

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.

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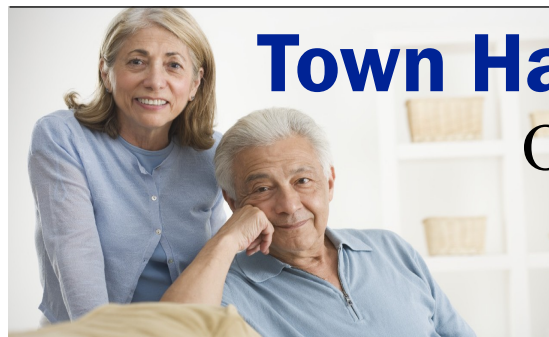


The "IV Your Information" newsletter is distributed bi-monthly to over 1,600 seniors, agencies and organizations in the Siouxland area. With reduced funding, Siouxland Aging Services' appeals to all of our readers and contributors for donations to support and maintain this service. All donations are greatly appreciated. Donations to this newsletter are tax deductible.

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



Town Hall Meetings On Senior Needs & Services

Join us for coffee, cookies, and discussion about the needs and services available for seniors in your community and county. Voice your concerns and applaud the efforts made on behalf of older community members. Help us to identify current and future issues facing seniors. This meeting is open to seniors, families, caregivers, professionals, service providers, elected officials, and community members.

September 21
Ida County
 Ida Grove
 Community Center
 403 3rd Street
 10:00am

September 22
Woodbury County
 Merville Senior Center
 11 S. 2nd Street
 12:00pm

October 5
Cherokee County
 Aurelia Community Center
 235 Main Street
 9:00am

October 18
Plymouth County
 Kingsley Senior Center
 207 E 1st Street
 11:30am

October 19
Monona County
 Onawa Senior Center
 1017 8th Street
 11:30am



Comments from Our Director

Greetings! I often wonder why change is so difficult for most of us, especially when it appears to be the most consistent phenomenon! Change is inevitable and will forever be a part of our journey. Some changes are small; some are quite extensive and completely alter our world. There has been much research done that shows those of us who deal with change with a positive outlook tend to function better, both physically and mentally.

As most of you are aware, legislation that was passed this year directs the existing 13 Area Agencies on Aging to consolidate and reduce the number of total agencies. This law states that we need to implement this by July 1, 2012.....less than one year from now. While this has been quite a stressful event in the lives of the current AAA Directors, including me, we have but one overriding mission.

We will strive to be diligent in ensuring that you see little or no changes the services you currently receive. If anything, the overall premise for consolidation is to bring consistent core services to all seniors and family caregivers across the state. I hope that we can enhance services in the next few years.

I hope you will join me in creating positive change as we evolve to meet this mandate. I encourage you to stay informed and keep in touch. Let me know if there are ways you think aging services could be improved. Let me know what matters to you.

Most of all, no matter what the change, big or small.....keep your smile on.

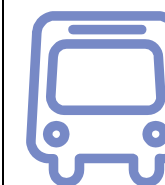
Warm regards,
 Kim Keleher
 Executive Director

Leading the Grassroots Fight Against Fraud

Earlier this August, the Iowa Senior Medicare Patrol (SMP) was recognized as a top five performer in beneficiary education efforts at this year's national SMP conference: *SMP 2011: Leading the Grassroots Fight Against Fraud*. The conference showcased exemplary SMP outreach practices, recognized outstanding SMP volunteers, provided tools to achieve excellence, and much more. Chris Kuchta, Director of Siouxland Aging Service's SMP program, is an integral part in these outreach practices. She heads the local SMP program; educating our senior volunteers on these grassroots efforts to protect, detect and report healthcare (Medicare) fraud, scams and identify theft. She states "It is seniors' awareness of how to read their Medicare Summary Notices, of current scam attempts, and wisdom in dealing with scammers that helps deter crooks, prevents themselves and their peers from being victimized, and return many dollars to Medicare. It's been said that there is a \$13 return to Medicare for every dollar spent by the SMP program...and in Iowa, we do it well!" SMP is always accepting volunteers to help with this "grassroots fight against fraud". For more information on how you can help, contact Chris Kuchta at 712-279-6900 or 800-798-6916.



Transportation



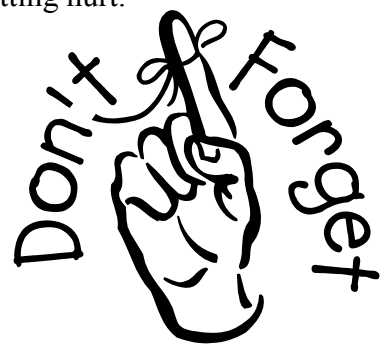
Transportation Advisory Group (TAG)

The Transportation Advisory Group (TAG) will be hosting a public forum on November 11, 2011, to help improve the mobility of the elderly, people with disabilities and low income populations through coordination of resources. Please come to discuss mobility/transportation issues within the Siouxland area and help us find solutions! TAG is looking at how a Mobility Manager can improve the mobility of individuals who do not have access to a car for medical appointments, to run errands, to get to work, school, etc. There will also be a guest speaker, Margi Ness, Region VII United We Ride Ambassador. Join us at 10:00am at the Sioux City Public Museum (607 4th Street) to find out how you can help! Please RSVP to 279-6286 or mbastinelos@simpc.org by October 28th. For more information, contact Siouxland Aging Services at 279-6900 or 800-798-6916.

Caregiver's Corner

Caring for the elderly and frail includes making some form of adjustments in their home for them to remain independent. These adjustments can range from small changes that don't cost anything and can be modified by the senior, their families or caregivers, to more significant home improvements, such as changes to a bathroom or moving the laundry to the main floor. The larger changes to the home may take more money and time, but can be an overall cost-effective method to allow the senior to stay in his or her home. Even middle-aged adults are now making design changes to their homes to address the needs of their visiting senior parents as well as to create the ideal environment to age in place in future years.

Ultimately, a senior's safety should be of primary importance to family members and caregivers. All of the possible precautions that can be taken in creating an environment that is safe for the senior should be reviewed and changed if necessary. Taking steps toward safety allows for the senior to remain safe, comfortable and offers opportunity for better quality of life. And the last thing we want is our aging parent/relative getting hurt.



TO CHECK YOUR HOME PERIODICALLY!

Each year, according to estimates by the U.S. Consumer Product Safety Commission (CPSC), nearly 1 million people over age 65 are treated in hospital emergency rooms for injuries associated with the products they live with and use every day. Below are some general safety tips plus you can call Siouxland Aging Services at 712-279-6900 for more safety information.

General Home Safety

- Install working smoke detectors on each floor
- Post emergency fire, ambulance and poison control numbers next to each phone
- Provide accessible fire extinguishers on each floor
- Devise an emergency exit plan for each room and floor of the house
- Make sure windows and doors open easily and are easy to reach
- Remove small rugs and runners to prevent tripping
- Provide bright lighting in all rooms
- Make sure electrical outlets and light switches are easy to reach
- Remove electrical and phone cords from pathways
- Consider using a walker, a can or handrails for safer mobility
- Place the mailbox in a place where mail can be easily retrieved

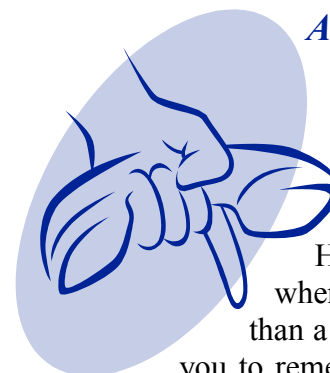
“Life would be infinitely happier if we could only be born at the age of eighty and gradually approach eighteen.”

~ Mark Twain

Head's Up!



A Rash of Reports for Telemarketing Calls



The odds that you will receive an unwanted call about diabetes testing supplies are going up quickly. Senior Medicare Patrol has received many reports from all around the state that telemarketers are phoning – they are persistent and convincing.

According to the National Diabetes Information Clearinghouse, of the U.S. Dept. of Health and Human Services, 26.9% of persons age 65 and over had diabetes last year. So when a telemarketer or potential scam artist makes a call to retired persons, they have better than a one in four chance of reaching a person with diabetes. Here are the things we encourage you to remember when you get an unexpected call from someone saying you can get free diabetes testing supplies if you are on Medicare:

- If you have not been a customer of the business, Medicare rules say they should not make cold calls to sell you medical supplies and then claim benefits from Medicare. If possible, you should get the name of the caller, the name of the business, the business address and phone number, then report this information to Senior Medicare Patrol at 1-800-423-2449. And ... don't do business with them!
- If you are currently getting Medicare-covered items from a medical supply business they may call you and offer other supplies. They'll already have your Medicare number and physician name on record so please tell them you will talk with your doctor before making a decision about additional medical supplies or equipment.
- Do not accept a caller's word if they say they've already OK'd this with your doctor or that your doctor requested these supplies for you. You or your family or personal representative should talk with your doctor first.
- Do not give your Medicare number and or physician's name during a call that you did not initiate. You have no way of verifying the authenticity of the call and could be giving your valuable personal information to a scam artist.
- Don't let the “startle” factor get the best of you! We have heard from so many seniors who were convinced to give personal information because they answered a call before they got up in the morning or while napping, or heard the phone ring while on the porch or in the garden and ran in to answer it quickly. It's human nature to let your guard down when you are surprised, in a hurry or not feeling sharp due to sleepiness or poor health.

No one besides you and your doctor or other health care provider you are working with, should make decisions about what medical supplies you need or where you should buy them, even if Medicare pays the full charge.

The Senior Medicare Patrol in Maryland recently reported to our office that a senior in their area who receives home delivered meals was victimized by a scam artist. A stranger called the senior, telling him that delivery of his meals might be disrupted due to some changes in the program, unless he paid a “small” fee of \$40.00. Because this older gentleman relied very much upon his delivered meals, he paid the money. Later, he wondered if he might have been taken for a ride,

so he called the phone number the scam artist left for him—it was a fake number. Then he called his area agency on aging and found out it was a scam!

Here's advice from Lynn Haugen, Nutrition Director for Siouxland Aging Services. “Consumers of our home delivered meals would not receive a call from a stranger asking for money, if there is news they need to receive about their meals. Any information we need to pass along to persons receiving meals would

be in the form of an official letter, a special flyer delivered with their meal, or a phone call from our Meals on Wheels office staff or an SAS staff person.” Ms. Haugen further advises that, “if our home delivered meal consumers receive any unexpected calls about the services they receive from SAS and they would like to double check the information, they should call the Siouxland Aging Services Nutrition office or Meals on Wheels office at 712-279-6900 (local) or 1-800-798-6916.”

2012 Part D Open Enrollment

Changes to 2012 Part D Open Enrollment

It's no secret that you have a limited amount of time to compare Medicare Part D Plans for any given year but many people may not be aware of the change to the Annual Enrollment Period for 2012 plans.

If you do not enroll in a Part D Plan during the Annual Enrollment Period you could be without a Medicare prescription drug plan for the following year or may be stuck with your current plan that has changes that are not in your best interest. Here's what you need to know about enrolling in a Part D Plan for 2012:

- The enrollment period for 2012 Part D Plans will begin on October 15, 2011 and end on December 7, 2011. This is a change from years past when you were able to enroll between November 15 and December 31.
- The last application submitted during the Annual Enrollment Period will become effective on January 1, 2012. In other words if you submit an application but change your mind, as long as you are still in the enrollment period, you can submit another application.

The plan you choose during the enrollment period cannot be changed after the enrollment period ends unless you are entitled a Special Enrollment Period (SEP) or are taking advantage of the new SEP to switch to a Part D Plan which is rated as 5 star by CMS.

Article taken from PartDPlanFinder.com
Written by David Forbes

Compare Part D Plans Early!

To be on the safe side you may want to compare plans sooner rather than later. Plan information should be made available earlier this year to accommodate the moved up time frame for the Annual Enrollment Period.

If you are currently enrolled in a Part D Plan you should monitor your mail for any notices concerning your carriers' plans for 2012.



Call Siouxland Aging Services to schedule your free Part D comparison today!

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, Inc. You may request to be removed or added at any time.



Oh, What Fun!

Sun 'N' Fun participants had a wonderful day on August 9, filled with smiles and sunshine! Almost 250 seniors arrived by car, bus, and van at our new location, the Plymouth County Fairgrounds. They were greeted with coffee and donuts at the doorway before exploring over 20 vendor booths, playing "doggy doo toss", enjoying the music of Elaine Peacock, and everyone's favorite, the photobooth! Hips swayed during the hula hoop contest, and tired legs relaxed on a tour of the fairgrounds by horse-drawn hayrack. The back patio was filled with toe-tappers and even some brave souls willing to dance to the swinging music provided by Ervin Pickhinke. Inside the Century Hall, many created fuzzy little Pom Pom Dogs and/or played a few rounds at the Wii station. Throughout the lunch, shouts of joy rang out as excited winners claimed their door prizes. Thank you to the staff, volunteers, vendors, and donors who made this year's Sun 'N' Fun a tail-wagging success!



"Great!"



who made this year's Sun 'N' Fun a tail-wagging success!



"Just plain fun!"



Iowa does better than most states when it comes to making sure the elderly get the food they need, according to a new study by the AARP Foundation.

The study found that more than 6 million older Americans face the

threat of hunger daily, meaning they are forced to skip meals or buy poor quality food. That number is expected to increase.

The good news is that Iowa seniors are faring relatively well. In fact, Iowa ranks 41st out of 50 when you list the states where seniors face the greatest threat of hunger. Only about 4 percent of Iowa seniors face the threat of hunger every day.

As small as that percentage may

seem, we must do more to ensure all Iowa seniors get the food they need. Participating in the national "Drive to End Hunger" can help Iowa tackle the problem.

To learn more about how you can help, or if you know a senior in need of food, go to <http://drivetoendhunger.org/hunger-in-the-united-states>.

Article taken from Iowa Senate Democrats'

SAVE THE DATE!

The Iowa Dental Foundation and its collaborating partners are pleased to announce the 4th annual Iowa Mission of Mercy!

November 18 & 19, 2011

Tyson Events Center • Sioux City, Iowa

For more information on the Iowa Mission of Mercy, please go to www.iowamom.org. Or contact Sarah Dixon Gale, sdixon@iowapca.com, 515-244-6910 x5016.



Join the Mission!
Volunteer!

What's so good about tomatoes?



Tomatoes are rich in vitamins and minerals. They are high in Vitamin C and are a good source of beta carotene, potassium, folic acid, iron and fiber.

Tomatoes are also high in antioxidants, especially Lycopene, which has recently been found to prevent some cancers. Tomatoes are inexpensive, combine well with about any type of food, can be enjoyed raw, stuffed, bakes, stewed or grilled.

When selecting fresh tomatoes, try the "Thumb Test": Gently

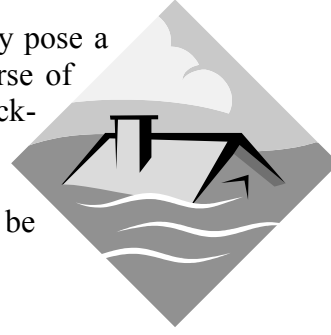


press tomato with thumb. If no mark is left then the tomato is not ripe. If an indentation appears then disappears, the tomato is ripe. If the indentation remains, then the tomato is overripe.

Canned tomatoes and tomato products are inexpensive and just as healthy as fresh tomatoes and are available throughout the year.

Restoring Your Home...After the Flood

Flood water can be heavily contaminated with sewage and other pollutants and may pose a serious health hazard. During flood conditions, the water leaves the normal course of stream and river beds and may come in contact with sources of contamination. Sewer back-ups may also occur. Treat all flood-water impacted surfaces and furnishings as toxic until properly decontaminated. Keep children and pets out of contaminated areas. Do not track contaminated material into undamaged areas. The following measures should be taken to restore your home to a sanitary condition:



- Pump or remove water from the basement.
- All standing water in flooded basements should be disinfected with a chlorine solution made by adding one liter of bleach to four liters of water. Estimate the volume of standing water and add the proportionate volume of bleach. For earth or ground basements, add chloride of lime to the floor.
- All wood work and items of impervious material (plastics, metals, etc.) should be cleaned with soap and water then washed again with a solution of part bleach with four parts water.
- Upholstered furnishings in contact with flood water should be dried outside were possible and professionally cleaned. Upholstered furniture, or stuffed articles in contact with raw sewage should be discarded.
- Carpets in contact with a flood should be professionally cleaned; sewage soaked carpets must be discarded.
- All surfaces and structures , after washing with soap and water including walls, ceilings and floors that have been in contact with flood waters should be then washed down with a chlorine solution of one part bleach to four parts water. The cleaning should extend to 20 inches above the water line. Check for mold regularly for one month after clean-up and if mold is encountered kill by applying a chorine solution or rubbing alcohol.
- Linens and washable clothing should be washed and rinsed several times in cold water treated with one cup bleach per washer load; dry quickly.
- Discard and replace all insulation material, mattresses, stuffed toys, pillows, padding and cushions that have been soaked.

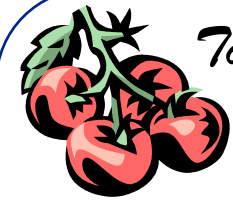
Any of the following foods exposed to flood water must be disposed of:

- Dispose of any foods that have been exposed to flood water such as: contents of freezer or refrigerator; all meats; all fresh fruits and vegetables; all boxed food; all bottled drinks and products in jars including home preserves, spices, condiments, etc. since the area under the seal of jars and bottles can not be adequately disinfected; all medicines, cosmetics and other toiletries.

Canned foods without signs of damage to the seal or large dents can be salvaged if the can is thoroughly washed and disinfected. Cans showing signs of leakage, bloating or the seal is damaged should be discarded.

All contaminated hes, utensils and food-contact surfaces such as cutting boards and counter tops should be washed with warm water and soap and then sanitized with a chlorine solution. Wooden utensils should be discarded.

If there is any doubt as to whether a food item has been in contact with flood water, throw it out!



Tomatoes Gratin

Serves 6



Directions

Preheat oven to 450 degrees.
Coat a shallow 2-quart baking dish with non-stick spray.

Ingredients

- 2 cups dry bread crumbs (coarse) or 3 cups croutons
- 1 ½ tsp. minced garlic
- 1 Tablespoon extra-virgin olive oil
- ½ cup finely shredded Romano or Parmesan cheese
- 4 medium tomatoes, sliced
- ¼ cup chopped fhrsh basil
- ½ tsp. ground pepper
- ¼ tsp. salt

Place bread crumbs in a bowl. Add garlic, oil, and cheese; mix well. Set aside. Layer sliced tomatoes in the baking dish, sprinkling each layer with chopped basil, pepper and salt. Bake the tomatoes for 10 minutes; sprinkle with the bread crumb mixture and bake for 10 more minutes until browned. Serve immediately.



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