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NEI3A is committed to continuing to provide services to older individuals throughout Northeast Iowa during the COVID-19 pandemic. While our centers and offices are closed to the public until further notice, we are still delivering meals and needed supplies to home-bound individuals. With so many people doing their duty of staying home and social distancing, we are also making regular calls to people we serve to see how they are doing, if they are in need of any food or supplies, and just offering a friendly voice.

We have also postponed any events and activities that we had planned including our volunteer recognition, annual walk, and Tai Chi classes, etc. Currently, we are planning to have these events mid to late summer or fall - depending on recommendations from the Iowa Department of Public Health and CDC. Watch for updates and information in the Summer edition of NEI Aging Today as well as on our website and Facebook page.

With social distancing being the new norm, we are looking at ways to help you remain social - *at a distance!* Make sure you follow us and like us on Facebook and watch for announcements about special live events coming up. We are also looking at creative ways to continue our Caregiver Support Groups through conference calling.

On a special note, we want to thank all the people who have volunteered to deliver meals and donated toilet paper or other supplies. We truly appreciate your help and donations!

If you need any information or have questions about available services, please give us a call at 1-800-779-8707.
The Coronavirus pandemic has made more apparent the importance of Area Agencies on Aging (AAAs) in Iowa and how they benefit all Iowans. We encourage you to ask your local, State, and Federal elected officials if they support AAA programs and services. The need for vital services, including home delivered meals, respite care for caregivers, and in-home supports such as homemaking, personal care, and chore services continues to grow. Funding these services to appropriate levels is vital to NEI3A’s vision to improve the lives of older Iowans, their caregivers, and their communities by providing information, services, and supports to enable aging at home.

NEI3A Supports Family Caregivers
Last year, family caregivers provided more than $470 billion in unpaid care. This represents offset medical costs and lost work productivity elsewhere in the economy. But most important, it represents people squeezed to the limits caring for their loved ones, often raising families of their own at the same time.

NEI3A supports caregivers by establishing support groups and conferences for caregivers, providing information and referral assistance to caregivers, and funding respite to give caregivers a much-needed break.

NEI3A Protects Older Iowans from Exploitation
Financial exploitation and elder abuse cost US taxpayers $35 billion each year. And this does not factor the emotional cost to the exploited person or their family.

NEI3A protects older Iowans by assessing potential abuse claims, assisting with further referrals if necessary, and providing training and education to communities to help identify potential abuse and exploitation.

NEI3A supports proposed legislation that helps protect older Iowans from financial exploitation.

NEI3A invests in the communities it serves
Last year, NEI3A began a program to assist older Iowans discharged from long term care and hospital environments to their preferred, less restrictive communities. Expanding this “return to community” program would enable NEI3A to offer this program to more communities in the NEI3A service area.

NEI3A supports proposed legislation that expands the “Return to Community Program.”

NEI3A Makes a Difference and Changes Lives
Building ramps for people with mobility impairments. Assisting people to access legal services. Coordinating transit to help people live in their communities. These services make all the difference to older Iowans living their lives in their communities.

We ask for your help to advocate for older Iowans and their families and to consider donating to NEI3A.

Elder Law Webinar Series
The Legal Hotline for Older Iowans invites you to join us this Spring from your home or office for three FREE Elder Law Webinars. The webinars start promptly at 11:00 a.m. and end at 12:00 p.m.

- **April 23: Fair Housing Month Event:** Overview of fair housing rights for seniors, including disability protections and assistance animals. *Linda Grathwohl, Staff Attorney, Legal Hotline for Older Iowans*
- **May 7: The Golden Years:** Dealing with debt & consumer protection. *Fred Nelson, Staff Attorney, Legal Hotline for Older Iowans and Jayme Wielbold, Staff Attorney, Iowa Legal Aid*
- **June 15: World Elder Abuse Awareness Day Event:** Elder abuse protective orders & elder abuse prevention strategies. *Angela Broughton-Roman, Deputy Director, Iowa Legal Aid*

If you or a loved one has an excessive amount of stuff and live in an extremely cluttered environment it could be a sign of hoarding. Hoarding is the collection and failure to discard large quantities of objects to the point where the storage of these items often causes impairment to basic living activities. People who hoard are often resistant to attempts to get rid of anything because of the belief that the items are useful, may be needed for future use, or has great sentimental value.

It is important to distinguish hoarding from collecting. In general, collectors have a sense of pride about their possessions and take great care in displaying them. Those who hoard usually experience embarrassment about their possessions and feel uncomfortable when others see them.

Hoarding behaviors are especially dangerous for seniors because they create physical dangers that can lead to falls, cause fires, or could prevent emergency workers from reaching them should a medical issue occur.

If you or a loved one has a problem with hoarding and want to make some changes the following tips can help with the process.

1. **Safety First:** Clear walkways, hallways, and doorways. Identify and remove fire and tripping hazards (e.g. paper next to heating sources) and remove enough items to make space to safely move through the home.

2. **Manage Paper:** Use three bins or boxes when sorting through piles of paper. Put items that can be recycled, such as newspapers and old magazines, in one, papers to be shredded in another, and personal documents, such as bank statements, in a third.

3. **Reduce the Pile of Clothes:** Sort through overflowing closets by categories, such as socks, pajamas, pants, and shirts. Get rid of all clothing that no longer fits; take them to a consignment shop if they are in good condition or throw them away if they have holes or stains. Only keep items that will be regularly worn.

4. **Donate right away:** When the decision has been made to part with an item, get it out of the house right away to make sure the item doesn’t find its way back inside.

5. **Secure a Storage Space:** There may be many items that may have some monetary value and can be sold. Find a place to store them, away from the home, to sort through and sell at a later time.

6. **Consider professional help:** If the hoarding problem has existed for several years, the amount of stuff in the home could be overwhelming. Bringing in a professional who has experience with hoarding situations might ease any family tensions and make the process easier.

7. **Address underlying issues:** Simply cleaning a home will not solve a hoarding issue. Most often hoarding behaviors are a symptom of an anxiety or mood disorder and may be intensified when a person experiences a trauma or feels a loss of control. Consult with a therapist specializing in hoarding to help identify and resolve the issues behind the hoarding behavior.
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

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**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. As of the writing of this newsletter, we are assuming checks will begin to be distributed at various locations throughout the NEI3A service area beginning in June. A complete listing can be found on the following pages. Checks can be used until October 31.

Eligible participants must:
- Be 60 years of age or older, born in or before 1960
- 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.
Farmers Market Check Distribution Locations

**Albion:**
Albion Municipal Library  
400 N. Main St., Albion  
June 9: 10:00-11:15 a.m.

**Arlington:**
Arlington Senior Meal Site  
853 Main St., Arlington  
June 24: 10:00 a.m.-12:00 p.m.

**Bellevue:**
Bellevue Senior Center  
1700 State St., Bellevue  
June 9-September 30:  
Monday-Friday  
9:00-10:00 a.m.

**Cresco:**
Howard County Business and Tourism  
101 2nd Ave. SW, Cresco  
June 3-September 30  
9:00 a.m.-5:00 p.m.

**Cresco Meal Site**  
268 7th Ave., Cresco  
June 4: 11:00-12:00

**Cedar Falls continued:**
Horizon Towers Apartments  
2724 Bicentennial Dr., Cedar Falls  
June 12: 11:00 a.m.-12:00 p.m.

**Cedar Falls continued:**
College Square Apartments  
3112 Boulder Dr., Cedar Falls  
June 10: 11:00 a.m.-12:00 p.m.

**Cedar Falls continued:**
Thunder Ridge Apartments  
202 N. Magnolia Dr., Cedar Falls  
June 11: 11:00 a.m.-12:00 p.m.

**Dubuque continued:**
Alverno Apartments  
3525 Windsor Dr., Dubuque  
June 11: 12:30-1:30 p.m.

**Dubuque continued:**
NEI3A Regional Office  
2728 Asbury Rd., Dubuque  
June 8-September 30:  
Monday-Thurs. 9:00-11:00 a.m.

**Dubuque continued:**
Alverno Apartments  
3525 Windsor Dr., Dubuque  
June 11: 12:30-1:30 p.m.

**Dubuque continued:**
Applewood II  
3125 Pennsylvania, Dubuque  
June 18: 12:30-1:30 p.m.

**Dubuque continued:**
Ecumenical Towers  
250 W. 6th St., Dubuque  
June 9: 12:15-1:00 p.m.

**Dubuque continued:**
St. Mary’s Apartments  
2955 Kaufman, Dubuque  
June 16: 12:15-1:00 p.m.

**Dumont:**
Legion Hall  
508 Main Street, Dumont  
June 10: 10:30 a.m.-12:00 p.m.

**Dunkerton:**
First United Methodist Church  
310 S. Washington St., Dunkerton  
June 15: 11:30 a.m.-12:30 p.m.

**Dyersville:**
Dyersville Social Center  
625 3rd Ave. SE, Dyersville  
June 10: 9:00-10:00 a.m.  
June 17: 9:00-10:00 a.m.  
June 24: 9:00-10:00 a.m.

**Epworth:**
St. Patrick’s Church  
104 1st St. SE  
June 12: 11:15-11:45 a.m.
Independence:
Buchanan Co. Sr. Ctr.
400 5th Ave. NE, Independence
June 5: 9:00–11:00 a.m.
June 22- Sept. 30:
Mondays, 9:00–11:00 a.m.

Eldora:
Dorothy’s Senior Center
1306 17th Ave., Eldora
June 1-September 30
Monday, Tuesday, Thursday
9:00 a.m.-12:00 p.m.

Elkader:
Elkader Meal Site
133 S. Main St., Elkader
June 24: 10:00 a.m.–12:00 p.m.

Evansdale:
Countryside Vineyard Church
3467 Lafayette Rd., Evansdale
June 18: 11:00 a.m.-12:00 p.m.

Fox Meadows
715 Central Ave., Evansdale
June 10: 12:15-2:00 p.m.

Evansdale Senior Residence
210 South Evans Rd., Waterloo
June 15: 1:00-2:00 p.m.

Fredericksburg:
Fredericksburg Meal Site
151 W. Main, Fredericksburg
June 25: 10:00 a.m.–12:00 p.m.

Greeley:
Greeley Meal Site
210 W. 2nd St., Greeley
June 16: 10:30–11:30 a.m.

Greene:
Greene Senior Center
202 W. South St., Greene
June 8: 11:00 a.m.-1:00 p.m.
June 18: 9:00 a.m.-12:00 p.m.

Grinnell:
Grinnell Senior Center
1224 East Street, Grinnell
June 2 - June 30
Tuesday – Thursday
9:30-10:30 a.m.

Brookside South
214 4th Ave., Grinnell
June 10: 1:00-2:00 p.m.

Brookside West
131 4th Ave., Grinnell
June 16: 1:00-1:30 p.m.

Brookside East
902 Prince St., Grinnell
June 16: 1:45-2:15 p.m.

Grundy Center:
Grundy Center Senior Center
705 F. Ave., Grundy Center
June 5: 9:00 a.m.-3:00 p.m.
June 10: 2:30-3:30 p.m.
June 12: 2:30-3:30 p.m.
June 16: 9:00 a.m.-3:00 p.m.
June 18: 2:30-3:30 p.m.

Guttenberg:
Guttenberg Meal Site
502 S. First St., Guttenberg
June 16: 10:30 a.m.–12:30 p.m.

Iowa Falls:
Iowa Falls Senior Center
218 South River St., Iowa Falls
June 1-September 30
Monday-Friday
9:00 a.m.-12:00 p.m.

Iowa Falls Senior Housing
Community Building
103½ Pierce St., Iowa Falls
June 4: 1:15-2:15 p.m.

Lamont:
Senior Meal Site
644 Bush Street, Lamont
June 11: 11:00 a.m.-12:00 p.m.

LaPorte City:
La Porte City Senior Center
300 1st St., La Porte City
June 10: 10:00-11:00 a.m.

Lime Springs:
Community Center
201 Center St., Lime Springs
June 17: 12:00-1:00 p.m.

Maquoketa:
Jackson County Senior Center
1000 E. Quarry St., Maquoketa
June 3: 9:00-11:00 a.m.
June 15: 10:30 a.m.-12:00 p.m.
June 29: 10:00-11:00 a.m.

River Village
402 N. Arcade St., Maquoketa
June 15: 9:00-9:30 a.m.

Whitetail Run Senior Center
801 Myatt Dr., Maquoketa
June 29: 9:00-9:30 a.m.

Marshalltown:
The Gathering Place
107 E. Meadow Ln., Marshalltown
June 2-September 30:
Tuesday & Thursday
10:00 a.m.-1:00 p.m.

Westown Apartments
122 W. Main St., Marshalltown
June 5: 9:00-10:00 a.m.

Odd Fellows Apartments
206 Nicholas Dr., Marshalltown
June 8: 1:00-2:00 p.m.
**Marshalltown continued:**
*Crestview Apartments*
202 N. 2nd Ave., Marshalltown
June 26: 10:00-11:00 a.m.

**Grant Street Apartments**
1 West Grant St., Marshalltown
June 1: 10:00-11:00 a.m.

**Monona:**
*Monona Meal Site*
104 E. Center Street, Monona
June 11: 10:00 a.m.–12:00 p.m.

**Manchester:**
*Delaware Co. Ext. Office*
1417 N. Franklin St., Manchester
June 5: 1:00–3:00 p.m.
June 24: 9:00-10:00 a.m.

**Nashua:**
*Nashua City Hall*
402 Main Street, Nashua
June 23: 12:00-2:00 p.m.

**New Hampton:**
*New Horizons Chamber*
15 W. Main St., New Hampton
June 3–September 30
8:30 a.m.-5:00 p.m.

**Radcliffe:**
*Radcliffe Apartments*
604 Catherine, Radcliffe
June 17: 11:00 a.m.-12:30 p.m.

**Raymond:**
*Raymond United Methodist Church*
6903 Lafayette Road, Raymond
June 17: 11:00 a.m.-12:00 p.m.

**Sabula:**
*Sabula City Hall*
411 Broad St., Sabula
June 8 – June 22
7:00-11:00 a.m.

**State Center:**
*The Pink Petal*
110 W. Main St., State Center
June 11: 2:00-3:00 p.m.

**Strawberry Point:**
*Citizen’s State Bank*
102 E. Mission St., Strawberry Pt.
June 3–September 30:
8:30 a.m.-4:00 p.m.

**Tama:**
*Assembly of God/Meskwaki Church*
900 E. 5th St., Tama
June 1–September 30
Monday-Friday
9:30 a.m. – 1:30 p.m.

**Washburn:**
*St. Paul’s United Presbyterian Church*
410 1st St., Washburn
June 16: 10:30-11:30 a.m.

**Waterloo:**
*Waterloo Senior Center*
2101 Kimball Ave., Waterloo
June 3: 9:00 a.m.–3:00 p.m.
June 4 – September 30
Wednesday-Friday
9:30-11:30 a.m.

**Jesse Cosby Neighborhood Center**
1112 Mobile St., Waterloo
June 2: 10:00 a.m.-12:00 p.m.
June 3–September 30:
Monday-Friday
10:30 a.m.-2:30 p.m.

**Walnut Court**
315 Walnut St., Waterloo
June 10: 10:00-11:00 a.m.

**Cedar River Towers**
106 E. 3rd St., Waterloo
June 2: 12:00-1:30 p.m.

**Camelot Apartments**
1650 Camelot Dr., Waterloo
June 3: 11:30 a.m.-12:30 p.m.

**Crossroads Square Apartments**
1820 E. Ridgeway Ave., Waterloo
June 3: 10:00-11:00 a.m.

**The Rose**
421 Oak Ave., Waterloo
June 2: 10:00-11:30 a.m.

**Legacy Manor**
1050 Flammang Dr., Waterloo
June 3: 10:00-11:00 a.m.

**Renaissance Apartments**
610 E. 4th St., Waterloo
June 8: 10:00-11:00 a.m.

**Colonial Manor**
425 Allen St., Waterloo
June 4: 12:00-12:45 p.m.
Waterloo continued:

Liberty Manor
1119 Kent Circle, Waterloo
June 16: 11:00 a.m.-12:30 p.m.

Ridgeway Towers
225 W. Ridgeway Ave., Waterloo
June 10: 10:00-11:30 a.m.

Bridges Senior Living
214 Washington, Waterloo
June 11: 1:00-2:30 p.m.

Salvation Army
89 Franklin St., Waterloo
June 9: 11:00 a.m.-1:00 p.m.

The Preserve
1455 Oleson Rd., Waterloo
June 5: 2:00-3:00 p.m.

Waterloo continued:

Hotel President
500 Sycamore St., Waterloo
June 3: 1:00-2:00 p.m.

Stokes Apartments
515-652 Stokes Dr., Waterloo
1311-1528 Prospect Ave., Waterloo
June 11: 1:00-2:00 p.m.

Roosevelt Apartments
200 E. Arlington, Waterloo
June 18: 1:00-2:00 p.m.

Waukon:

Waukon Wellness Ctr.
1220 3rd Ave. NW, Waukon
June 23: 10:00 a.m.-12:00 noon

Waverly continued:

Waverly Homes & Manor
320 15th St. NW, Waverly
June 10: 11:30 a.m.-1:30 p.m.

West Union:

West Union Meal Site
107 E. Armout St., West Union
8:00 a.m.-12:00 p.m.

Fayette County Economic Development & Tourism
101 N. Vine St., West Union
June 1 - September 30
8:00 a.m. - 4:30 p.m.

Worthington:

Community Center
216 1st Ave. W, Worthington
June 10: 11:30 a.m.-12:00 p.m.

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
If You Qualify for the Senior Farmer’s Market Nutrition Program You May Also Qualify for Other Budget Saving Benefits?

Do you pay for Medicare Premiums? Do you pay for my prescription medications? Do you have significant out of pocket medical expenses? Are you on a limited income? If you are a Medicare Beneficiary and can answer yes to one or more of the questions listed above, you may qualify for one or more of the following benefits.

Medicare Low Income Subsidy (Part D Extra Help): The Medicare Prescription Drug Program offers choices of plans which provide a wide range of coverage and cost for your prescriptions. If you have limited resources and income, you can receive assistance with your prescription medication costs through the Extra Help Program. This extra help may pay for your monthly premiums, annual deductible, medications covered by the plan.

Medicare Savings Program (MSP): Medicare beneficiaries who have limited income and resources may get help paying for out-of-pocket medical expenses from the State Medicaid Plan’s Medicare Savings Programs. There are three Medicare Savings Program benefits; Qualified Medicare Beneficiary Program (QMB), Medically Needy, and Specified Low Income Medicare Beneficiary (SLMB). These programs vary for eligibility and assistance offered.

Medicaid: Medicare beneficiaries who have limited income and resources may get help paying for out-of-pocket medical expenses from the State Medicaid Plan. Medicaid pays for medical services such as health care visits, inpatient and outpatient hospital services, and prescription medications.

Our Aging Specialist can help you determine what you may qualify for and assist you with applying. For further information and assistance, please call NEI3A at 800-779-8707.

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belt clip
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Contact: Nate Ray
319-240-4940 or 319-346-8012
Nthnlry@gmail.com
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 Center**
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

Winnebago County
Calmar Senior Center
106 E. Main Street - Calmar
Tues. and Thurs. 11:30 a.m.
563-379-9737
Cedar Valley Hospice does so much more than we ever realized. It saved us countless trips to the doctors’ offices and really allowed us to be at home together.”

– Shirley Bonser, wife

Weather Word Find

Find and all of the words that are hidden in the grid. The remaining letters spell an additional weather word.

Barometer  Freeze   Snow
Blizzard    Frost     Squall
Celsius     Hail      Storm
Clouds      Hot       Sunny
Cold        Humidity  Temperature
Cyclone     Hurricane Thermometer
Downpour    Ice       Thunder
Drizzle     Lightning Tornado
Drought     Mist      Tsunami
Fahrenheit  Monsoon  Typhoon
Flood       Overcast Visibility
Flurries    Rain      Windy
Fog         Shower   
Forecast    Sleet   

Source: Livewire Puzzles

Sudoku Puzzle

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FORECASTYWFOGRTO
DPCWNTRTINVTEBHD
RITHOTENHENTSLEA
ISHGONDMRUUFIRN
ZUGNHYSCPMNASZMR
ZIUPEAHOEHDCZOO
LSONYISIRURRIEAMT
ELRTTRAEMMALREP
IEDHSBUNNAILTDTF
ECOGROHONAAADIUER
NOOIAREUPUCMIARE
OLL LITSFQNTIRTHE
LDFTNTASHOWEROYZ
CYTILIBISIVOERTE
YTIMONSONONDUS
CCLUDSEIRRULFSH
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14 | NE13A
Rehabilitation services
Skilled nursing care

Long term care
Hospice care

We love giving tours!

NorthCrest Specialty Care, 2001 Heath Street, Waterloo - 234.4423
Pinnacle Specialty Care, 1223 Prairie View Road, Cedar Falls - 268.0489
Ravenwood Specialty Care 2651 St. Francis Drive, Waterloo - 232.6808

careinitiatives.org
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 1st 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.

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“A day out for the senior - a day off for the caregiver!”

Welcome
Heather Levinson, A-GNP-C
To Winneshiek Medical Center Decorah Clinic

Heather Levinson, A-GNP-C (Adult Gerontology Nurse Practitioner – Certified) joined WMC Decorah Clinic in early 2020. Heather specializes in adult and geriatric primary care and focuses on managing chronic conditions as well as prevention and treatment of age-related diseases like osteoporosis.

Heather received her Bachelor of Science in Nursing from Chamberlain College of Nursing and her Master of Science in Nursing from Allen College.

“I truly appreciate working with the senior population,” says Heather. “Many times, they are dealing with multiple chronic conditions like diabetes, heart disease, COPD and others. I enjoy spending the extra time required to help them manage their health, and the connections we make during the process. I have learned so much from the time I spend with my patients.”

To schedule an appointment with Heather, please call 563-382-2911

Physician services by

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