



For Today's Seniors
January/February 2011
Volume 17—Issue 1

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

Comments from Our Director

On behalf of Siouxland Aging, I want to wish everyone a happy New Year. I hope the weather continues to be fair throughout the season (through April for that matter!) and hope everyone enjoys good health and joy.

As the New Year is also upon us, here is my wish list for 2011:

- The legislature appropriates continued funds for home and community based services for Iowa seniors.
 - * *These funds (\$8.5 million) help nearly 18,000 older Iowans stay independent, safe, and healthy.*
- Increased partnerships with community organizations such as hospitals and physician clinics to better coordinate home support for seniors who are returning home from a hospitalization.
 - * *Better coordination will decrease the need for re-hospitalization and speed recovery.*
- Increased support from local public and private sources to expand provision of needed services.
 - * *Currently there are limited funds to meet the demand for certain services such as transportation and chore.*

What is your wish list?

Wishing everyone a blessed holiday and hope for the New Year.

Best regards,
 Kim Keleher
 Executive Director



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)
 June Lamoureux, Advisory Council Rep.
 John Noer (Monona)



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 volunteer donations to support and maintain this service. All donations are greatly appreciated. Donations to this newsletter are tax

Iowa's Rent Reimbursement Program Continues

Have you, like so many others, been tightening your belt this year? With tight budgets, an extra check may give some relief to many renters. Iowa's Department of Revenue is continuing its Rent Reimbursement Program.

Who is eligible?

IOWA RESIDENTS are eligible to file a claim for reimbursement of rent paid if the total household income is less than \$20,741 and they meet at least one of the following conditions:

- **Be 65 years of age or older by December 31, 2010,**
- **Be totally disabled and 18 to 64 years of age by December 31, 2010.**

Married couples, if living together, are considered one household and may file only one claim and must combine their incomes. If they do not live together, they may file separate claims. If two or more persons live together and qualify for a reimbursement, each person may file a claim based on each person's income and each person's portion of the rent paid.

You are not eligible for rent reimbursement if the rental unit or nursing home in which you resided was not subject to property tax during 2010. If you are uncertain about the tax status, contact your landlord, administrator, county or city assessor. Only the rent paid during the period of time the property was in a taxable status can be used in computing the reimbursement. *Residents of Evergreen Terrace, Fairmount Park, Diamond Heights and Riverside Gardens are not eligible.*

2010 Rent Reimbursement Program applicants have until December 31, 2012 to file for reimbursement. For more information or to schedule a time for assistance with a Rent Rebate Application, call Siouxland Aging Services at 712-279-6900.

Sure footed, safe volunteer drivers needed for Meals on Wheels! Please contact Stan at Siouxland Aging Services at 712-279-6900 ext 37 or 800-798-6916.



SMP Reports: Two Recent Healthcare Fraud Settlements in Iowa

Medicare and Medicaid fraud is happening even in our area.

A Spencer, Iowa pharmacist guilty to health care fraud, pled guilty to health care fraud, after admitting he submitted 1,000 false claims to Medicare and Medicaid, for prescriptions that weren't authorized. He has paid \$350,000 to settle the civil lawsuit against him and he is awaiting sentencing. An SMP volunteer from Spencer informed SMP of this news.

The City of Clinton has reached a settlement agreement to pay \$4.5 million in response to a federal lawsuit alleging city employees overbilled Medicare and Medicaid for ambulance services provided by their fire department. Federal officials alleged that the city "upcoded" ambulance charges for a higher level of emergency care than was actually provided. There was no official finding of fault since the city agreed to a settlement.

This news is a powerful reminder that Medicare and Medicaid fraud is not confined to larger cities and is not just happening in Miami and Los Angeles!

Senior Living Trust Helps Older Iowans to Stay Home Longer



17,718 seniors in Iowa who received community based services via the Iowa Area Aging continue to get the critical support they need to avoid nursing home placement in State Fiscal Year 2010. Now, without the Senior Living Trust, these seniors face expensive institutional placement.

Through the Iowa Department on Aging and implemented by the Iowa Area Agencies on Aging, the **Senior Living Trust** helped pay for home and community-based services for nearly 18,000 low and moderate-income older persons in State Fiscal Year 2010. Now, without the Senior Living Trust, these seniors face expensive institutional placement.

\$8.5 million must be appropriated in State Fiscal Year 2012 to ensure that these seniors continue to receive critical services that help prevent nursing home placement. Some of the services provided by the Area Agencies on Aging include: case management, chore, home repair, emergency response, elder abuse intervention, mental health outreach, respite care, adult day care, home maker, transportation.

The home and community-based services provided with these funds are less costly than the institutional care provided in nursing facilities. Without these services, older Iowans will have fewer options and may need to seek facility-based care paid for at a greater cost under Medicaid.

Iowa's long-term care system continues to be over-reliant on institutional-based care. Our institutional bias impacts older Iowans, people with disabilities, family caregivers, home and community-based service providers, AND our state resources. Iowa must adequately fund services that help seniors and people with disabilities who are at risk for institutional placement to remain in their own homes longer and live as independently as possible.

In Iowa the current monthly cost for Iowans receiving supports under the Medicaid Elderly Waiver averages \$606, compared to \$3,654 in monthly Medicaid costs for nursing home care. These funds provide match for federal Older Americans Act funds without which critical funding for services that help prevent nursing home placement will be lost in Iowa. 79% of Iowa AARP members say that it is very important to them to be able to stay at home as long as possible if they or a family member need long-term care.

For more information contact: Kim Keleher, Executive Director, Siouxland Aging Services at (712) 279-6900 or (800) 798-6916.



Using the same number of tax dollars, 6 people can stay in their home with home and community based services as compared to 1 in a nursing home.

“Keeping Iowan’s At Home” Legislative Forum Review
November 18th, the Siouxland Aging Services hosted a Legislative Forum “Keeping Older Iowans at Home.” Many concerned citizens and legislators attended, hearing the importance of the Senior Trust Fund, how important it is to put money in those coffers and how much more efficient those same dollars are spent if we work to keep seniors in their homes, using home and community based services. Legislators from our area listened to these concerns and it is our hope that with the review of what the Senior Trust Fund provided, they will conclude that helping seniors stay at home is a priority, both personally and financially for many years to come. We would like to extend our gratitude to all those who spoke, attended and the Sioux City Scottish Rite for their hospitality.

Write Your Legislator about this issue

Download Form
Please Print
and Fill Out



The Honorable
(Representative's Name)
State Capitol
Des Moines, IA 50319

Plan Ahead! Tips for Severe Winter Weather



Winter is upon us, and while everyone needs to be prepared, there are special areas that disabled individuals and those with children need to consider. Iowa's Homeland Security has these tips to help you remain independent and keep you safe:

If you use assistive technology devices or medical devices that use electricity or batteries:

- Be sure to keep rechargeable batteries fully charged in case electricity is lost.
- Keep spare batteries on hand.
- Have back-up low-tech devices, for example a manual wheelchair or a communication board.
- Consider purchasing a generator for your home to provide back-up electricity.
- Have a plan in place to go somewhere that will have electricity. *Ask in advance* to stay with family, friends, neighbors or contact a religious or community organization.
- Try to keep a 3-day supply of your medicines and consumable medical supplies, personal hygiene items, food and water in your home.

If the roads are closed, your normal care providers may not be able to make it to your home. Have a plan in place about how you will meet those needs:

- Have alternatives for the supports and services you receive.
- Consider asking *in advance* family, neighbors or friends to be your support network to help provide critical cares or supports. Remember they will need to be able to get to your home if the roads are closed—so being located nearby is an important factor.
- Have directions written out or be able to clearly explain procedures.

If you leave your home to stay somewhere else be sure to take your:

- Assistive technology devices and related chargers or spare batteries.
- Medicines.
- Consumable medical supplies.

If you have a pet or service animal, be sure to have emergency supplies and plans for them too!

While winter weather can be hazardous, the tips listed above, if followed, may make the difference between surviving winter weather or winter weather being simply an inconvenience.

Facts About Falling

Each year, more than one-third of adults aged 65+ experience a fall severe enough to require **medical attention**.

Among older adults, falls are the **number-one cause** of fractures, hospital admissions for trauma, loss of independence, and injury deaths.

In 2000, the total direct cost of all fall injuries for people aged 65+ exceeded \$19 billion. This financial toll is expected to increase as the population ages and may reach \$54.9 billion by 2020.

Siouxland Aging Services offers workshops called **A Matter of Balance**. The only requirement is that you are 60 years old. Workshops need a minimum of ten participants.

A Matter of Balance is an award winning program that can help reduce the fear of falling, reduce the risks for falling, and increase the activity levels of older adults who have concerns about falling.

Call Siouxland Aging Services at 712-279-6900 for more information.

January is National Soup Month



Popular since its beginning in 1929, when it was considered the national soup month. The Greeks sold soup as a street food using lentils, beans and other ingredients. Soup is one of the chief ingredients in the diets of billions of Americans every year. Soup is a comfort food, a "cure" for the common cold, a quick meal or a first course to a meal.

Coming in from out in the cold to a tantalizing, hot bowl of soup is a great way to warm up. Soup is one of America's comfort foods through the long cold days of winter.

Soup of course, can't really cure your cold or flu, but it can help. Scientists have discovered that eating soup can loosen the mucus through the nose that helps relieve congestion and acts as an anti-inflammatory by hindering the movement of immune system cells that contribute in the body's inflammatory reaction. It also helps keep your body hydrated and gives your body the calories for the energy to fight the cold or flu virus.

Soup is such a versatile food that, in a varied and healthy diet, soup can supply many of the different nutrients necessary for overall health and well-being. Soup is an easy, efficient way to consume more servings of vegetables. Diets high in vegetables and fruits are associated with lower risk for many chronic diseases.

If soup is your main course, it should contain a good source of protein. Adding lean meats or draining and rinsing a can of beans are an easy way to give soup more protein. Beans also add fiber and a whole variety of vitamins and minerals that many meals lack. Homemade soups also help control the sodium.

Be creative with soup. Start with a basic broth, add some favorite vegetables, herbs (fresh or packaged), a little meat or beans and simmer on the stove or in a crock pot. There are even recipes for soups that use fruits as the main ingredients. I can already

Heart Health News

Reducing your salt intake seems easy, but salt is hidden in many processed foods. Take time to read your labels. You can reduce your salt intake if you follow these steps:

- Choose low- or reduced-sodium, or no-salt-added versions of foods and condiments when available.
- Choose fresh, frozen, or canned sodium or no-salt-added
- Use fresh poultry, fish, and lean meats, rather than canned, smoked, or processed.
- Choose ready-to-eat breakfast cereals that are low in sodium.
- Limit cured foods (such as bacon and ham); foods packed in brine (such as pickles, pickled vegetables, olives, and sauerkraut); and condiments (such as mustard, horseradish, ketchup, and barbecue sauce). Limit even lower sodium versions of soy sauce and teriyaki sauce. Use condiments sparingly as you do with table salt.
- Cook rice, pasta, and hot cereals without salt. Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.
- Choose "convenience" foods that are lower in sodium. Cut back on frozen dinners, mixed dishes such as pizza, packaged mixes, canned soups or broths, and salad dressings—these often have a lot of sodium.
- Rinse canned foods, such as tuna and canned beans, to remove some of the sodium.
- Use spices instead of salt. In cooking and at the table, flavor foods with herbs,



High blood pressure can be controlled if you take these steps:

- Maintain a healthy weight.
- Be moderately physically active on most days of the week.
- Follow a healthy eating plan, which includes foods lower in sodium.
- If you drink alcoholic beverages, do so in moderation.
- If you have high blood pressure and are prescribed medication, take it as directed.

Meet Lorraine Davis, Board Member

We want to welcome Lorraine Davis as our newest board member to Siouxland Aging Services Board of Directors. Lorraine lives in Ida Grove, Iowa and has been employed in Human Resources at the Horn Memorial Hospital for 26 years. Recently Lorraine was promoted to Vice President of Human Resources. She holds a Master's Degree that she earned in 2007.

An Elder at the First Presbyterian Church in Battle Creek, Lorraine has also served as a Deacon, a Sunday school teacher and has assisted with Vacation Bible

School. She volunteers with the Battle Creek Beach Pool Committee and has chaired this group as well.

Lorraine's personal feelings about her statement, "to enable older people to live with maximum possible dignity, independence." Because of her experience in the human resource field, she works for the availability of benefits for everyone.



Siouxland Aging Services Welcome New Staff



Hello, my name is Amanda Olson and I am a Case Manager. I reside in Sioux City with my husband and two children. I graduated from WITCC in December of 2007 with my Associates degree in Nursing. I have been working with the geriatric population for the last 7 years and truly love what I do. I enjoy photography, scrapbooking, cooking, reading and traveling.

My name is Denise Turner. A professional photographer and business owner for over ten years, I recently closed my studio to spend time with my grandchildren. Married for twenty-eight years, we have two grown children and two grandchildren who live in Sioux City. I help Eric, my husband, with his photo booth business on weekends. I am an Advocacy and Public Relations Assistant.



Hi, I'm Jenny Kenney and I am a Case Manager. With the exception of about eight years (4 in college and 4 in Colorado), I have lived in the Midwest. I moved back to Iowa in 2007 to be closer to family. My husband Neil and I recently built a house south of Salix. We enjoy riding motorcycles and spending time with our families. Prior to joining the team at Siouxland Aging Services, I worked for Boys Town.



Caregiver Support Meetings provide encouragement, support and resources to those who care for an aging spouse, parent, relative, friend, or are seniors raising grandchildren.

Meetings are held monthly in each of our five counties.

If anyone is interested, please call Barb Dinelli at 712-279-6900 ext 18 for more information.

What did one magnet say to the other? I find you very attractive!



Money Counts: Managing Money Before a Crisis

At one time in your life, you may have to ask someone to help with your finances. That includes paying bills but also means investments, insurance and taxes. It can be a lot for you to understand, so imagine what it would be like to have someone step in who wasn't prepared! Here are some tips from the FDIC to help tend to your finances when you cannot.

- *Make sure that you tell a family member or trusted friend where your important personal and financial documents can be found in case of an emergency. Medicare, Social Security, insurance policies, bank statements, brokerage and credit card statements, original wills, and pension statements should be kept up to date and in a safe location.*
- *Consider automating bill paying and deposits. Utility bills and regular payments can be easily and safely paid automatically, as well as monthly deposits, like Social Security and pension payments.*
- *Get a check up on insurance. Long term care requires a lot of money. Contact an insurance agent or financial planner to find the insurance/revenue necessary to continue care, especially if you are doubtful if you have proper long term insurance.*

If you don't have a trusted family member or friend who can make those important decisions for you, contact Siouxland Aging Services for a referral.

A little time spent preparing for your finances in case of an emergency will help relieve the stress if or when something happens. On a good day, you don't want to worry about your finances. On a bad day, it's better to have a plan in place.

IMPORTANT PAPERS EVERYONE SHOULD HAVE

Durable Power of Attorney is a legal document that gives one or more people the authority to handle financial and personal matters if you become incapacitated. It's best to have the legal documentation in place before an emergency occurs.

A Living Will is another important document. It clarifies the type of medical care you want or don't want if you cannot speak up for yourself. A designated health care proxy or Medical Power of Attorney can make decisions about medical treatment as well.

The Legal Hotline for Older Iowans can assist you with free advice and getting these legal forms. Contact them at 1-800-992-8161.

DATES To REMEMBER:
January 20, 2011
Advisory Council Meeting

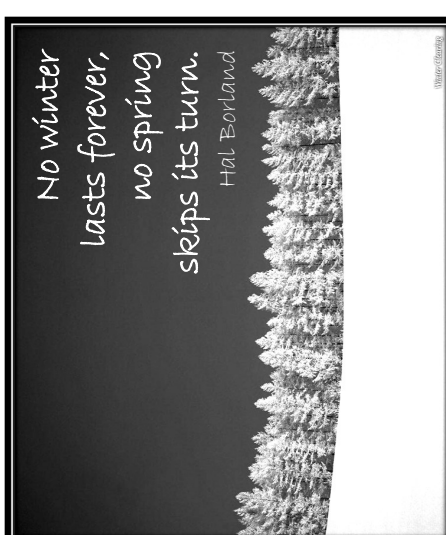
Seniors, service providers, caregivers, elected officials, and concerned citizens, we are currently seeking new members to serve on the Advisory Council. Please contact us for an application!

Complete Crock Pot Dinner

Servings: 3:
Cook time: on High for 3-4 hours or on Low for 6-8 hours until meat and potatoes are fork tender.



On High for 3-4 hours or on Low for 6-8 hours until meat and potatoes are fork tender.



No winter lasts forever, no spring skips its turn. Bill Eschman

In This Issue . . .

1. Iowa Rent Rebate Program
2. Comments from Our Director SMP Reports
3. Senior Living Trust Fund Legislative Forum Review
4. Severe Winter Weather Tips Facts on Falling
5. January- National Soup Month! Heart Health News
6. Meet Our New Board Member and Staff
7. Managing Money Before a Crisis

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



Siouxland Aging Services, Inc.
2301 Pierce Street
Sioux City, Iowa 51104
www.siouxlandaging.org

Non-Profit Org.
U.S. Postage
PAID
Permit No. 138
Sioux City, IA