

NEIghborhood News

A MONTHLY PUBLICATION OF NORTHEAST IOWA AREA AGENCY ON AGING (NEI3A)

Serving Allamakee, Black Hawk, Bremer, Buchanan, Butler, Chickasaw, Clayton, Delaware, Dubuque, Fayette, Grundy, Hardin, Howard, Jackson, Marshall, Poweshiek, Tama, Winneshiek Counties in Iowa

Volume 32, Issue 9

March 2015

In This Issue

| | |
|---|---|
| Nutrition Month | 2 |
| Caring for Each Other..... | 2 |
| Fresh Conversations | 2 |
| Save the Date! Older Americans Month Walk..... | 2 |
| Does Medicare Cover Genetic Testing..... | 3 |
| Be Aware | 3 |
| Tax Season Scams | 3 |
| Debt Collection Scams | 3 |
| Tax Preparation | 4 |
| Matter of Balance..... | 4 |
| Is your Grocery Budget Tight..... | 4 |
| The Palo Diet | 5 |
| Chicken Alfredo Pasta Recipe..... | 5 |
| Hand Washing vs. Hand Sanitizers | 5 |
| Waterloo Schools Looking for Reading Buddies..... | 5 |
| March Menus | 6 |
| Senior Center Locations.... | 7 |
| Monthly Sponsors..... | 8 |
| Subscribe to the NEIghborhood News..... | 8 |
| Sudoku/Word Find | 8 |

Message from the Chief Executive Officer

Embracing Impermanence

“The only thing that never changes...is that things always change!” This is a phrase that I have used repeatedly in my time with NEI3A. Whether it was my change in careers that brought me to this amazing work, or the change that came with the reorganization of the Area Agencies on Aging, it has been four years of constant evaluation and change!

The phrase continues to be my way of not being surprised by a need to change course, my way of looking at the need to always try and get better at what we do, and mostly, it’s my fall back when I start feeling a bit out of control with everything going on. While change has been the theme for the past four years, it is not something that we should fear, nor is it something that we can avoid.

“Change” is coming once again to the Area Agencies on Aging and more globally to the state of Iowa. In February, the Department

of Human Services released its plan to move funding for many home and community based services into a “managed care” format. Essentially what this means is that they will contract with 2-4 private companies that will be working to re-design the service/support system in Iowa. While the term “managed care” can conjure up varied emotions (from fear to apathy depending upon your understanding), NEI3A is choosing to embrace the concept and once again embrace the change. Rather than hide our heads in the sand, or pull the covers over our heads and hope it all goes away, we have chosen to jump in with both feet and try as hard as we can to be part of the design process. We are realigning “back room” policies and procedures in a manner that will be compatible with a new way of doing business. Utilizing sound business planning and forward thinking innovation and design concepts, we hope to make a

place for ourselves at the table to ensure that people continue to get what they need, when they need it, and more importantly...where they need it!

As we move forward into a new world of service design and delivery, we make one exception to our phase, “The only thing that never changes...is that things always change”. The other “thing” that never changes? Our focus on providing Iowans with the support that empowers them to remain independent, and to live in a setting of their choosing. To assist caregivers in their important work, to continue fighting the abuse of our aging population, and to continue to listen, learn, and grow as a partner with you in the pursuit of quality living, and community connection.

In the end I guess there is one more thing that “never changes”...our commitment to you!

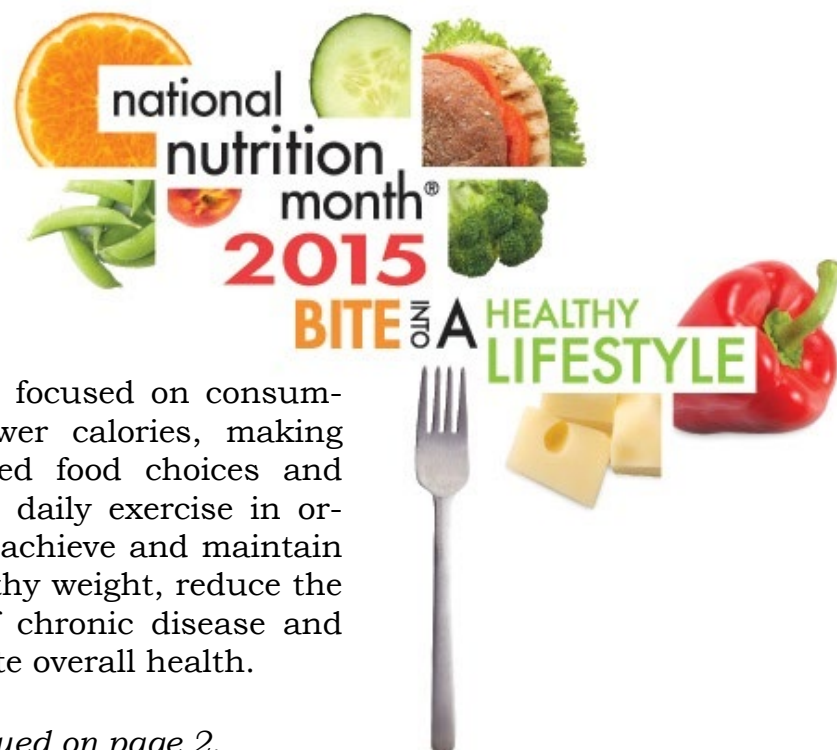
*Mike Isaacson,
Chief Executive Officer*

Non-Profit Organization
U.S. Postage Paid
Decorah, IA
Permit No. 6

This National Nutrition Month, the Academy Encourages Everyone to Bite into a Healthy Lifestyle

There is no one food, drink, pill or machine that is the key to achieving optimal health. A person’s overall daily routine is what is most important. That is why, as part of National Nutrition Month® 2015, the Academy of Nutrition and Dietetics urges everyone to “Bite into a Healthy Lifestyle.”

Each March, the Academy encourages Americans to return to the basics of healthy eating through National Nutrition Month. This year’s theme encourages consumers to adopt a healthy lifestyle



that is focused on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

Continued on page 2.

NEI3A
Northwest Iowa Area Agency on Aging
PO BOX 388
Waterloo, IA. 50704-0388

Continued from page 1

"A healthy lifestyle – one based on regular physical activity and an eating pattern chosen to meet individual nutrient needs within calorie limits – is vital to maintaining good health and quality of life," said registered dietitian nutritionist and Academy President Sonja Connor. "This year's 'Bite into a Healthy Lifestyle' theme gives consumers an easy reminder that achieving optimal health is not about a specific food or time or year, but rather a life-long commitment that leaves plenty of time for the foods and activities we love."

The Academy strives to communicate healthful eating messages that emphasize balancing food and beverages within an individual's energy needs, rather than focusing on any one specific food or meal. To this end, it is the Academy's position that improving overall health requires a lifelong commitment to healthful lifestyle behaviors, emphasizing sustainable and enjoyable eating practices and daily physical activity.

"The key is determining the lifestyle balance that provides the body what it needs, while still allowing room for the foods and activities we en-

joy most," Connor said. "This is where the expertise of registered dietitian nutritionists (RDNs) plays such a key role. RDNs work with consumers to find balance and create sustainable eating and physical activity plans that fit their tastes and routines."

Initiated in 1973 as a week-long event, "National Nutrition Week" became a month-long observance in 1980 in response to growing public interest in nutrition.

To commemorate the dedication of registered dietitian nutritionists as the leading advocates for advancing the nutritional status of Americans and people around the world, the second Wednesday of each March is celebrated as "Registered Dietitian Nutritionist Day." This year Registered Dietitian Nutritionist Day will be celebrated March 11.

As part of this public education campaign, the Academy's National Nutrition Month website includes a variety of helpful tips, games, promotional tools and educational resources, all designed to spread the message of good nutrition based on the "Bite into a Healthy Lifestyle" theme.

Savor the Flavor with Less Sodium

Have you been told you need to lower your blood pressure or watch your salt intake? Do you ever wonder how much sodium is too much? Are sodium labels on food confusing?

March's Fresh Conversations discussion is designed to help participants tame the sodium giant and sleuth out the hidden salt in foods. You'll learn where sodium mysteriously hides in common grocery items. For example, chicken that is processed with sodium solutions can contain up to 440 mg of sodium per three-ounce serving. That's about a third of what's recommended for the entire day. Participants will discover shopping tips to select the best foods.

On the road to discovery, cooking and seasoning ideas will also be shared and those present will sample a home-



made soup. High blood pressure and swelling or edema are two common reasons your doctor recommends lower one's sodium intake. Take time in March to learn easy steps you can take to stay healthy.

Join a Fresh Conversations program for fun, fellowship and food. Sites offering the program in March include Bellevue, Cresco, Dyersville, Decorah, Eldora, Grinnell, Iowa Falls, Independence, Manchester, Waukon and West Union. Check your local meal site for the date and time.

Caring For Each Other

Brenda Schmitt and Barb Wollan- Family Finance Specialists- Iowa State University Extension

"I wonder how I could've missed that information," Iris was muttering to herself as Rose walked in.

"What's the matter, Iris?" said her sister.

"Oh, Myrtle was just telling me about a 'Rent Reimbursement' program that gives her a little extra money each spring. It's through the state government somehow." Iris frowned. "She said it's because her income is below \$22,000/year. My income is below that, too, so it seems like I should qualify. Myrtle said she got \$240. I could sure use an extra \$240!"

Rose tried to reassure her. "I think I heard something about that at the Senior Center, Iris. Let's ask there – maybe someone will know who to contact."

The Iowa Rent Reimbursement program is designed to help low-income adults who are either over age 65 or totally disabled. It recognizes that a portion of their monthly rent payment is used by the landlord to pay property taxes; the program reimburses part of the property tax back to the renter (not to the landlord).

To be eligible, you must be totally disabled or over age 65 and also meet these requirements:

- Must currently live in Iowa
- Must have paid rent in 2014 for housing in Iowa that is subject to property tax
- Must have had 2014 total household income below \$22,011.

In order to apply, you'll need the following information:

- Total 2014 household income from all sources (including housing subsidies)
- Name and address of your landlord
- Total amount paid for qualifying Iowa rent in 2014
- Individuals living in nursing homes or assisted living can inquire to find out what portion of their monthly fee is considered to be rent.
- If under age 65, you'll need an official verification that you are totally disabled.

The amount of the rent reimbursement can be under \$100 or several hundred dollars, depending on your income and rental costs. But applying is quite easy – the form is just two pages long – so any amount of money is a nice payoff for a small effort. The application form is available at www.iowa.gov/tax (search "rent reimbursement") or inquire with a local agency that serves older adults or disabled individuals. The Northeast Iowa Area Agency on Aging (866-468-7887) can assist people with the application if needed.

"Well, Iris," said Rose, "it looks like you don't qualify for the Rent Reimbursement, because you own your home. But it says here that home owners who meet the same requirements (income guidelines and elderly or disabled) can apply for a Property Tax Credit that is very similar. So you come out ahead either way!"

Save the Date!

GET INTO THE ACT



Northeast Iowa Area Agency on Aging
Older Americans Month Walk

Thursday, May 21, 2015

More details to come on registration. If you are interested in sponsoring call 319-874-6850.

Iowa Senior Medicare Patrol/Consumer Protection Division

Nancy Creery, Iowa SMP Coordinator • ncreery@nei3a.org

Does Medicare Cover Genetic Testing or is it Fraud?

Have you seen or heard of any ice cream socials and cheek swab events? I know, it may sound odd, but there have been reports of a scam where people are going to apartment complexes and

senior centers offering an ice cream social...and doing a cheek swab test to see what medications you genetically can or cannot take. They advertise that Medicare covers this test and that it serves as

a blue print of what doctors can reliably prescribe you. The people promoting genetic testing to Medicare beneficiaries could be using this test to commit Medicare fraud and abuse. Medicare does

NOT cover this. (California SMP-Jan. 22, 2015)

If you see or hear of any such events, call Iowa Senior Medicare Patrol at 1-800-423-2449.

Be Aware:

- Never give your Medicare number to strangers.
- Never give your Medicare number to anyone offering a “free” service.
- Never accept medical supplies or equipment from a door-to-door salesperson.
- Never provide information to someone on the telephone claiming to be from Medicare.

Medicare does not call beneficiaries unless they call Medicare first.

- Never keep mail in your mailbox for more than one day. People can steal your personal information right from your mailbox.
- Always review your Medicare Summary Notice – most healthcare fraud involves bill-

ing for services not provided and double billing.

- Always shred your Medicare, healthcare and other important documents before throwing them away.
- Always keep a calendar of your doctors’ visits and medical tests. Compare your calendar to your Medicare Summary Notices. Contact Iowa SMP

for your free Personal Health Care Journal.

- Always count your pills after you have picked up your prescription. If you are short pills, complain to your pharmacist.
- Always report possible fraud.

If you identify or suspect fraud, errors or abuse, call the Iowa SMP at 1-800-423-2449.

Source: IRS Newswire

Tax Season Scams

This is the season when scammers will use devious ways to steal your refunds or get more money from you.

- Scammers will get a hold of your Social Security number OR YOUR MEDICARE NUMBER to file a false income tax return and collect your refund.

- Scammers posing as agents for the Internal Revenue Service (IRS) will claim that you owe “back taxes” and demand you pay them. If you don’t, they threaten to arrest you, deport you if you are an immigrant, shut off your electricity and water, or take away your

driver’s license.

- Scammers may use fake names or bogus IRS identity numbers, seem to know your SSN, send fake IRS mail, use fake caller ID, pretend with follow-up calls to be the local police, DMV, or immigration service—to make you believe

they are the IRS.

Avoid tax identity theft in the same way you protect yourself from Medicare identity theft: PROTECT YOUR MEDICARE NUMBER! For more information, contact Iowa SMP at 1-800-423-2449.

Debt Collections & Debt Collection Scams

A debt collector is someone who regularly collects or attempts to collect consumer debts owed to others. If you’re in debt, federal and state laws provide you with some protections in how creditors or debt collection companies can collect on what you owe. In some cases, though, the collection attempt may be nothing more than a scam.

Laws Limit Initial Contacts by Debt Collectors

A debt collector may contact you or your family in person, by mail, email, telephone, fax or telegram. However, a debt collector may not contact you at unreasonable times or places, such as before 8 a.m. or after 9 p.m. (unless you agree to it), and cannot contact you with such frequency that it could reasonably be considered harassing. A debt collector may contact people other than you or your attorney to find out where you live or work, but may not tell others that you owe money. A debt collector may not contact you at work if he or she knows your employer does not approve. And a debt collector may not visit your home

at times other than your normal waking hours. He or she may not visit you more than once in any 30-day period for each debt (unless you agree to further visits).

Follow-Up Contact by Debt Collectors

A debt collector is required to send you a written notice within five days of first contacting you. The notice must include the amount you owe, the name of the creditor to whom you owe money, and your options if you dispute the debt.

Your Rights

You may stop a debt collector from continuing to contact you by writing a letter to the collector telling him or her to stop. Once the debt collector receives the written notice, he or she may not contact you again except to confirm that they will not contact you again or to inform you that they will take some sort of specific action. If you orally request a debt collector to stop calling you at work, he or she must do so for ten days. You must follow up with a written request, which is valid until you

state otherwise in writing.

A debt collector must identify himself or herself and identify the name of the creditor. He or she may not harass you, including using abusive, profane or obscene language. The debt collector may not make false or deceptive statements when attempting to collect a debt, such as falsely claiming that you will be subject to arrest, that you have committed a crime. The debt collector may not falsely claim that he or she is an attorney or falsely threaten to take legal action that the creditor does not reasonably intend to take.

Debt Collection Scams

Some criminals will pose as debt collectors. They’ll claim that you owe money tied to a loan or debt and that you must pay immediately. These types of criminals are aggressive, convincing and threatening. It’s possible they accessed some information about you or a debt you may really owe, or may make up the scenario entirely.

These cases almost always involve claims that you must

pay now or face serious consequences. They may convince you that you are about to face a lawsuit, or may even face arrest if you don’t pay immediately. They will most often insist on payment by credit card, debit card, prepaid money cards or a money wire transfer.

If You Suspect a Scam

If you suspect that it’s a scam, simply don’t talk to the caller and hang up. If you’re not sure whether it’s legitimate, ask the caller for his or her name, address and phone number, who he or she represents, the creditor and details about the debt. If the caller refuses to provide it or claims he or she can’t provide it, then the debt collector isn’t legitimate. You should insist that the person calling provide you with written information about the claimed debt through the U.S. Mail—not email—which is your legal right. Do not provide or confirm personal or financial information to someone who calls you, as the call may be an identity theft attempt.

By Attorney General Tom Miller

Tax Preparation

Preparing federal and state income tax returns can be complicated and confusing. If you need help filing your 2014 federal and state tax return and if your family income falls within the low to moderate range, or if you are disabled or elderly, trained and certified volunteers can help you file your tax returns for free.

Returns will be filed electronically and usually you can expect any tax refund to be deposited in your bank account within two weeks. Taxpayers who do not have a bank account but would like to file electronically are encouraged to visit a local bank to set up a free checking or savings account. The volunteer tax preparer will make sure you file for the Earned Income Tax Credit and the Child Tax Credit if

you qualify.

Taxpayers who visit a volunteer tax sites should bring: 2014 wage and earnings statement (Form W-2) from all employers; interest statements from banks (form 1099); a copy of last year's tax return; auto registration; social security cards or official documentation for yourself and all dependents; and bank account and routing numbers if a refund is to be directly deposited. Also, you should check with the volunteer when you set up your appointment, to see if you need to take additional information with you to your appointment.

To the right is a list of some locations in the NEI3A service area. If you have questions please call LifeLong Links at 1-866-468-7887.

A Matter of Balance

Would you like to improve your balance? Do you want to feel more comfortable participating in your favorite activities? NEI3A is offering A Matter of Balance, an award winning workshop designed to increase the activity levels of older adults who have concerns about falling. During 8 two-hour sessions, participants learn to:

- Promote exercise to increase strength and balance
- Set realistic goals for increasing activity
- Improve environment to reduce fall risk factors
- View falls and fear of falling as controllable

Take active steps to reduce the risk of falls, register today for A Matter of Balance. Classes will be held at the following location:

• **Sumner:** **Classes start April 7-** Classes will be held Tuesdays and Fridays from 2:00 to 4:00 p.m. at the Community Memorial Hospital Meeting Room, 909 West First Street. Register by calling 563-578-3275.

There is a \$15 materials fee to attend. Scholarships are available for persons 60 years of age and older who express financial need.

Free Tax Preparation Assistance

Free tax preparation is being offered in various locations throughout the counties served by NEI3A. Tax preparation locations are as follows:

- **Cedar Falls:** Cedar Falls Senior Center (RSVP), 528 Main Street, Tuesdays and Thursdays; February 2 - April 14 by appointment only. Call RSVP (319) 272-2250.
- **Cresco:** Cresco Public Library (VITA), February 4 - April 15, by appointment only. Call (563) 203-7681.
- **Decorah:** Decorah Public Library (VITA), 2202 Winnebago Street, February 2 - April 14, by appointment only. Call (563) 419-3703.
- **Dubuque:** Saint Matthew Lutheran Church, 1780 White Street, February 2 - April 15. 12:00 noon to 3:30 p.m. No appointment needed.
- **Dubuque:** Operation New View CAA, 1473 Central Avenue, January 26 - April 9, by appointment only. Call (563) 588-3980.
- **Dubuque:** Hills Dales Community Center, 3505 Stoneman Road, February 2 - April 15, by appointment only. Call (563) 588-3980.
- **Independence:** Buchanan County Senior Center (RSVP), 400 5th Avenue NE. Thursdays only. February 5 - April 9. Appointments only. To make an appointment call (319) 334-7011 (after January 25) and leave your name, number and the purpose of your call. A volunteer will contact you to schedule an appointment.
- **Manchester:** Operation New View CAA, 721 South 5th St. Suite B, February 20 - March 9 by appointment only. Call (563) 927-4629.
- **Maquoketa:** Operation New View CAA, 904 East Quarry Street, January 26 - April 10, by appointment only. Call (563) 652-5197.
- **Marshalltown:** Marshalltown Public Library, 105 Boone Street, Tuesdays, no appointments needed. Also available on certain Saturdays. For questions call (641) 754-5738.
- **Oelwein:** First Baptist Church, 31-1st Ave. Tuesdays only. February 4-April 14. Appointments only. To make an appointment call 319-238-3195 after January 25.
- **Postville:** Postville Public Library (VITA), Fridays February 2 - April 15 by appointment only. Call (563) 419-3703.
- **Toledo:** ISU Extension Tama County, 203 W. High Street, by appointment only. Call (641) 484-2703.
- **Waukon:** Allamakee County Extension Office (VITA), February 2- April 15 by appointment only. Call (563) 568-6345.
- **Waterloo:** Kimball Ridge Center (RSVP), 2101 Kimball Ave., Monday through Thursday only. February 2 - 5 will be walk-ins only. February 9 - April 15 appointments only; For an appointment call RSVP (319)272-2250.
- **Waterloo:** The Salvation Army (RSVP), 207 Logan Avenue entrance, Mondays and Wednesdays. February 2-April 15. Walk-ins only.
- **Waterloo:** Eastside Ministerial Alliance, 205 Adams Street Suite 1, by appointment only. Call (319) 235-5580 for an appointment.

If you have questions about tax preparation in your area call LifeLong Links at 1-866-468-7887

Is your grocery budget tight?

If you are not already receiving Food Assistance and if your household incomes is within the guidelines, you may be eligible. If you need assistance with the application contact:

Teri Lynn Winkey, SNAP Outreach Coordinator
 Email: tlwinkey@iowafba.org
 Phone: 319-529-0566

| Household Size | Income |
|----------------|---------|
| 1 | \$1,557 |
| 2 | \$2,098 |
| 3 | \$2,640 |
| 4 | \$3,181 |
| 5 | \$3,722 |
| 6 | \$4,264 |
| 7 | \$4,805 |
| 8 | \$5,346 |

Iowa Food Bank Association



Nutrition Notes

Jill Weber, Human Sciences Specialist/Nutrition and Wellness- Iowa State University Extension and Outreach

The Paleo Diet-A Look at a Popular Eating Plan

A popular trend making headlines is the Paleo diet. The Paleolithic (Paleo) diet, also called the "Caveman" or "Stone Age" diet is based on the belief that if we eat like our ancestors did 10,000 years ago, during the Paleolithic era, we'll be healthier, lose weight and have less disease. The below table compares the Paleo diet recommended intakes to the USDA recommendations and the typical Western diet.

The Paleo diet promotes a higher intake of protein and fat. The carbohydrates included with the Paleo diet are not from grains, but rather fruits and vegetables (not including white potatoes or dry beans) while the USDA recommends carbohydrates from grains, fruits, dairy and starchy vegetables. Excluding key food groups like dairy and grains makes it likely that key vitamins and minerals will be missing. There are associated health benefits with the recommendation to reduce calo-

ries, added sugars and processed foods; however, there is also no scientific evidence that supports the belief that the Paleo diet prevents disease.

Since the Paleo diet omits foods from different food groups (e.g., dairy, peanuts, legumes, cereal grains), its long-term sustainability is questionable. We live in a society where it is not possible to eat exactly as our ancestors ate. You might consider a modified Paleo eating plan. Reducing your intake of added sugars is a good idea, but credible nutritionists consider a strict Paleo diet to lack nutritional balance, falling short in essential nutrients like calcium and vitamin D, for example. Balance is best whether you're trying to lose weight, gain weight or stay just as you are.

For more information: Academy of Nutrition and Dietetics, Jan 2015; <http://www.webmd.com/diet/paleo-diet?page=2>

| | Recommended percent of Calories from Carbohydrate | Recommended percent of Calories from Fat | Recommended percent of Calories from Protein |
|----------------------|---|--|--|
| Paleo Diet | ~ 23 | ~39 | ~ 38 |
| USDA Recommendations | 45 to 65 | 25to 35 | 15 to 20 |
| Typical Western Diet | 49 to 52 | 33 to 36 | 15 |



Keeping it clean-To wash your hands or to use hand sanitizer?

Whenever possible, it's best to wash your hands with warm soapy water for 20 seconds (sing happy birthday twice) and rinse thoroughly. Hand sanitizing gel (at least 60% alcohol), foam or wipes can be used for quick sanita-

tion, but these products are not designed to replace hand washing because sanitizers do not adequately remove all bacteria, dirt, and debris. When hands are dirty, hand sanitizers are not effective.

Chicken Alfredo Pasta

Serving Size: 1 1/3 cups - Serves 6

Ingredients:

- 1 pound boneless skinless chicken breasts
- 1 tablespoon vegetable oil
- 2 ½ cups whole wheat penne or rotini pasta
- 1 package (16 ounces) frozen chopped broccoli
- 1 cup nonfat milk
- 8 ounces low fat cream cheese, cubed
- ½ teaspoon garlic powder
- ½ cup grated parmesan cheese
- ½ teaspoon salt
- ¼ teaspoon pepper

Directions:

1. Cook the pasta according to package directions. Add the frozen broccoli the last three minutes of cooking. Drain the water from the pasta and broccoli. Return food to the pot.
2. Remove fat from chicken on a cutting board and cut meat into bite sized pieces. Wash hands.
3. Heat oil in a large skillet on medium high. Add chicken cubes to skillet and stir to coat with oil. Cook the chicken until it is done (165°F, about 7-9 minutes).
4. Remove chicken from skillet when it is done cooking and cover to keep warm.
5. Add the milk and cream cheese to the skillet. Stir the mixture constantly over low heat. The mixture will thicken and be smooth.
6. Add the garlic powder, parmesan cheese, salt, and pepper. Stir mixture. Then add cooked chicken and heat mixture.
7. Combine meat mixture with the pasta and broccoli mixture. Serve.

Nutrition information per serving: 340 calories, 12g total fat, 5 g saturated fat, 0 g trans fat, 75 mg cholesterol, 390 mg sodium, 29 g total carbohydrate, 4 g fiber, 4 g sugar, 30 g protein

This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more recipes, information and videos visit <http://www.extension.iastate.edu/foodsavings/>

Reading Buddy Volunteers Needed for Waterloo Schools

If you are 55 or older, the Waterloo Schools is seeking Prime Time Volunteers to volunteer one to two hours a week as a Reading Buddy to children in first grade who are participating in the Reading Recovery program.

Reading Buddy Volunteers meet with teacher identified student(s), in a one to one or small group setting, assisting the student(s) with teacher directed activities to help improve student reading skills. Classroom teachers provide guidance to the volunteer on what activities need to be worked on. Training will be provided by the respective teacher and/or Primetime Coordinator.

A background check with the Iowa Sex Offender Registry will be conducted as well as national checks through Raptor visitor check-in system.

The goal is for students to improve their lagging reading skills.

Skills required by volunteer: Volunteers must be patient and literate themselves, being able to read and speak clearly and fluently. Time commitment: Once or more a week. The time served per visit is determined by the teacher. The frequency the volunteer will meet with student(s) is determined by the teacher and agreed upon by the volunteer.

If you are interested please contact Dee Euchner, RSVP Prime Time Coordinator at 319-272-2553 or email to euchnerd@waterlooschools.org.

Northeast Iowa Area Agency on Aging Nutrition Services Menu

Below you will find the menu for the NEI3A dining centers. Please note that some menu changes may be made after the menu is published in the newsletter. Meals are offered on a contribution bases for those over age 60. Actual cost of the meals is \$7.26. Persons under age 60 must pay the actual cost. These meals provide one-third of the recommended daily allowance and includes milk. *Responsibility for compliance with any dietary restrictions rests with the participant.*

To make a meal reservation call 1-866-468-7887 or the local number listed on page 7 of this newsletter by 11 a.m. the day before. Some locations need reservations a few hours earlier. Be sure to check with your local center or dining program for the reservation policy at your location.

March Menu

"A" and "B" menu is available for all meal site locations in:

- Black Hawk
- Bremer
- Butler
- Buchanan
- Chickasaw
- Grundy
- Hardin
- Marshall
- Tama
- Poweshiek

"A" menu only is available at the following meal sites :

- Allamakee
- Clayton
- Delaware
- Dubuque
- Fayette
- Howard
- Jackson
- Winneshiek

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| <p>A 2 Pork Patty with Supreme Sauce Mashed Potatoes Broccoli Multi-Grain Bread/Marg. Citrus Fruit Cup Calories - 619 Sodium - 743 Carb - 72.4 Fat - 32.4%</p> <p>B Turkey Breast & Gravy Whipped Potatoes Broccoli Multi-Grain Bread/Marg. Citrus Fruit Cup Calories - 410 Sodium - 741 Carb - 62.9 Fat - 8.2%</p> | <p>A 3 Spaghetti & Meatballs Italian Vegetable Blend Garlic Breadstick /Marg. Fresh Banana Calories - 690 Sodium - 1127 Carb - 92.9 Fat 27.8%</p> <p>B Split Pea Soup Sliced Turkey Breast Swiss Cheese Multi-Grain Bread/Must. Carrot & P'apple Salad Fresh Banana Calories 734 Sodium - 729 Carb - 115.1 Fat -19.0%</p> | <p>A 4 Potato Crusted Fish Oven Roasted Potatoes Green Peas Multi-Grain Bread/Marg. Mandarin Oranges Tartar Sauce Calories 640 Sodium -552 Carb 84.0 Fat - 29.5%</p> <p>B Cranberry Chicken Salad/Dressing Three Bean Salad Pickled Beets No Salt Crackers Mandarin Oranges Calories 848 Sodium - 643 Carb 102.6 Fat -32.1%</p> | <p>A 5 Hamburger Patty O'Brien Potatoes Mixed Vegetables Hamburger Bun Pineapple Tidbits Chocolate Milk Mustard & Ketchup Calories - 704 Sodium - 781 Carb -102.4 Fat - 22.9%</p> <p>B Chef Salad/Dressing No Salt Crackers Pineapple Tidbits Cranberry Juice Chocolate Milk Calories - 493 Sodium - 580 Carb -80.4 Fat -18.7%</p> | <p>A 6 Pineapple Chicken Baked Potato/S.Cream Spinach Multi-Grain Bread/Marg. Strawberry Shortcake Cookie Calories - 672 Sodium - 547 Carb -81.4 Fat - 30.6%</p> <p>B Tuna & noodles Carrots Spinach Multi-Grain Bread/Marg. S'brry Shortcake Cookie</p> |
| <p>A 9 Beef Italiano Roasted Potato Medley Spinach Multi-Grain Bread/Marg. Fresh Fruit Calories -542 Sodium - 694 Carb -67.9 Fat - 28.5%</p> <p>B BBQ Chicken Roasted Potato Medley Spinach Multi-Grain Bread/Marg. Fresh Fruit Calories - 587 Sodium - 695 Carb - 76.4 Fat - 25.7%</p> | <p>A 10 Apple Glzed. Pork Patty Bread Dressing Country Veg. Blend Tropical Fruit Margarine Calories - 730 Sodium - 797 Carb - 89.2 Fat -35.0%</p> <p>B Chicken Caesar Salad No Salt Crackers Tropical Fruit Orange Juice Salad Dressing Calories 589 Sodium - 687 Carb 83.8 Fat -25.0%</p> | <p>A 11 Birthday Meal Roast Beef Brown Gravy Whipped Potatoes California Vegetables Multi Grain Bread Frosted Cake Margarine Calories-708 Sodium -602 Carb 79.5 Fat - 28.8%</p> | <p>A 12 Chicken Chili Sliced Carrots Tossed Salad/Dressing Saltine Crackers Peaches & Pineapple Calories - 503 Sodium - 769 Carb -84.4 Fat - 12.3%</p> <p>B Beef Noodle Soup Tuna Salad Mixed Green Salad No Salt Crackers Peaches & Pineapple Salad Dressing Calories - 601 Sodium - 786 Carb -65.3 Fat -23.0%</p> | <p>A 13 Beef Patty Mushroom Gravy Baked Potato/S.Cream Harvard Beets Multi-Grain Bread/Marg. Fresh Banana Calories - 648 Sodium - 761 Carb - 97.6 Fat -22.9%</p> <p>B Fish Baked Potato/S.Cream Harvard Beets Multi-Grain Bread/Marg. Fresh Banana</p> |
| <p>A 16 Homemade Meatloaf Onion Gravy Whipped Potatoes Mixed Vegetables Multi-Grain Bread/Marg. Fresh Fruit Calories - 649 Sodium - 518 Carb - 87.1 Fat - 24.9%</p> <p>B Tomato Rice Soup Chicken Salad Grilled Corn Salad No Salt Crackers Fresh Fruit Calories - 714 Sodium -679 Carb -93.2 Fat - 24.2%</p> | <p>A 17 ST. PATRICK'S DAY Ham Balls O'Brien Potatoes Cabbage and Carrots Rye Bread/Marg. Fruited Lime Gelatin Calories - 869 Sodium - 2350 Carb - 120.0 Fat - 27.6%</p> <p>B Sweet & Sour Meatballs O'Brien Potatoes Cabbage & Carrots Rye Bread/Marg. Fruited Lime Gelatin Calories -746 Sodium -1625 Carb -101.3 Fat - 29.5%</p> <p>A & B are both</p> | <p>A 18 Italian Pork Rice Florentine Broccoli & Cauliflower Wheat Bread/Marg. Strawberry Cheesecake Pudding Calories-556 Sodium -751 Carb 77.2 Fat - 19.8%</p> <p>B Sliced Turkey Breast Swiss Cheese White Bread/Must. Potato Salad Mixed Green Salad Strawberry Cheesecake Pudding Salad Dressing Calories 661 Sodium -1012 Carb-88.0 Fat -26.7%</p> | <p>A 19 C'berry Dijon Chicken Oven Roasted Potatoes Baby Carrots Multi-Grain Bread/Marg. Fruited Gelatin Chocolate Milk Calories - 701 Sodium - 799 Carb - 103.8 Fat -22.6%</p> <p>B Fall Harvest Chicken Salad /Dressing No Salt Crackers Fruited Orange Gelatin Apple Juice Chocolate Milk Calories -756 Sodium - 462 Carb -125.2 Fat - 19.2%</p> | <p>A 20 Turkey Ham & Beans Herbed Green Peas Italian Vegetable Blend Cornbread/Marg. Mandarin Oranges Calories - 692 Sodium - 786 Carb -101.0 Fat - 20.9%</p> <p>B Cheese ravioli &Red Sauce Herbed Green Peas Italian Vegetable Blend Cornbread/Marg. Mandarin Oranges</p> |
| <p>A 23 Salisbury Beef/M. Gravy Cheesy Potatoes Cabbage Multi-Grain Bread/Marg. Fresh Fruit Calories - 596 Sodium -605 Car -73.8 Fat - 32.2%</p> <p>B Chicken Club Salad No Salt Crackers Fresh Fruit Grape Juice Salad Dressing Calories - 552 Sodium -727 Carb-65.2 Fat - 32.4%</p> | <p>A 24 Turkey Breast/Gravy Baked Sweet Potato Brussels Sprouts Multi-Grain Bread/Marg. Fresh Orange Calories - 439 Sodium - 776 Carb - 74.8 Fat - 8.4%</p> <p>B Pepper Beef Patty Baked Sweet Potato Brussels Sprouts Multi-Grain Bread/Marg. Fresh Orange Calories -627 Sodium - 608 Carb -78.4 Fat - 31.6%</p> | <p>A 25 Oven Fried Chicken Baked Potato Winter Vegetable Blend Multi-Grain Bread/Marg. Tropical Fruit Calories -655 Sodium - 596 Carb -93.4 Fat - 22.4%</p> <p>B Mixed Bean Soup Sliced Roast Beef Swiss Cheese Multi-Grain Bread/Mayo Green Pea Salad Tropical Fruit Calories - 846 Sodium - 655 Carb -116.7 Fat - 24.2%</p> | <p>A 26 Roast Beef/Gravy Whip. O'Brien Potatoes Capri Vegetable Blend Multi-Grain Bread/Marg. Choc. Swirl Pudding Calories -710 Sodium - 626 Carb -77.2 Fat - 29.3%</p> <p>B Chicken Salad Multi-Grain Bread Three Bean Salad Tropical Fruit Choc. Swirl Pudding Calories - 985 Sodium - 778 Carb -123.0 Fat - 31.3%</p> | <p>A 27 Herb Crusted Pork Sweet & Sour Sauce Garden Medley Rice Broccoli Multi-Grain Bread/Marg. Fresh Banana Calories -629 Sodium - 460 Carb -103.0 Fat - 17.2%</p> <p>B Vegetarian Stir Fry Green beans Garden Medley Rice Multi-Grain Bread/Marg. Fresh Banana</p> |
| <p>A 30 Lemon Pepper Fish Baked Potato Capri Vegetable Blend Multi-Grain Bread/Marg. Tropical Fruit Tartar Sauce Calories - 601 Sodium - 377 Carb -84.8 Fat - 23.9%</p> <p>B Spinach & Turkey Salad No Salt Crackers Tropical Fruit Orange Juice Salad Dressing Calories - 509 Sodium -672 Carb-76.5 Fat - 21.1%</p> | <p>A 31 Lasagna Bake Mediterranean Salad Italian Vegetable Blend Multi-Grain Bread /Marg. Hot Spiced Fruit Calories - 665 Sodium - 629 Carb - 84.4 Fat - 26.9%</p> <p>B Corn Chowder Tuna Mac Salad No Salt Crackers Ranch House Tomatoes Peaches/Pears/P'apple Calories -615 Sodium - 642 Carb -81.2 Fat - 21.4%</p> | | | |

Reservations: Call 1-800-779-8707 or the local number listed by 11:00 the day before to make reservations for lunch. Some sites need you to call a few hours earlier so check for exact time.

Home Delivered Meals are available to seniors not able to leave their homes without assistance. NEI3A determines eligibility to receive home delivered meals. Call your local Senior Center for more information. Not all communities listed have hot meals available Monday through Friday but frozen meals or shelf stable are available for other days.

Frozen Meals offer an option for seniors who live in rural areas or small communities without a regular NEI3A Meal program. Frozen meals are available in 2-day or 5-day packs and meet all nutritional requirements. Call your Senior Center for more information.

NEI3A Senior Centers and Dining Programs

Allamakee County:

Good Samaritan Society
400 Hardin Drive-Postville
Monday - Friday at 11:30 a.m.
563-864-7425

Waukon Wellness Center
1220 3rd Ave. NW-Waukon
Monday - Friday at 11:30 a.m.
563-568-3250

Black Hawk County:

Cedar Falls Senior Center
528 Main - Cedar Falls
Monday - Friday at 11:45 a.m.
319-277-1900

La Porte City Senior Center
300 1st St.-La Porte City
Mon, Wed., and Fri. at 12:00 p.m.
319-342-2676

Jesse Cosby
Healthy Lifestyles Center
1112 Mobile - Waterloo
Monday - Friday at 12:00 p.m.
319-234-1799

Waterloo Senior Center
2101 Kimball Ave. - Waterloo
Monday - Friday at 11:30 a.m.
319-272-2086

Walnut Court
315 Walnut St. - Waterloo
Monday - Friday at 11:00 a.m.
319-833-8014

Dunkerton
United Methodist Church
301 S. Washington St.-Dunkerton
Mon. and Thurs. at 11:30 a.m.
319-822-7910

Evansdale
Countryside Vineyard Church
3467 Lafayette Rd.-Evansdale
Thursdays at 11:30 a.m.
319-272-2086

Raymond
United Methodist Church
6903 Lafayette Rd.-Raymond
Wednesdays at 12:00 p.m.
319-272-2086

Washburn
410 1st Street-Washburn
1st and 3rd Tues. at 12:00 p.m.
319-296-1810

Bremer County:

Waverly Senior Center
506 E. Bremer Ave.-Waverly
Monday - Friday at 11:30 a.m.
319-352-2463

Denver Library
100 Washington-Denver
Tues., Wed., Thurs. at 11:45 a.m.
319-352-2463

Buchanan County:

Buchanan County Senior Center
400 5 Ave. NE - Independence
Monday - Friday at 12:00 p.m.
319-334-7011

Lamont
644 Bush St.-Lamont
Thursdays at 11:30 a.m.
563-924-2237

Rowley
101 Ely Street - Rowley
Monday - Friday at 11:30 a.m.
319-938-2864

Butler County:

Greene Community Center
202 W. South St. - Greene
Monday - Friday at 11:30 a.m.
641-823-4422

Dumont Legion Hall
508 Main St. - Dumont
Wednesday at 12:00 p.m.
641-857-6231

Chickasaw County:

Chickasaw Senior Center
301 N. Water Ave.-New Hampton
Monday - Friday at 12:00 p.m.
641-394-3173

Fredericksburg Comm. Center
151 W. Main St.-Fredericksburg
Tues. and Thurs. at 11:30 a.m.
641-394-3173

Lawler - 414 E. Grove
2nd Tuesdays at 11:30 a.m.
641-394-3173

Clayton County:

Elkader Senior Center
133 S. Main - Elkader
Monday - Friday at 11:30 a.m.
563-245-1846

Guttenburg Municipal Bldg.
502 S. First St.-Guttenburg
Monday - Friday at 11:30 a.m.
563-252-1182

Monona Community Center
104 E. Center St.-Monona
Tues. & Thurs. at 11:30 a.m.
563-539-2385

Gernand Lutheran Home
313 Elkader Street
Strawberry Point
Monday - Friday at 11:30 a.m.
563-933-2251

Delaware County:

Delaware County Senior Center
1208 W. Marion St.-Manchester
Monday - Friday at 11:30 a.m.
563-927-5473

Delhi United Methodist Church
304 Market Street - Delhi
Tuesday at 11:30 a.m.
563-927-5473

Dundee Fire Station Comm. Room
117 N. Center Street - Dundee
Wednesday at 11:30 a.m.
563-927-5473

Earlville United Parish
111 N. West Avenue - Earlville
Monday - Friday at 11:30 a.m.
563-927-5473

Dubuque County:

Alverno
3525 Windsor Avenue - Dubuque
Monday - Friday at 11:30 a.m.
563-582-6344

Cascade Senior Center
109 1st Avenue West - Cascade
Monday - Friday at 11:30 a.m.
563-852-3047

Ecumenical Tower
250 W. 6th Street - Dubuque
Monday - Friday at 11:30 a.m.
563-556-5586

Farley Fireman's Hall
103 2nd Avenue NW - Farley
Tues. and Thurs. at 11:30 a.m.
563-875-2600

Heritage House
7396 Columbus St.-New Vienna
2nd & 4th Thurs. at 11:30 a.m.
563-875-2600

Hills and Dales Lifetime Center
3505 Stoneman Road - Dubuque
Monday - Friday at 11:30 a.m.
563-556-3305

Luxemburg City Hall
202 S. Andres St. - Luxemburg
Mon. and Wed. at 11:30 a.m.
563-875-2600

Dyersville Social Center
625 3rd Ave. SE - Dyersville
Monday - Friday at 11:30 a.m.
563-875-2600

Fayette County:

Arlington Public Library
711 Main Street - Arlington
Wed. and Fri. at 11:30 a.m.
563-633-4715

W. Clermont Lutheran
211 Larrabee Street - Clermont
Mon., Wed. and Fri. at 11:30 a.m.
563-423-5550

Veterans Memorial Comm. Bldg.
310 Mill Avenue - Elgin
Tues. and Thurs. at 11:30 a.m.
563-426-5545

Hawkeye Community Hall
102 E. Main - Hawkeye
Tues., Thurs., & Fri. at 11:30 a.m.
563-427-5503

Oelwein Senior Dining Center
25 West Charles - Oelwein
Monday - Friday at 11:30 a.m.
319-283-5180

West Union Senior Center
107 E. Armour St.-West Union
Mon. through Fri. at 11:45 a.m.
563-422-6100

Grundy County:

Grundy Center Senior Center
705 F Ave. - Grundy Center
Monday - Friday at 11:30 a.m.
319-824-3843

Hardin County:

Dorothy's Senior Center
1306 17 Ave. - Eldora
Monday - Friday at 12:00 p.m.
641-858-5152

Iowa Falls Senior Center
218 S. River Street- Iowa Falls
Monday - Friday at 12:00 p.m.
641-648-9311

Radcliffe Apartments
604 Catherine - Radcliffe
Wednesday at 11:30 a.m.
515-899-2239

Howard County:

Kessel Lodge
268 7th Avenue W. - Cresco
Monday - Friday at 11:30 a.m.
563-547-2563

Afton Oaks
405 9th Street - Elma
Monday - Friday
641-393-2134

Protivin Community Center
103 S. Main Street - Protivin
Tues. and Thurs. at 11:30 a.m.
563-569-8731

Jackson County:

Bellevue Community Center
1700 State Street - Bellevue
Monday - Friday at 11:30 a.m.
563-872-4666

Jackson County Senior Center
1000 E. Quarry St.-Maquoketa
Monday - Friday at 11:30 a.m.
563-652-6771

Marshall County:

Marshall County Senior Center
20 1/2 E. State - Marshalltown
Monday - Friday at 12:00 p.m.
641-752-1638

Poweshiek County:

Grinnell Senior Center
927 4 Ave - Grinnell
Monday - Friday 12:00 p.m.
641-236-2612

Tama County:

Toledo Senior Center
103 S. Church - Toledo
Monday - Friday at 12:00 p.m.
641-484-3839

Winneshiek County:

Calmar Senior Center
106 E. Main Street - Calmar
Tues. and Thurs. 11:30 a.m.
563-562-3654

Winneshiek County Senior Center
806 River Street - Decorah
Monday - Friday at 11:45 a.m.
563-382-9557

Fort Atkinson Comm. Center
300 3rd St. NW-Fort Atkinson
Tues. and Thurs. at 11:30 a.m.
563-534-7517



Your Community. Your Connection. Your Choice.

*Make this your first call for questions
on community supports and services*

866-468-7887
lifelonglinks.org

Subscribe to NEighborhood News

The NEighborhood News newsletter is available for a \$7.50/year contribution. Whether you pick up a copy of NEighborhood News at the local senior center or get a copy in the mail, we appreciate your

contribution.

We need your continued financial support to keep NEighborhood News coming to you every month. All contributors in the past month are listed in **This Month's Sponsors** on this page.

This Month's Sponsors

Benefactors (\$30.00 or More)

Patrons (\$15.00 to \$30.00)

Patricia Coots
Burton Sprole
St. Croix Hospice -Francie Crawford
Maxine Buxton
Ardith Graf

Friends (Up to \$15.00)

Bob Johann
Delores Felder
Gladys Heitman
Lavonne Cusher
Susan Barczak
Barbara Horns
Dena Graff
Jetty Larson
Bernita Osborn
Darlene Puffett

Sudoku Puzzle

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

I Want to Receive NEighborhood News

To receive NEighborhood News or become a sponsor, complete this form. Please print and include your complete mailing address.

Name _____

Mailing Address _____

City _____

State _____ Zipcode _____

Phone/Email _____

_____ \$7.50 - One Year Subscription

_____ \$15.00 - Patron

_____ \$30.00 - Benefactor

_____ Other _____

All contribution amounts over \$7.50/per year are tax deductible. Mail to:

Northeast Iowa Area Agency on Aging
PO BOX 388
Waterloo, IA. 50704-0388

Fruit Word Find

In honor of Nutrition Month this month's word find features different kinds of fruit. Find all of the fruits hidden in the grid. The remaining letters spell an additional fruit.

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

- | | | |
|-------------|------------|-------------|
| APPLES | DATE | ORANGE |
| APRICOT | FIG | PAPAYA |
| AVOCADO | GRAPEFRUIT | PEACH |
| BANANA | GRAPES | PEAR |
| BLACKBERRY | KIWIFRUIT | PERSIMMON |
| BLUEBERRY | KUMQUAT | PINEAPPLE |
| CANTALOUPE | LEMON | PLUM |
| CHERRIES | LIME | POMEGRANATE |
| CHOKECHERRY | LYCHEE | RASPBERRY |
| COCONUT | MANGO | RHUBARB |
| CRABAPPLE | MULBERRY | STRAWBERRY |
| CRANBERRY | NECTARINE | WATERMELON |

NEighborhood News

PO BOX 388 319-874-6840 800-779-8707
Waterloo, IA. 50704-0388. e-mail: vhyke@nei3a.org

NEighborhood News is published monthly to entertain, educate, and inform our readers. The opinions expressed in NEighborhood News do not necessarily reflect the opinions of the Agency on Aging, its governing bodies, or Advisory Councils. Articles, letters to the Editor and other comments are welcome. NEighborhood News reserves the right to publish all or part of material submitted. Deadline is the 10th of the month for next month's issue.

Our Vision: Our vision is to empower older persons to live safe and independent lives with dignity, purpose, and self-determination.

Our Mission: Northeast Iowa Area Agency on Aging will create and provide services for older persons to empower them to maintain their independence.

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.