

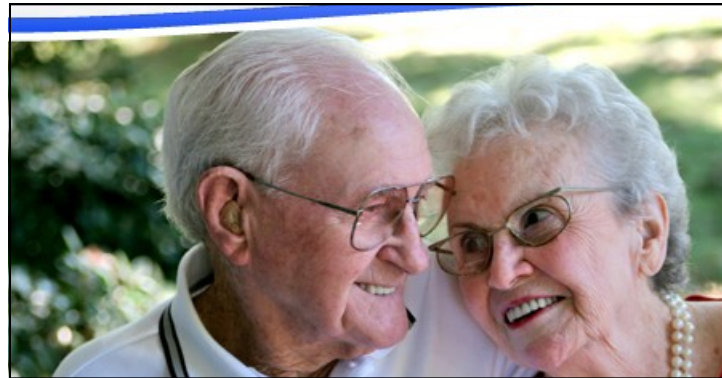
IV YOUR INFORMATION

Siouxland Aging Services, Inc.

A bi-monthly publication serving persons age 60 and older in Cherokee, Ida, Monona, Plymouth, and Woodbury counties.
Ph: (712) 279-6900 - (800) 798-6916
www.siouxlandaging.org

Older Americans Month 2011

Older Americans: Connecting the Community



Every May since 1963, people in rural areas and cities across the country have come together to celebrate the enormous contributions of older Americans—born of wisdom, experience, and the will to realize their dreams and speak their minds. Older Americans Month is our chance to show our appreciation and support our seniors as they continue to enrich and strengthen our communities.

The theme of this year's celebration—Older Americans: Connecting the Community—pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities. Their

shared histories, diverse experiences, and wealth of knowledge have made our culture, economy, and local character what they are today. The theme also highlights the many ways technology is helping older Americans live longer, healthier and more engaged lives.

In fact, older Americans are more active in community life than ever before, thanks in part to advances in health care, education, technology, and financial stability over the last several decades that have greatly increased their vitality and standard of living. Older adults are out and about giving back and making a difference in their communities.

Our seniors are mentoring the leaders of tomorrow, taking to heart the need for intergenerational learning to guide and inspire young minds. They offer a take on times gone by not discussed in any history class—a unique perspective that sheds new light on contemporary issues.

Older Americans step up to help one another as well. Across the country, seniors connect with other seniors by delivering meals, helping with home repair, assisting with shopping, and offering companionship, counseling, and care. Their efforts remind us that when older adults are active and engaged in their communities, everyone benefits.

Senior Care Expo & Wellness Walk: May 21, 2011

Help us celebrate Older Americans Month! Join your neighbors not only to recognize what older citizens bring to our communities, but also to help them continue playing a vital role in weaving a unique and lasting community fabric. Whether you are a senior, someone who is a caregiver, or have loved ones who are seniors, the Senior Care Expo is an event you will want to attend. There will be several dynamic speakers throughout the day and over 40 vendor booths with a wide variety of interesting and relevant information and products. Barb Dinelli, the Family Caregiver Specialist at Siouxland Aging Services, will be available to consult with those who care for their loved ones.

Siouxland Aging Services, Inc.
Senior Care Expo

Stoney Creek Inn and Conference Center
300 3rd St. Sioux City, IA

- Vendors
- Speakers
- Door prizes
- Health Checks

Prevent Identity Theft!
Shredtastic

Limit: 2 boxes of
personal info
11:00 to 1:00

Free admission

Saturday, May 21, 10-3

Call 712-279-6900 ext. 18 or 800-798-6916 for more info.
Registration: 9-9:30
In case of rain, alternative indoor route available.

Comments from Our Director

Greetings and Happy Older Americans Month!

This year the theme for Older Americans Month celebration is - Older Americans: Connecting the Community. There are over 601,000 older Iowans (60+) and over 30,000 live in the five counties we serve (Woodbury, Monona, Plymouth, Cherokee, Ida). Many of these older Iowans contribute to their communities in so many ways. Even though many are still working and may continue to work well into their 70's, many are volunteers that

provide invaluable time and skills in the schools, churches, and communities and to their families on many different levels. Here at Siouxland Aging we are proud to host over 200 volunteers who deliver meals to seniors and provide that community connection to some of the most vulnerable and isolated seniors. Many of our volunteers are board or advisory members. Most of our volunteers are seniors themselves.



Seniors are healthier and more active than ever before. They bring enthusiasm and compassion to communities in sharing their talents and time. Let's continue to celebrate seniors and embrace their contributions beyond the month of May and through the years to come. Say thanks to a senior you know today for all they have given and continue to give.

Sincerely,
Kim Keleher
Executive Director

SAVING TREES and MONEY!

If you would like to receive this newsletter via email instead of paper, we would be glad to send it to you! Please send your email address to: hannah@siouxlandaging.org and we will send you our newsletter by email and remove you from our regular mailing. This one simple step will save money and help save our planet— one sheet of paper at a time!

Your email address will not be distributed, sold or used for any other purpose than information from Siouxland Aging Services,

Siouxland Aging Service Accepting Applications for Providers

Siouxland Aging Services, Inc. is now accepting applications for providers to be a part of their Purchase of Service process FY 2012, beginning July 1, 2011. Included in the service area are Woodbury, Monona, Plymouth, Cherokee and Ida counties.

As part of its mission to enable older Iowans to live with maximum dignity, well-being and independence, Siouxland Aging Services, Inc., aims to provide a choice for frail and elderly seniors to receive long-term care in their communities and homes. Siouxland Aging Services, Inc., directly purchases needed services for clients from a pool of providers, with

the choice of provider(s) made by clients. The pool is established through formal agreements with existing community service providers.

The services offered are: adult day care/adult day health, chore services (i.e. mowing, snow removal), representative payee, nursing, home-maker services, home repair/ environmental adaptations, material aid/assistive devices, medical alert/ personal emergency response system, medication management, mental health outreach, nutritional counseling, personal care/home health aide, respite care (in-home), visiting/ friendly visitor/senior companion, transportation, assisted transportation and home delivered meals.

Eligible organizations may be public, private, non-profit or for-profit businesses, service organizations and/or political subdivisions of the state who offer services which meet Siouxland Aging Services' criteria. Small and minority-owned providers are encouraged to apply.

Interested providers may obtain an application or for more information by contacting Sandy Wienhold at (712) 279-6900 or (800) 798-6916.

In Celebration of Seventeen Years Informing Siouxland's Seniors

It is the mission of Siouxland Aging Services, Inc. to enable older Iowans to live with the maximum possible dignity, well-being, and independence.

Board of Directors

- Ruth Jordan, President (Monona)
- Connie Haack, Vice-Pres. (Cherokee)
- Glenda Wiggs, Secretary (Woodbury)
- William Bomgaars, Treas. (Plymouth)
- Kevin Brandvold (Woodbury)
- Lorraine Davis (Ida)
- Dorie Kolker (Plymouth)
- Mary Ann Arens, Advisory Council Representative (Plymouth)
- Judith Pratt (Monona)
- Sheree Ogren (Cherokee)
- Kim Keleher, Exec. Director

Mayors Step Up and Out for Meals on Wheels



In an effort to raise awareness of the Meals on Wheels and Congregate Meals programs in their communities, eight local mayors literally stepped out into their communities on March 23, 2011 to bring good nutrition to many homebound seniors. Currently, one in nine seniors is at risk of hunger in the United States and by volunteering for the Mayors' March for Meals, these local Mayors hope their involvement will motivate local citizens to volunteer to deliver meals to homebound seniors.

Siouxland Aging Services, Inc. would like to sincerely thank all the mayoral participants including: Dennis Ernst of Ida Grove; Dick Kirchoff of LeMars; Don Drefke of Marcus; Dale Petersen of Sergeant Bluff; Mike Hobart of Sioux City; Mark Murphy of Cherokee; Gerald Hyler of Correctionville and Bob Skelton of Onawa.



Volunteer News Siouxland Aging Services is always looking for volunteers to help deliver nutritious hot meals during the late morning hours through our Meals on Wheels Program. If you, or if you know of anyone who can devote one hour a month, one hour a week, or one hour a day to help us out, please give Stan a call at 279-6900 ext 37. We have just signed up The Catholic Diocese of Sioux City as drivers for our program. They, along with North Star of South Sioux City, are some of our companies that are helping out this program. If you know of any companies or individuals that would like to join us, contact Stan at 279-6900 ext 37.

A Matter of Balance—A Falls Prevention Workshop

is a series of eight fun, interactive workshops for people who have concerns about falling.

Classes meet twice a week for a month.

Call Siouxland Aging Services to register for classes NOW!

Classes will be held at:

Siouxland Center for Active Generations

313 Cook St., Sioux City, IA

Beginning on June 7, 2011 9:00AM-11:00AM

Call Debbie at 712-279-6900 ext. 31 or 800-798-6916!

Have you experienced a fall? Do you have concerns about falling? *A Matter of Balance* workshop is an award winning and evidence-based program that helps to prevent falls, reduce concerns about falling, and increase activity levels. At the *A Matter of Balance* workshop, participants learn:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home exercise to increase strength and balance

A Matter of Balance workshop is for anyone aged 60 and older who

- has concerns about falls
- is interested in improving balance, flexibility and strength
- who has fallen in the past
- Who has restricted activities because of falling concerns

Register early. Class size is limited!

Uninsured and People with Pre-existing Conditions Get Help

If you have a pre-existing condition, you can face daunting challenges and high costs when shopping for health insurance. In most states, private health insurance companies can refuse to insure someone if they have a pre-existing condition.

PCIP is a new program created by the Affordable Care Act to help provide coverage for uninsured people with pre-existing conditions until new insurance market rules go into effect in 2014.

The Affordable Care Act helps uninsured people with pre-existing

conditions get high quality care at affordable prices and get some control back over their own health care.

It does so in two ways: Discrimination based on a pre-existing condition by an insurer will be prohibited in every state and, consumers will have access to affordable private health insurance choices through a new organization called an "Exchange" which is a competitive marketplace for health plans.

Until then the Affordable Care Act establishes the PCIP as a transitional program to make health cov-

erage available to consumers if they have faced barriers to private health insurance because of a pre-existing condition and have gone without coverage for at least six months.

The Affordable Care Act provides federal funding to support a PCIP in every state. The program may vary depending on which state you live in. A little more than half of the states have requested that they run the program themselves.



The Pre-Existing Condition Insurance Plan:

- Covers a broad range of health benefits including primary and specialty care, hospital care and prescription drugs.
- Makes certain that all covered benefits are available for you even if it's to treat a pre-existing condition.
- Doesn't charge you a higher premium just because of your medical condition.
- Doesn't base eligibility on income.

To qualify for coverage:

- You must be a citizen or national of the United States or residing in the United States legally.
- You must have been uninsured for at least the last six months before you apply.
- You must have a pre-existing condition or have been denied coverage because of your health condition.

This is a transitional program until 2014. To find out about the PCIP details for your state, please check out this website <https://www.pcip.gov> and choose the topic at the top of the page, "Find Your State." You can also find out more about the Pre-Existing Condition Insurance Plan by calling: 1-866-717-5826: (TTY: 1-866-561-1604). Applications can be completed online at this website, registered by phone, or mailed in. SMP reminds everyone to be careful, do not respond to phone calls or letters asking you to enroll for a fee.

Farmers Market Vouchers

Vouchers will be available again this summer in Iowa. Designed to promote healthy eating habits through the consumption of fresh fruits, herbs, and vegetables, the program encourages Iowa's seniors to purchase directly from the farmer and to support the local farmers who participate in the program. The program will provide low-income Iowa seniors with \$30 in



voucher checks to obtain locally-grown honey, fresh fruits and vegetables.

Individual applications for the seniors Farmers' Market Nutrition Program will be processed at the Area Agencies on Aging and will be available in all 99 counties in Iowa.

To be eligible to receive the Senior Farmers' Market Nutrition Program coupons, Seniors must be 60 years of age or older at the time of their application (born in or before 1951), live in the service area of their local Area Agency on Aging (Nebraska and South Dakota residents do not qualify), and meet income level

guidelines.

Beginning June 6th, Siouxland Aging Services will be providing the \$30 voucher booklets between the hours of 10:00 a.m. - 2:00 p.m. Monday thru Thursday at its main office, 2301 Pierce Street in Sioux City. Limit one \$30 booklet per senior; supplies are limited.

Look for additional information available in your local news media, or nearest senior congregate meal program site, or contact Siouxland Aging Services in early June at 279-6900 or toll free at 1-800-798-6916 for details on how to apply for the vouchers.

Chore Services for Elderly Now Available in Monona County

Monona County Community Partnership Foundation recently awarded a \$3,000 grant to Siouxland Aging Services, Inc., for their Chore Program. Siouxland Aging Services' Chore Program provides lawn mowing and snow removal for elderly residents in Monona County as well as Plymouth, Ida, Cherokee and Woodbury Counties. Elderly residents in Monona County are encouraged to apply for the Chore Program.

"We want to thank the Monona County Community Partnership Foundation for their generosity. This grant will allow people who need lawn care and snow removal to safely stay in their homes

"We want to thank the Monona County Community Partnership Foundation for their generosity. This grant will allow people who need lawn care and snow removal to safely stay in their homes longer. Maintaining a quality, independent life is always our mission at Siouxland Aging Services. Without generous support from benefactors such as the Monona County Community Partnership Foundation, this program would not be available to nearly as many of the residents of Monona

County," stated Sandy Wienhold, Director of Case Management. "These are chores elderly people often try to do themselves. Not only are chores difficult for seniors but doing them can be harmful to an older persons' wellbeing."

For more information on how you can be eligible for the Chore Program, or to find out more about other services offered, contact Siouxland Aging Services at (712) 279-6900, toll free (800) 798-6916 or on our website at www.siouxlandaging.org.

Sun and Fun is Going to the Dogs!

Mark your calendars for **August 9, 2011**. Plan on having "A Dog-Gone Good Time" at this summer's Sun and Fun. It will be a great time to catch up with old friends. Collar a new friend and bring them along. Bet you can't guess what we will be having for lunch!



Our new Sun and Fun location will be at THE PLYMOUTH COUNTY FAIR GROUNDS in LEMARS, IA!

Vendor space is available! Contact Siouxland Aging Services for more information. Phone: (712) 279-6900 or (800) 798-6916, email: siouxlandaging@siouxlandaging.com

Thank you!

As budget cuts become more prevalent, we look to you for assistance so we can continue our mission to enable older lowans to live with maximum possible dignity, well-being, and independence.

Name: _____

Address: _____

City, State, Zip: _____

Please send in your tax deductible donations to:

Siouxland Aging Services, Inc.

2301 Pierce St.

Sioux City, IA 51104

Or donate online at www.siouxlandaging.org



We received an online donation from **Glenda Plaza** in the amount of \$500.00. We appreciate Glenda's support!

Thank you to Andrea Mader and her children Dimitri, Adrien and Quinton Fowler for your generous donation!

Better Choices, Better Health

Do you have a chronic disease? Do you deal with constant pain? A class called Better Choices/Better Health can help you. If you are interested in taking this class, or better yet, becoming a peer leader to teach this class, contact Barb at 279-6900 ext 18 or Stan at 279-6900 ext 37.



Beware: Home Repair Scams



Siouxland Aging Services would like to send out best wishes and support to the residents of Mapleton. Throughout the recovery, it's important to be aware of home improvement scams. Natural disasters are ideal situations for contractor fraud. Avoid home-repair scams by following these tips:

- 1. Watch for scams at your doorstep**, where someone shows up and says your driveway needs repaving, or your house needs new shingles – and they "just happen to have materials left over" at a big discount! Just say no to anyone demanding an immediate decision, or someone who only accepts cash.
- 2. Check out and interview contractors** before you sign a contract or pay any money. Request and contact local references. Check on complaints with the Attorney General's Office (515-281-5926 or 888-777-4590) and check with the Better Business Bureau. Check to see if a contractor has been sued by unsatisfied customers - go to www.iowacourts.state.ia.us. Check on a contractor's registration and bonding (which doesn't guarantee quality of work) at www.iowaworkforce.org/labor. Ask for a copy of the contractor's liability insurance certificate. Be wary of a person or company not listed in the local telephone directory.
- 3. Get several written estimates, choose the best, and get a contract in writing.** Before work begins, agree on a detailed, *written contract*, the brand and/or the specifications of the materials to be used, the price, who's responsible for permits, etc. Put start and completion dates in writing, and remedies if the contractor fails to meet them. It's usually safer and a better deal to obtain financing through your local bank or credit union, rather than a contractor. If you sign a contract somewhere other than the contractor's regular place of business, such as at your home, you have three business days to cancel the contract without penalty.
- 4. Avoid paying large sums or the entire job upfront.** If you need to make a partial advance payment for materials, make your check out to the supplier *and* the contractor. Insist on a "mechanic's lien waiver" in case the contractor fails to pay others for materials or labor.

Senior Travel Tips and Tricks



Are you afraid to travel because you have difficulty with mobility? Are you concerned with costs or afraid to ask for amenities? Well you are not alone. In an effort to help seniors travel safely, we found many helpful tips.

Many people have difficulty standing for an hour, as you may have to do at an airport these days. Crowds and stairs can present problems as well but that doesn't mean travel is out of the question. It means that travel requires a little more planning, inquiring and adjusting. Be assertive when planning to travel and enjoy your adventures!

Here are some tips:

- 1. Do you know you can reserve an airport wheelchair?** It's a wise choice, especially if you tire easily, as getting from terminal to terminal can be quite a jaunt.
- 2. Pre-board the aircraft.** You can board before the other passengers, you just have to tell the gate agent you need to get on the aircraft as soon as possible. This will allow you a little extra time to settle in your seat.
- 3. If you need wheelchair-accessible transportation** from the airport to your hotel, choose a hotel that has a free airport shuttle. Under the Americans with Disabilities Act, if the hotel provides free transfers, they must also provide free accessible transfers, even if they have to contract-out the service.
- 4. Cruises are a great accessible travel choice**, but if fatigue is a factor while walking, rent an electric scooter and have it delivered directly to your stateroom, because you will probably have a long way to walk once you are on-board. Always check with the cruise line for information.
- 5. Ask for a hotel room near the elevator.** For safety's sake, it's also advisable to ask for a ground floor room whenever possible.
- 6. Don't forget to pack your accessible parking placard** with you whenever you travel. It's good everywhere in the US (except New York City), Canada and Europe.
- 7. If you're headed to a national or state park**, they have reduced entry-fee rates for disable individuals. Their website is http://www.nps.gov/fees_passes.htm and it will give you the details.



Siouxland Aging Services News

Meet Our New Board Members!



Siouxland Aging Services welcomes Mary Ann Arens as Chair of their Advisory Council. Mary Ann has lived and worked in Plymouth County for many years. From driving the school bus to volunteering for Siouxland Aging Services Meals on Wheels program in LeMars, Mary Ann has always found time to be actively working and volunteering for the community in Plymouth County. As the Advisory Council Chair, Mary Ann will also serve on the Board as the Liaison for the Advisory Council.



Siouxland Aging Services would also like to welcome Judi Pratt to the SAS Board. With a degree in Nursing and a Master's in Social Work, Judi is very focused on education and wellness. Not only does she bring her personal & professional experiences with multi-generational & multicultural families, she also brings a positive attitude of hope and belief. Judi lives in Whiting, Iowa and will represent Monona county.

Remembering our Board Member, Secretary Glenda Wiggs

Glenda Wiggs, our Board Secretary, passed away March 13. Glenda has served on the board for many years and truly enjoyed participating in this capacity. Glenda was truly an advocate for seniors and a very gentle and compassionate person. She enjoyed life and loved to be involved and try and make a difference in people's lives.

Congratulations!

Siouxland Aging Services, Inc. is proud to announce that Barb Dinelli, Kari Rhodes and Krista Roeber have successfully completed and passed all five classes for the Iowa Aging Institute's Certification in Aging Program. This certification focuses on several main concerns of aging: basic issues in aging; important information about the aging network; geriatric assessment; mental health and substance use among older adults as well as several elective topics. This certificate is indispensable as it provides the necessary tools to address the needs of older Iowans.

SAS Staffing News



Siouxland Aging Services would like to welcome **Lynn Androy, Connie Sholl, and Georgia Washington** to the Sioux City kitchen staff. Pictured from left to right: Lynn Androy, Connie Sholl, Georgia Washington.

We would also like to welcome **Hannah Reha** to the Sioux City office. She started out as a volunteer in the Meals on Wheels kitchen, and has since accepted the Advocacy Assistant position. She is very excited to be an advocate for seniors in our five counties.

Connie Hancock has been working as the Volunteer Scheduler for the Meals on Wheels program since March. Between 7 grandkids and 3 great-grandkids, somehow she still finds time for golf and gardening.

LEMON COLESLAW



- 2 Cups Shredded Cabbage
- 1/2 Cup pineapple tidbits, drained
- 1/2 Cup lemon flavored yogurt

Combine all ingredients. Serve chilled. Makes two large or four small servings.

To make this healthy salad quickly, choose pre-shredded cabbage which is available in the produce section of the supermarket.



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Enabling Older Iowans in to live with maximum possible dignity, well-being, and independence.



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