Spring 2019

NEI Aging Today

What's Inside

Message from the CEO, Donna Harvey..... 2

Benefits of Staying Active 3

Visit Your Local Farmers Market..... 4

Health Fairs..... 5

Farmers Market Checks 5

Have You Found It, Medicare Benefits for Healthy Living..... 6

Caregiver Conferences 7

Menus 8-9

Word Find/Sudoko 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

NORTHEAST IOWA
Area Agency on Aging

We have a new look! We are proud to be your local Area Agency on Aging empowering older individuals to age with dignity and independence. To better convey who we are, we have updated our logo! To celebrate we are bringing back one of our popular events!

Mark your calendars for Friday, May 31 as we host our Aging, Active & Alive Walk as a grand finale to Older Americans Month!

There will be 20 walks in locations throughout Northeast Iowa. Walk locations will be Iowa Falls, Toledo, Grinnell, Grundy Center, Eldora, Marshalltown, Cresco, Decorah, West Union, New Hampton, Waukon, Elkader, Cedar Falls, Waterloo, Greene, Independence, Waverly, Dubuque, Manchester, and Bellevue. Walk times will vary per location.

We are encouraging people of all ages to take part in the walk. Registrations will be available at any senior center as well as on our website (www.nei3a.org) or Facebook starting April 1. There is no cost to attend and each participant who registers by May 10 will be guaranteed a t-shirt featuring our new logo!

If you have questions about the walk or would like to be a sponsor, please call/email Janet Buls at 319-231-1551/jbuls@nei3a.org or Vicki Hyke at 319-874-6847/vhyke@nei3a.org.

Message from the CEO - *Donna Harvey*

Finally, no more snow! (we hope) This year's Older Americans Month theme of Connect, Create, and Contribute captures what we hope to offer to older Iowans every day through our staff and programs. We believe we are at the point of needing to "update" our programs and need your assistance on how we can best do that to assist you in staying CONNECTed, being CREAT(E)ive; and CONTRIBUT(E)ing your time, talents, and knowledge. Here are some ways we think we can do that:

I recently attended the open house at the Marshalltown Center where folks finally had a place to gather after the tornado destroyed the previous location. While talking about the meal they had just eaten, someone said the meal is really not all that important, it was the opportunity to socialize that they most enjoyed. My mother is a daily attendee at her local senior center and she says the same thing. As we continue to see the decrease in participation at our senior centers, we need to continue to explore new ways for older individuals to "Connect". Some of the ideas that have been shared are computer/device, such as smartphones, training and support; book clubs; discussion groups; walking groups. Another good way to stay connected is by participating in one of our classes such as Tai Chi or Fresh Conversations which offer opportunities to join together and learn some techniques to stay healthy. Any other ideas?

We are always looking for volunteers and for new opportunities to assist us in creating new opportunities to enhance lives of older individuals. A senior center in Hardin County found a volunteer that is teaching painting. The center in Waterloo has a volunteer come and teach how to create a greeting card. Last year we had a small grant to hold classes to prepare recipes and package meals for two persons to be frozen and later prepared in a crockpot. Please share other innovative ideas with your local senior center or just give us a call!

There are so many ways to contribute…beyond money although we need that, too! Would you like to write an article for the newsletter? Would you like to provide administrative support to our programs? Would you like to make safety check calls on homebound individuals? Would you like to deliver meals to a homebound individual? Would you like to be a volunteer driver to assist folks being out in the community? You tell us what you would like to contribute and we will do our best to match you. The opportunities are endless.

OLDER AMERICANS MONTH

While May is declared Older Americans month, we celebrate the opportunities to be your area agency on aging funding programs and services through the Older Americans Act and state funding along with individual contributions every day. We want to be able to celebrate new opportunities so please join with us and make Iowa the best place to live for older persons and their families.

Benefits of Staying Active as You Age

Spring is here and summer activities are right around the corner. In Iowa, we've spent much of our winter cooped up and protecting ourselves from the cold, winter winds and heavy snows. As an older adult, staying safe with ice and snow underfoot is an easy decision. But now that we see warm sunshine and green grass, it's time to think about what we can do to stay safe at this time of year.

We may not always recognize how being physically active is a safety technique but it's apparent that maintaining strength and mobility can prevent falls and help you remain independent. Physical activity is a tool we often overlook when it comes to what we can do to maintain our independence. Physical activity is essential for healthy aging. Those older adults who are more physically active are more likely to find it easy to get in and out of beds, chairs, or cars. And it makes it easier to do those daily activities we both enjoy and need to complete, like bathing, dressing, and moving easily, both in your home and neighborhood.

Research also shows that physical activity can help individuals with chronic conditions like arthritis, diabetes, and heart disease. Obesity and high blood pressure can be improved with adequate physical activity. Sleep is often improved when we become more active. Recognizing the value of movement is important for older adults who in Iowa, tend to spend a significant portion of their days being sedentary.

So how much activity is enough? Ideally, 150 – 300 minutes of activity each week is recommended but more benefits happen with even more activity and some benefits occur with less. Remember that it's not about what you can no longer do, but what you can do. Walking is by far the most available form of activity that older adults can do. It's easy to start. It takes only a pair of shoes. It can be done both indoors and out, and it counts as activity!

Beyond walking, experts recommend that you include 2 sessions of strength training each week as well. If you can't find an exercise class near you, you may find some help at https://go4life.nia.nih.gov/. This is a great resource and will give you information on strength training as well as cardiorespiratory exercise. If you don't have access to the internet, call NEI3A at 800.779.8707 and ask for information on wellness and exercise programs.

We have a variety of exercise programs available at many of our senior centers. We also offer evidence based programs like Tai Chi for Arthritis and Fall Prevention and Walk with Ease, a program from the Arthritis Foundation in our communities as we are able. Please call for more information about any of our programs.

Connect to Your Community - Visit Your Local Farmers Market

Farmers markets are becoming more popular, serving not only as a way for people to purchase locally grown produce, but also a way for them to connect and socialize with others in their community. Are you shopping at your local farmers market? If not, here are some reasons you should!

Farm Fresh: The fruits and vegetables at the farmers market are the freshest and tastiest available. Fruits and vegetables you find at the grocery store are often several days old before they reach the produce aisle sometimes going through processes to stimulate ripening. Farmers market foods are as real and fresh as it gets – fresh from the farm!

Enjoy the Season: The food you buy at a local farmers market is seasonal, reflecting the truest flavors. Some nutritionist suggest eating seasonally available foods is better for your body, because that was the way humans ate for thousands of years before refrigeration.

Peak Nutrition: Farmer's market food is generally picked at the peak of their ripeness when the plants' natural sugars are at their peak. Eating produce when it is ripe not only tastes better, but it also provides the best nutrition possible.

Variety to Spice up Your Life: At the Farmer's Market you will find many different types of fruits and vegetables that you won't find in your local supermarket. And that's not all! Many times the farmers will give you tips on how to cook the items they are selling.

Affordable: You can find a variety of fresh, great tasting produce at more affordable prices than a supermarket.

Connect with Your Community: The Farmers Market is a great place to gather. Meeting your local community is an excellent way to feel connected to the world around you. Grab a friend or bring your family and spend some time at your local farmers market. It is great entertainment for people of any age!

To find a local farmers market in your area visit: tinyurl.com/iowafarmersmarkets

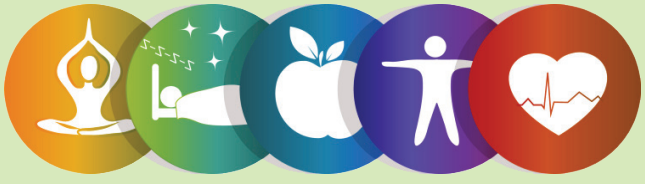
Farmers Market Checks

The Senior Farmers' Market Nutrition Program provides qualified seniors aged 60 and over with coupons (checks) that can be exchanged at farmer's markets, roadside stands and community supported agriculture programs for unprepared, locally grown fruits, vegetables, herbs and honey. Checks will begin to be distributed at local health fairs listed below. For other dates and locations call LifeLong Links at 1-866-468-7887. Checks can be used until October 31.

Eligible participants must:

- Be 60 years of age or older, born in or before 1959
- Live in the NEI3A service area
- Gross household income (i.e. before taxes) must be no more than 185 percent of the U.S. Poverty Income Guidelines.

Each eligible participant receives 10 checks with a total value of $30.00. A person can only receive checks one time per program year.



NEI3A Health Fairs

NEI3A will be hosting a series of Health Fairs throughout our service area. These events will feature information about the services available to help you remain independent along with local vendors from the community. This will also serve as the kick off for distribution of the farmers market checks. Make plans to attend one of these events!

Independence: June 7
Buchanan Co. Sr. Ctr.
400 5th Ave. NE
9:00–11:00 a.m.

Manchester: June 7
Delaware Co. Ext.
1417 N. Franklin St.
1:00–3:00 p.m.

Waterloo: June 3
Waterloo Sr. Ctr.
2101 Kimball Ave.
9:00 a.m.-3:00 p.m.

Waterloo: June 4
Jesse Cosby Center
1112 Mobile Street
10:00 a.m.-1200 p.m.

Cedar Falls: June 4
Cedar Falls Sr. Ctr.
528 Main St.
12:30-2:30 p.m.

Eldora: June 6
Dorothy's Sr. Ctr.
1306 17th Ave.
9:00-11:00 a.m.

Marshalltown: June 7
VFW Hall
107 E. Meadow Ln.
9:00-11:30 a.m.

Greene: June 5
Greene Sr. Ctr.
202 W. South St.
9:00-11:00 a.m.

New Hampton: June 6
Chickasaw Sr. Ctr.
301 N. Water Ave.
12:00-2:00 p.m.

Grinnell: June 4
Grinnell Sr. Ctr.
925 East St.
9:00-11:00 a.m.

Tama: June 7
Tama Co Sr. Ctr.
900 E. 5th Street
1:30-3:30 p.m.

Waukon: June 5
Waukon Sr. Ctr.
1220 3rd Ave. NW
9:00-11:00 a.m.

Decorah: June 5
LifeLong Links Ctr.
607 Washington St.
1:00-3:00 p.m.

Maquoketa: June 6
Jackson Co. Sr. Ctr.
1000 E. Quarry St.
9:00-11:00 a.m.

Dubuque: June 6
St. Matthew Church
1780 White St.
1:00-3:00 p.m.

Waverly: June 5
Waverly Sr. Center
506 E. Bremer Ave.
9:30-11 a.m.

Elkader: June 5
Elkader Senior Ctr.
133 S. Main St.
10:00 a.m.-12:00 p.m.

Grundy Ctr.: June 6
Grundy Senior Ctr.
705 F. Ave.
1:30-3:30 p.m.

Oelwein: June 7
Oelwein Sr. Center
25 West Charles
10:00 a.m.-12:00 p.m.

Cresco: June 7
Kessel Lodge
268 7th Ave.
12:00-2:00 p.m.

Have You Found It, Medicare Benefits for a Healthy Living?

Many of us do a thorough cleaning of our home once a year, typically coined "Spring Cleaning". According to Wikipedia, "Spring Cleaning is the practice of thoroughly cleaning a house in the spring time. The practice of spring cleaning is especially prevalent in climates with a cold winter." Many times spring cleaning involves moving last year's financial and medical records in to further storage while allowing room for this year's records. As you review your Medicare file, take a few minutes and ask yourself the following questions:

- How much did I spend out of pocket in 2018 on my health?
- Did I use my Medicare wellness benefit?
- Am I paying a monthly premium for my Medicare?

Have you found it? Answers on Medicare wellness benefits.

Medicare has preventative services that help you stay healthy and save money. Medicare offers annual wellness visits, health screenings, vaccines, management of common conditions, and fall prevention screening. Many of these screenings are at no cost to you depending on test, frequency and family history.

Have you found it? Answers on Medicare prescription benefits.

Medicare prescription plans help to cover out-of-pocket medication costs. There is help available to cover the cost of your prescription drug plan premium and reduce your monthly out of pocket prescription cost through the Low Income Subsidy Program.

Have you found it? Answers on healthy eating.

Eating nutritious foods can improve your diet, keep your heart healthy, and over time reduce your health care costs. Medicare offers nutritional counseling related to health diagnosis. At times changing the foods one eats can impact ones food budget. The Supplemental Nutrition Assistance Program can help lower income households with the cost of healthy food options.

Northeast Iowa Area Agency on Aging is able to help you find the resources you need to live a healthy life. Call us at 800-779-8707 to schedule a time to meet with an Aging Specialist for further information on living healthy with Medicare.

Cozy Van

Premier Stretcher and Wheelchair Service

Safe | Secure | Comfortable | Caring

866-322-9823

Available 7 Days A Week

Call your Medicaid Broker or Social Worker and make Cozy Van your Preferred Provider for the best service.

Get where you need to go, schedule a ride!

Now serving:

- Black Hawk
- Bremer
- Buchanan
- Grundy
- Floyd
- Chickasaw
- Butler
- Cerro Gordo
- Tama
- *and surrounding counties*

Call Cozy Van for appointments, hospital to home, family functions and much more!

Hiring Part-Time drivers in your area, give us a call!

Northeast Iowa Area Agency on Aging

Caregiver CONFERENCES

Northeast Iowa Area Agency on Aging will be hosting two conferences full of valuable information for caregivers!

Tuesday, April 16 • 10:00 - 2:00 p.m.
Shalom Spirituality Center
1001 Davis Street, Dubuque

10:00-10:30	Registration
10:30 -10:45	Welcome & Opening Remarks *Donna Harvey, NEI3A CEO*
10:45-12:00	Nuts n Bolts of Caregiving *Dr. James Coyle*
12:30-1:00	Vendor Information
1:00-1:30	NEI3A Family Caregiver Program & Tai Chi Demonstration
1:30-2:00	Questions/Answers

To register contact Carol Hughey at 563-587-4983 or email chughey@nie3a.org

Wednesday, May 22 • 8:30 - 11:30 a.m.
Waterloo Center for the Arts
225 Commercial Street, Waterloo

8:30-9:00	Registration
9:00-9:15	Welcome & Opening Remarks *Donna Harvey, NEI3A CEO*
9:15-9:45	NEI3A Family Caregiver Program & Tai Chi Demonstration
9:45-10:00	Break
10:00-11:00	Taking Care of YOU *Karen Bergan, Caregiver Advocate*
11:00-11:30	Questions/Answers

To register call Ann Marie Kofta at 319-287-1166 or email akofta@nei3a.org.

West Union Senior Health Fair

For seniors and their caregivers

9 to 11 a.m.
Thursday, April 18, 2019
Fayette County Dance Pavilion, West Union

Learn more about local services, products, resources and important health topics for seniors. Enjoy free health screenings, refreshments and a chance to win prizes.

Feature presentation
"Senior Depression"
10:30 a.m., Katie Sieck, MSW
Senior Life Solutions

GUNDERSEN
PALMER LUTHERAN
HOSPITAL AND CLINICS

ersen Palmer Lutheran Hospital and Clinics | 35569_0219

Stay active, healthy and happy! Parker Place is a vibrant assisted living community that is the perfect place for active seniors who simply want a comfortable, secure and enjoyable home environment.

- Independent Living
- Assisted Living
- Memory Care
- Respite Care

707 Hwy. 57 Parkersburg, Iowa 50665
319-346-9771
parkerplaceretirement.com

Meals and Nutrition

Below you will find the NEI3A meal site menus for the second quarter. In an effort to simplify the meal ordering and delivery process, there will be one meal option each day. These meals provide one-third of the recommended daily allowance and includes milk. *Responsibility for compliance with any dietary restrictions rests with the participant.* 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 $8.10. To help NEI3A continue to provide hot, nutritious meals, individuals age 60 and over (and his/her spouse) are asked to contribute to the meals at the levels listed to below. 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. A complete listing can be found on our website at http://www.nei3a.org/our-services/meals.aspx. All meal orders must be in by 11:00 a.m. the day prior to attending the Senior Center. If you do not order before attending, the meal you receive could be different than what is stated on the menu.

$8.10	• Diners with a monthly income of $2,024 or over
$4.05 - $8.10	• Diners with a monthly income of $1,013 to $2,023
$2.00 – $8.10	• Diners with a monthly income of $0 - $1,012

Monday	Tuesday	Wednesday	Thursday	Friday
1 Salisbury Beef (.5), Mashed Red Potatoes (1.5), Glazed Carrots (1), Strawberry Applesauce (1.5) *Calories-578 Sodium 552 Carb-78.5 Fat 27.4%*	**2** Cranberry Chicken Salad (1.5), Crackers(.5), Three Bean Salad (2), Peaches (1.5) *Calories-786 Sodium 438 Carb-99.6 Fat 24.9%*	**3** Country Fried Steak (1), Country Gravy (0), Whipped Potatoes (1.5), Whole Kernel Corn (1), Fresh Seasonal Fruit (1), *Calories-720 Sodium 799 Carb-96.1 Fat 29.6%*	**4** Honey Baked Chicken (1), Baby Red Potatoes (1), Mixed Vegetables (1), Fruited Gelatin (2) *Calories-611 Sodium-662 Carb-106.1 Fat 7.9%*	**4** Potato Crusted Fish (1), Baked Potato (1.5), Broccoli (0), Sugar Cookie (1) *Calories- 637 Sodium 500 Carb-76.0 Fat 34.8%*
8 Baked Chicken Breast (0), Savory Apricot Sauce (.5), Baked Sweet Potato (2), Italian Vegetable Blend (.5), Fresh Seasonal fruit (1) *Calories-579 Sodium 273 Carb-84.4 Fat 15.7%*	**9** Roast Beef (0), Brown Gravy (0), Mashed Red Potatoes (1.5), Herbed Green Peas (1), Wheat Roll (1), Cake/ Frosting (1.5) *Calories- 776 Sodium 783 Carb-50.8 Fat 28.6%*	**10** : Beef Spaghetti Casserole (1.5), California Vegetable Blend (0), Multi-Grain Bread (.5), Cinnamon Applesauce (1) *Calories- 570 Sodium 566 Carb-68.9 Fat 26.1%*	**11** Loose Meat Sandwich (0), Baked Beans (2), Hot Potato Salad (1.5), Wheat Hamburger Bun (1), Fruit Cocktail (1.5) *Calories- 856 Sodium 828 Carb-109.7 Fat 25.2%*	**12** Tuna Noodle Casserole (1.5), Sliced Carrots (0), Paprika Garlic Cauliflower (0), Cinnamon Sugar Cookie (1) *Calories- 538 Sodium 683 Carb-69.2 Fat 23.4%*
15 Smothered Meatballs (.5), Bow Tie Pasta (.5), Broccoli (0), Pineapple Tidbits (1.5) *Calories- 516 Sodium 766 Carb-60.9 Fat 32.8%*	**16** Garlic Rosemary Chicken (0), Mashed Red Potatoes (1.5), Gravy (0), Corn O'Brien (1.5), Raspberry Cheesecake Pudding (1.5) *Calories- 740 Sodium-614 Carb-82.9 Fat 35.1 %*	**17** Pork Loin (0), Brown Gravy (0), Macaroni & Cheese (1), Green Beans (1), Tropical Fruit (2) *Calories- 662 Sodium 646 Carb-83.6 Fat 29.2%*	**18** Chicken Noodle Casserole (1.5), Mixed Vegetables (1), Diced Beets (.5), Peaches (1.5) *Calories- 746 Sodium 657 Carb-107.8 Fat 19.1%*	**19** ***Closed for the Holiday***
22 Cranberry Dijon Chicken (1), Baby Red Potatoes (1), Mixed Vegetables (1), Applesauce (1) *Calories- 556 Sodium -459 Carb-77.7 Fat 15.9%*	**23** BBQ Pork Rib Patty (0), Baked Beans (2), Glazed Carrots (1), Hamburger Bun (1.5), Fresh Banana (1.5) *Calories- 753 Sodium 734 Carb-110.1 Fat 21.7%*	**24** Beef Goulash (1), Green Beans (1), Tossed Salad (0), Hot Sliced Peaches (1.5) *Calories- 650 Sodium 480 Carb-68.8 Fat 34.9%*	**25** Crustless Chicken Pot Pie (.5), Brown Rice (1.5), Brussels Sprouts (.5), Oatmeal Cookie (1) *Calories- 559 Sodium 432 Carb-72.8 Fat 24.1%*	**26** Roast Beef (0), Brown Gravy (0) Whipped Potatoes (1), Green Peas (1) *Calories-464 Sodium 561 Carb-66.5 Fat 33.8%*
29 Parmesan Chicken (1), Garlic Red Pepper Rotini (1.5), Broccoli (0), Mandarin Oranges (1) *Calories-574 Sodium 680 Carb-673.8 Fat 29.1%*	**30** Turkey Breast/Gravy (0), Mashed Red Potatoes (1.5), Green Bean Bake (.5), Multi-Grain Bread (5), Fruit (1) *Calories-585 Sodium-571 Carb-75.9 Fat 23.1%*		**April**	*Numbers is parenthesis indicate carbs per serving*

Monday	Tuesday	Wednesday	Thursday	Friday
May		1 Beef w/Mushroom Gravy (0), Whole Kernel Corn (1), Club Spinach (.5), Applesauce (1) *Calories 556 Sodium-754 Carb-66.3 Fat 31.6%*	2 Chicken Rice Casserole (2), Green Peas (1), Harvard Beets (1.5), Tropical Fruit (2) *Calories-759 Sodium-647 Carb-112.3 Fat 17.7%*	3 Homemade Meatloaf (.5), Onion Gravy (0), Baked Sweet Potato (1), Capri Vegetable Blend (0), Multi-Grain Bread (.5), Chocolate Chip Cookie (1.5) *Calories- 805 Sodium 657 Carb-110.9 Fat 27.0%*
6 Tuna Noodle Casserole (1.5), Sliced Carrots (0), Paprika Garlic Cauliflower (0), Cinnamon Sugar Cookie (1) *Calories- 538 Sodium 683 Carb-69.2 Fat 23.4%*	7 Roast Beef (0), Brown Gravy (0), Mashed Red Potatoes (1.5), Herbed Green Peas (1), Wheat Roll (1), Cake/ Frosting (1.5) *Calories- 776 Sodium 783 Carb-50.8 Fat 28.6%*	8 Baked Chicken Breast (0), Savory Apricot Sauce (.5), Baked Sweet Potato (2), Italian Vegetable Blend (.5), Fresh Seasonal fruit (1) *Calories-579 Sodium 273 Carb-84.4 Fat 15.7%*	9 Beef Spaghetti Casserole (1.5), California Vegetable Blend (0), Multi-Grain Bread (.5), Cinnamon Applesauce (1) *Calories- 570 Sodium 566 Carb-68.9 Fat 26.1%*	10 Glazed Ham (0), Hashbrown Casserole (1), Seasoned Green Beans (0), Dinner Roll (1.5), White Frosting (0), Coconut Cake (2) *Calories- 729 Sodium 1946 Carb-96.3 Fat 27.8%*
13 Cranberry Chicken Salad (1.5), Crackers(.5), Three Bean Salad (2), Peaches (1.5) *Calories-786 Sodium 438 Carb-99.6 Fat 24.9%*	14 Country Fried Steak (1), Country Gravy (0), Whipped Potatoes (1.5), Whole Kernel Corn (1), Fresh Seasonal Fruit (1), *Calories-720 Sodium 799 Carb-96.1 Fat 29.6%*	15 Honey Baked Chicken (1), Baby Red Potatoes (1), Mixed Vegetables (1), Fruited Gelatin (2) *Calories-611 Sodium-662 Carb-106.1 Fat 7.9%*	16 Potato Crusted Fish (1), Baked Potato (1.5), Broccoli (0), Sugar Cookie (1) *Calories- 637 Sodium 500 Carb-76.0 Fat 34.8%*	17 Salisbury Beef (.5), Mashed Red Potatoes (1.5), Glazed Carrots (1), Strawberry Applesauce (1.5) *Calories-578 Sodium 552 Carb-78.5 Fat 27.4%*
20 Chicken Noodle Casserole (1.5), Mixed Vegetables (1), Diced Beets (.5), Peaches (1.5) *Calories- 746 Sodium 657 Carb-107.8 Fat 19.1%*	21 : Beef Chili & Beans (1.5), Baked Potato (1.5), Mixed Green Salad (0), Cornbread (1.5), Pears (1.5) *Calories- 706 Sodium 770 Carb-109.0 Fat 21.2%*	22 Garlic Rosemary Chicken (0), Mashed Red Potatoes (1.5), Gravy (0), Corn O'Brien (1.5), Raspberry Cheesecake Pudding (1.5) *Calories- 740 Sodium-614 Carb-82.9 Fat 35.1 %*	23 Pork Loin (0), Brown Gravy (0), Macaroni & Cheese (1), Green Beans (1), Tropical Fruit (2) *Calories- 662 Sodium 646 Carb-83.6 Fat 29.2%*	24 Hamburger Patty (0), Lettuce & Tomato (0), Baked Beans (2), Potato Salad (1.5), Bun (1.5) Peach Cobbler (2.5) *Calories-948 Sodium 1823 Carb-137.5 Fat 26.1%*
27 ***Closed for the Holiday***	28 BBQ Pork Rib Patty (0), Baked Beans (2), Glazed Carrots (1), Hamburger Bun (1.5), Fresh Banana (1.5) *Calories- 753 Sodium 734 Carb-110.1 Fat 21.7%*	29 Beef Goulash (1), Green Beans (1), Tossed Salad (0), Hot Sliced Peaches (1.5) *Calories- 650 Sodium 480 Carb-68.8 Fat 34.9%*	30 Roast Beef (0), Brown Gravy (0) Whipped Potatoes (1), Green Peas (1) *Calories-464 Sodium 561 Carb-66.5 Fat 33.8%*	31 Cranberry Dijon Chicken (1), Baby Red Potatoes (1), Mixed Vegetables (1), Applesauce (1) *Calories- 556 Sodium -459 Carb-77.7 Fat 15.9%*

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef w/Mushroom Gravy (0), Whole Kernel Corn (1), Club Spinach (.5), Applesauce (1) *Calories 556 Sodium-754 Carb-66.3 Fat 31.6%* **June**	4 Chicken Rice Casserole (2), Green Peas (1), Harvard Beets (1.5), Tropical Fruit (2) *Calories-759 Sodium-647 Carb-112.3 Fat 17.7%*	5 Homemade Meatloaf (.5), Onion Gravy (0), Baked Sweet Potato (1), Capri Vegetable Blend (0), Multi-Grain Bread (.5), Chocolate Chip Cookie (1.5) *Calories- 805 Sodium 657 Carb-110.9 Fat 27.0%*	6 Parmesan Chicken (1), Garlic Red Pepper Rotini (1.5), Broccoli (0), Mandarin Oranges (1) *Calories-574 Sodium 680 Carb-673.8 Fat 29.1%*	7 Turkey Breast (0), Turkey Gravy (0), Mashed Red Potatoes (1.5), Green Bean Bake (.5), Multi-Grain Bread (5), Fresh Fruit (1) *Calories-585 Sodium-571 Carb-75.9 Fat 23.1%*
10 Loose Meat Sandwich (0), Baked Beans (2), Hot Potato Salad (1.5), Wheat Hamburger Bun (1), Fruit Cocktail (1.5) *Calories- 856 Sodium 828 Carb-109.7 Fat 25.2%*	11 Tuna Noodle Casserole (1.5), Sliced Carrots (0), Paprika Garlic Cauliflower (0), Cinnamon Sugar Cookie (1) *Calories- 538 Sodium 683 Carb-69.2 Fat 23.4%*	12 Beef Spaghetti Casserole (1.5), California Vegetable Blend (0), Multi-Grain Bread (.5), Cinnamon Applesauce (1) *Calories- 570 Sodium 566 Carb-68.9 Fat 26.1%*	13 Roast Beef (0), Brown Gravy (0), Mashed Red Potatoes (1.5), Herbed Green Peas (1), Wheat Roll (1), Cake/ Frosting (1.5) *Calories- 776 Sodium 783 Carb-50.8 Fat 28.6%*	14 Glazed Ham (0), Roasted Potato Medley (1), California Vegetable Blend(0), Roll (1.5) Brownie (2), *Calories- 659 Sodium 1478 Carb-93.3 Fat 24.4%*
17 Country Fried Steak (1), Country Gravy (0), Whipped Potatoes (1.5), Whole Kernel Corn (1), Fresh Seasonal Fruit (1), *Calories-720 Sodium 799 Carb-96.1 Fat 29.6%*	18 Honey Baked Chicken (1), Baby Red Potatoes (1), Mixed Vegetables (1), Fruited Gelatin (2) *Calories-611 Sodium-662 Carb-106.1 Fat 7.9%*	19 Potato Crusted Fish (1), Baked Potato (1.5), Broccoli (0), Sugar Cookie (1) *Calories- 637 Sodium 500 Carb-76.0 Fat 34.8%*	20 Salisbury Beef (.5), Mashed Red Potatoes (1.5), Glazed Carrots (1), Strawberry Applesauce (1.5) *Calories-578 Sodium 552 Carb-78.5 Fat 27.4%*	21 Cranberry Chicken Salad (1.5), Crackers(.5), Three Bean Salad (2), Peaches (1.5) *Calories-786 Sodium 438 Carb-99.6 Fat 24.9%*
24 Crustless Chicken Pot Pie (.5), Brown Rice (1.5), Brussels Sprouts (.5), Oatmeal Cookie (1) *Calories- 559 Sodium 432 Carb-72.8 Fat 24.1%*	25 Roast Beef (0), Brown Gravy (0) Whipped Potatoes (1), Green Peas (1) *Calories-464 Sodium 561 Carb-66.5 Fat 33.8%*	26 Cranberry Dijon Chicken (1), Baby Red Potatoes (1), Mixed Vegetables (1), Applesauce (1) *Calories- 556 Sodium -459 Carb-77.7 Fat 15.9%*	27 BBQ Pork Rib Patty (0), Baked Beans (2), Glazed Carrots (1), Hamburger Bun (1.5), Fresh Banana (1.5) *Calories- 753 Sodium 734 Carb-110.1 Fat 21.7%*	28 Beef Goulash (1), Green Beans (1), Tossed Salad (0), Hot Sliced Peaches (1.5) *Calories- 650 Sodium 480 Carb-68.8 Fat 34.9%*

Sudoku Puzzle

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

Flower Word Find

Spring is here and so are many flowers! Find and circle all of the flowers that are hidden in the grid. The remaining letters spell a quotation from *Romeo and Juliet.*

Alstroemeria
Amaryllis
Anthurium
Aster
Baby's Breath
Bell Flower
Bird Of Paradise
Bouvardia
Calla
Carnation
Chrysanthemum
Clematis
Cornflower
Daffodil
Daisy
Delphinium
Forget-Me-Not
Foxglove
Freesia
Fuchsia
Geranium
Gerbera
Ginger
Gladiolus
Golden Rod
Heather
Hollyhocks
Hyacinth
Hydrangea
Iris
Lavender
Lilac
Lily
Lisianthus
Marigold
Orchid
Pansy
Peony
Petunia
Rose
Snapdragon
Statice
Stock
Sunflower
Tulip
Violet
Yarrow

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

Source:Livewire Puzzles

Choose the hospice and home care that goes Above & Beyond!

Above & Beyond is a privately owned, small town agency with over 300 years of combined experience and expertise in providing customized care for each patients individual needs.

Home Care Services:
- Skilled nursing
- Home health aide
- Homemaker
- Wound care
- Occupational therapy
- Physical therapy
- Speech therapy

Hospice Services:
- Hospice nurse available 24/7
- Personal care assistance
- Emotional & spiritual support
- Bereavement support
- Massage Therapy
- Music therapy

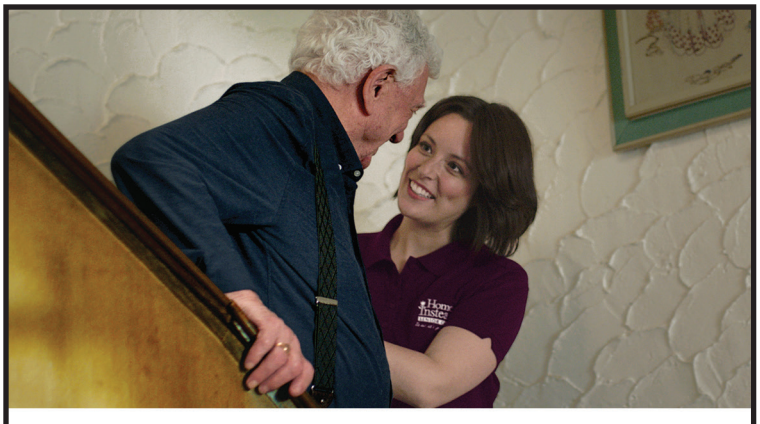
My Mom has Above & Beyond (nurse and bath aide) and I am extremely happy with the care she gets from your staff. They are all so compassionate and I know they care deeply about their patients/ clients. I wouldn't want anyone else but Above & Beyond taking care of my mom.
- Patient's Daughter

Above & Beyond
HOSPICE CARE
HOME HEALTH CARE INC.

www.abovebeyondhc.com

417 E. 1st Street
Monticello , IA 52310
Hospice: (319) 465-4637
Home Health: (319) 465-3059

Serving Jones, Delaware, Dubuque, Jackson, Cedar, Linn, Clayton and Johnson counties.



The best home to be in is your own.
Home Instead offers personalized in-home services.

Home Instead SENIOR CARE®
To us, it's personal.

319.235.5999
HomeInstead.com/662

Each Home Instead Senior Care Franchise is independently owned and operated. © 2019 Home Instead, Inc.

Planning your **surgery**?
Plan your **recovery**, too!

Post-Surgical, Short-Term Rehab

ManorCare Health Services – Waterloo
201 West Ridgeway Avenue
Waterloo, IA 50701
319.234.7777

manorcare.com/Waterloo

© 2018 HCR Healthcare, LLC

ManorCare® Health Services

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.

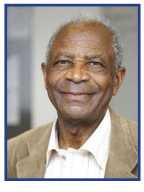
In accordance with the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973 and the Aging Discrimination Act of 1975, it is the policy of Northeast Iowa Area Agency on Aging to provide services to all persons eligible under the provisions of the Older Americans Act of 1965, as amended,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

NORTHEAST IOWA
Area Agency on Aging
P.O. Box 388
Waterloo, IA 50704-0388

NEWEL POST

Senior Adult Day & Respite Care

Daytime care for older adults
Respite for the caregiver
Stimulating and fun activities
The opportunity to socialize
Caring, trained staff
Registered Nurse on site
Flexible hours and Affordable
Transportation available
Fully licensed by the state of Iowa
Experience matters, since 1975



The sooner you call, the sooner we can help!

319.234.1391

"A day out for the senior - a day off for the caregiver!"

NORTH STAR COMMUNITY SERVICES

www.northstarcs.org

REHABILITATION and SPORTS MEDICINE

DIRECT ACCESS NOW AVAILABLE!

Winneshiek Medical Center now offers direct access to their rehabilitation services without a doctor's referral.

Call us today to make an appointment.

563-387-3031

WMC Rehabilitation Clinic locations: Calmar, Decorah, Ossian, Postville, IA & Spring Grove, MN

Winneshiek MEDICAL CENTER

Physician services by
MAYO CLINIC HEALTH SYSTEM

Your most trusted partner for health care