

For Release July 19-August 10

Siouxland Aging Services invites all area senior citizens, age 60 and older and their caregivers to this year's annual Sun & Fun Getaway on Tuesday, August 10, 2010, 9 am-1 pm. Gentle breezes and water lapping the shore will inspire seniors to "C'mon & Hula" for tropical themed fun at Little Sioux Park, near Correctionville, IA.

This event is sponsored by the Senior Advocate Program at Siouxland Aging Services. "For more than 20 years, we are pleased to be able to continue and add to the tradition that literally thousands of seniors have previously attended," stated Chris Kuchta, Advocacy Coordinator. "We know that this event has given many older Siouxland residents so much pleasure and the opportunity to connect with other people and services in a beautiful outdoor setting. We encourage all seniors from the area to attend."

This year, seniors will be able to browse through informative booths hosted by many area healthcare and senior-related businesses, try their skill and luck at games, head over to the lake to fish or canoe, or explore our island paradise by hayrack or golf cart. Music for dancing or listening pleasure will be provided by Robert Johnson, a one-man band from Larabee, IA. A delicious barbecued luau lunch with its mouth-watering aromas is guaranteed to increase even the smallest appetite. It's fully expected, but not required, that seniors will arrive in brightly colored flowered shirts, muumuus and even grass skirts to fit into the tropical theme.

Dr. Sharon Ocker, retired Director of Education at Morningside College, will serve as the Senior Master of Ceremonies with Christy Batien, KTIV Television Channel 4, appearing as honorary Master of Ceremonies.

Siouxland Regional Transit System will be available to transport seniors to Little Sioux Park from designated sites. Transportation sign-up may be done by contacting Siouxland Aging Services at 279-6900 (Sioux City) or 1-800-798-6916. All senior congregate meal sites and many senior housing complexes in Cherokee, Ida, Monona, Plymouth, and Woodbury counties will have sign-up sheets for transportation as well. Reservations for the rides must be made by Friday, July 30th.

There will be a charge of \$5.00 for the morning's activities and the noon meal. In addition, there is a suggested donation of \$2.50 for those who ride the SRTS buses to help offset the transportation costs.

The Senior Advocacy Program helps older Siouxland residents identify, locate and utilize the services they need. The Senior Advocate enables seniors to have a better quality of life by providing information, giving personal assistance, and making referrals to agencies and organizations. By advocating for seniors, the program assists many older individuals protect their rights and well-being, maintain their independence, and receive assistance when needed.

Siouxland Aging Services, one of the 13 Area Agencies on Aging, serves older Iowans in Cherokee, Ida, Monona, and Plymouth counties with a variety of programs and services that enable seniors to live with maximum independence, dignity and well-being.

For more information about either Sun and Fun Senior Getaway or the Senior Advocacy Program at Siouxland Aging Services, call Chris Kuchta at 712-279-6900, ext. 18 .