

**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



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**12th Annual Event**
  
 Saturday, March 2nd
   
 5:30pm-8:30pm, \$35

Wine Tasting ▪ 5:30pm
   
 Dinner ▪ 6:30pm
   
 Silent Auction ▪ 5:30pm-7:30pm
   
 Live Auction ▪ 7:30pm-8:30pm

**Serving Corned Beef or Roast Beef with all the fixin's**

Auction Prizes (As of 1-31-19)

- |                                    |                                  |
|------------------------------------|----------------------------------|
| Airplane Ride                      | Haircare Packages                |
| Artwork                            | Homemade Afghans                 |
| Baked Goods                        | Indoor/Outdoor Storage           |
| Beef Ribeye Loins                  | Jewelry                          |
| Boat Rental                        | Lawn Care                        |
| Bridge Party & Luncheon            | Massages & Pampering             |
| Car Care/Detailing                 | Minneapolis Getaway              |
| Carpet Cleaning                    | Minnesota Twins Tickets          |
| Casino Packages                    | Newspaper Subscriptions          |
| Center Caramel Rolls and Cookies   | Omaha Trip                       |
| Champaign Luncheon & Style Show    | Pet Care Packages                |
| Christmas at the Cathedral Tickets | Pie & Pizza A Month for a Year   |
| 3' Colorado Blue Spruce Tree       | Restaurant Outings               |
| Decorative Rock                    | Sioux Falls and Sioux City Trips |
| Dental Care Items                  | Sports Packages/MMC, USD, YHS    |
| Dinner for 8 Hosted by Barb Rezac  | Tonneau Truck Bed Cover          |
| Fitness Memberships                | Yankton Rodeo Passes             |
| Golf Outings                       | Zoo Passes                       |
| Guided Fishing Trip                |                                  |



Tickets are available for our 12th Annual Wine & Dine Event on Saturday, March 2nd. Don't miss out on the fun.

**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!



**2019 Membership Renewal Due**

Individual - \$35 Couple - \$63
   
 Lifetime Individual - \$315
   
 Lifetime Couple - \$567

Renew today to continue all the benefits of being a member of The Center

- 24 page monthly newsletter
- Discounted pricing on events like our BBQ, Dances, Ice Cream Socials and Building Rental
- Mount Marty Basketball and Volleyball tickets
- Lifetime membership to YSD activities (65 and over)
- Unlimited use of exercise facility, billiard room and access to all activities
- Many special programs and services (SHINE, Tax assistance)

Recruit a new member and let us thank you with a free meal.



**USD Dental Hygiene Services**

Thursday, February 21st ▪ 9:00am-2:00pm
   
 (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.

# Board Of Director's



Front Row: John Swensen, Bob Kellen, Dave Hosmer, Steve Wentworth, Diane Reese  
 Back Row: Joleen Smith, Julz Tesch, Carla Schlingman, Velma Kuchta, Kara Payer  
 Not pictured: Pam Rezac, Cee Sorenson

A special thank you to all the organizations, businesses and individuals who volunteer year around in good and often bad weather conditions to deliver meals to those who are shut-ins. Our mission could not be fulfilled without their help. God bless you.

Due to inclement weather, leading to our building closure, some may not receive their newsletter on time, you have our deepest regrets. Thank you for your patience and understanding.

## Another Great Year

- We served **44,662** nutritious home cooked meals.
  - **17,599** meals were delivered to those who are homebound through our Meals on Wheels Program.
  - Over **3,800** free meals were served to low income Seniors.
  - **300+** individuals and families of all ages received tax assistance at no charge.
  - The **SHIINE** Medicare Part D assistance program saved Yankton County residents **\$333,983** in prescription drug costs.
  - **2,280** boxes of supplemental food, weighing **57,596** pounds and valued at **\$87,546** were distributed to Seniors who are well below the poverty level.
  - **150** disbursements of pet food were given to low income families of all ages.
  - **1,346** individuals participated in meals, activities and events.
- We have **750** members and over **300** volunteers.

We are grateful to be supported by the United Way and the City and County of Yankton.



# Staff Christmas Party



Dinner, gifts, games and a bonus for a very deserving team. Looking forward to a great 2019.

The boys ended up with the girl gifts and the girls ended up with the boy gifts, but we think there were some exchanges.



## 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.



Log into Facebook and type The Center in the search box

LIKE US ON FACEBOOK

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.

## 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.

# Upcoming Events

Feb 7	Christy, Alive at 5 Show	5:00pm
Feb 12	Christy, KYNT Morning Coffee Show	7:40am & 12:20pm
Feb 12	Dementia Caregiver Group	10:00am-11:00am
Feb 13	Pancake Feed	4:30pm-6:30pm
Feb 14	Anniversary Dinner	11:30am-12:30pm
Feb 15	Commodities	1:00pm-3:00pm
Feb 20	Dinner & A Movie	4:30pm-6:00pm
Feb 21	Birthday Dinner	11:30am-12:30pm
Feb 21	USD Dental Hygiene	9:00am-2:00pm
Feb 27	Ribfest	4:30pm-6:30pm
Mar 2	Wine & Dine	5:30pm-8:30pm
March 1-31	March for Meals Campaign	



2018 Wine & Dine attendees.



That library is sure a comfortable sort to take a nap, watch TV or do a puzzle.



# Director's Desk



Today I am writing this article and it is 0°, while tomorrow the forecast is -17°, without wind chill. Hard to believe just a week ago, I was laying on the beach, sipping a pina colada and enjoying the 80° weather in Cancun. Unfortunately the whole family wasn't able to get away, but my daughter Heather and I spent quality time together and were able to participate in my brothers wedding. I am grateful to Kriss and the whole staff for picking up the slack while I was basking in the sun. It was a great opportunity to recharge, in anticipation of a very challenging and rewarding couple of months to come.

(Brothers Jeremy & Dan-in the background 100's of bats flying around)

Today we had our new dishwasher installed, which is such a significant added expense for The Center. As our equipment is aging, we are at higher risk of costly repairs and replacement. As Director, these potential costs are always on my mind and continual concern for the impact it makes logistically as well as financially. Over the past 6 months we have had to hire staff to assist in the dish room, kitchen and with janitorial duties. Adding nearly 3 full time workers has, and will continue to be a challenge to our financial bottom line. I wish I had a crystal ball to forecast the future.

Over this past year we have had more new members sign up than ever before. I am delighted to see so many new people interested in The Center. My goal for the upcoming year is to see the new members use the facility and to get our veteran members more engaged. We would love to have more members enjoy our delicious meals over the noon hour. It is so rewarding when our building is full of people participating in activities, socializing, utilizing our services and of course benefitting from a home-cooked meal. Don't be a stranger. Come out and see us!

It has always been important to the Board and me to offer a competitive wage so we keep our staff happy, helping us with retention. I have found after 28 years in the non-profit business, that people gravitate towards this sector, not to make a million\$ but to make a difference. I can honestly say that the members of our staff are truly motivated by the intrinsic value that comes from doing their job. But it is my responsibility to make sure they are treated fairly and are recognized.

As the cost of living increases, so do the needs of our staff and organization. The cost of food, equipment, supplies, paper and printing, repairs, utilities, toiletries, insurance, mileage and taxes, just to name a few. But the biggest and most important investment is and should always be, **OUR STAFF**. I have proven over the past 7 years that I am a conscientious and frugal leader. Over the years we have had a balanced budget because we have trimmed the fat, reduced waste and have a hard working board who raises the funds needed. Investing in The Center means you are helping us invest in people.



Mike Villanueva and his daughter stopped by the treasure chest.

Over the next 2 months, we will be securing funds from service clubs, churches, businesses, schools/students, United Way and individuals. As a member, we are asking for your financial support. Please get involved with our upcoming March for Meals campaign. Every donation counts. If you can't afford to donate, maybe you can solicit someone else to donate, maybe you can volunteer and share your talents with others or maybe you can just renew your membership.

JOIN  VOLUNTEER  DONATE

**March Madness is on it's way! Thank you for your patronage.** 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

### Soupless Soup Kitchen

Help us reach our \$6,000 goal—Only \$865 left to reach goal

Your monetary donation helps us operate throughout the year in many different areas such as Meals on Wheels, equipment costs and repairs, staff support and day to day operations.

Stop in the office today and make your donation. **THANK YOU!**

As of January 24th we are at \$5,135.00 - Those in bold denotes \$100 or more

Norma J Andersen	Monsignor Carlton Hermann	Mari Morgan
<b>Anonymous</b>	Ken & Irene Hirsch	Marlene Nebola
Theresa Arens	MaryJane Hisek	Bob & Janet Neibergall
<b>Beth Ashley</b>	Dorothea Hoebelheinrich	<b>Paul Nielson</b>
Nadean Auch	Jim & Shari Hovland	Marilyn Obr
<b>Marge Becker</b>	Dagmar Hoxsie	Sara & Ralph Paulsen
Linda Beulke	Cathie Huchtmeier	Delight Paulson
Connie Bitsos	<b>Dick Hudson</b>	Kara Payer
Char Bland	<b>Jim Huisman</b>	<b>Dolores Peitz</b>
Elma Block	JoAnn Huitema	Frank & Emma Potts
Fred Branaugh	<b>Dorothy Johansen</b>	Martin & Pat Raab
Carol Broadbent	Rodger & Mary Johnson	<b>Lois Reade</b>
Mary Broders	Errol & Gladys Johnson	<b>Diane Reese</b>
Carolyn Campos	Merle Johnson	Paul & Cathy Rehfuss
Beverly Chapman	<b>John &amp; JoAnn Jonas</b>	Margaret Sarringar
Delano & Marilyn Christensen	<b>Rose Kabeiseman</b>	<b>Jean Schaecher</b>
Sylvia Coulson	Heidi Kleinschmit	Victor & Darlene Schaeffer
<b>Mae Crawford</b>	Sandra Kreber	Colleen Schild
Joanne Dickinson	Sara Kruse	Randy & Joleen Smith
Bob & Malena Diede	Gary & Velma Kuchta	George & JoAnn Smith
Linda Dietrich	John & Marcella Kudrna	Georgene Snook
<b>Bob &amp; Marge Eddie</b>	Mandi Lampman	Cecelia Sorenson
Maury Ekeren	Marlene Larsen	David Souhrada
Ron Ensenbach	<b>Bev Larsen</b>	Ed & Therese Soukup
Jim & Cindy Filips	MaryAnn Larsen	Bill & Barb Specht
<b>Jean Fitzgerald</b>	Sharon List	Diana Spencer
Fran Fox	Elaine List	<b>John &amp; Vicki Swensen</b>
Don & JoAnn Frasch	<b>Mary Loecker</b>	Julz Tesch
Duane & Natalie Frick	Geri Loecker	<b>Darwin &amp; LaVila Tessier</b>
Doris Gall	Charles & Alma Logdahl	Kriss Thury
Alice Gensch	Terry Makings	Ray & Lorna Uken
Karen Girard	Lyle & Jane Malone	Janet Waggoner
<b>Dorothy Gobel</b>	Aldine Mayer	Don & JuLee Werkmeister
Ethel Goeden	Jody McCord	Bonnie Whatling
Duane & Carol Grimme	Loraine McNeely	Art Winckler
<b>Bud &amp; Jeannie Gustad</b>	Francis & MaryJane Mechtenberg	George & Floris Woodhouse
Mary Alice Halverson	Loran & Delores Moore	Arlene Young
<b>Pat &amp; Christy Hauer</b>		<b>Mary Young</b>

# 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 **\$6.00** if under.

**Please call for a meal reservation—665-1055**

Frozen meals are available for evenings and weekends.



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## Fundraising News



Board Member Julz Tesch

## Pancake Feed

(All You Can Eat)

Wednesday, February 13th • 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!**  
(Open to the public)



**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 Donation**

**Bon Homme County Treasurer  
Steve & Deb Murray  
Benedictine Sisters**

Your generous support is greatly appreciated!

## March for Meals Campaign

Next month we will be kicking off our March for Meals campaign. Our building will be as Irish as can be with many fun activities throughout the month.



**5th Annual Rock-A-Thon**

(Monday, March 18th)



**Shamrock Raffle**



**Community Champions Event**



**School Coin Drives**



# Volunteer News

## CONGRATULATIONS!

**John & JoAnn Jonas are our February Volunteers of the Month.**

**John and JoAnn serve many times at our Pancake feeds, flipping French toast, cracking eggs and bringing smiles to many faces.**



**Congratulations John & JoAnn.**

**Thank you for all you do. 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.**

Meals on Wheels Drivers

Wine & Dine Fundraiser

Pancakes

Dances

Bingo

Kitchen Helpers

Rummage Sale

Special Events

Receptionist/Office Work

Committee Work-Behind The Scenes

## 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.**

**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.**

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!**



# Tabor Nutrition Center

## Tabor News

Hello Everyone,

Hard to believe January has come and gone. I hope everyone has been staying warm and comfortable.

We will be having our monthly evening meal on Tuesday, February 19th. We are serving Pork Chops and all the usual trimmings. Bring your sweetheart out for an enjoyable evening and delicious meal. Make sure you call for reservations, 463-2505.

Thank you for all the donations given to our site. It is very much appreciated.

Have an enjoyable month and stay warm.

Gail Hovorka  
Tabor Site Coordinator



### Tabor Nutrition Center Staff

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

<b>Tabor Nutrition Center</b> 138 North Lidice Tabor, SD 57063 605-463-2505	<b>Hours of Operation</b> Tues, Wed, & Thurs 11:30am-12:30pm Meal Donation \$4.25
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## February 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. Meals are served with bread, milk and coffee.**

Feb 5	Chicken Fried Steak
Feb 6	Swiss Steak
Feb 7	BBQ Chicken Legs
Feb 12	Beef Barley Soup
Feb 13	Chicken Parmesan
Feb 14	Roast Pork
Feb 19	Pork Chop
Feb 20	Beef Tips/Gravy
Feb 21	Pork Cutlet
Feb 26	Meatloaf
Feb 27	Cream of Potato Soup
Feb 28	Chicken & Dressing

## Birthdays

Darlene Holec	February 3
Don Mudloff	February 4
Clarence Bartunek	February 5
Gary Baltzer	February 6
Ernie Merkwan	February 20
Clarence Sykora	February 24

## 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**  
**5:00pm-11:00pm - \$62.00 per person**  
 (Includes transportation, dinner & theater)

**Upcoming Shows**  
 "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.\*\*  
 (We have only had to cancel 1 show in the past 10 years due to weather).



Former Sioux Falls Mayor Mike Huether stopped by for a visit at The Center in December. A special thank you to him and his wife for their continued support of Yankton.

# Nutrition Education

## Benefits of Changing Your Diet



**Omega 3 Fatty Acids** have been proven to reduce inflammation, which can cause heart disease, cancer and arthritis. They can be found in flaxseeds and flaxseed oil, walnuts, canola oil, and different types of fish. As you age, you should have foods rich in this nutrient twice per week. The need for **Calcium** increases as people age and is needed to preserve bone health. One added benefit of calcium is that it helps to lower blood pressure. It is recommended that adults over the age of 50 get at least 1200 milligrams per day of calcium, which equals to about four cups of fortified orange juice, dairy milk, or fortified non-dairy milks such as almond or soy. Leafy greens like kale and turnip greens are also great sources of absorbable calcium. **Limit Sodium Content.** For those with hypertension (high blood pressure) one of the most important things you can do is to prepare foods that are low in sodium. Most people are surprised to find out that added table salt accounts for only a small percent of sodium content in food. **Hydrate.** As people age, they do not get thirsty very often, even though their bodies still need the same amount of liquids. Make sure you are consuming plenty of water each day. **How to Make Dietary Changes.** Making dietary changes can be difficult for anybody. It can be especially difficult for older adults as we are stuck in a routine and have habits, albeit good or bad. If you need to make dietary changes incorporate them gradually and always check with your physician.



**We have frozen meals available anytime. (evenings, weekends and holidays)**  
**Stop in and see me or call 665-1055 to order frozen meals.**  
**Mark your calendar for our 5th Annual Rockathon, March 18th**

Mandi Lampman—Meals on Wheels Coordinator

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Carla Schlingman

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## 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.

## Meal Reservation/Cancellation

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. Please continue to call in for reservations or to cancel a meal.

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

**Enjoy meals at Hy-Vee 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.**

### 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)



December Ribfest Diners

# Nutrition News

## December 2018 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1130 (63 per day)	204 (11 per day)	288 (9 per day)	225 (20 per day)	1847 (103 per day)
Home Delivered	1420 (79 per day)	N/A	N/A	44 (4 per day)	1464 (81 per day)

### February Kitchen Volunteers

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

Feb 1	Bonnie Strnad
Feb 4	Carol Wynia
Feb 5	Barb DeJager
Feb 6	Geri Loecker
Feb 7	Joyce Kollars
Feb 8	Eileen Leshner
Feb 11	Dorothy Gobel
Feb 12	Alma Logdahl
Feb 13	Sandy Kreber
Feb 14	Jan Kirschenman
Feb 15	Bonnie Strnad
Feb 18	Joyce Kollars
Feb 19	JuLee Werkmeister
Feb 20	Carol Wynia
Feb 21	Geri Loecker
Feb 22	Sandy Kreber
Feb 25	JuLee Werkmeister
Feb 26	Alma Logdahl
Feb 27	Malena Diede
Feb 28	Dorothea Hoebelheinrich

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, February 27th - 4:30pm-6:30pm



#### Serving:

BBQ Ribs  
Baked Potato  
Baked Squash  
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. Last month we served **164**.

**Suggested Donation \$6.00**

**Very Important to call for reservations, 665-1055**



Ribfest Volunteers Chuck Schild & Bonnie Strnad with Head Cook Beth Coulson. Beth survived her first ribfest serving 164 satisfied customers.

# Potpourri



### 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.

**Morning Coffee Show with Scott Kooistra**  
Tuesday, February 12th at 7:40am & 12:20pm

**Alive at 5 with David Leonard**  
Thursday, February 7th - 5:00pm



**Tune into 1450AM**  
Hear about upcoming events and activities at **The Center.**

Thank you to **The Banquet** for donating bread each week. We really appreciate it.



### 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.

### 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)

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## Winter Weather Information

With the winter season here, we would like to remind everyone that when the Yankton School District closes due to inclement weather, The Center closes.

**NO Meals on Wheels.**


**Please listen to: KYNT 1450AM, WNAX 570AM or KVTM 1570AM** for closing information.

Stock up with some frozen meals in case of closure. Call us at 665-1055.


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



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## Attention Snowbirds

Please call The Center with your mailing address if you go South during the winter months. We would like to make sure you continue to get the monthly newsletter. If your newsletter isn't forwarded, we are charged \$.58 for each newsletter that comes back to us.

Thank you.


## We miss you!

# February Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Dinner &amp; Movie - 20th</b> Baked Steak Baked Potato Glazed Carrots Fruit Dessert	<b>Evening Meal - 27th</b> BBQ Ribs Baked Potato Baked Squash Fruit Dessert			1 Beef Tips in Gravy Mashed Potatoes Harvard Beets Peaches
4 BBQ Chicken Parslied Potatoes Broccoli Jell-O W/Fruit	5 Sloppy Joe Vegetable Soup Cole Slaw Mystery Dessert	6 Ham Baked Potato Corn Cookie	7 Chicken Fettucine Alfredo Italian Vegetable Mandarin Oranges Chocolate Pudding <b>Nat'l Fettucine Day</b>	8 Roast Turkey Mashed Potatoes/Gravy Creamed Peas Mandarin Oranges
11 Roast Beef Mashed Potatoes/Gravy Carrots Tapioca Pudding	12 Pork Loin Baked Sweet Potato Green Beans Tossed Salad Tropical Fruit	13 Hamburger Company Potatoes Baked Beans Fruit <b>Pancake Feed</b>	14 Meat Loaf Oven Brownd Potatoes Peas Tomato Spoon Salad Valentine's Cookie <b>Anniversary Dinner</b>	15 Oven Fried Chicken Mashed Potato/Gravy Harvard Beets Pears
18 Chicken Fried Steak Mashed Potatoes /Gravy Creamed Peas Fruity Slaw	19 Spaghetti & Meat Sauce Italian Vegetables Tropical Fruit	20 Taco Salad W/Chips Bean/Meat Mixture Peach Fruit Crisp <b>Dinner &amp; A Movie</b>	21 Chicken & Dressing Mashed Potatoes/Gravy Brussel Sprouts Cake & Ice Cream <b>Birthday Dinner</b>	22 Oven Baked Beef Stew Crackers Peaches Cranberry Orange Bar
25 Pork Roast Mashed Potatoes/Gravy Green Beans Fruit Cocktail	26 Baked Chicken Creamed Potatoes Baked Squash Mandarin Oranges Pistachio Pudding <b>Nat'l Pistachio Day</b>	27 Chili Glazed Carrots Fruit Cinnamon Roll <b>Evening Meal - Ribs</b>	28 Lasagna Peas Chinese Coleslaw Fruit Slush	1 Mandarin Chicken Boiled Potatoes Broccoli Tropical Fruit

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.

# February Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9
4	5	6	7	8
Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	Table Tennis 8:30 Billiards 8:30 SHIINE 9-12 Dementia Grp 10:00 Bible Study 10:30 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00	Table Tennis 8:30 Billiards 8:30 Wii Bowling 10:00 Pinochle 12:45 Dominos 12:45	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9
11	12	13	14	15
Billiards 8:30 Line Dancing 9:30 Craft Class 10:30 Exercise 11:00 Pinochle 1:00 Hand & Foot 1:00	Table Tennis 8:30 Billiards 8:30 SHIINE 9-12 Bible Study 10:30 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9	Billiards 8:30 Taxes 9-11 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 <b>Pancake Feed 4:30pm-6:30pm</b>	Table Tennis 8:30 Billiards 8:30 Taxes 9-11 Wii Bowling 10:00 Nurse 10:30-12 Pinochle 1:00 Dominos 12:45 <b>Anniversary Dinner 11:30am-12:30pm</b>	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Commodities 1:00 Bingo 7-9
18	19	20	21	22
Billiards 8:30 Line Dancing 9:30 Craft Class 10:30 Exercise 11:00 Board Meeting 12:00 Pinochle 1:00 Hand & Foot 1:00	Table Tennis 8:30 Billiards 8:30 Taxes 9-11 SHIINE 9-12 Bible Study 10:30 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9	Billiards 8:30 Taxes 9-11 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 <b>Dinner &amp; A Movie 4:30pm-6:30pm</b>	Table Tennis 8:30 Billiards 8:30 Taxes 9-11 Wii Bowling 10:00 Nurse 10:30-12 Pinochle 12:45 Dominos 12:45 <b>Birthday Dinner 11:30am-12:30pm</b>	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9
25	26	27	28	
Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 1:00 Hand & Foot 1:00	Table Tennis 8:30 Billiards 8:30 Taxes 9-11 SHIINE 9-12 Bible Study 10:30 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9	Billiards 8:30 Taxes 9-11 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 <b>Evening Meal (Ribs) 4:30pm-6:30pm</b>	Table Tennis 8:30 Billiards 8:30 Taxes 9-11 Wii Bowling 10:00 Pinochle 12:45 Dominos 12:45	



# Membership News

## Thank You for Your Donation

Books & Magazines	Betty Adam
Coffee & Candy	Theresa Arens
Coffee, Napkins, Magazines	Fran & Sandy Johnson
Mints, Christmas Gifts	Ray & Lorna Uken
Napkins & Kleenex	Gary & Velma Kuchta
Coffee	Norma J Anderson
Napkins	Marilyn Obr
Dog & Cat Food, Toilet Paper, Kleenex	Shari Persinger-Hovland
Dog Food	Ana Baily
Coffee & Candy	Gerri Loecker
Notepads & Pens	Jim Huisman



## Welcome New Members

Janet Moderegger - Yankton  
 Rodney Nohr - Yankton  
 Jim Hovland - Crofton  
 Bill Lewis - Yankton  
 Jim Cowles - Yankton  
 Kit Westling - Yankton

## Memorials

### In Memory of Frank Carter

Pat & Christy Hauer  
 Jean Schaecher  
 Merle Johnson  
 Merri & Hank Nelson  
 Michael Waid

### In Memory of Jackie Olson

Rich & Rose Robinson  
 Barb & Andy DeJager

### In Memory of Darold Loecker

Jean Fitzgerald  
 MaryAnn Kathol

### In Memory of Edla Aune

MaryAnn Kathol

### In Memory of John Slowey

MaryAnn Kathol

### In Memory of Margaret Hunhoff

Pat & Christy Hauer  
 Carol Broderson  
 MaryJane Hisek

### In Memory of Trina Knutson

Carol Broderson

### In Memory of Elmer Hasker

Margaret Sarringar

## Center Wish List

### Thank You For Your Donations!

Regular & Decaf Coffee  
 Small Paper Plates  
 Toilet Paper  
 Dog & Cat Food  
 C, AA & AAA Batteries  
 Fun Size Candy Bars  
 Sandwich Baggies  
 Laundry Soap  
 Napkins  
 Kleenex  
 Hand Sanitizer

## Sympathy Cards

Betty Adam—Loss of Brother  
 Margaret Hunhoff Family  
 Frank Carter Family



## Get Well Cards

Dory Ahern  
 JoAnn Frasch  
 Clara Ulmer  
 Cecelia Dean  
 Toots Marchand



# Happy Birthday

Feb 1	Duane Wenzlaff	Feb 9	Gladys Tacke	Feb 17	Phyllis Grosshuesch
Feb 1	Marlene Gellerman	Feb 9	Delano Christensen	Feb 17	Kathleen Lee
Feb 1	Jane Malone	Feb 10	Amy Klimisch	Feb 17	Gladys Johnson
Feb 1	Jackie Sandstedt	Feb 10	Leona Cowles	Feb 18	Kathy Harens
Feb 3	Wesley Rye	Feb 11	Sandy Bezug	Feb 18	Conley Stanage
Feb 3	Ava Tucker	Feb 11	Betty Collen	Feb 18	Caroline Walsh
Feb 3	Paul Reh fuss	Feb 12	Violet Schaeffer	Feb 19	Bonnie Hevrin
Feb 5	Alberta Allard	Feb 12	Peggy Schiedel	Feb 20	Judi Olson
Feb 5	Bob Diede	Feb 12	Mary Fran Thompson	Feb 20	Millie Zimmerman
Feb 5	Monsignor Carlton Hermann	Feb 13	Jane Mordhorst	Feb 21	Bonnie Taggart
Feb 7	Darlene Jensen	Feb 14	Dennis Stibral	Feb 22	Georgine Suing
Feb 7	John Kudrna	Feb 14	Marilyn Huntley	Feb 22	Joan Haberman
Feb 7	Beth Nyquist	Feb 14	Elaine List	Feb 22	Christy Hauer
Feb 7	Kay Kasulka	Feb 15	Mildred Cameron	Feb 24	Therese Soukup
Feb 8	Dennis Sundleaf	Feb 15	Terry Crandall	Feb 24	Michael Andrews
Feb 9	Gloria Keiser	Feb 15	Dorothy Johnson	Feb 28	James May

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

Serving the area since 1949.

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204 W. 4th  
Yankton, SD  
665-3611

## Happy Anniversary

Feb 10	Bob & Darlene Kolda
Feb 14	George & JoAnn Smith
Feb 16	Wayne & Theresa Brandt
Feb 24	Rheiny & Susie Hoffman
Feb 25	Jerald & Jane Rames
Feb 29	John & Diane Nicholson
Feb 29	Wendell & Mary Renken



# 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	689-0254
Trips/Tours	Office	665-4685
Wii Bowling	Jeanne Laffey	665-2774

## Pinochle News

### December Drawing

Joyce Kollars & David Souhrada

### Double Pinochle—December 31, 2018

Karen Domogalski & JuLee Werkmeister

### 1000 Aces—January 15, 2019

Alma Logdahl & Elma Block

### Double Pinochle—January 28, 2019

David Souhrada & Joyce Kollars

## 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.**

## Wii Bowling News

### Tuesday League

#### 1-8-19

Janice Kirschenman had a high series of 568.  
Janice Kirschenman & Mary Law had a high game of 203.  
Mary Haberman picked up a 5-10 & 5-8-10 split.  
Elaine List picked up a 4-5-7, 5-7 & 5-10 split.

#### 1-15-19

Karen Gran had a high game of 222 and a high series of 592.  
Elaine List picked up a 5-10 twice.  
Karen Gran picked up a 5-10 split.

### Thursday League

#### 1-10-19

Marillyn Obr had a high series of 615 and a high game of 228.  
Joan Haberman picked up a 4-5 split.  
Bev Larsen picked up a 4-7-8 split.  
Sharon Tronek picked up a 5-6-10 split.  
Dorothy Gobel & Jeanne Laffey picked up a 5-7 split.

#### 1-17-19

Jeanne Laffey had a high series of 616.  
Dorothy Gobel had a high game of 212.  
Jeanne Laffey picked up a 5-7 split.  
Dorothy Gobel picked up a 4-6-7-10 split, also known as the BIG 4.



Cards will begin at 1:00pm on Thursday, February 21st.  
Thank you for your cooperation.

## 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**

# Activities

## Dinner & A Movie (3rd Wednesday every month)

**Suggested donation \$6.00  
(Dinner, Movie & Popcorn)**

**We are serving:**

**Baked Steak  
Baked Potato  
Glazed Carrots**

**Fruit**

**Dessert**

**Bread, Butter, Milk and Coffee**

**RSVP: 605-665-1055**

**Showing: "Forever My Girl"**

Liam Page (Alex Roe) and his high-school sweetheart Josie Preston (Jessica Rothe) were the golden couple of Saint Augustine, Louisiana, until Liam left her at the altar for a shot at fame and fortune. Eight years later, Liam returns to his tiny hometown for the first time as a world-famous recording artist, but not even his own father is thrilled to see him. As he tries to rebuild the bridges he burned years earlier, Liam reconnects with his small-town roots, his close-knit community and Josie, the girl he left behind. As he attempts to reclaim everything he loved and lost, Josie does her best to keep him out of her heart, but life has one more surprise waiting for Liam, one that could change everything, in this heartwarming look at love, family and second chances.



The Center Activities Committee is seeking members. The committee meets monthly at The Center to discuss current activities as well as new activities. If you are interested in serving on this committee, please stop in the office and talk to Kriss.

## Partnership Bridge News

### January 9, 2019

- |                                    |             |
|------------------------------------|-------------|
| 1. Loraine McNeely & Judy Kistler  | Score: 4880 |
| 2. Fran Mollet & Marilyn Weverstad | Score: 4870 |
| 3. Muriel Stach & Beth Nohr        | Score: 4380 |

**Small Slam: Loraine McNeely & Judy Kistler**

### January 16, 2019

- |                                    |             |
|------------------------------------|-------------|
| 1. Loraine McNeely & Char Erickson | Score: 5100 |
| 2. Fran Mollet & Marilyn Weverstad | Score: 4070 |
| 3. Jan Ausdemore & Judy Kistler    | Score: 3970 |

### January 23, 2019

- |                                    |        |
|------------------------------------|--------|
| 1. LaVila Tessier & Margie Eddie   | Score: |
| 2. Judy Kistler & Jan Ausdemore    | Score: |
| 3. MaryAnn Anderson & Kit Westling | Score: |



**Lyle Malone  
Fran Mollet  
Nadean Auch  
Playing Bridge**

## Friday Bridge News

### January 4, 2019

- |                                    |             |
|------------------------------------|-------------|
| 1. Judy Kistler & Janet Ausdemore  | Score: 4960 |
| 2. Jean Fitzgerald & Char Erickson | Score: 3130 |
| 3. Betty Adam & Shirley McKee      | Score: 2520 |

### January 11, 2019

- |                                    |             |
|------------------------------------|-------------|
| 1. Judy Kistler & Janet Ausdemore  | Score: 4010 |
| 2. Jean Fitzgerald & Char Erickson | Score: 3330 |
| 3. Betty Adam & Shirley McKee      | Score: 3140 |

### January 25, 2019

- |  |             |
|--|-------------|
| 1. Char Erickson & Jean Schaecher        | Score: 4540 |
| 2. Betty Adam & Janet Ausdemore          | Score: 4450 |
| 3. Rob & Beth Nohr                       | Score: 3970 |
| 4. Toots Marchand & Mary Alice Halverson | Score: 3130 |

## Bridge Lessons

If anyone is interested in learning to play bridge, please stop in the office.

# Services/Education

## 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 (**February 15th**) from 1pm-3pm and are on a first come first served basis.



## 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.**

## Notary On Site

Kriss Thury is a Notary Public of South Dakota. If you have documents that need notarization, Kriss is in the office Monday through Thursday from 7:30-4:00pm and Fridays from 7:30-2:30pm.

**THIS IS A FREE SERVICE  
FOR OUR MEMBERS!**



## AARP Tax Assistance Available

AARP Tax Aides will begin the tax season on Wednesday, February 13th and continue through April 11th. Appointment times are limited on Tuesday, Wednesday & Thursday mornings. You must bring with you, last year's tax return, a picture ID, social security card and checking/routing number.

**THIS SERVICE IS FOR SENIORS AND THOSE WHO ARE LOW INCOME.**

**Call The Center, 665-4685 to schedule your appointment today.**

## 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 and you must bring your own clippers.

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

## Dementia Caregiver Group

**Tuesday, February 12th - 10:00am-11:00am**

The Dementia Caregiver Group meets each month on the second Tuesday (**January 8th**).

## Everyone Welcome

