and Families" – Lisa Wetzel, Regional Coordinator, Northeast Iowa Agency on Aging

October 10

"How Do I Pay for Care?" – Hannah Thomas and Anne Marie Kofta, Aging Specialists, Northeast Iowa Area Agency on Aging

October 17

"Transitioning to Facilities" – Dr. Elaine Eshbaugh, Associate Professor of Gerontology, University of Northern Iowa

October 24

"Elder Abuse" – Shelby Bennett, Elder Rights Specialist and Social Worker, Northeast Iowa Area Agency on Aging

Questions may be directed to Rev Amy Wiles or Rev Pat Geadelmann at the church office: 319-233-6145.

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

Halloween Word Find

Find all of the words that are hidden in the grid. The remaining letters spell an activity played on Halloween.

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

APPLES	FRIGHTENING	SCARECROW
BATS	FULL MOON	SCARY
BLACK CAT	GHOSTS	SCREAM
BROOMSTICK	GHOULS	SKELETON
CANDLE	GOBLINS	SKULL
CANDY	GRAVEYARD	SPIDERS
CEMETERY	JACK O LANTERN	TOMBSTONE
COFFIN	MASK	VAMPIRE
COSTUME	MUMMY	WEREWOLF
DRACULA	NIGHT	WITCHES
	PUMPKIN	ZOMBIE

NEighborhood News

PO BOX 388

Waterloo, IA. 50704-0388.

319-874-6840 800-779-8707

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.