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Board of Directors(2018-19)

David Hosmer	Financial Advisor, JD and AAMS Raymond James Financial
Bob Kellen	Owner Kellen & Streit & Yankton Redi Mix
Joleen Smith	Retired Banker
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
Carla Schlingman	Broker/Owner Century 21 Professional Real Estate
John Swensen	Retired Salesman
Julz Tesch	North Branch Manager First Dakota National Bank
Cee Sorenson	Retired Nurse
Steve Wentworth	Retired Safety Manager

900 Whiting Drive • Yankton, SD 57078

 chauer@thecenteryankton.org

 Center: 605-665-4685 • Nutrition: 605-665-1055

 October 2018 • Volume 17 • Issue 10



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Center Fun Week (Oct 15-19)

We are going to celebrate **YOU** all week long with dress up days, games, prizes and more.

- Monday, October 15th.....HAT DAY**
- Tuesday, October 16th.....PAJAMA DAY**
- Wednesday, October 17th.....SPORTS TEAM DAY**
- Thursday, October 18th.....SCARF & TIE DAY**
- Friday, October 19thRED & BLACK DAY**

Come to The Center each day and have fun by dressing up, playing games, winning prizes and enjoying a delicious home-cooked meal. Wear your favorite hat on Monday and Tuesday you don't have to do anything at all, just get out of bed and come to The Center in your jammies. Show off your favorite sports team on Wednesday and don't forget about the good ole Red & Black on Friday to support our wonderful Bucks & Gazelles program. It will be fun on Thursday to dress up with our scarfs and ties as we recognize all our October birthdays.

Don't miss out, sign up for lunch each day.



Recently Dave Abbott was honored by the United Way with the Pam Kettering Spirit of Volunteerism Award. He gave over 500 hours last year delivering Meals on Wheels as well as volunteering with other agencies. Henry Petersen was also recognized as a volunteer and featured in the United Way Campaign video. He recently turned 90 years old and has delivered MOW for 15 years. Board members Dianne Reese Bob Kellen and Director Christy Hauer attended the United Way kickoff.

Hours of Operation

Mon, Wed & Thur	8:00am - 4:00pm
Tues & Fri	8:00am - 9:00pm
Noon Meal (M-F)	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!



Please consider a gift to the United Way

LIVE UNITED!

USD Dental Hygiene Services

Thursday, October 4th - 9:00am-3:00pm

 (First come, first served)

USD received a grant to partner with The Center to provide free and low cost dental services by USD dental hygiene students, supervised by faculty.

Free services:

- Oral cancer screenings**
- Denture and Partial Cleanings**



Cleanings \$35.00

X-Rays \$25.00



Accepting Medicaid and other insurances.

Halloween Dinner & Movie

Monday, October 29th

4:30pm-6:00pm(meal)

Movie "Hocus Pocus" at 6:00pm

Serving a Spooktacular meal: **Baked Steak/Gravy**

 Wear a costume and receive a trick or treat!

For meal reservation call 665-1055

Halloween Costume Parade

Wednesday, October 31st - 11:30am

Wear a costume and we will parade around before lunch. Everyone dressed in a costume will get a treat. Lunch will follow and we are serving **Goulash**.

Annual Meeting



Pam Rezac, Carla Schlingman, Julz Tesch



Joleen Smith, Kara Payer & John Harper



John Swensen & Steve Wentworth

Board of Director's Terms

David Hosmer/President	2nd Term	2015-2018
Bob Kellen/Vice-President	2nd Term	2015-2018
Joleen Smith/Treasurer	2nd Term	2014-2020
Kara Payer/Secretary	2nd Term	2014-2020
Velma Kuchta	2nd Term	2014-2020
Diane Reese	1st Term	2016-2019
Pam Rezac	1st Term	2018-2021
Carla Schlingman	1st Term	2018-2021
Cee Sorenson	1st Term	2016-2019
John Swensen	1st Term	2016-2019
Julz Tesch	1st Term	2018-2021
Steve Wentworth	1st Term	2017-2020



Diane Reese



Cee Sorenson

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 caddy.

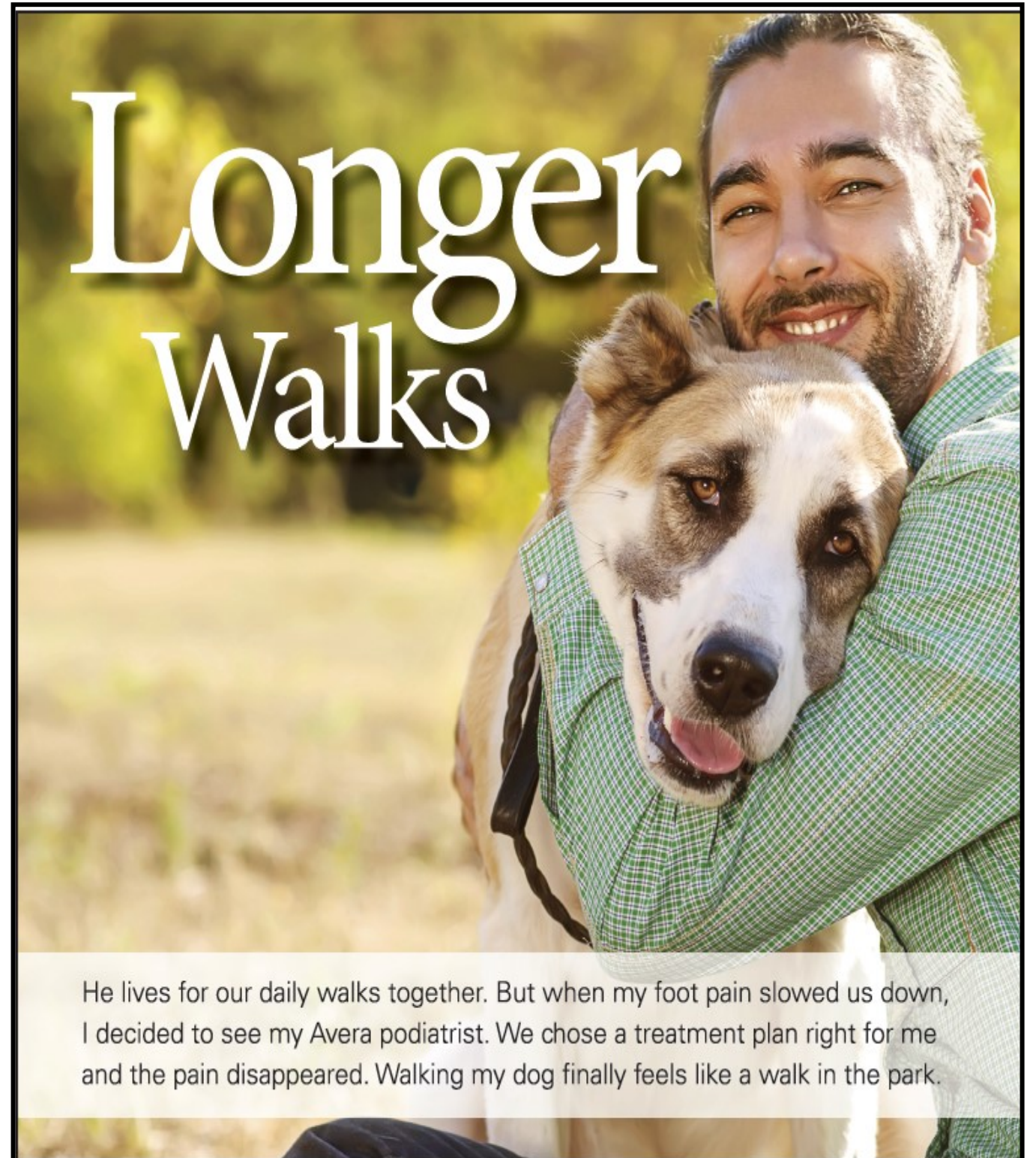
Check Out Our Web Page www.thecenteryankton.net

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

Log into Facebook
and type The Center in
the search box



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



409 Summit St., Suite 2600
Yankton, SD 57078

Upcoming Events



Hat Day—Monday 10/15

Pajama Day—Tuesday 10/16

Favorite Sports Team Day—Wednesday 10/17

Scarf & Tie Day—Thursday 10/18

Red & Black Day—Friday 10/19



October 4	USD Dental Hygiene Services	9:00am-3:00pm
October 8	Craft Class	10:30am-11:30am
October 9	Dementia Caregiver Group	10:00am-11:00am
October 10	Pancake & French Toast Feed	4:30pm-6:30pm
October 11	Anniversary Dinner	11:30am-12:30pm
October 17	Hearing Screening Clinic	10:00am-3:00pm
October 18	Flu Shot Clinic	10:30am-12:00pm
October 18	Birthday Dinner	11:30am-12:30pm
October 24	BBQ Ribs	4:30pm-6:30pm
October 29	Dinner & A Movie	4:30-6:00pm (meal)
October 31	Halloween Costume Parade	11:30am
Oct 15-Dec 7	Medicare Part D Open Enrollment	

“It’s All About You”

To us, “It’s All About You” means that all our creative juices and long hours have one single goal. That goal is to obtain the best outcome for you, our client, whether you are buying or selling.

When you’re not sure what to do...downsize, rent, own...Call Sally & Terry to schedule a private, confidential visit to learn what options work best for you.



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Director’s Desk



I want to once again thank John Harper, Heather Olson and Chris Nelsen for their years of service on our Board of Directors. Their service has enriched and grown our operation. I want to again welcome and thank Pam Rezac former president of Avera Sacred Heart Hospital and now, Carla Schlingman broker and owner of Century 21 and Julz Tesch, Manager at First Dakota National Bank, North Branch for their willingness to serve and assist us in carrying out our mission.

Many have inquired about the status of the inmate return. As mentioned previously we are in the midst of restructuring our operation. In doing so, I am proud to again congratulate Kriss Thury on her recent and well-deserved promotion to Assistant Director. As a major part of her responsibility she will be overseeing the nutrition operation working side by side with our talented head cook, Paula Fontenot. Kriss will be attending some management training workshops, but during my recent health related absences she had the best possible training, on the job training. She has stepped up as a leader as has Paula. We are blessed to have experienced cooks in the kitchen with Margaret, MaryJane and Jody which will make this transition seamless. As the Department of Corrections does some restructuring we are in the process of submitting a detailed plan to Warden Fluke to assure him that we are prepared to have the proper supervision of the inmates in place. We are reviewing and revising the inmate job descriptions, the transportation plan, Center rules that need to be followed and will be scheduling additional board and volunteer training. I am very proud of the extra effort put forth by our staff and volunteers to pick up the slack. We are pleased to have Sara Kruse serving as our nutrition and office assistant, taking on some of Kriss’ duties. Preston and Heidi have come on as temporary help and are doing a fabulous job. Carolyn, Brittney and Connie have also stepped up to pitch in. We value and appreciate our partnership with the DOC and look forward to the return of our inmates at some point. (time unknown)

Our volunteers have gone above and beyond, setting up the tables, bussing dishes, helping with cleanup, assisting in the kitchen and even running the dishwasher. We are going to continue to need your help bussing your dishes and if possible hope you would consider volunteering over the lunch hour, at an evening meal or helping with concessions at bingo on a Tuesday or Friday night? I can’t tell you how much we need and appreciate YOU. Please call Kriss or Colleen if you are able to volunteer. You truly learn what you are made of when you are tested this way. I am happy to report that our organization has passed the test. We have all come together staff, volunteers, board members, new staff members, and temp help in lieu of having our inmates, to continue to deliver what is important, a quality program to you, our members.

We are looking forward to the months ahead where we begin again to have 3 evening events. Come out and enjoy our pancake feeds on the second Wednesday of the month, our dinner and a movie the third week, and our rib night on the fourth week. We have been able to grow all of our evening events thanks to Connie and our team of volunteer receptionists who place a friendly phone call reminder. I would say more than 90% of our members appreciate the phone call reminder. We do not want to be pests. If you don’t want a reminder call, just let us know and we will remove your name from the calling list. I would encourage you to call in for a reservation and if you can’t come to cancel your reservation. It is so critical for us to have an idea of how many we are going to serve, so we have enough food and we aren’t wasteful. I also appreciate how hard Colleen works to line up volunteers for all our evening events including bingo. You can make her job easier. (Hint, Hint)

Although it is nice to have the weather cool off and the opportunity to see the vibrant colors as the leaves change, I always miss my favorite season summer. I miss the warmth of the sun and the longer days. This time what really saddens me the most, is saying goodbye to our snowbirds. I hope those of you who are leaving have a fun and blessed time down South. We will miss you, hurry home.

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 News

Pancake Feed (All You Can Eat)

Wednesday, October 10th - 4:30pm-6:30pm

The second Wednesday each month bring the whole family out for an all you can eat pancake and French toast feed. Also included is a serving of eggs, bacon or sausage and coffee.

All for just \$5.00!



The United Way kicked off their fundraising campaign in September. The Center is blessed to be an agency under the United Way umbrella. Please consider making a donation.



Every Tuesday & Friday (7pm)

(Open to the public)

Join the fun and win some money

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.

Thank You For Your Monetary Donation

Steve & Deb Murray

Your generous support is greatly appreciated!

We are in need of volunteers to help with Bingo on Tuesdays & Fridays from 7:00pm-9:00pm. We need bingo callers and cashiers.

If you are interested, please call 665-4685 or stop in and see Colleen.



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Potpourri



What Can We Do To Improve

We encourage you to share your ideas.

Suggestion boxes are located at the front desk and at the lunch table. Please make sure you put your name on the suggestion so we can follow up with you. We appreciate your feedback.

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.



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



Morning Coffee Show with Scott Kooistra

We are on radio KYNT1450AM at 7:40am & 12:20pm

Tuesday, October 9th

Tuesday, October 23rd

Tune in to hear about upcoming events and activities at The Center.



A special **THANK YOU** to Riverfront Broadcasting for their support of The Center.

HyVee EMPLOYEE OWNED **Open 24 HOURS**

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

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www.YanktonMedicalClinic.com 605-665-7841



Larry Nickles & Jody Johnson enjoying a pancake feed.

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



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.

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

Volunteer News

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.

CONGRATULATIONS!



Gary & Velma Kuchta are our October Volunteers of the Month. Velma is in her second term on the Board of Directors. She has served as Secretary, Activities Chairman and

currently serves as our Membership and Marketing chairman. Velma is very active on the board raising funds, working with the Wine and Dine, dances, pancake feeds and other events. By her loyal side is her husband Gary who also helps with all the above evening events. He has tended the bar at many functions, and pours a stiff glass of wine or beer. Both Gary and Velma are continually promoting The Center and our events. They have recruited countless members and in the picture above they are sharing the inner workings of how our HyVee meal program works with the Hermanson's.

Enjoy your parking Spot!

We are in need of volunteers to deliver commodity boxes once per month. Please see Mandi if you are interested in helping.

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

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.**

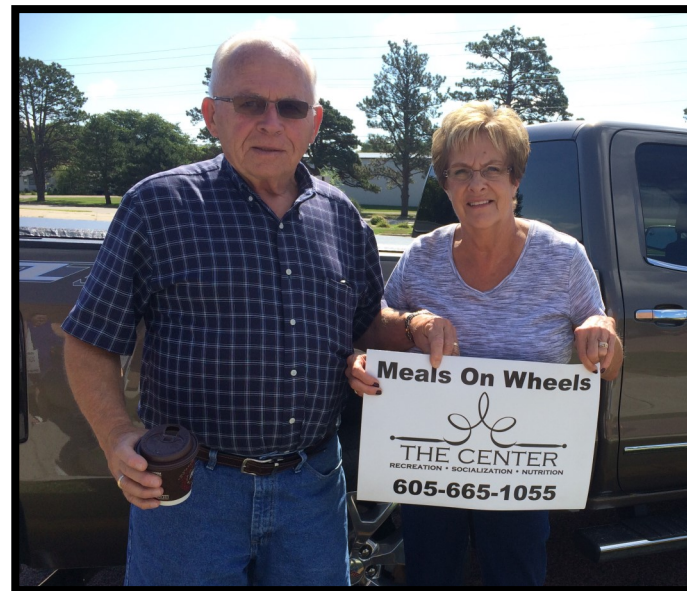
- Meals on Wheels Drivers
- Wine & Dine Fundraiser
- Pancakes
- Dances
- Bingo
- Kitchen Helpers
- Rummage Sale
- Special Events
- Receptionists
- Committee Work-Behind The Scenes

Meals on Wheels

The Meals on Wheels Program can be the difference between Seniors remaining at home or needing to relocate to a long term care facility. The Center provides a nutritious meal, friendly visit and safety check to help cope with three of the biggest threats of aging: hunger, isolation and loss of independence. **It costs less to provide a Senior, Meals on Wheels for an entire year than it costs to spend one day in the hospital or six days in a nursing home.** Consider making a difference, by volunteering or donating to the Meals On Wheels Program. **See Mandi for more details.**

We just recently had a member stop in the office and talk about Meals on Wheels. As quoted by Janet Ausdemore: "We moved to Yankton 8 years ago. Bill had triple by-pass surgery and I wasn't well either. The Meals on Wheels Program was a blessing. It saved our lives".

Meals on Wheels Volunteers



Tabor Nutrition Center

Tabor News

Fall is officially here. We sure can tell with the cooler temperatures, the changing colors and the fallen leaves.

We had a great turnout for our first fall evening meal. Like always, anyone of any age can come to our meals at noon or for our evening meals, so bring the whole family.

We are still enjoying the fresh garden items our people are bringing in. Thank you for providing all the fresh produce.

Our next evening meal is October 16th at 6:00pm. We will be serving pork chop, dumplings and sauerkraut. Make sure you call in to reserve your spot so we know how much food to prepare.

October means Halloween, so let's be alert when the little trick or treaters are out and about and let's keep them safe.

Until next month, take care and always help a friend in need.

Happy Fall
Gail Hovorka—Tabor Site Coordinator



Tabor Nutrition Center Staff

Ilene Sternhagen, Gail Hovorka,
Lillian Bartunek, and Gladys Hamberger

Tabor Nutrition Center	Hours of Operation
138 North Lidice	Tues, Wed, & Thurs
Tabor, SD 57063	11:30am-12:30pm
605-463-2505	Meal Donation \$4.25

October 2018 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. Meals are served with bread, milk and coffee.

Oct 2	Chicken Fried Steak
Oct 3	Porcupine Meatball
Oct 4	BBQ Chicken Legs
Oct 9	Meatloaf
Oct 10	Roast Beef
Oct 11	Goulash
Oct 16	Pork Chop
Oct 17	Chicken Parmesan
Oct 18	BBQ Ribs
Oct 23	Baked Steak/Mushrooms
Oct 24	Chili
Oct 25	Pork Roast
Oct 30	Breaded Baked Fish
Oct 31	Baked Chicken

October Birthdays



Doris Baltzer	Oct. 16
Irene Hovorka	Oct. 17
Stan Varilek	Oct. 23
Alice Rokusek	Oct. 30

Tabor Wish List

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

Thank you for your donations!

Trips

Worthing Dinner Theater - Friday, November 30th
5:00pm-11:00pm - \$62.00 per person
 (Includes transportation, dinner & theater)

“Blithe Spirit”: In this comedy, Novelist Charles Condomine invites medium, Madame Arcati, to his home for a seance to try and spark inspiration for his next book. He gets more than he bargained for when she instead summons the spirit of his temperamental first wife, Elvira. Unhappy that her former husband has re-married, Elvira decides to disrupt the happy couple in any way she can. This proves especially effective as Charles’ new wife Ruth can’t hear or see the apparition, is Charles simply going mad? Can Charles find a way to banish the specter of his past or will he be the one to give up the ghost? Find out in this hauntingly good show.



Upcoming Shows
“37 Postcards” - February 2019
“Dial M for Murder” - May 2019

****The policy of Olde Towne Dinner Theater states there are no refunds or exchanges. If we are unable to attend due to inclement weather, The Center cannot issue a refund or exchange.****



THANK YOU VOLUNTEERS!



Cecelia Dean, Dianne Wubben,
Cindy Filips and Delphine Peterson



Pat Cerny and
Bev Larsen



Marge Becker, Dorothea Hoebelheinrich
and Diane Nicholson

Nutrition News



We all know that muscles look good, but did you know they help keep us healthy, active and energized? The best way to keep them in shape are regular exercise and sufficient protein intake. A recent study has found that more than 1 in 3 adults over 50 years old are not getting the daily recommended amount of protein they need. Protein is a part of every cell in your body. It's used to build hormones, enzymes, blood and antibodies, as well as skin, bones and muscles. As you age, protein becomes even more important. Around age 40, people may lose muscle mass at a rate of up to 8 percent each decade. Later in life, those losses accelerate — by age 70 muscle mass can decline by upwards of 15 percent every 10 years. That may explain why close to 50 percent of older adults have an advanced form of muscle loss, called sarcopenia, that can decrease their strength and mobility while increasing their chances of illness and falling. Muscles have a profound effect on our health, affecting everything from mobility, balance, posture, and even strength and energy. The good news is you can slow age-related muscle loss by getting the right amount and the right kinds of protein along with exercise to rebuild muscle. Current daily recommendations are 56 grams of protein for men and 46 for women. Some experts recommend getting almost twice that amount as you age, especially if you're recovering from surgery, battling an illness or are malnourished. Plan protein-packed snacks and meals. Around 60 percent of adults who did not meet the recommended amount of protein daily reported skipping at least one meal. These adults had lower healthy eating index scores due to lower intakes of fruits, vegetables, dairy, beans and lean meats. One way to ensure you're getting enough protein is to incorporate a carefully planned healthy snack into your day. It's a quick and simple way to eat right. Aim for 25-30 grams of protein at every meal to meet expert recommendations.

Happy Halloween and Happy Fall!
 Don't forget we always have frozen meals on hand for weeknights, weekends and holidays.
 Call Mandi to place your order, 665-1055.

Mandi Lampman
 Meals on Wheels Coordinator



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 or pull another up to make room and offer up some conversation of what we do at The Center. We, as members, should all be ambassadors promoting our great organization.

Thank You

We have been so happy with how far we have come with everyone calling in for meal reservations. Our numbers are nearly spot on, which in turn, means less waste. If you need to cancel your reservation, please call us as well.

We enjoy having you dine with us at The Center. We ask that you keep your nutrition account current by paying for your meals in advance, or use a pay as you go system. This minimizes the need for additional staff hours. Please check with Mandi or Sara if you need to know your current balance.

Enjoy Breakfast, Lunch and Dinner At Hy-Vee

You must be 60 or older to qualify. If you don't have a scan card, please stop in the office to get one (for \$1) and show your card at Hy-Vee. You may also pay The Center the suggested donation of \$3.75 for your meals.

Breakfast

(Serving 6am-11am)

- 2 Eggs, Hash Browns & Toast
- 2 Eggs, Bacon or Sausage/Toast
 - 2 Egg Omelet & Toast
 (2 choices of ham, bacon, sausage, onions, mushrooms, peppers or cheese)
 - English Muffin Sandwich
 (Egg & Cheese—choice of ham, bacon or sausage)

All breakfast meals are served with coffee and juice or milk

Lunch/Dinner

(Serving 11am-8pm)

- Meatloaf
- Pork Loin
- Blue Ribbon Burger
- 1 piece Baked Chicken
- 1/2 Hot Beef Sandwich
- 1/2 Hot Turkey Sandwich
- Choice of Fish (Lent only)

Meals are served with potato, 2 fruits or 2 vegetables or 1 fruit & 1 vegetable, coffee and milk

(NO SUBSTITUTIONS)

Nutrition News

August 2018 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1460 (63 per day)	230 (10 per day)	266 (9 per day)	295 (21 per day)	2251 (98 per day)
Home Delivered	1655 (72 per day)	N/A	N/A	33 (2 per day)	1688 (73 per day)

September Kitchen Volunteers

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

Oct 1	JuLee Werkmeister
Oct 2	Barb DeJager
Oct 3	Pat Cerny
Oct 4	Joyce Kollars
Oct 5	Sandy Kreber
Oct 8	Dorothy Gobel
Oct 9	Sylvia Coulson
Oct 10	Eileen Leshner
Oct 11	Jan Kirschenman
Oct 12	Bonnie Strnad
Oct 15	JuLee Werkmeister
Oct 16	Delphine Peterson
Oct 17	Sylvia Coulson
Oct 18	Bonnie Strnad
Oct 19	Sandy Kreber
Oct 22	Joyce Kollars
Oct 23	Alma Logdahl
Oct 24	Volunteer Needed
Oct 25	Dorothea Hoebelheinrich
Oct 26	Volunteer Needed
Oct 29	JuLee Werkmeister
Oct 30	Alma Logdahl
Oct 31	Malena Diede

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! (Fourth Wednesday Every Month) Wednesday, October 24th- 4:30pm-6:30pm



Serving:
BBQ Ribs
Baked Potato
Glazed Carrots
Tropical Fruit
Chocolate Chip Bar
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
We had 179 individuals at September Fest!
Very Important to call for reservations, 665-1055

Bake Sale

Pre-Order by: **October 10th**
Pickup: **October 17th**
(11:00am-4:00pm)
Members: **\$.75 each**
Non-Members: **\$1.00 each**



Get your order in early for our fresh baked caramel or cinnamon rolls.
Sold individually, by the half dozen or dozen.
Stop in the office today and place your order.

Potpourri

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

- | | |
|------------------|-----------------|
| Carmelita Alonzo | Florence Lee |
| Marlys Bakke | Earl Morman |
| Gail Bartunek | Delvonna Moser |
| Art Becker | Patrick O'Hara |
| Charles Bender | Dave Parry |
| David Chase | Ruth Pearson |
| Roger Girard | Alitha Peterson |
| Russell Gorsett | John Schaefer |
| Lloyd Haarberg | Lucille Schmidt |
| William Kerr | Jerome Steckler |
| Jennie Kilburn | Chuck Tienken |
| Sandi Kreber | Relda Trout |
| Edward Lammers | |

Hearing Clinic Wednesday, October 17th 10:00am-3:00pm

Midwest Hearing Care Solutions will be on site to do **FREE** hearing screenings.

If you would like to sign up, stop in the office and let us know.



Medicare Part D Open Enrollment

October 15th through December 7th

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 today to make an appointment with one of our many qualified SHIINE volunteers.

Last year, our volunteers saved Yankton County residents **\$333,983**.



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

Halloween blast from the past



"Assistant Director's favorite food, **hotdogs**," says Executive Director. Ask Kriss about her Love for hotdogs. (YUCK, haha!)

Veteran's Day Program Friday, November 9th - 11:00am

Dave Hosmer, Center Board President will be presenting a program on the 100th Anniversary of WWI.

All Veteran's are encouraged to wear their hats and/or uniform.
Call 665-1055 for meal reservations.

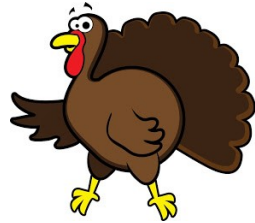


Kiwanis 50th Annual Harvest Dinner Sunday, October 21st - 4:00pm-7:00pm \$10 a Ticket (Event at The Center)

Proceeds are donated to youth organizations in the area.

Advance tickets available.

A Kiwanis member will be selling tickets on Friday, October 12th and 19th at The Center from 11:00am-1:00pm.



Open House

Saturday - October 13th
2:00pm-4:00pm

There will be an Open House to celebrate the 90th birthday of Theresa Arens at Sacred Heart Church, 509 Capitol Street. Everyone is welcome

Seniors Targeted in New Social Security Scam

The Better Business Bureau is warning the public to beware of a new phone scam. Senior's have reported receiving phone calls threatening their Social Security benefits if they do not call the number provided by the caller to resolve "suspicious activities" on their accounts. The caller has a recorded message saying "Hello, we have been trying to reach you. This call is officially a final notice from the Social Security Administration to inform you that we have an order to suspend your benefits on an immediate basis because we have found fraudulent activity on your social security account. To get more information about this case file, please call immediately on our department number, 203-896-0995"

The phone scam will prompt you to enter your social security number in order to continue. The Better Business Bureau reminds the public that Government agencies **DO NOT CALL**, rather, they send you letters if they need to contact you. Consumers may report scams to the Better Business Bureau Scam Tracker at www.bbb.org/scamtracker.
Don't give out your SS#

October Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Meatloaf Oven Browned Potatoes Green Beans Cookie National Cookie Day	2 Lasagna Peas Chinese Coleslaw Fruit Slush	3 Ham & Potato Casserole Corn Tossed Salad/Dressing Apple Crisp	4 Roast Beef Mashed Potatoes/Gravy California Vegetables Fruit Salad	5 Cider Braised Pork Chop Macaroni Salad Cauliflower Jell-O with Fruit
8 Chicken & Dressing Mashed Potatoes/Gravy Glazed Carrots Applesauce	9 Liver & Onions Alternate: Hamburger Oven Browned Potatoes Baked Beans Tropical Fruit	10 Roast Beef Philly Sandwich Sweet Potato Fries Cole Slaw Tapioca Pudding	11 ANNIVERSARY DINNER BBQ Chicken Company Potatoes Broccoli Banana Bar	12 Swedish Meatballs over Noodles Creamed Cabbage Baked Apples
15 Chicken Fried Steak Mashed Potatoes/Gravy Creamed Peas Fruit	16 Ham Loaf Baked Potato/Sour Cream Brussel Sprouts Pears	17 Chicken Parmesan Scalloped Potatoes Corn Tropical Fruit Angel Food Cake	18 BIRTHDAY DINNER Beef Brisket Cheesy Hashbrowns Cooked Spinach Cake & Ice Cream	19 Turkey Mashed Potatoes & Gravy Stuffing Green Bean Casserole Cranberry Sauce
22 Beef Tips in Gravy Mashed Potatoes Broccoli Peaches	23 Taco Bake Beans Salad Fruit Fluff CHEF'S CHOICE	24 Grilled Chicken Panini Spinach Salad/Dressing Banana Chocolate Pudding (Evening Meal: BBQ Ribs)	25 Salisbury Steak Boiled Potatoes/Gravy Baked Squash Cranberry Crunch Salad	26 Chicken Strips Sweet Potato Fries Coleslaw Jell-O with Fruit
29 (Dinner & Movie) Homemade Tomato Soup Grilled Cheese Sandwich Spinach Salad Fruit	30 Smothered Pork Chop Mashed Potatoes Carolina Beans Chocolate Pudding	31 HALLOWEEN Goulash Fruity Slaw Banana Halloween Cake	(Evening Meal 10/24) BBQ Ribs Baked Potato Glazed Carrots Tropical Fruit Chocolate Chip Bar	(Dinner & Movie 10/29) Baked Steak w/Gravy Rice Creamed Cabbage Tomato Spoon Salad Halloween Cookie

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.



Available Every
Hour of the
Day Every Day
of the Year

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

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

Vermillion: (605) 624-5900
Yankton: (605) 655-5900
Toll Free: 877-624-5900 • www.HeartPrintHomeCare.com

October Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	2 Table Tennis 8:30 Billiards 8:30 SHIINE 10-6 Bible Study 10:30 Pinochle 12:45 Bingo 7-9	3 Billiards 8:30 Line Dancing 9:30 Nurse 10:30-12 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00	4 Table Tennis 8:30 Billiards 8:30 Toe Nails 10:00 Pinochle 12:45 Dominos 1:00	5 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9
8 Billiards 8:30 Line Dancing 9:30 Craft Class 10:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	9 Table Tennis 8:30 Billiards 8:30 SHIINE 10-6 Dementia Grp 10:00 Bible Study 10:30 Pinochle 12:45 Bingo 7-9	10 Billiards 8:30 SHIINE 9-4 Line Dancing 9:30 Nurse 10:30-12 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00	11 Table Tennis 8:30 Billiards 8:30 SHIINE 9-12 Activity Mtg 10:00 Nurse 10:30-12 Pinochle 12:45 Dominos 1:00 Anniversary Dinner 11:30am-12:30pm	12 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 SHIINE 5-7:30pm Bingo 7-9
15 Billiards 8:30 SHIINE 9-12 Line Dancing 9:30 Exercise 11:00 Board Meeting 12:00 Pinochle 1:00 Hand & Foot 1:00	16 Table Tennis 8:30 Billiards 8:30 SHIINE 10-6 Bible Study 10:30 Pinochle 12:45 Bingo 7-9	17 Billiards 8:30 SHIINE 9-4 Line Dancing 9:30 Nurse 10:30-12 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00	18 Table Tennis 8:30 Billiards 8:30 SHIINE 9-12 Toe Nails 10:00am Nurse 10:30-12 Pinochle 1:00 Dominos 1:00 Birthday Dinner 11:30am-12:30pm	19 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Commodities 1:00 SHIINE 5-7:30pm Bingo 7-9
22 Billiards 8:30 SHIINE 9-12 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	23 Table Tennis 8:30 Billiards 8:30 SHIINE 10-6 Bible Study 10:30 Pinochle 12:45 Bingo 7-9	24 Billiards 8:30 SHIINE 9-4 Line Dancing 9:30 Nurse 10:30-12 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 Evening Meal (Ribs) 4:30pm-6:30pm	25 Table Tennis 8:30 Billiards 8:30 SHIINE 9-12 Blood Press 10:45 Pinochle 12:45 Dominos 1:00	26 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 SHIINE 5-7:30pm Bingo 7-9
29 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 1:00 Hand & Foot 1:00 Dinner & A Movie 4:30pm-6:30pm	30 Table Tennis 8:30 Billiards 8:30 SHIINE 10-6 Bible Study 10:30 Pinochle 12:45 Bingo 7-9	31 Billiards 8:30 SHIINE 9-4 Line Dancing 9:30 Nurse 10:30-12 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 Halloween Costume Parade - 11:30am	Note: Just a reminder that this month Dinner and a Movie will be held on Monday, October 29th. All future Dinner & Movie events will be on the 3rd Wednesday of the month.	

Membership News

Thank You for Your Donation

Books & Magazines
Coffee, Paper Plates, Napkins
Coffee
Napkins
Toilet Paper
Candy & Kleenex
Candy & Coffee
Coffee
Magazines
Coffee
Pet Food, Baggies, Toilet Paper
Napkins
Books & Magazines
Napkins & Toilet Paper
Baggies, & Magazines
Books

Betty Adam
Janet Melick
Victor & Darlene Schaeffer
Phyllis Christiansen
Eileen Leshner
Sharon Fiedler
Theresa Arens
Geri Loecker
Darwin & LaVila Tessier
Ray & Lorna Uken
Shari Persinger Hovland
Norma Anderson
Linda Wilcox
Vivian VanEssen
Ed Gleich
Nadean Auch



Welcome New Members

Roger Myers - Yankton
Joann Vermulem - Yankton
Karen-Kostel Rasmussen - Yankton
Must be 18 to be a member

Get Well Cards

Bill Ausdemore
Margrit Lock
Rose Townsend
Dory Ahern



Sympathy Cards

Gloria Snoozy
(Loss of Grandson)
Donna Schaefer
(Loss of Husband)



Memorials

In Memory of John Schaefer
Pat & Christy Hauer

In Memory of Monica Cooke
Margaret Sarringer

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

Live better. Live balanced. **Avera**

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



Center Wish List

Thank You For Your Donations!

Regular & Decaf Coffee

Napkins

Toilet Paper

Dog & Cat Food

C, AA & AAA Batteries

Fun Size Candy Bars

Sandwich Baggies

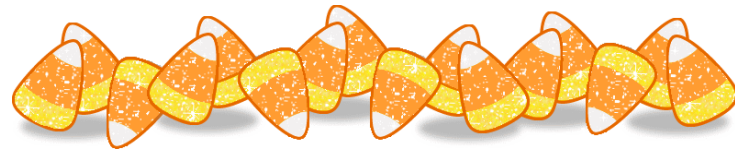
Laundry Soap

Small Paper Plates

Kleenex

Happy Birthday

Oct 1	Beverly Chapman	Oct 12	Theresa Arens	Oct 21	Dorothy Nielson
Oct 1	Art Huber	Oct 12	Bob Eddie	Oct 22	Jean Christenson
Oct 1	Marvin Jensen	Oct 12	Dale Kirschenman	Oct 22	Irene Hirsch
Oct 1	Jean Stibral	Oct 12	Roland Preszler	Oct 22	Loran Moore
Oct 2	MaryAnn Anderson	Oct 12	Margaret Sarringar	Oct 22	Sue Wieseler
Oct 2	Delight Paulson	Oct 14	Betty Adam	Oct 23	Scott Kooistra
Oct 2	Diane Rasmussen	Oct 14	Kayleen Ehresmann	Oct 24	Edward Marceau
Oct 2	Zeta Weber	Oct 14	Ruby Stotz	Oct 24	Glen Mechtenberg
Oct 3	Gordon Olson	Oct 15	Donna Kaiser	Oct 24	Analyn Schmidt
Oct 3	Duane Schroeder	Oct 15	Sally Vinson	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	Evelyn Cimpl
Oct 7	Gloria Snoozy	Oct 18	Joan Neubauer	Oct 28	Malena Diede
Oct 8	Marge Wuestewald	Oct 19	Elizabeth Aanning	Oct 29	Lucille Dayhuff
Oct 10	June Baggs	Oct 19	MaryJane Hisek	Oct 29	MaryJane Gullikson
Oct 10	Rose Robinson	Oct 20	Ethel Goeden	Oct 29	Jerry Keeley
Oct 11	Ramona Bagstad	Oct 20	Diane Reese	Oct 29	Raymond Kooistra
Oct 11	Sandra Kramer	Oct 21	Sharon Hladky	Oct 29	Loretta Sheldon
Oct 11	Nick Saoi	Oct 21	Shirley Knodel	Oct 30	Fran Fox



Bill Kennedy celebrated his 80th birthday last month at The Center with Mary Uhrich.

Happy Anniversary

Oct 7	Brian & Kaye Cwach
Oct 14	Don & Ava Tucker
Oct 15	Wes & Evelyn Cimpl
Oct 17	Jeff & Amy Jones
Oct 17	Tom & Mary Reiners
Oct 20	John & Vicki Swensen
Oct 23	Greg & Violet Dangel
Oct 24	Larry & Martha Celmer
Oct 24	Jake & Sandy Hoffner
Oct 24	Robert & Mary Law
Oct 24	Cordy & Diane Rasmussen
Oct 27	Gale & Marie Erickson
Oct 30	JR & Karen Rasmussen

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
Dominos (Thurs)	Dory Ahern	665-2579
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	689-0254
Trips/Tours	Office	665-4685
Wii Bowling	Jeanne Laffey	665-2774

Wii Bowling News

Tuesday League

September 4, 2018

JoAnn Huitema had a high game of 245.
Elaine List had a high series of 585.
Elaine List picked up a 5-10 split, twice.

September 11, 2018

Mary Law had a high game of 215 and a high series of 579.
Karen Gran picked up a 4-5-7 & 5-10 split.
Mary Haberman picked up a 4-5-10 & 2-7 split.

Thursday League

August 30, 2018

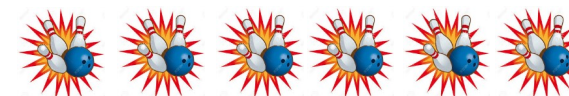
Marillyn Obr had a high game of 244 and a high series of 690.
Joan Haberman picked up a 8-10, 5-10 & 5-6-10 split.
Sharon Tronek picked up a 2-7-8 split.
Beth Nyquist picked up a 4-5-10 split.
Dorothy Gobel picked up a 5-10 & 9-10 split.

September 6, 2018

Marillyn Obr had a high game of 258 and a high series of 692.
Sharon Tronek picked up a 5-10 split.
Beth Nyquist picked up a 5-10 split.
Sandra Kreber picked up a 2-7 & 6-7-10 split.

September 13, 2018

Marillyn Obr had a high game of 245 and a high series of 661.
Jeanne Laffey picked up a 5-7 split.
Sharon Tronek picked up a 3-9-10 split.



Exercise Class With Judi O'Connell



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

CARDS MAY BE PURCHASED IN THE FRONT OFFICE

Pinochle News

Double Pinochle—August 30, 2018

Doris Gall & Marillyn Obr

Round Robin—September 11, 2018

Pat Cerny & Don Werkmeister

Double Pinochle—September 24, 2018

Elsie Gurney & Sharon Tronek

Double Pinochle—September 25, 2018

Sandy Kreber & Marillyn Obr

Pinochle Start Time (1:00pm)

Pinochle will start at 1:00pm on Thursday, October 18th, (Birthday Dinner) so our guests do not feel rushed.
Thank you for your cooperation.

Attention Card Players

If card players are unable to play it is **their responsibility** to find a replacement.
Ask Card Coordinator for a substitute list.

Activities

Partnership Bridge News

August 29, 2018

- | | |
|---------------------------------------|-------------|
| 1. Marilyn Weverstad & Jeannie Gustad | Score: 5560 |
| 2. MaryAnn Anderson & Leta Levinger | Score: 5460 |
| 3. Rose Mather & Dan Miller | Score: 5400 |
- Slams:** Margie Eddie & LaVila Tessier
Judy Kistler & Janet Ausdemore

September 5, 2018

- | | |
|-------------------------------------|-------------|
| 1. Loraine McNeely & Jeannie Gustad | Score: 6610 |
| 2. Fran Mollet & Marilyn Weverstad | Score: 6300 |
| 3. Rose Mather & Dan Miller | Score: 5040 |

September 12, 2018

- | | |
|-------------------------------------|-------------|
| 1. Lyle Malone & Kay Rainey | Score: 4570 |
| 2. Leta Levinger & MaryAnn Anderson | Score: 4460 |
| 3. Darwin Tessier & Glenn Mannes | Score: 4230 |

September 19, 2018

- | | |
|-------------------------------------|-------------|
| 1. Judy Kistler & Janet Ausdemore | Score: 6190 |
| 2. Darwin Tessier & Glenn Mannes | Score: 5670 |
| 3. Leta Levinger & MaryAnn Anderson | Score: 5500 |
- Small Slam:** Darwin Tessier & Glenn Mannes
Small Slam: Judy Kistler & Janet Ausdemore

Friday Bridge News

August 31, 2018

- | | |
|------------------------------------|-------------|
| 1. Judy Kistler & Janet Ausdemore | Score: 8160 |
| 2. Char Erickson & Jean Fitzgerald | Score: 4980 |
| 3. Muriel Stach & Beth Nohr | Score: 4620 |
| 4. Leta Levinger & Toots Marchand | Score: 3780 |

September 7, 2018

- | | |
|------------------------------------|-------------|
| 1. Char Erickson & Jean Fitzgerald | Score: 6400 |
| 2. Judy Kistler & Janet Ausdemore | Score: 4300 |
| 3. Leta Levinger & Toots Marchand | Score: 4100 |
| 4. Betty Adam & Shirley McKee | Score: 2670 |

September 14, 2018 (No Scores Available)

September 21, 2018

- | | |
|-----------------------------------|-------------|
| 1. Muriel Stach & Beth Nohr | Score: 5930 |
| 2. Marlene Larsen & Nadean Auch | Score: 4170 |
| 3. Judy Kistler & Janet Ausdemore | Score: 4030 |
| 4. Leta Levinger & Toots Marchand | Score: 3780 |

Bridge Lessons

If anyone is interested in learning to play bridge, please stop in the office. Dan Miller would like to set up a class for Thursday, October 4th.

Halloween Costume Parade

Wednesday, October 31st - 11:30am

Come in your funniest or scariest costume and we will parade around the dining room. Those who wear costumes will get a treat. After the parade we will have a delicious meal. We will be serving:

Gouhlish Goulash



2017 Halloween
Tell Sara who is in this picture and she will give you a sweet treat. Trick or Treat



Calling all Cribbage Players: The group meets every Wednesday and they would like to expand and have more players. If you don't know how to play I bet there is someone in this picture that would teach you.

Services/Education

Household Hazardous Waste Collection

Friday, October 12th - 9am-4pm

The Center will have a trailer in the Southeast parking lot for your household hazardous waste. As a perk of being a member we will transport it to the landfill at no charge.

Examples of hazardous waste are: cleaning supplies, oven cleaners, NiCad batteries, lead batteries, florescent bulbs, thermometers, latex and oil based paint, used oil, anti-freeze, pesticides and herbicides, oil filters, thinners, solvents, lubricants, glues and adhesives, stains, strippers and containers with unknown substances.

We cannot accept any hazardous waste before Friday, October 12th.

Flu Shot Clinic

Thursday, October 18th - 10:30am-12:00pm

The cost is \$25.00, or bring your Medicare or insurance card with you. No appointment necessary. **Come early and stay for birthday dinner.**

Serving

- Beef Brisket
 - Cheesy Hash Browns
 - Cooked Spinach
 - Cake & Ice Cream
- RSVP 665-1055



Dementia Caregiver Group

Tuesday, October 9th - 10:00am-11:00am



The Dementia Caregiver Group meets each month on the second Tuesday (October 9th).

Everyone Welcome

Commodity Program

The Commodity Supplemental Food Program is for those who are 60 and older and have a gross income of \$1,316 or less per month for a 1 person household or \$1,784 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 19th) 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 10:30-11:30am. 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.

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.**

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 and you must bring your own clippers.

Stop in the office to schedule an appointment.

