



900 Whiting Drive • Yankton, SD 57078  
www.thecenteryankton.net

## Board of Directors(2019-2020)

David Hosmer	Financial Advisor, JD and AAMS Raymond James Financial
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Kara Payer	Vice President of Mission Avera Sacred Heart Hospital
Velma Kuchta	Retired Educator & Secretarial Assistant Opsahl Kostel Funeral Home
Diane Reese	Retired Nurse
Pam Rezac	Retired Administrator
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Arlene Young	Retired School Administrator

Change Service Requested

Non-Profit  
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Yankton, SD  
57078



900 Whiting Drive • Yankton, SD 57078  
chauer@thecenteryankton.org  
Center: 605-665-4685 • Nutrition: 605-665-1055  
Website: www.thecenteryankton.net  
October 2019 • Volume 18 • Issue 10



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## Hazardous Waste Collection

October 4th • 8am-4pm

West Side Parking Lot

Free to Members

Disposal paid for by The Center

Drop off your hazardous waste  
at The Center and have it  
disposed of for free.

### Examples of Hazardous Waste:

- Latex & oil based paints
- Household cleaning products
- Fluorescent light bulbs
- Batteries
- Pesticides
- Anti-freeze
- Oil

Certain types of hazardous waste  
have the potential to cause injury to  
sanitation workers and can contami-  
nate septic tanks or wastewater  
plants if poured down drains or toilets.  
They also present hazards to children  
and pets if left around the house.

Thank you to Merlin Johnson for your  
trailer use and for hauling the  
hazardous waste to the transfer  
station. Merlin for the past 5 years  
has taken on this project.

## Hours of Operation

Mon, Wed & Thurs 8:00am—4:00pm

Tues & Fri 8:00am—9:00pm

Noon Meal 11:30am—12:30pm

Annual Dues \$35/Single • \$63/Couple

Lifetime Dues \$315/Single • \$567/Couple

\$35.00 a year is only 10¢ a day!



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Go to: The Center Yankton

Visit our website for up to date info.  
www.thecenteryankton.net



Wine & Dine Auction  
Dinner went to the  
highest bidder,  
Bob Kellen.

The dinner was hosted by  
Joe & Barb Rezac.

## Wellness Workshop Wednesday, October 23rd • 4:00pm-7:00pm

Byron Olson, Ruth Scott and USD Nursing students are offering a one stop  
shop for your wellness needs. Services are available on a first come, first  
served basis with a goodwill donation requested for Meals on Wheels.

**Nutritious Meal (BBQ Rib Dinner/\$6)**

**Flu Shots (Bring Medicare and Insurance Card)**

**Vital Signs (Blood Pressure Check)**

**Toe Nail Trimming**

**Skin Screening**

**Fall Risk Screening**

**Participation Door Prizes**

Roger's Pharmacy will donate to Meals on Wheels for every flu shot

**Reservations required for a meal. Call 665-1055**

Fall Is Here...Time to Get Your Flu Shot



Let the friendly staff at Roger's Family Pharmacy help you be  
healthier. We'll get you in and out quickly and hassle free.  
No appointment necessary.

**AND**

For every Flu shot we give this season, we will  
make a donation to **Meals on Wheels!**  
So, stay healthy AND help provide needed  
meals in our community.

218 W 4<sup>th</sup> Street in Yankton, SD • 605-665-8042

[www.rogersfamilypharmacy.com](http://www.rogersfamilypharmacy.com)

Pocket Rx in the Apple store or Google Play • Roger's Family Pharmacy on Facebook

Workshop Sponsored by:  
**The Center, Roger's Family Pharmacy,  
Fyzical Therapy and the USD Nursing Students**





# Board of Director's



Row 1: Kara Payer, Diane Reese, David Hosmer, Velma Kuchta, Joleen Smith  
Row 2: Bob Kellen, Pam Rezac, Arlene Young, Julz Tesch, Cee Sorenson, Carla Schlingman, Steve Wentworth



Our 2019 Staff Bingo party was a great time with many, awesome prizes. Each staff member was able to invite a guest and all were eligible to win prizes. Christy & Kriss took turns calling the numbers. There were also some twists thrown in where you could choose an envelope containing cash or gift cards or a prize. Thank you to Christy & the Board for supporting this annual recognition party for us. We value our staff and this was one way to acknowledge their work.

## Department of Corrections Partnering with The Center

The restructuring plan at The Center and DOC has been completed and after training of staff and Board members, an inmate will return to help us with our mission.

We all must follow basic guidelines in dealing with inmates as a part of our restructuring plan. When you are at The Center, inmates must be respected and treated fairly. We should not be talking about personal issues with them and must have healthy boundaries. We have signed on to take just 1 inmate, which will be easier to monitor. We ask that you don't give them anything like gifts, food, money, use of cell phone, etc.

This is a win-win situation for both the inmate and The Center. We will be able to rely on having a worker here everyday, reducing our overhead and the inmate is rewarded by early release by participating in the community service program.

We want to maintain a strong healthy working relationship with the Department of Corrections and we are counting on your support. If you have any questions please see Christy.

## Board Meeting Minutes



The minutes from the monthly Board of Director's meeting are kept in the library to be reviewed. They are in a blue labeled file folder in the card cad-

## Check Out Our Web Page [www.thecenteryankton.net](http://www.thecenteryankton.net)

You can access our monthly newsletter, menu, activity calendar, upcoming events, programs, services, volunteer opportunities, fundraising updates, pictures and so much more.

## Innovation. It's Right



Avera Sacred Heart Hospital keeps care local for you and your family. We offer comprehensive services through skilled physicians and care teams in a technologically advanced clinical setting.

Innovation lives right here.

[Avera.org/sacred-heart](http://Avera.org/sacred-heart)

Live better. Live balanced. **Avera**

Cancer Care • Women's Health • Ear, Nose and Throat  
Orthopedics • Cardiology • Pulmonology

## Reminder Phone Call or Email



All of our events are listed in the monthly newsletter. We try to call those individuals who may have attended the event before and invite them back. If you would like to be on our call list for our events, please stop in the office and give us your name and number or email so we can add you to the list. If you would like your name removed, let us know.

## Dining at Hy-Vee

To participate you must be over 60. You need to show your scan card at Hy-Vee, if you do not have one, please stop in the office to get one (\$1). You must also pay The Center the suggested donation of \$3.75 for your meals. Stop into The Center office to get a Hy-Vee brochure listing the menu options. There are **NO SUBSTITUTIONS** to any of the Hy-Vee menus which are approved by the state of South Dakota.



Memory Care  
2903 Douglas Ave.  
605-668-2800

At Autumn Winds Memory Care, you will find a loving, safe, and joyful place that people with all stages of Dementia call home.

The Autumn Winds Care team works closely with families to get to know their loved one's backgrounds, personalities, and beliefs. Care is given with dignity and respect and is individualized to meet each resident's unique needs.

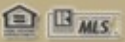
Autumn Winds Memory Care provides three home cooked meals and two snacks daily, assistance with all activities of daily living, medication administration, physician ordered diets, and oxygen administration. Full time nurses coordinate all medical and health needs with the resident's primary care provider. The staff and activities team strive to create a fun and comforting home like environment for every resident. The exits are secured to provide resident safety and family peace of mind.

Staff education is a primary focus at Autumn Winds in order to provide quality care at each stage of the ongoing journey of our elder's lives.

Come and visit the Autumn Winds Memory Care family. You are likely to hear music playing and folks singing tunes that are never forgotten.

Please contact Brandy Salts, Administrator or Colette Broekemeier, RN for a tour or questions regarding Autumn Winds Memory Care.

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*Carla Schlingman*  
Broker

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[www.yanktonrealestate.com](http://www.yanktonrealestate.com)

| [cschlingman@iw.net](mailto:cschlingman@iw.net)

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# Upcoming Events

October 4	Hazardous Waste Collection	8:00am-4:00pm
October 8	Dementia Caregiver Group	10:00am-11:00am
October 8	Christy on KYNT Radio	7:40am & 12:20pm
October 9	Pancake Feed	4:30pm-6:30pm
October 10	Birthday Dinner	11:30am-12:30pm
October 14	Craft Class	10:00am-11:00am
October 16	Dinner & A Movie	4:30pm-6:00pm (Meal)
October 17	Anniversary Dinner	11:30am-12:30pm
October 18	Commodities	1:00pm-3:00pm
October 20	Kiwanis Dinner	4:00pm-7:00pm
October 23	Wellness Fair	4:00pm-7:00pm
October 23	BBQ Ribs	4:00pm-7:00pm
October 27	Sweet Adelines	3:00pm
October 30	USD Dental Students	9:00am-12:00pm
October 31	Halloween Parade	11:15-11:30am
Oct 15-Dec 6	Open Enrollment Medicare Part D	9:00am-4:00pm
November 12	Christy on KYNT Radio	7:40am & 12:20pm



**Medications getting you down?  
New medications causing confusion?  
Need a better way to manage your medications that  
doesn't cramp your lifestyle?**

Stop down to Roger's Family Pharmacy and talk to our Pharmacists about the many options we have for you. Talk to a Pharmacist face to face and not over the phone or the computer.

From Pill Boxes to Bubble Packs  
We've got you covered.

218 W 4<sup>th</sup> Street in Yankton, SD  
605-665-8042

[www.rogersfamilypharmacy.com](http://www.rogersfamilypharmacy.com)  
Pocket Rx in the Apple store or Google Play  
Roger's Family Pharmacy on Facebook

# Director's Desk



I want to thank everyone for participating in National Senior Week. We hope you had fun dressing up, playing games, winning prizes and having special treats each day, compliments of MT & RC Smith Insurance. If you see Roger out in the community, please thank him for his continued support of The Center. Congratulations to King Bill Cerny & Queen Sandy Kreber whose names were drawn to become Senior Week Royalty. The more days you joined us for lunch, the more chances you had to win. We appreciate our regular diners and hope to have more.

We had a great Annual Meeting with the full support of the Board. I reviewed the state of The Center focusing on manpower, membership & money. We continue to get a lot accomplished with very few staff hours thanks to the support of our volunteers. We have such a strong core group of volunteers, but are always in need of more. We are in a position to offer more programming, but are in need of volunteers to do so. Our membership continues to be strong, running between 700-750 members. I would encourage you to bring your ideas and suggestions forward so we can better serve your needs. I pointed out that The Center has had a balanced budget for the past 8 years, with a surplus of funds. Much of our financial stability has come from the community support we have received. We must continue to lean on membership for financial support. President Dave Hosmer challenged members to support The Center with an annual gift this Fall to the Soupless Soup Kitchen, starting this November, which supports The Center operation and again in March supporting Meals on Wheels. Members were encouraged to be recognized in next years annual report at a giving level of \$150 and above. All donations of any size are appreciated. Much of the funds raised provide services and meals to low income Seniors. President Hosmer pointed out the importance of hospitality. He encouraged our veteran members to welcome newcomers, to invite them to their table to break bread. I challenged our members to serve as ambassadors, promoting our services and encouraging others to become members and enjoy our delicious meals. If you were unable to attend the annual meeting, please stop by and pick up an annual report which showcases all of our services, activities and our donors. The Board of Director's hope that you will consider becoming a more active member by participating, dining, volunteering and donating.

I am delighted to announce our first ever Wellness Workshop on October 23rd from 4-7pm. As we age, we need to take care of our bodies. You have the opportunity to enjoy our delicious rib dinner, get your blood pressure taken, toe nails clipped, have a skin screening, balanced assessed and receive a flu shot. Don't miss out on this wonderful offering hosted by The Center, Roger's Pharmacy, Fyzical Therapy and USD Nursing students. Retired nurses will be on hand. Thank you Diane Reese, Cee Sorenson, Leah Smith and Andrea Jaquith for sharing your healthcare knowledge with us.

We had the profound opportunity to show our hospitality as we took in victims of the recent flooding. It was an honor and privilege to partner with the Red Cross providing shelter and food to the displaced families. Thank you members who showed them compassion, broke bread with them and listened to their plight. We all take so much for granted and when you see families who have lost everything, it really puts life into perspective.

Many of our members don't come to The Center on a regular basis to truly see our impact. When you are here day in and day out like our staff members, it is truly moving. We help so many people through our Medicare Assistance, free taxes, supplemental food through the commodities program, free meals to those in need, delivering meals to homebound seniors so they can remain independent, hazardous waste removal, health & wellness programs, pet food assistance and really I can go on and on. Just think about the number of people we serve, the lives that are enhanced because of The Center.

I am proud to be your Director and I hope you are proud to be a member of The Center. Thank you for being a part of an amazing organization. God Bless you.

Happy Halloween!

Christy Hauer—Executive Director

Our mission is "to respond to the ever-changing needs of all adults and their families; provide opportunities and resources in the areas of physical and mental health, nutrition, recreation and education, and to positively affect their quality of life and assist in maintaining their independence."



## Fundraising

### Pancake Feed

(second Wednesday each month)

Wednesday, October 9th • 4:30pm-6:30pm

Join us for all you can eat pancakes and french toast.  
Also includes a serving of eggs and bacon or sausage.

Bring the whole family out for a yummy meal and  
support The Center. Only \$5.00 per person.

Everyone is welcome!

If you would like to volunteer at a pancake feed, give  
Jeanne a call at 665-4685.



### Thank You For Your Donation

**MT & RC Smith Insurance**  
(Senior Week Sponsor)

**River Rat Marathon**

**Vangen Lutheran Church**

**Volin Community Club**

**Soupless Soup Kitchen**

Sylvia Coulson

Pat & Christy Hauer

Your generous support is  
greatly appreciated!

### Grateful For Your Donations

Thank you to everyone who volunteered to sort, clean and price  
items and work during the rummage sale.

**We made \$1,000!** We appreciate each and everyone of you  
and hope you will be able to help us again when we do our  
first ever Winter indoor rummage sale in February.



Every Tuesday & Friday (7pm)  
(Open to the public)

Join the fun and win some money

**WE NEED BINGO VOLUNTEERS TO CALL AND WORK THE CASH TABLE.**  
**IF INTERESTED STOP AND TALK TO JEANNE.**

CANCELLATION POLICY:

BINGO WILL BE CANCELLED IF WE HAVE FEWER THAN 25 PEOPLE IN  
ATTENDANCE. THIS IS AT THE DISCRETION OF THE CALLER.

**LISTEN TO KYNT, KVHT OR WNAX FOR CANCELLATIONS.**



# Longer Walks

He lives for our daily walks together. But when my foot pain slowed us down,  
I decided to see my Avera podiatrist. We chose a treatment plan right for me  
and the pain disappeared. Walking my dog finally feels like a walk in the park.

**Talk to an Avera podiatrist if you  
have joint pain while:**

- Walking or jogging
- Climbing stairs
- Standing for long periods of time

**Avera**   
**Medical Group**  
Podiatry  
Yankton

409 Summit St., Suite 2600  
Yankton, SD 57078



## Nutrition Programs

Dine at **The Center** daily  
(Home-cooked meals) 11:30am-12:30pm

Eat breakfast and enjoy an evening or weekend meal at  
**Hy-Vee** with your pre-paid meal account.

If you are over 60 and homebound or recovering from a hospital stay for illness or injury, our volunteers will deliver a meal to you thru the **Meals on Wheels** program.

Suggested donation for meals is **\$3.75** if you are over 60 and **\$6.50** if under.

Please call for a meal reservation—665-1055

Frozen meals are available for evenings and weekends.



**THE CENTER**  
RECREATION • SOCIALIZATION • NUTRITION

### Rent Our Beautiful Facility

- Full Service Kitchen & Catering Available
- Small & Large Groups (up to 150)
- Clean Facility – plenty of parking
- Handicap Accessible
- Beer & Wine License (\$10)
- \$150/member • \$175/non-member

*We can host your wedding reception, bridal shower, class or family reunion, birthday, anniversary, graduation or Christmas party, customer appreciation event or any other celebration.*

**Call 665-4685 • 900 Whiting Dr., Yankton**



**Open 24 HOURS**

**EMPLOYEE OWNED**

**2100 Broadway • Yankton**  
**665-3412**


**Floral 665-0662 • Pharmacy 665-8261**  
**Wine & Spirits 665-7808**

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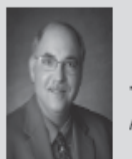
**Indoor Display & Carving Center**  
**1609 Broadway • Yankton, SD**  
**(605)665-3052**




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Beth Beeman,  
Au.D., CCC-A, FAAA



Todd A. Farnham,  
Au.D., CCC-A, FAAA



Jason R. Howe,  
M.S., CCC-A, FAAA

Call us at 605-665-0062 to schedule an appointment.

**YANKTON MEDICAL CLINIC, P.C.**  
2525 Fox Run Parkway, Suite 101, Yankton, SD 57078  
**605-665-0062**  
www.YanktonMedicalClinic.com/ENT

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**Entrust your loved one to our professionals where your needs and wishes are fulfilled, without guilt, pressure or the burden of high cost.**

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## Tabor Nutrition Center

### Tabor Nutrition Center

138 North Lidice  
Tabor, SD 57063  
605-463-2505

### Hours of Operation

Tues, Wed, & Thurs  
11:30am-12:30pm  
Meal Donation \$4.25

### October 2019 Menu

**Suggested donation is \$4.25 for those over 60 and \$6.50 for those under 60. Please call 463-2505 by 9:00am for reservations. Menu is subject to change.**

Oct 1	Beef Tips in Gravy
Oct 2	BBQ Chicken Breast
Oct 3	Pork Cutlet
Oct 8	Cabbage Beef Soup
Oct 9	Swiss Steak
Oct 10	Baked Chicken
Oct 15	Pork Chop/Dumpling (Evening Meal)
Oct 16	Sloppy Joe
Oct 17	Roast Beef
Oct 22	Cream of Potato Soup
Oct 23	Sweet & Sour Pork
Oct 24	BBQ Ribs
Oct 29	BBQ Chicken Legs
Oct 30	Hamburger
Oct 31	Pork Roast

### Tabor Wish List

Coffee  
Paper Towels  
Laundry Soap  
Hand Soap  
Small Paper Plates  
Lysol Cleaner  
Napkins



Dr. Tom Stotz, Dr. Jim Fitzgerald, Dr. Sheila Fitzgerald,  
Dr. TJ Stotz, Dr. Matt Erlandson, Dr. McKenzie Erlandson,  
Dr. Jay Fitzgerald, Dr. Lindsey Sivertsen

Locations in Yankton, Scotland, Tyndall & Wagner, SD  
and Bloomfield & Hartington, NE

## Tabor News

Fall is in full swing. Our children are all busy with school activities and sporting events. We hope everyone has been kept safe from the recent flooding.

We had a great turnout for our September evening meal. Several groups stayed to play cards and socialize.

I would like to thank everyone that has brought in their garden vegetables. It was all so delicious and we really appreciate it.

Our October evening meal is Tuesday the 15th, serving pork chops, dumplings and all the trimmings. Matt & Joe will try to get here later in the evening for some great entertainment. Come join us on Tuesday's, Wednesday's & Thursday's for a noon meal and the 3rd Tuesday for our evening meal.

Keep a watchful eye out for all the ghosts and goblins and enjoy Halloween.

With Friendship,  
Gail Hovorka—Site Coordinator

### October Birthdays

Oct 12	Dennis Povondra
Oct 16	Doris Baltzer
Oct 17	Irene Hovorka
Oct 21	Diane Cap
Oct 23	Stan Varilek
Oct 30	Alice Rokusek



**Tabor Nutrition Center Staff**  
Ilene Sternhagen, Gail Hovorka,  
Lillian Bartunek, and Gladys Hamberger



# Volunteer News



**Congratulations!**  
**Janice DeJong is our October Volunteer of the Month. Janice has volunteered as our Wednesday afternoon receptionist for over 5 years now.**

**Thank you Janice for all you do to keep the office running smoothly.**

**Enjoy your parking spot.**

## Volunteer Opportunities

Would you like to do something rewarding? Volunteers are the core of our organization. If you would like to **make a difference**, stop in the office and we will find something that interests you. Thank you.  
**Daily, weekly or monthly opportunities are available.**

- Bingo Callers & Cashiers
- Commodity Food Box Delivery
- Receptionists & Office Workers
- Pancakes & Evening Meals
- Kitchen Helpers (Pour Water & Milk)
- Newsletter Folders
- Rummage Sale
- Special Events
- Meals on Wheels Drivers
- Wine & Dine Fundraiser
- Committee Work-Behind The Scenes

## Making People Feel Welcome

We want to make everyone who comes to The Center feel welcome. If you see a new member or a new diner, please welcome them to your table, if not enough room, pull up another table or chair to make room. Offer up some conversation about what we do at The Center. We, as members, should all be ambassadors promoting our great organization.

## Senior Companions Needed

Are you **55 or older** and like helping others?  
Could you use a little **extra income**?  
Are you looking for a way to **get involved** in your community?  
Consider becoming a Senior Companion. It's a wonderful volunteer opportunity for older adults.

As a Senior Companion, you would **help people remain independent** in their own homes or apartments. Activities might include conversation, assistance with reading and writing, preparation of meals, help with shopping or other tasks that are essential for independent living. If you or someone you know would be **interested in becoming a Senior Companion**, call toll free **1-888-239-1210**.



Have you noticed, we now have a handicapped spot on the West side of the building that is marked van accessible. It is very important that when you park your car, you **don't park in the walkway**. We want to make walking to our building as easy as possible. Also, a reminder to please be courteous of those needing to park in the handicapped spots in the parking lot. You must display your handicapped sign in order to park in these spots.  
**Thank You!**



We have been approached by many who have been disappointed that they have not been asked to volunteer. We y to spread the jobs around. There are several opportunities and **we need you**. It is challenging for us to keep track of who has been asked and who has served. So please contact Jeanne if you would like to volunteer.

## Morning Coffee Show with Scott Kooistra



Tuesday, October 8th  
at 7:40am & 12:20pm

Tuesday, November 12th  
at 7:40am & 12:20pm

**Tune into 1450AM**

**Hear about upcoming events The Center.**

## WALNUT VILLAGE

**SENIOR LIVING** 613 Walnut St.  
Yankton, SD  
The Perfect Blend of Privacy & Community



Assisted & Independent  
Apartments

24 Hour Staff for Your  
Safety and Peace of Mind

Medication Management

**605-664-4220**



Volunteers: Cathy Orton, Delores Moore, Chuck & Cheryl Leiferman, Bill Cerny, Ruby Schroeder, JuLee Werkmeister, Head Cook, Beth Coulson and Diane Reese.

## Holiday Baking Fun

**Join us for the First Ever Holiday baking get together hosted by The Center Staff.**  
(Date to be announced)

You will go through numerous baking stations to make cookies, candies and more. When we are finished you will have a platter of goodies for yourself or for entertaining.

**Cost is \$25**

**Class size is limited to 20**



The Center Activities Committee is seeking members. The committee meets the 2nd Thursday each month at 10am to discuss current activities as well as new activities. If you are interested in serving on this committee, please see Cee Sorenson.



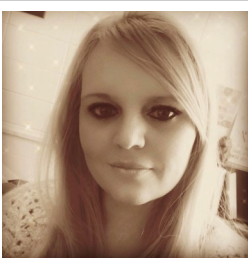
Dick attended the United Way kickoff meeting with Christy last month. Please consider a donation this month to United Way.



# Senior Week—Sponsored by MT & RC Smith Insurance



# Nutrition Education



## Healthy Eating for Older Adults

As an older adult, you may see changes in the foods your body needs and the physical activities you are able to do. Here are some ideas on how to eat well and be active to feel your very best. One of which is dining at The Center for a hot, nutritious home-cooked meal.

Choose a mix of nutrient rich foods every day from all the food groups. Fruits & vegetables of all different colors have a variety of nutrients. Bread, pasta, cereal and rice that are whole grain are high in fiber. Milk, cheese or yogurt that is low fat or fat free provide a good source of Vitamin D. Lean beef, chicken, turkey, fish or eggs are high in protein. Beans and nuts are nutrient rich and contain protein, fiber and B vitamins.

Pay special attention to Vitamin D and calcium as older adults tend to need more to maintain bone strength and prevent osteoporosis. Plan for your meals and snacks to include low fat chesses, salmon, tuna, eggs or fortified breakfast cereal. Consuming at least three servings of milk or dairy products each day is a good way to get your Vitamin D.

Stop in and dine with us daily for a hot, home-cooked nutritious meal. You will not leave disappointed nor leave hungry. Call us at 665-1055 to make reservations. Also, don't forget our BBQ Rib meal the 4th Wednesday each month. Happy Halloween!

If you would like some extra meals stop by and see me. There are also meals for your holidays, evenings and weekends.  
Mandi Lampman—MOW Coordinator



**\*\*\*Drivers Wanted\*\*\***

We are in need of volunteers to deliver commodity boxes in the Yankton area. It is only 1 time per month. We have 3 different routes to cover. Please contact Mandi if you know of anyone that could help low income, homebound Seniors get the needed supplemental food each month.

Thank you to Jesse and Pepperidge Farms for the continued special pricing on your bread. Our diners enjoy having a slice of this great bread. **When you are out grocery shopping pick up a loaf of Pepperidge Farms bread for home.**

### Hy-Vee Meals

(Enjoy Breakfast, Lunch and Dinner)

**If you are 60 or older, stop in the office to get a scan card (for \$1) and show your card at Hy-Vee and get meals for the suggested donation of \$3.75. As a member, you receive a scan card.**

Breakfast	Lunch/Dinner
(Serving 6am-11am)	(Serving 11am-8pm)
<ul style="list-style-type: none"> <li>2 Eggs, Hash Browns &amp; Toast</li> <li>2 Eggs, Bacon or Sausage/Toast</li> <li>2 Egg Omelet &amp; Toast (2 choices of ham, bacon, sausage, onions, mushrooms, peppers or cheese)</li> <li>English Muffin Sandwich (Egg &amp; Cheese—choice of ham, bacon or sausage)</li> </ul>	<ul style="list-style-type: none"> <li>Meatloaf</li> <li>Pork Loin</li> <li>Blue Ribbon Burger</li> <li>1 piece Baked Chicken</li> <li>1/2 Hot Beef Sandwich</li> <li>1/2 Hot Turkey Sandwich</li> <li>Choice of Fish (Lent only)</li> </ul>
<p><b>All breakfast meals are served with coffee and juice or milk</b></p>	<p><b>Meals are served with potato, 2 fruits or 2 vegetables or 1 fruit &amp; 1 vegetable, coffee and milk</b></p> <p><b>(NO SUBSTITUTIONS)</b></p>



# Nutrition News

## August 2019 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1252 (57 per day)	250 (11 per day)	347 (11 per day)	289 (22 per day)	2138 (97 per day)
Home Delivered	1729 (79 per day)	N/A	N/A	47 (4 per day)	1776 (84 per day)

### Kitchen Volunteers (October)

Please arrive at 11:00am to help dish up the fruit/dessert and serve those needing a meal delivered to the table.

If you are unable to work your scheduled day, please check to see if you could trade with someone.

Oct 1	Barb DeJager
Oct 2	Bonnie Strnad
Oct 3	Delphine Peterson
Oct 4	Eileen Leshner
Oct 7	JuLee Werkmeister
Oct 8	Alma Logdahl
Oct 9	Sandy Kreber
Oct 10	Sylvia Coulson
Oct 11	Bonnie Strnad
Oct 14	Dorothy Gobel
Oct 15	Geri Loecker
Oct 16	Ruby Schroeder
Oct 17	Delphine Peterson
Oct 18	Carol Wynia
Oct 21	Amanda Stewart
Oct 22	JuLee Werkmeister
Oct 23	Sandy Kreber
Oct 24	Dorothea Hoebelheinrich
Oct 25	Bonnie Strnad
Oct 28	Malena Diede
Oct 29	Alma Logdahl
Oct 30	Dorothy Gobel
Oct 31	Ruby Schroeder

For those who are getting their meals delivered to the table, please remember to stop at the pay table before you leave to get your card scanned.

### The Center Ribfest!

Wednesday, October 23rd - 4:00pm-7:00pm  
(4th Wednesday every month)



#### Serving:

BBQ Ribs  
Twice Baked Potato  
Glazed Carrots  
Fruit  
Dessert  
Bread, Butter, Coffee & Milk

Our evening meal is open to the public, so bring your family and friends and enjoy a delicious home cooked meal.

**Suggested Donation \$6.00**

Very Important to call for reservations, 665-1055  
Holy Cow—168 people were served in September.



**We provide dependable and caring services allowing people to remain independent.**

- Activities of Daily Living
- Medication Reminders
- Light Housekeeping
- Transportation
- Meal Assistance
- And much more!

**Vermillion: (605) 624-5900**  
**Yankton: (605) 655-5900**

Toll Free: 877-624-5900 • [www.HeartPrintHomeCare.com](http://www.HeartPrintHomeCare.com)



Mirabile entertained us at our September evening meal. We celebrated Senior Week and in recognition of hat day, Mirabile all wore hats.



Christy & Kriss attended the National Meals on Wheels Convention in Dallas, Texas and they got to have a little fun as well, checking out the Dallas Cowboys bus.



**YANKTON MEDICAL CLINIC, P.C.**  
*So much care, so close to home!.*  
**605-665-7841**  
1104 West 8th Street • Yankton, SD 57078  
[www.YanktonMedicalClinic.com](http://www.YanktonMedicalClinic.com)

**Regular Clinic Hours:**  
M-F: 8 a.m. - 5:30 p.m.  
Sat: 8:30 a.m. - Noon

**ConvenientCare Hours:**  
M-F: 5 - 9 p.m.  
Sat. & Sun.: Noon - 5 p.m.

**Pharmacy**  
**605-665-2929**  
Pharmacy Hours:  
M-F: 8:30 a.m. - 9 p.m.  
Sat: 8:30 a.m. - 5 p.m.  
Sun.: Noon - 5 p.m.

**Ear, Nose & Throat**  
**605-665-0062**  
2525 Fox Run Parkway, Suite 101  
Yankton, SD 57078

**Regular Clinic Hours:**  
M-F: 8 a.m. - 5 p.m.  
Closed: Noon - 1 p.m. Daily



### Center Wish List

Thank You For Your Donations!

(Listed in order of need)

**Decaf Coffee**  
**Small Paper Plates**  
**Toilet Paper**  
**Fun Size Candy Bars**  
**Sandwich Baggies**  
**Laundry Soap**  
**Napkins**  
**Kleenex**  
**Hand Sanitizer**

Your donations help us keep our costs down, which significantly impacts our bottom line. We are very grateful!



# Potpourri

**Kiwanis Harvest Dinner**  
**Sunday, October 20th - 4:00pm-7:00pm**  
**Tickets \$10.00 (Event is at The Center)**

Proceeds are donated to local organizations.  
 Advance tickets are available from any  
 Kiwanis member. Each year the club donates to  
 the Meals on Wheels Program.

**River City Harmony Sweet Adelines**  
**Present "Girls Night Out"**

Sunday, October 27 - 3:00pm  
 The Center—900 Whiting Drive

An afternoon of food, fun and friends.  
 Featured Quartet "Home Brewed".

Get your tickets from any Sweet Adeline for only \$12  
 and includes the afterglow.



**LIKE US ON FACEBOOK**

Log into Facebook and type  
 The Center in the search box

  
**WINTZ & RAY**  
 FUNERAL HOME and  
 CREMATION SERVICE

*Sharing your Grief, Honoring Memories*  
*Celebrating Life, Helping you Heal*



*Directors: Jim, Steve, Jerry and Paul Wintz*

Visit us at [www.wintzrayfuneralhome.com](http://www.wintzrayfuneralhome.com)

We are approaching that time of year when we  
 start organizing our annual Memorial Program.  
 Please take a look at the list below and let us know if  
 we have overlooked any members who  
 have passed. Thank you.  
 (November 2018-October 2019)

Betty Drotzman	June Baggs
Bill Dayhuff	Luree Boersma
Charles Huntley	Margaret Hunhoff
Connie Kendall	Marge Becker
Darold Loecker	Marilyn Gorsett
Dory Ahern	Mary Fran Thompson
Edla Aune	Maurice Newman
Erwin Kaup	Maxine Kinsley
Frank Carter	Pat Highland
George Flewares	Pat Lyons
Glen Mechtenberg	Rodger Johnson
Hazel Nelson	Roland Preszler
Jacqueline Olson	Sharon Leinen
John Slowey	Susie Hofmann
John Swensen	

## Help Wanted

The Experience Works Program has employment  
 opportunities available in Yankton and at The Center. Spend an  
 average of 20 hours per week in assigned hands on training sites  
 at public and non-profit organizations.

**Some of the training we have available at  
 The Center is**

- Clerical and administrative duties
- Assist with meal preparations & serving
- Janitorial and building maintenance
- Dishroom

If you are interested, please call Experience Works at  
 888-278-9109 to see if you qualify.

The Senior Community Service Employment Program is funded  
 through the US Dept. of Labor and administered by Experience  
 Works, Inc., a national, non-profit  
 organization in 55 South Dakota counties.



**Ethel Goeden is celebrating her**  
**95th Birthday**  
**Please join her on Sunday, October 20th**  
**From 1:30pm-3:30pm**  
**At Sunrise Apartments (2015 Green Street)**  
**Everyone is Welcome!**

# October Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 (DINNER & MOVIE 16th) Baked Steak w/Gravy Rice Creamed Cabbage Tomato Spoon Salad Dessert	1 Roast Beef Mashed Potatoes/Gravy California Blend Vegetables Chocolate Chip Cookie <b>Homemade Cookies Day</b>	2 Chipped Beef Over Biscuits Scrambled Eggs Hash Browns Fruit	3 Chicken & Dressing Mashed Potatoes/Gravy Glazed Carrots Jell-O Peaches	4 Tuna & Noodle Casserole Green Beans Fruity Slaw Chocolate Pudding
7 Lasagna Italian Veggies Chinese Coleslaw Fruit Slush	8 Cider Braised Pork Chop Macaroni Salad Cauliflower Baked Apples	9 Roast Beef Philly Sandwich French Fries Coleslaw Tapioca Pudding <b>Nat'l Sub-Hoagie-Hero Day</b> <b>PANCAKE FEED</b>	10 <b>ANNIVERSARY DINNER</b> Chicken Parmesan Scalloped Potatoes Corn Tropical Fruit Angel Food Cake <b>Nat'l Angel Food Cake Day</b>	11 Tater Tot Casserole Baked Squash Tossed Salad Fruit
14 Ham Loaf Baked Potato/Sour Cream Broccoli Pears	15 Pork Roast Mashed Potatoes/Gravy Seasoned Spinach Cranberry Orange Bar	16 Chicken Noodle/Veg Soup Cornbread Jell-O w/Mandarin Oranges Sugar Cookie <b>DINNER &amp; A MOVIE</b>	17 <b>BIRTHDAY DINNER</b> Beef Tips in Gravy Mashed Potatoes Cauliflower Cake & Ice Cream	18 Meatloaf Creamed Potatoes Corn Fruit Chef's Surprise
21 BBQ Chicken Company Potatoes Glazed Carrots Banana Cake	22 Salmon Patties French Fries Broccoli Corn Bake Spinach Salad Oatmeal Cookie <b>Nat'l Oatmeal Day</b>	23 Ham Baked Sweet Potato Green Bean Casserole Berry Fruit Salad <b>EVENING MEAL</b> <b>(BBQ Ribs)</b>	24 Salisbury Steak Boiled Potatoes/Gravy Baked Squash Cranberry Crunch Salad	25 French Dip Sandwich Sweet Potato Fries Spinach Salad Fruit
28 Chicken Fried Steak Mashed Potatoes/Gravy Creamed Peas Fruit	29 Beef Kielbasa Sliced Potatoes Sauerkraut Corn Jell-O w/Fruit	30 Grilled Chicken Panini Spinach Salad/Dressing Fruit Angel Food Cake	31 <b>HALLOWEEN</b> <b>CHEF'S CHOICE</b> Halloween Cake <b>Carve a Pumpkin Day</b>	<b>EVENING MEAL (23rd)</b> <b>BBQ Ribs</b> Twice Baked Potatoes Glazed Carrots Mandarin Oranges Dessert

As we continue to watch our bottom line & be financially stable, please make sure you call the day before to make reservations at 665-1055. If you have a group of people for lunch and you would like to sit together, please reserve your table by setting your silverware, coffee cup etc. Menu is subject to change. All meals are served with 1% milk, coffee and bread. If you are 60 or older, the suggested donation is \$3.75. If you are under 60 the meal is \$6.50.



## October Activities

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1		2		3		4	
		Table Tennis 8:30	Billiards 8:30	Table Tennis 8:30	Billiards 8:30	Billiards 8:30	Line Dancing 9:30	Exercise 11:00	
		Billiards 8:30	Line Dancing 9:30	Billiards 8:30	Line Dancing 9:30	Billiards 8:30	Line Dancing 9:30	Exercise 11:00	
		Bible Study 10:30	Exercise 11:00	Toe Nail Clinic 10:00	Exercise 11:00	Exercise 11:00	Bridge 12:45	Bridge 12:45	
		Pinochle 12:45	Rummikub 12:15	Wii Bowling 10:00	Wii Bowling 10:00	Bridge 12:45	Bingo 7-9	Bingo 7-9	
		Wii Bowling 1:00	P. Bridge 12:45	Pinochle 12:45	Pinochle 12:45	Bingo 7-9			
		SHIINE 4-6	Cribbage 1:00	Dominos 12:45	Dominos 12:45				
	Bingo 7-9							<b>Hazardous Waste 8:00am-4:00pm</b>	
7		8		9		10		11	
Billiards 8:30	Table Tennis 8:30	Billiards 8:30	Table Tennis 8:30	Billiards 8:30	Table Tennis 8:30	Billiards 8:30	Line Dancing 9:30	Exercise 11:00	
Line Dancing 9:30	Billiards 8:30	Line Dancing 9:30	Line Dancing 9:30	Billiards 8:30	Billiards 8:30	Line Dancing 9:30	Exercise 11:00	Bridge 12:45	
Exercise 11:00	Dementia Grp 10:00	Exercise 11:00	Exercise 11:00	Wii Bowling 10:00	Wii Bowling 10:00	Exercise 11:00	Bridge 12:45	Bingo 7-9	
Pinochle 12:45	Bible Study 10:30	Rummikub 12:15	Rummikub 12:15	Nurse 10:30-12	Nurse 10:30-12	Bridge 12:45			
Hand & Foot 1:00	Pinochle 12:45	P. Bridge 12:45	P. Bridge 12:45	Pinochle 12:45	Pinochle 12:45	Bingo 7-9			
	Wii Bowling 1:00	Cribbage 1:00	Cribbage 1:00	Dominos 12:45	Dominos 12:45				
	SHIINE 4-6								
	Bingo 7-9								

## Membership News

Thank You for Your Donation	
Coffee/Paper Plates	Geri Loecker
Batteries	Tom & Sandy Milroy
Books	Sharon Thoene
Coffee/Toilet Paper	Leah Smith
Paper Plates/Candy/Sandwich Bags/Toilet Paper	Jim & Shari Hovland
Greeting Cards	Eileen Leshar
Coffee/Candy	Theresa Arens
Greeting Cards	Betty Adam
Coffee/Candy/Sandwich Bags/Magazines	Ed Gleich
Candy/Sandwich Bags	Diana Spence
Coffee	Loran & Delores Moore
Coffee	Fran Fox
Candy	Kriss Thury
Greeting Cards	Darwin & Diana Klassy
Tea Bags/Magazines	Cathie Huchtmeier
Paper Plates/Laundry Soap/Coffee/Candy	Fran & Sandy Johnson
Hand Sanitizer	Hand & Foot Group


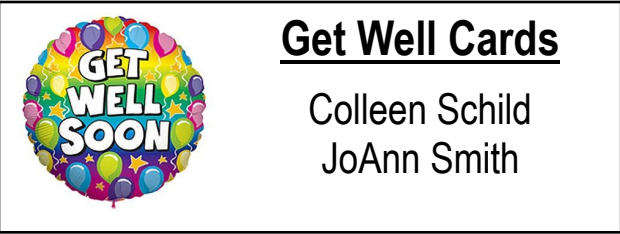
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**Welcome New Members**

**John & Nancy Sternquist ▪ Yankton**  
**Roger Anderson ▪ Yankton**  
**George Feilmeier ▪ Yankton**


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# Get Well Cards

Colleen Schild  
JoAnn Smith



# Get Well Cards

Colleen Schild  
JoAnn Smith

**Sympathy Cards**

**Sonny & Judi Olson**  
(Loss of Mother)

**Marilyn Bertsch Family**

**JoAnn Huitema**  
(Loss of Grandson)

**Joyce Brandt**  
(Loss of Father)

**Rheiny Hofmann**  
(Loss of Wife)

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In Memory of Marilyn Bertsch  
Pat & Christy Hauer

In Memory of Mildred Lane  
Jim & Cindy Filips

In Memory of Judy Rein  
Rod & Beth Nohr

In Memory of Keegan Werkmeister  
Ethel Goeden

In Memory of Susie Hofmann  
Pat & Christy Hauer

*In  
Loving  
Memory* 

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We provide services so you can  
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Providing services to you for:

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- Leisure/Social
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## Happy Birthday

Oct 1	Art Huber	Oct 12	Bob Eddie	Oct 21	Dorothy Nielson
Oct 1	Marvin Jensen	Oct 12	Dale Kirschenman	Oct 22	Jean Christenson
Oct 2	MaryAnn Anderson	Oct 12	Janet Modereger	Oct 22	Matt Fitzgerald
Oct 2	Delight Paulson	Oct 12	Margaret Sarringar	Oct 22	Irene Hirsch
Oct 2	Diane Rasmussen	Oct 12	Deborah Smith	Oct 22	Loran Moore
Oct 2	Zeta Weber	Oct 14	Betty Adam	Oct 23	Scott Kooistra
Oct 3	Gordon Olson	Oct 14	Kayleen Ehresmann	Oct 24	Tom Hausmann
Oct 3	Duane Schroeder	Oct 15	Donna Kaiser	Oct 24	Analyn Schmidt
Oct 3	Linda Tramp	Oct 15	Thomas Kopecky	Oct 26	Clint Burt
Oct 5	Cleo Anderson	Oct 16	Velma Kuchta	Oct 26	Marlene Schramm
Oct 5	Robert Thue	Oct 16	Carol Wynia	Oct 27	John Leinen
Oct 7	Gregg Ehresmann	Oct 18	Jack Dahlseid	Oct 28	Malena Diede
Oct 7	Gloria Snoozy	Oct 19	MaryJane Hisek	Oct 29	Lucille Dayhuff
Oct 8	Marge Wuestewald	Oct 19	Beth Nohr	Oct 29	MaryJane Gullikson
Oct 9	Elizabeth Aanning	Oct 19	John Sternquist	Oct 29	Jerry Keeley
Oct 9	Duane Kleinschmit	Oct 20	Ethel Goeden	Oct 29	Ray Kooistra
Oct 10	Rose Robinson	Oct 20	Diane Reese	Oct 29	Loretta Sheldon
Oct 11	Ramona Bagstad	Oct 21	Sharon Hladky	Oct 30	Don Carlson
Oct 11	Nick Saoi	Oct 21	Shirley Knodel	Oct 31	Fran Fox
Oct 12	Theresa Arens				

## Happy Anniversary

Oct 7	Brian & Kaye Cwach
Oct 17	Jeff & Amy Jones
Oct 18	Patrick & Jolene Foss
Oct 22	Stephen & Deborah Smith
Oct 23	Greg & Violet Dangel
Oct 24	Larry & Martha Celmer
Oct 24	Jake & Sandy Hoffner
Oct 24	Bob & Mary Law
Oct 24	Cordy & Diane Rasmussen
Oct 27	Gale & Marie Erickson

## M.T. & R.C. SMITH INSURANCE

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Life, Bonds



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Yankton, SD  
665-3611

## Activities

### Activity Coordinators

Please contact coordinators if interested in participating in an activity.

Bible Study (Tues)	Lois Kirschenman	661-1914
Bridge (Fri)	Toots Marchand	665-9508
Cribbage (Wed)	Phyllis Christiansen	668-0659
Craft Class	Cathy Orton	832-385-5305
Dominos (Thurs)	JoAnn Huitema	665-9291
Exercise/NuStep (M-W-F)	Office	665-4685
Hand & Foot (Mon)	Bev Larsen	665-5595
Line Dancing (M-W-F)	Eileen Leshner	664-6548
Meals On Wheels	Mandi Lampman	665-1055
Partnership Bridge (Wed)	Dan Miller	661-8017
Pinochle (Mon & Thurs)	Joyce Kollars	665-4410
Pinochle (Tues)	Don & JuLee Werkmeister	665-1518
Table Tennis (Tue & Thurs)	Dan Miller	661-8017
Trips/Tours	Office	665-4685
Wii Bowling	Jeanne Laffey	665-2774

### Wii Bowling

#### Tuesday League

9-3-19: Karen Gran had a high series of 523.  
Darlene Pokorney had a high game of 195.  
Karen Gran picked up a 5-10 split, 3 times.  
Mary Haberman picked up a 5-10 split.  
Elaine List picked up a 5-7 split.

9-10-19: Mary Law had a high series of 581 and a high game of 233.  
Elaine List picked up a 4-5, 5-10 & twice, a 5-7 split.  
Mary Haberman picked up a 5-10 split twice.  
Janet Modereger picked up a 2-7-8 split.

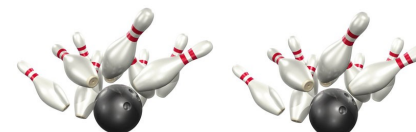
9-17-19: Mary Law had a high series of 594 and a high game of 203.  
Mary Law picked up a 4-7 split.  
Mary Haberman picked up a 4-6 split.  
Karen Gran picked up a 5-10 split twice and a 4-5-7 split.  
Janet Modereger picked up a 5-7 split.

#### Thursday League

9-5-19: Marilyn Obr had a high series of 726 and a high game of 277.  
Jeanne Laffey picked up a 2-7-8 split.  
Sandy Kreber picked up a 2-7-8 split.

9-12-19: Marilyn Obr had a high series of 705 and a high game of 265.  
Janice Olson picked up a 5-7 split, twice.  
Beth Nyquist picked up a 2-7 & 2-4-5-7 split.  
Sharon Tronek picked up a 5-10 split.  
Marilyn Obr picked up a 4-5 split.

9-19-19: Marilyn Obr had a high series of 666 and a high game of 255.



### Exercise Class With Judi O'Connell



Low impact chair exercises with Judi  
Monday, Wednesday & Friday at 11:00am  
\$20 for 10 classes (join us for dinner after class)

**CARDS MAY BE PURCHASED IN THE FRONT OFFICE**

### Halloween Costume Parade

Let's see what you got. Wear your costumes for a trick or a treat. We will parade around at 11:15 with lunch at 11:30, serving **CHEF'S CHOICE**. We hope everyone will dress up, show your scary spirit.



### Pinochle News

#### Double Pinochle—August 8, 2019

Joyce Kollars & Bob Neibergall

#### 1000 Aces—August 27, 2019

Cee Sorenson & Don Werkmeister

#### August Drawing

Sylvia Coulson & Janice Olson

#### Round Robin—September 5, 2019

Sharon Tronek & Elma Block

#### September Drawing

Bob Neibergall & Dorothy Nielson



If you are new to The Center and you want to play cards or participate in an activity, contact the activities coordinator.

#### A Reminder to All Card Players

If you are unable to play, it is your responsibility to find a replacement. Ask Card Coordinator for a substitute list. The option to play 3 handed pinochle is always available.



# Activities

## Dinner And A Movie

(Third Wednesday each month)

Wednesday, October 16th

Meal: 4:30pm-6:00pm ▪ Movie: 6:00pm

Showing: "Megan Leavey"

\$6 Meal, Movie & Popcorn

The true life story of Megan Leavey, a young Marine corporal whose unique discipline and bond with a military combat dog saved many lives during her deployment in Iraq. Assigned to clean up the K-9 unit after a disciplinary hearing, Leavey starts to identify with Rex, a particularly aggressive dog that she trains. Over the course of their service, Megan and Rex complete more than 100 missions until an improvised explosive device injures both, putting their fates in jeopardy.



## Craft Class

Monday, October 14th ▪ 10:30am-11:30am

Stay for lunch, we are serving:

**HAM LOAF**

Join us the second Monday each month for some creativity & fun. Cathy Orton leads the class and each month you will make a new craft.

Cost is \$5 per person to cover the supplies.

You must sign up for class in the front office so Cathy has plenty of supplies on hand.



## Partnership Bridge News

### August 28, 2019

- |                                    |             |
|------------------------------------|-------------|
| 1. Loraine McNeely & Char Erickson | Score: 7270 |
| 2. Muriel Stach & Beth Nohr        | Score: 5610 |
| 3. Fran Mollet & Faye Sailors      | Score: 5240 |

**Slams:** Loraine McNeely & Char Erickson  
Beth Nohr & Muriel Stach

### September 4, 2019

- |                                    |             |
|------------------------------------|-------------|
| 1. Fran Mollet & Marilyn Weverstad | Score: 6800 |
| 2. Judy Kistler & Janet Ausdemore  | Score: 6610 |
| 3. Mae Crawford & Char Erickson    | Score: 4450 |

**Slams:** Fran Mollet & Marilyn Weverstad  
Lyle Malone & Rod Nohr

### September 11, 2019

- |                                     |             |
|-------------------------------------|-------------|
| 1. Fran Mollet & Marilyn Weverstad  | Score: 5900 |
| 2. Jean Fitzgerald & Jean Schaecher | Score: 5750 |
| 3. Rose Mather & Dan Miller         | Score: 4130 |

**Slams:** Fran Mollet & Marilyn Weverstad  
Jean Fitzgerald & Jean Schaecher

### September 18, 2019

- |                                    |             |
|------------------------------------|-------------|
| 1. Loraine McNeely & Char Erickson | Score: 5780 |
| 2. Lyle Malone & Muriel Stach      | Score: 5630 |
| 3. Fran Mollet & Marilyn Weverstad | Score: 4000 |

**Slams:** Loraine McNeely & Char Erickson

September 25, 2019

- |                                    |             |
|------------------------------------|-------------|
| 1. Loraine McNeely & Char Erickson | Score: 6270 |
| 2. Shirley McKee & Mae Crawford    | Score: 4810 |
| 3. Judy Kistler & Janet Ausdemore  | Score: 3400 |

**Slam:** Loraine McNeely & Char Erickson

## Friday Bridge News

### August 30, 2019

- |                                  |             |
|----------------------------------|-------------|
| 1. Nadean Auch & Janet Ausdemore | Score: 4970 |
| 2. Muriel Stach & Beth Nohr      | Score: 4380 |
| 3. Darwin & LaVila Tessier       | Score: 4000 |

### September 13, 2019

- |                                    |             |
|------------------------------------|-------------|
| 1. Nadean Auch & Janet Ausdemore   | Score: 4810 |
| 2. Muriel Stach & Beth Nohr        | Score: 4780 |
| 3. Jean Fitzgerald & Char Erickson | Score: 1730 |

There will be a bridge class on Tuesday, October 8th at 9:15am. If you would like to learn to play bridge or have questions please call Dan Miller at 661-8017.

# Services/Education

## Commodity Program

The Commodity Supplemental Food Program is for those who are 60 and older and have a gross income of **\$1,354** or less per month for a 1 person household or **\$1,832** gross or less for a 2 person household. This qualifies you to receive a box of food monthly from the Feeding South Dakota program.

**New guidelines state that you must sign for your box each month, if there is not a signature, you will not receive a box the following month.**

Stop in the office if you are interested in applying.  
Please contact 665-4685 for more information.  
Commodities are distributed on the third Friday each month (**October 18th**) from 1pm-3pm and are on a first come first served basis.



## Volunteer Nurse On Site

Just a reminder that we have a volunteer nurse on site the 3rd Wednesday & 2nd and 3rd Thursday each month from 10:30am-11:30am. Our volunteers Jackie Sandstedt, Marilyn Christensen & Leah Smith are available to take your blood pressure and answer some of your health questions. Stop in the nurses office and say hello.

## Toe Nail Clinic

A reminder that the contract nurse is here the 1st Thursday each month to trim toenails. The cost is \$20 made payable to Avera and you must bring your own clippers.

We also have a volunteer nurse that will be here on the 3rd Wednesday each month to trim toenails. The cost is \$20 made payable to The Center. You must bring your own clippers.

**Stop in the office to schedule an appointment.**

## Dementia Caregiver Group

Tuesday, October 8th ▪ 10:00am-11:00am

The Dementia Caregiver Group meets each month on the second Tuesday.

**Everyone Welcome**  
**Open to the public**

## Pet Food Program



For some Seniors who are not able to get around easily, their best friend and only companion may be their loving dog or cat. The Center calls attention to the importance of pets. The pet food program helps those in the Yankton area feed their furry companions.

If you qualify, you will receive pet food in a one gallon bag, once per month, per household. Research shows that owning a pet can add years to your life.

**Stop by the office today to complete an application.**

## Medicare Part D Open Enrollment

October 15th through December 6th

During the annual enrollment period, you can make changes to various aspects of your coverage. You can also switch from one plan to another. If you didn't enroll in Medicare Part D when you were first eligible, you can do so during open enrollment, although a late penalty may apply. Call The Center to make an appointment with one of our many SHIINE volunteers.

**In the past, volunteers saved Yankton County Seniors \$333,983 in pharmaceutical costs.**



## USD Dental Hygiene Services

Wednesday, October 30th ▪ 9:00am  
(Cannot take appointments)

Free and low cost dental services provided by University of South Dakota dental hygiene students, and supervised by faculty. Services are provided at The Center on a first come, first served basis. Free services include: free oral screenings, denture and partial cleanings. Accepting Medicaid and other insurances.

**Cleanings \$35.00 ▪ X-Rays \$25.00**