

# NEI Aging Today

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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



## NEI3A Reopening

After over a year of missing seeing everyone, we are looking forward to welcoming you back!

We thank you all for the support you showed us throughout the COVID-19 pandemic. Whether you attended one of our virtual events, enjoyed an online fitness class, sent in a donation, or shared one of our Facebook posts, we are tremendously grateful for your support.

We also appreciate your patience as we navigated through the pandemic. The safety of our seniors, staff, volunteers, and community is our number one priority, and we will continue to work closely with state and local health departments to ensure we are following safety guidelines.

Over the next couple of months, some of our offices and senior centers will begin opening! Please note that the dates of reopening as well as daily operating hours will vary by location. With many of our staff continuing to work remotely, we recommend calling before planning a visit to any of our office locations to ensure we can serve your needs when you visit.

**To find out dates and times for reopening of specific locations, please give us a call at 1-800-779-8707.**

## Announcing a New Dining Option for Older Iowans



We are offering an exciting new program! The Iowa Café is a partnership program between NEI3A and local restaurants to allow you to get out and socialize, enjoy a hot, nutritious meal, all while supporting a local business in your community.

### **No Fees to Participate - Donations Appreciated!**

There are no fees to participate in the program, and no payment is required. However, we will send you a monthly letter offering you a chance to contribute toward the cost – helping us provide this service for more people.

### **Four participating restaurants with more being added:**

- Bents Smokehouse & Pub in Westgate
- Shep's Riverside Bar & Grill in Lansing
- Johnson's Restaurant in Elkader
- Gus & Tony's in West Union

### **Added Benefit - Use Your Card When you Travel In Iowa!**

The Iowa Café program is being offered by Iowa's Area Agencies on Aging. An added benefit of the program is that you can use your Iowa Café Key Card at any participating restaurant throughout the state. A complete listing of locations can be found at [www.nei3a.org/Iowa-Cafe](http://www.nei3a.org/Iowa-Cafe).

### **Here is how the program works:**

- If you are age 60 or over (or the spouse of someone who is), you qualify for this program.
- Three easy options to register:
  1. Visit [www.nei3a.org/Iowa-Cafe](http://www.nei3a.org/Iowa-Cafe) and register online.
  2. Call NEI3A at 1-800-779-8707 and press 1 at the prompt.
  3. Visit one of the participating restaurants and request to sign up.
- Once registered, we will send you an Iowa Café key card.
- Your key card can be used up to 12 times per month – once per day.
- When you visit a participating Iowa Café restaurant, scan your card and pick from the Iowa Café Menu.

***Support your local community and socialize with friends - sign up today!***



## The Senior Medicare Patrol: NEW Fraud Prevention Tools

There is an easy way to record what happens at your doctor appointments – and it also happens to be a fraud-fighting tool used nationwide.

A My Health Care Tracker is a free resource in which you can take notes about products and services received at appointments and then compare your notes to your Medicare statements. If a product or service you received does not match your statement, you can contact your local Senior Medicare Patrol, or SMP, for help. There may be an error or possibly even fraud committed against you. To learn more about how to read your Medicare statements visit our webpage Read Your Medicare Statements, <https://www.smpresource.org/Content/You-Can-Help/Read-Your-Medicare-Statements.aspx>.

SMPs help beneficiaries prevent, detect, and report possible Medicare fraud. They're in every state and province, including in your local community. They educate people in groups and also work one-on-one to help people with their specific situations. Much of the SMP work is done by volunteers, who are often retirees and want to help their peers.

Why should you care about detecting mistakes or fraud?

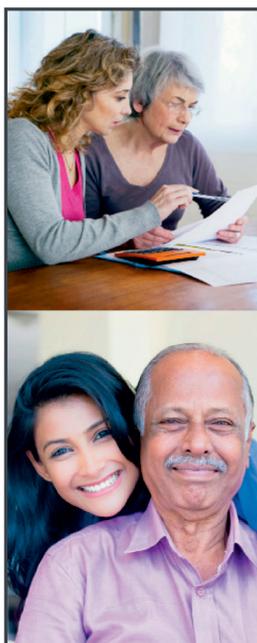
- You may owe less money.
- You might be able to figure out, early, if your medical identity has been stolen.
- You could protect the Medicare program for generations to come.

My Health Care Trackers also give information about the State Health Insurance Assistance Programs (SHIPs), which provide local, in-depth, and objective insurance counseling and assistance to Medicare-eligible individuals, their families, and caregivers.

The Senior Medicare Patrol (SMP) is ready to provide you

with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse; DETECT potential fraud, errors, and abuse; and REPORT your concerns. SMPs help educate and empower Medicare beneficiaries in the fight against health care fraud. Your SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues.

To locate or request a My Health Care Tracker (Spanish and English) contact your Senior Medicare Patrol, call 1-877-808-2468, email [info@smpresource.org](mailto:info@smpresource.org), or visit [www.smpresource.org](http://www.smpresource.org).



### My Health Care Tracker

Protect yourself from fraud by tracking your health care!



**PROTECT DETECT REPORT**

# NEI3A Staffing Announcements



**Janet Buls** has been promoted to Nutrition Director for NEI3A replacing Sally Myers who recently retired. Janet has been with NEI3A for 13 years specializing in health based programming and nutrition.



**Ashley Leistikow** has joined NEI3A's Senior Medicare Patrol (SMP) National Resource Center as a Program Coordinator. Ashley was most recently employed by the Allen Child Protection Center as a forensic interviewer.



**Amy Cameron** has joined NEI3A as an Aging Specialist serving Dubuque, Delaware, Jackson and Buchanan Counties. Amy was most recently employed by Hospice of Dubuque as a medical social worker.



**Megan Zimmerman** has been named as the Dementia Friendly State Coordinator. Megan started with NEI3A a year ago as an Aging Specialist. The Dementia Friendly State Coordinator is a new collaborative effort to increase public awareness about dementia throughout Iowa.



## Home Modification Assistance

Do you want to remain in your home as you age but need some assistance making the proper modifications to your home? We are looking for individuals in Black Hawk County aged 60 and over or disabled who need assistance making home modifications. With this special funding, NEI3A can help with:

- Grab bars
- High rise toilets
- Lift Chairs
- Stairlifts
- Ramps
- Walk-in showers
- Tub cut-outs
- Door widening

**For more information, please call  
1-800-779-8707**



**CONNECT WITH US!**

## Like and Follow us on Facebook!

*Join us for valuable information, fun facts, exercises to keep you moving, nutrition tips to keep you healthy, and resources to help your stay independent!*



# We Appreciate Your Support!

Northeast Iowa Area Agency on Aging would like to thank our supporters. The donations and grants we receive allow us to live out our mission of empowering older individuals to age with dignity and independence. Thank you to the following second quarter 2021 supporters!

## Donations:

- Michael Gerber
- Diane Repass
- Pamela Flanders
- Gemini Incorporated
- Sandra Davidshofer/  
Kendall Hunt Publishing
- St. Edward Church
- Front Stream

## Grants:

- Waterloo Housing Trust Fund
- Winneshiek County United Way
- CBE Casual for a Cause
- Delaware Community Foundation
- Clayton Board of Supervisors
- Cedar Valley United Way

*If you would like to donate to help provide valuable services to older individuals, visit our website at [www.nei3a.org/support-nei3a](http://www.nei3a.org/support-nei3a) or call Lisa Wetzel at 319-874-6879.*



## NEI3A Receives Outstanding Community Partner Award From Wartburg College of Social Work



Northeast Iowa Area Agency on Aging is proud to be recognized as an Outstanding Community Partner in Service and Learning by Wartburg College of Social Work. This award recognizes an agency that has provided exceptional learning and community involvement with Wartburg over the year. NEI3A was recognized for its dedication to experiential learning.

As the pandemic was closing many agencies to the public, opportunities for internships and research were reduced or even eliminated. NEI3A took this opportunity to embrace the need and offered multiple spring term placements, virtually providing learning experiences on social work's consumer and administrative functions. In the fall term, NEI3A worked with the research class to help provide program outcomes and data research on two projects which provided the agency some valuable community learning and program review.





## Haven't Gotten Your Farmers Market Checks? There's Still Time!

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. If you haven't gotten Farmers Market Checks yet this year, there is still time! The deadline to pick up checks is September 30. Checks must be used by October 31.

Eligible participants must:

- Be 60 years of age or older, born in or before 1961
- Live in the NEI3A service area
- Gross household income (i.e. before taxes) must be no more than \$23,828 for a single person and \$32,227 for a married couple.

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

### Here's How to Get Your Farmers Market Checks

- Call NEI3A toll-free at 1-800-779-8707 and request an application OR visit our website at [www.nei3a.org/news/press-releases/farmers-market-checks](http://www.nei3a.org/news/press-releases/farmers-market-checks) and download the application form.
- Complete the application and return to NEI3A.
- Once we receive your completed application, the checks will be sent to you in the mail.



**FRESH**  
CONVERSATIONS

presented by



NORTHEAST IOWA  
Area Agency  
on Aging

## Join Us for FUN and CONVERSATION about health & food!



### New Topics Each Month

Events held on Zoom and Conference Call monthly. There is no cost to participate. For information on joining call Kayla Brincks at 563-422-1014.

# Fall Prevention: Simple Tips to Prevent Falls

If you or someone you know are 65 years of age or older, you probably know someone who has fallen this past year. In fact, 1 in 4 older adults falls annually. And falls are the leading cause of injuries for older persons. This sounds ominous but the good news is that there are ways to prevent or reduce your risk of falling. And, they don't include expensive treatments or purchases. As a matter of fact, practical lifestyle changes can help you reduce your risk of falling and improve your quality of life.

Here are some things to consider.

- **Are you active?** Do you get physical activity regularly and maintain an active social life? If not, think about starting an exercise program that includes walking, flexibility and resistance training. NEI3A offers exercise programs in many locations and specific fall prevention programs as well.
- **Do you take multiple medications?** Discuss with your healthcare provider any concerns about falling. Your pharmacist can also provide information about any medications you take that may increase your risk of falls and what you can do to minimize that.
- **Do you think your home is safe for you?** Consider conducting a thorough safety assessment of your living space. If you have rugs, are they non-slip and do they lay flat? Are your stairs well-lit and are there handrails on both sides? Is there clutter in your home that could be removed?
- **Are you eating well and drinking enough fluids?** Poor nutrition can lead to weaker muscles and

dehydration is a risk for dizziness or even low blood pressure- a cause for falls. Protein is a necessary nutrient that we may not eat enough. Often, we don't recognize that we are thirsty so be sure to drink plenty of water throughout the day.

National Fall Prevention Awareness Day is September 22, 2021 and is a great time to think about our fall risk. But don't wait until then to consider what you can do to make your day safer! Fall prevention is important all year long. NEI3A offers several fall prevention programs and would like to help you find what works best for you. If you would like more information, give us a call at 1-800-779-8707.





## **Make a Positive Impact on Your Community**

### *Volunteer to Deliver Meals on Wheels!*

#### **Benefits of volunteering:**

- ◆ Connect with others in your community
- ◆ Increase your happiness and mental health
- ◆ Helps you stay physically healthy
- ◆ Learn new skills and increase brain function
- ◆ Bring fun and fulfillment to your life!

#### **As a business or organization volunteering will help:**

- ◆ Boost morale
- ◆ Encourage teamwork
- ◆ Develop employee character traits
- ◆ Redefine your company's image
- ◆ Promote giving back to your community

NEI3A relies on hundreds of volunteers to help deliver valuable nutrition to home bound seniors throughout Northeast Iowa. It takes approximately 1½ hour. Pick the days that work best for you - once a week or once a month.

**Make a difference in your community -  
sign up to volunteer by calling 1-800-779-8707**

# Why is it important to get vaccinated against COVID-19?

The COVID-19 vaccines are available for people over the age of 16 in Puerto Rico and the United States. The COVID-19 vaccines:

- Help keep you from getting sick or seriously ill even if you do get COVID-19.
- Protect community members around you, particularly people at increased risk for severe illness from COVID-19.
- Are the safest way to build protection for you and your loved ones.
- Are safe and effective. Clinical trials results have shown this to be true. Their use would not be authorized if they weren't deemed safe.
- Produce immunity in your body against the virus.
- Do not cause you to get sick with COVID-19. After getting vaccinated, you might have some side effects, which are normal signs that your body is building protection.
- Are an important tool to help slow the spread of COVID-19 — along with wearing a mask, staying six feet (2 meters) away from other people who are not from your household, avoiding crowds, and washing your hands frequently.



For more information, visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

# I Want to Receive NEIAging Today

To receive the *NEIAging Today* newsletter please fill out the information below.

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

Email \_\_\_\_\_

Yes, email the newsletter. (No Charge!)

**\$10.00 - One Year Subscription**

Additional Contribution to NEI3A

\$25.00     \$40.00

\$50.00     \$100.00

Other \_\_\_\_\_

# Sudoku Puzzle

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

# Family Ties Word Find

Find all of the words that are hidden in the grid. The remaining letters spell a special occasion for families.

- |             |              |            |
|-------------|--------------|------------|
| Ancestor    | Half Brother | Relatives  |
| Aunt        | Half Sister  | Sibling    |
| Bond        | Husband      | Sisters    |
| Brothers    | Kin          | Son        |
| Children    | Marriage     | Spouse     |
| Clan        | Mom          | Stepparent |
| Cousins     | Mother       | Triplets   |
| Dad         | Niece        | Twins      |
| Daughter    | Nephew       | Uncle      |
| Descendants | Newlywed     | Wife       |
| Father      | Offspring    |            |
| Folks       | Parents      |            |
| Genealogy   | Progeny      |            |
| Grandparent | Relations    |            |

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

Source: *Livewire Puzzles*

# Northeast Iowa Area Agency on Aging

## *Helping You Age with Confidence!*



When you need help finding the services you need to remain in your home and community as you age, our experts are here to help, connecting you to the services you need to remain independent.



Being a caregiver is truly a selfless task. Our caregiving experts provide caregiver support through support groups and resources to help you in your caregiving journey.



Staying active helps to keep you healthy and reduces the risk of falls as you age, exercising both your mind and body! Tai Chi, Matter of Balance, and Better Choices Better Health are a few of the health based programs we offer to promote active aging.



Getting the nutrition you need is a key component to remaining healthy and independent. From nutrition education opportunities to help you make healthy decisions or providing nutritious meals, we help to enhance your health with a variety of nutrition services.

*Serving Northeast Iowa with regional offices in Decorah, Dubuque, Marshalltown and Waterloo*

**[www.nei3a.org](http://www.nei3a.org) 1-800-779-8707**



**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.



3840 W. 9th Street  
Waterloo, IA 50702

# Supporting You in Your Caregiver Journey

*Being a family caregiver can be stressful. We are here to help! Connect with our caregiver professionals and other caregivers to share experiences and learn about available resources at one of our support group options:*

## Join by phone:

- Each Wednesday from 10:00 - 11:00 a.m.
  - Third Monday of each month from 10:00 - 11:00 a.m.
- Dial 1-800-264-8432 and use participant code 961847#.

## Attend Virtually:

Meet face to face with other caregivers each Tuesday from 2:00 - 3:00 p.m. by Zoom. To join, click on the link on our website at [www.nei3a.org/our-services/caregiver-resources](http://www.nei3a.org/our-services/caregiver-resources).

## Meet In Person:

Meetings will be held on the third Monday of each month from 10:00 - 11:00 a.m. at the NEI3A Decorah Regional Office located at 607 Washington Street in Decorah.



**For more information call 1-800-779-8707**