

NEA Aging Today

What's Inside

Message from the CEO,
Donna Harvey 2

Granny Basketball 3

New Year,
New Beginning 4

Help with Increasing
Medicare Premiums and
Deductibles 5

Program Center/
Meal Site Locations 8-9

Powerful Tools for
Caregivers 4

Word Find/Sudoku 10



NORTHEAST IOWA
**Area Agency
on Aging**

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

2020

• *Happy New Year* •

It's a new decade – why not make some resolutions to help you get healthier, feel better, and be better prepared!

Eat Healthier: Of course, when the topic of being healthier comes up, it usually means that you need to watch what you eat. But that doesn't mean you need to sacrifice flavor. Make it your resolution to try some different healthy foods that you haven't tried before each week!

Update Legal Documents: The nature of legal documents is that you don't need them until you need them. Advance directives and power of attorney documents are important to have established. If you haven't already created these, contact your attorney to get this done. If you do have these created, you should review them periodically.

Talk to your loved ones: Vow to have a conversation with your family and loved ones. Along

with the legal documents that have already been mentioned, you might want to consider drawing up a will, name an executor, and discuss what your plans are for your future and what your wishes are as you age.

Be Active: Physical activity is important for older adults, even if you have heart disease, diabetes, or arthritis. In fact, mild physical activity can even help to improve your health with these conditions. Physical activity also helps to increase your strength, balance and flexibility which can reduce your risk of falls.

Declutter: Now is a great time to clean out those closets, attics, garages, wherever it is that you *stuff* all your STUFF!! We all do it, but now is the time to get rid of it. Especially if you haven't touched it for the last decade!



Message from the CEO - Donna Harvey

As we enter 2020, it is time for new resolutions. We want you to consider Northeast Iowa Area Agency on Aging programs to assist you with making some changes.



RESOLUTION 1 Enhanced health:

Probably you think first about the meals programs, our largest program. While the meal itself is very nutritionally sound which assists you in enhancing your health with improved nutrition, we also believe that our home delivered meals and our community meals address issues of increased interaction with friends and acquaintances and for homebound individuals, the opportunity to have someone to greet you. Fresh Conversations is another popular program offered that provides nutrition education, prepares a new recipe and allows you to taste-test. Another program is “Making Meals Easy” which is done with a group of individuals preparing meals to be frozen and served at a later date – a fun time socializing and a great opportunity to have meals at your fingertips. So if you are not currently participating, please consider 2020 to the best year to begin.

We will also be providing a HomeMeds program beginning in 2020. This program allows us to gather information about all the medications you are taking, including over the counter medications, herbal supplements, vitamins, etc. and send them for review by a trained pharmacist. The pharmacist will then prepare a report that will be shared with you, your physician, and your local pharmacist for further discussion to ensure your best health outcomes.



RESOLUTION 2 Active Aging:

Have you heard of our many TaiChi, Shibashi QiGong, Matter of Balance, and Better Choices Better Health classes we offer throughout the year in many communities? If this is the focus for you, please call us at 800-779-8707 to learn more!



RESOLUTION 3 Being an informed caregiver:

Staff offer training throughout the 18 counties to assist family, friends, and acquaintances to best meet the needs of older persons needing assistance to remain at home. A course called Powerful Tools for Caregivers is offered in cooperation with the Extension Service. Support groups are available. Respite services may be available to bring in additional assistance to allow the caregiver a break while ensuring the older person remains safe. We want to support caregivers in fulfilling their roles in the best way we can.



RESOLUTION 4 Learn more about services to remain at home:

Northeast Iowa Area Agency on Aging has many qualified staff available to assist you and others in remaining at home. A call to our LifeLong Links (866-468-7887) program staff begins the process to ask questions, gather information, and be connected to services in your community. Even if you do not currently need support services, it may be worth a call to discuss your concerns for the future and what may be available to you.

So, in summary, let us help you have a 2020 with some changes and support to age healthy, active, at home, and with support!

Granny Basketball

Are you looking for a fun way to exercise? Granny Basketball may be the perfect option! NEI3A recently had the opportunity to meet with a local team, the Harpers Ferry Fireflies, to learn about this growing sport.

Granny Basketball was founded by Barb McPherson Trammell in 2005. Her father was a girl's basketball coach in the 40's and 50's. When she was helping him write his memoirs, he described the first girls' game he saw in Bondurant, Iowa. After learning about the costumes they wore and the rules of the game, she decided to get some of her friends together and put on an exhibition game to raise money for an old historic building in Lansing, Iowa. More teams joined and the league has grown from there.

Today, there are 425 players on 39 teams in nine states: Iowa, Kansas, Louisiana, Minnesota, Missouri, Oklahoma, Texas, Virginia and Wisconsin. The league offers fun, competitive exercise for women over 50 while preserving the history of six-on-six basketball. There has been a Granny Basketball State Tournament held each year since 2005 – the next State Tournament will be held in Lawrence, Kansas on July 11, 2020. Each Granny Basketball team selects a charity or non-profit cause to which they give their gate receipts. Everything is run on a volunteer basis including players, referees, scorekeepers and other staff.



Left to Right: Ron Steege, Assistant Coach, Barb Trammell, Donna Matti, Tina Hendrix, Sherry Adney, Betty Steege, Judy Kelly, Bonnie Jones, Margaret Hermeier, Georgia Jones Not pictured: Coach Bill Nation, Karen Wagner, Linda Mahr, Jackie Friederich

While the teams make it look easy, don't be fooled! The rules are from the 1920s. Each team has two guards, one or two center court passers and two forwards, each occupying a third of the court. Only two dribbles are allowed, then you must pass or shoot. There is no jumping allowed when shooting or otherwise. You can "hurry", but you can't run. There is no physical contact, each player is allowed 3 fouls. A player scores 3 points if they shoot an underhand shot anywhere on the floor, all other shots are 2 points.

In keeping with the 1920 rules, players are also required to wear the same type of uniforms worn during that era. This includes bloomers, middie blouses, and knee-high stockings. No bare legs or upper arms may be revealed. The teams are distin-

guished by the color of socks that they wear.

The Harpers Ferry Fireflies have performed many exhibition games where they compete against younger athletes. It can be quite entertaining to see how they struggle to follow the rules! When asked what the team enjoys most about the game, they all agreed that they have a competitive nature, but what was even more important to them all was the family they had formed and how they have taken care of each other in times of tragedies and illnesses over the years.

The schedule for the upcoming season will be posted soon. If you are interested in playing, or even forming your own team, now is the time! Visit www.grannybasketball.com for more information or email director@grannybasketball.com.

New Year, New Beginning

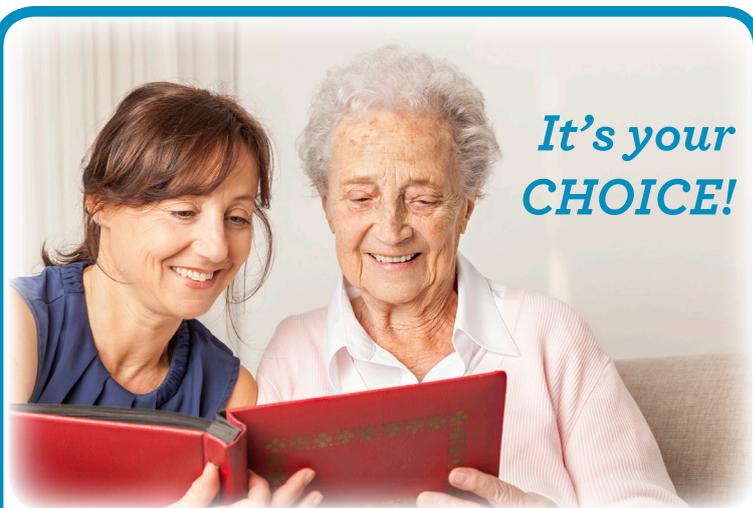
January tends to be the time when most people think about making changes in lifestyles and behaviors. You may even recall starting a diet, fitness program or some other healthy resolution in the early days of a new year yourself.

We know changing behaviors (either stopping a “bad” habit or starting a “good” one) can be hard but the rewards that come from feeling better can make it a bit easier. Here are a few hints if you decide you want to try to make improvements in your health this year!

1. Don't make too many changes at once.
2. Reward yourself for small successes.
3. Set action steps instead of goals; for example: I will get into bed by 10:00 each night instead of I will get more sleep.
4. Write down the change you want to see.
5. Find a friend and confide your action steps to them.
6. Be patient. True change can take months and you may backslide at times.

When it comes to lifestyle/behavior change, small change can lead to big improvement. Think about what you can do today; forget about tomorrow or next week. It can be daunting to think about all that at one time. Remember to be kind to yourself if you do slip up on some of your good intentions.

**Each day is a new day
for success!**



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Get Help with Increases in Medicare Premiums and Deductibles

Do you find you are stretching your dollar more and more each month? Are you concerned how the increase in the Medicare Premiums and Deductibles might impact your budget?

The Centers for Medicare and Medicaid Services (CMS) recently released the 2020 premiums, deductibles, and co-insurance amounts for the Medicare Part A and Part B programs. Medicare Part A covers inpatient hospital. Medicare Part B covers your physician services, outpatient hospital services, some home health and durable medical equipment. Each year Medicare premiums, deductibles, and copayments are reviewed. For 2020, most Medicare Beneficiaries can expect a rise of nearly 7% in premiums, from \$135.50 to \$144.60 a month. The annual deductible will also increase to \$198 which is a \$13 increase from 2019. Further, Medicare Part A inpatient hospital deductible is increasing to \$1,408, an increase of \$44. CMS is committed to empowering beneficiaries with information needed to make an informed decision regarding your Medicare Coverage with tools through the eMedicare initiative.

Similar to how CMS is committed to providing you with the information you need to make your informed choice on which plan is best for you, Northeast Iowa Area Agency on Aging (NEI3A) is committed to helping you apply for assistance to meet your changing financial situation.

If you find you are falling short of funds to meet your needs and have income less than \$1400 a month for an individual or less than \$1900 a month for a couple and limited resources, you might be eligible for financial assistance. NEI3A offers assistance with applying for Medicare Savings Programs, Low Income Subsidies, Medicaid, and other financial assistance.

- **Medicare Part D Extra Help (Low Income Subsidy, LIS)**

The Medicare Prescription Drug Program (also known as Part D) gives a choice of prescription plans that offer various types of cov-

erage. It also offers Extra Help with prescription drug costs for people with Medicare who have limited incomes and resources. Depending on income and resources, it may help pay for monthly premiums, annual deductible, and the cost of medications covered by the plan, providing the average value of \$4,000 per year. To get this help you must be enrolled in a Medicare Prescription Drug Plan.

- **Medicare Savings Program (MSP)**

Medicaid is a joint Federal and State program that helps pay medical costs for individuals with limited income and resources. Individuals with Medicare Part A and/or Part B, who have limited income and resources, may get help paying for out-of-pocket medical expenses from the State Medicaid Plan.

- **Qualified Medicare Beneficiary Program (QMB)**

Medicaid only pays Medicare premiums, deductibles, and coinsurance for persons who are qualified Medicare beneficiaries.

- **Medically Needy**

requires that medical expenses are paid up to a spenddown amount determined by DHS. Medicaid pays the amount of medical expenses that exceed the spenddown.

- **Specified Low Income Medicare Beneficiary (SLMB)**

will only pay the Medicare Part B premium.

- **Medicaid**

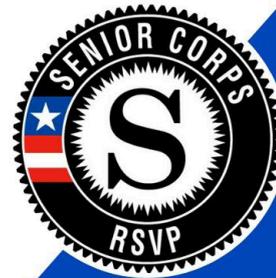
Medicaid is a health insurance program paid for by the Federal and State governments. The program helps make health care affordable for people who are elderly, disabled, and/or blind.

If you qualify for any of the aforementioned programs you may also qualify for Supplemental Nutrition Assistance Program (SNAP) or Low-Income Home Energy Assistance Program (LI-HEAP). For assistance with any of these applications or for more information on qualifications or for a assistance with your application call NEI3A at 800-779-8707.

RSVP

Program of the Volunteer Center of Cedar Valley

Offering one-on-one placement services to individuals age 55+ with volunteer opportunities to use their experience, skills, and talents to meet the needs of the community



Sally Timmer - RSVP Coordinator

Phone: 319-272-2087

Email: sally_timmer@vccv.org

Address: 2101 Kimball Ave. Suite 124,
Waterloo, IA

Are you concerned about elderly parents who live alone?



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- Therapy Services



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*Dementia Specific Home
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Stop by a Program Center for Lunch and Much More!

NEI3A Program Centers provide the opportunity for older adults to connect to the community, socialize with friends, participate in health based activities, access valuable resources, and enjoy a hot nutritious meal. Meals are offered on a contribution basis for those over age 60. Actual cost of the meals is \$8.10. To help NEI3A continue to provide hot, nutritious meals, individuals age 60 and over (and his/her spouse) are asked to make a contribution for the meals. Persons under age 60 must pay the actual cost.

To make a meal reservation call 1-800-779-8707 or the local Senior Center phone number. Below is a complete listing of the meal sites. Menus are available by contacting your local program center, visiting our website at <http://www.nei3a.org/our-services/meals.aspx>, or our Facebook page. All meal orders must be in by 9:30 a.m. the day prior to attending the Program Center. If you do not order before attending, the meal you receive could be different than what is stated on the menu.

Allamakee County

Waukon Wellness Center

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

Black Hawk County

Cedar Falls Program Center

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

La Porte City Program Center

300 1st Street - La Porte City
2nd Wed. of each month at 12:00
641-484-3839

Jesse Cosby Neighborhood Center

1112 Mobile - Waterloo
Monday - Friday at 12:00
319-234-1793

Waterloo Program Center

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

Walnut Court

315 Walnut Street - Waterloo
Monday - Friday at 11:30 a.m.
319-874-6849

United Methodist Church

301 S. Washington St.-
Dunkerton
Mon. and Thur. at 11:30 a.m.
641-484-3839

Evansdale Countryside

Vineyard Church
3467 Lafayette Rd. - Evansdale
Thursdays at 11:45 a.m.
319-874-6849

United Methodist Church

6903 Lafayette Rd - Raymond
Wednesdays at 12:00 noon
319-874-6849

Washburn

410 1st Street - Washburn
1st and 3rd Tues. at 12:00 p.m.
319-874-6849

Bremer County

Waverly Senior Center

506 E. Bremer Ave.-Waverly
Monday - Friday at 11:30 a.m.
319-239-1464

Denver Library

100 Washington - Denver
Wed. & Thurs at 11:45 a.m.
319-239-1464

Buchanan County

Buchanan County Senior

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

Lamont

644 Bush Street - Lamont
Thursdays at 11:30 a.m.
319-334-7011

Butler County

Greene Community Center

202 W. South St. - Greene
Monday-Friday at 11:30 a.m.
641-373-3686

Dumont Legion Hall

508 Main Street - Dumont
Wednesday at 11:30 a.m.
641-373-3686

Chickasaw County

Chickasaw Senior Center

301 N. Water Ave.
New Hampton
Monday - Friday at 12:00
641-394-3173

Community Center

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

Lawler Meal Site

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

Clayton County

Elkader Program Center

133 S. Main - Elkader
Monday - Friday at 11:30 a.m.
563-422-1014

Guttenburg Municipal Bldg.
502 S. First Street - Guttenburg
(Monday – Friday at 11:30 a.m.)
563-252-1041

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

Dubuque County

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

Cascade Program 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

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

Luxemburg
202 S. Andres Street
Mon. & Wed. at 11:30 a.m.
563-875-2600

Worthington
216 1st Ave. W.- Worthington
2nd & 4th Wed. at 11:30 a.m.
563-875-2600

Fayette County
Arlington Community Center
853 Main Street - Arlington
Wed. and Fri. at 11:30 a.m.
563-633-5035

**Veterans Memorial
Community Bldg.**
310 Mill Avenue - Elgin
Tues. and Thurs. at 11:30 a.m.
563-426-5365

Hawkeye Community Hall
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.
319-231-1623

West Union Program Center
107 E. Armour St.-West Union
Monday - Friday at 11:45 a.m.
563-422-1014

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 noon
641-858-5152

Iowa Falls Senior Center
218 S. River St.-Iowa Falls
Mon. - Fri. at 12:00 noon
641-648-9311

Radcliffe Apartments
604 Catherine St.
Wednesday at 11:30 a.m.
March through November
641-858-5152

Howard County
Cresco Senior Center
268 7th Avenue W. - Cresco
Mon.- Fri. at 11:30 a.m.
563-379-9737

Jackson County
Bellevue Community Center
1700 State St. - Bellevue
Mon. – Fri. at 11:30 a.m.
563-872-4666

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

Marshall County
The Gathering Place
107 E. Meadow Lane
Monday – Friday at 12:00 noon
641-752-1638

Poweshiek County
Grinnell Senior Center
Mon. - Thurs. at 12:00 noon
641-236-2612

Tama County
Tama County Senior Center
900 E. 5th Street - Tama
Monday - Friday at 12:00 noon
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
Program Center
806 River Street - Decorah
Monday - Friday at 11:45 a.m.
563-379-9737

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is a class designed to provide you - the family caregiver - with the skills you need to take care of yourself. You'll learn to reduce stress, improve self-confidence, balance your life, and much more! Make plans to attend a class near you.

Cedar Falls | April 7 – May 11, 2019

- Time: 9:30 - 12:00 p.m. each Tuesday
- Location: Nazareth Lutheran Church - 7401 University Ave.-Door #1, Cedar Falls
- Facilitators: Anne Marie Kofta/Cindy Thompson
- Cost: \$30 (Includes Caregiver Helpbook)
- To Register: Call Anne Marie Kofta at 319-287-1166

Sudoku Puzzle

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

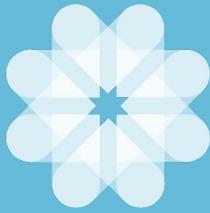
Fruit Word Find

In honor of Nutrition Month in March this newsletters word find features different kinds of fruit. Find all of the fruits hidden in the grid. The remaining letters spell an additional fruit.

- | | | |
|-------------|------------|-------------|
| Apples | Date | Orange |
| Apricot | Fig | Papaya |
| Avocado | Grapefruit | Peach |
| Banana | Grapes | Pear |
| Blackberry | Kiwifruit | Persimmon |
| Blueberry | Kumquat | Pineapple |
| Cantaloupe | Lemon | Plum |
| Cherries | Lime | Pomegranate |
| Chokecherry | Lychee | Raspberry |
| Coconut | Mango | Rhubarb |
| Crabapple | Mulberry | Strawberry |
| Cranberry | Nectarine | Watermelon |

Source: Livewire Puzzles

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



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Pinnacle | Specialty Care
Ravenwood | Specialty Care



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Pinnacle Specialty Care, 1223 Prairie View Road, Cedar Falls - 268.0489
Ravenwood Specialty Care 2651 St. Francis Drive, Waterloo - 232.6808

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NEI Aging Today is published quarterly to entertain, educate, and inform our readers. The opinions expressed in **NEI Aging Today** do not necessarily reflect the opinions of the Agency on Aging, its governing bodies, or Advisory Councils. Articles and other comments are welcome. NEI Aging Today reserves the right to publish all or part of material submitted. Deadline is the 10th of the month prior to printing.

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.



NORTHEAST IOWA
Area Agency on Aging

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Individualized Weight Management Program

*For patients with
a BMI of 30+*

Is your weight affecting your quality of life? Winneshiek Medical Center offers an **Individualized Weight Management Program** to help you improve your health, with the continued support of registered dietitians.

You could be eligible for up to **22 visits with a dietitian** per year. This program may be covered by your insurance, under the benefit: **“Intensive Behavioral Therapy for Obesity.”**

This service is 100% covered by Medicare.

Call Winneshiek Medical Center and ask to speak with a dietitian to learn more: 563-382-2911



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