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chauer@thecenteryankton.org
Center: 605-665-4685 • Nutrition: 605-665-1055
Website: www.thecenteryankton.net
September 2019 • Volume 18 • Issue 9



Board of Directors(2018-19)

David Hosmer	Financial Advisor, JD and AAMS Raymond James Financial
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Julz Tesch	North Branch Manager First Dakota National Bank
Cee Sorenson	Retired Nurse
Steve Wentworth	Retired Safety Manager
Arlene Young	Retired School Administrator

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Annual Meeting

Monday, September 16th
Lunch: 11:30am • Meeting 12:00pm

All members are encouraged to attend the Annual Meeting to learn more about the status

Celebrate National Senior Week - September 16th-20th

Daily dress up days, entertainment, special activities, games, prizes and more.

Monday, September 16th (Scarf & Tie Day)	Annual Meeting	COOKIE
Tuesday, September 17th (Pajama Day)	Play Spin The Wheel 11:00am-11:30am	POPCORN
Wednesday, September 18th (Hat Day)	Line Dancing Activity 11:00am-11:30am Mirabile & Dinner 5:00pm-7:00pm	ROOT BEER FLOATS
Thursday, September 19th (Sports Team Day)	Bean Bag Game 11:00-11:30am	CANDY
Friday, September 20th (Red & Black Day)	Exercise Class with Judy 11:00am-11:30am	ICE CREAM

Meals on Wheels clients, look for your Golden Ticket each day during Senior Week. If you find it call Mandi or Dick at 665-1055 for a prize.

Free items offered between 11:00am-12:30pm

Senior Week King & Queen will be named on Friday the 20th at 12:30pm and crowned on Monday the 23rd. Each day you dine with us you will be entered to win.



Ahleasia & Adrieaunna Evans have delivered Meals on Wheels for the past 3 years on their birthday. Ahleasia pictured with Fran Mechtenberg.

United Way Kick Off Campaign

Thursday, September 12th

104 Capitol Street
5:00pm Social
6:00pm Video/Awards

Please consider a donation this year to United Way as they generously support The Center



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



Kimberly Kaye Bachman

Friday
September 6th
10:30-11:30am
Stay for lunch, we are serving Turkey with all the trimmings.

Kimberly Kaye sticks to her treasured country music roots. From the Black Hills of South Dakota, Kimberly Kaye is a multi-instrumental country music high energy entertainer that brings old time pure country sound to every stage! You'll laugh, cry and sing simultaneously. It's magical! She was featured in the May edition of SD Magazine. Come out and enjoy this free entertainment.

Mirabile - Wednesday, September 18th

Entertainment 5:00-5:45pm • Dinner 6:00-7:00pm
Reservations Required

\$7 Members • \$8 Non-Members • \$9 At The Door For All

Mirabile – nine women “of a certain age” – will be singing some “Old Time Music”. These nine ladies will sing “Old Time Rock & Roll” and “Old Time Religion” music and everyone is guaranteed to hear **SOMETHING** they know! Come to enjoy everything from “One Fine Day” and “California Dreamin’” to “I Believe” and “Will the Circle Be Unbroken?”
Mirabile has been singing together for eight years, and have a following of fans from their performances. We hope you'll soon be fans, too.

We will be serving a homemade Roast Beef Dinner, Mashed Potatoes with Mushroom Gravy, Green Bean Casserole and Cheesecake.

Thank you Cee Sorenson, Diane Reese and Steve Wentworth for agreeing to serve a second (3 year) term on the Board of Director's. Arlene Young will fill the late John Swensen's term.

In 2021 there will be 3 available board positions. Please consider serving.



Winners of the Wine & Dine Bridge Party hosted by Fran Fox. Fran Fox, Jeannie Gustad, Jean Schaecher, Char Erickson, Fran Mollet, Jean Fitzgerald, Nadean Auch, Rose Mather and Marilyn Weverstad enjoyed an afternoon of bridge, food and plenty of fun. Thank you Fran.

LIKE US ON FACEBOOK

Log into Facebook and type **The Center** in the search box

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.

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.

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 Sat.: 8:30 a.m. - 5 p.m.
 Sun.: Noon - 5 p.m.

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

Convenient Care Hours:
 M-F: 5 - 9 p.m.
 Sat. & Sun.: Noon - 5 p.m.

Ear, Nose & Throat
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 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

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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.

Autumn Winds

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.

Upcoming Events

Sep 6	Rummage Sale - Members Only	10:00am-1:00pm
Sep 6	Rummage Sale	3:00pm-6:00pm
Sep 6	Free Music Entertainment from Kimberly Kay Bachman	10:30am-11:30am
Sep 7	Rummage Sale	9:00am-1:00pm
Sep 9	Craft Class	10:30am-11:30am
Sep 10	Dementia Caregiver Group	10:00am-11:00am
Sep 10	Christy on KYNT Radio	7:40am & 12:20pm
Sep 11	Pancake Feed	4:30pm-6:30pm
Sep 16	Scarf & Tie Day/Annual Meeting (Free Cookie)	11:30am-1:00pm
Sep 17	Pajama Day (Free Popcorn)	11:00am-11:30am
Sep 18	Hat Day/Line Dancing Activity (Free Root Beer Floats)	11:00am-11:30am
Sep 18	Mirabile & Dinner	5:00pm-7:00pm
Sep 19	Sports Team Day/Bean Bag Activity (Free Candy)	11:00am-11:30am
Sep 20	Red & Black Day/Chair Exercise (Free Ice Cream)	11:00am-11:30am
Sep 20	Commodity Distribution	1:00pm-3:00pm
Sep 25	Ribfest Dinner	4:30pm-6:30pm
Sep 27	Worthing Dinner Theater	5:00pm-11:00pm
Oct 8	Christy on KYNT Radio	7:40am & 12:20pm

Riverboat Days Fun



**Dinner with Mirabile, September 18th,
5:00pm-7:00pm.
Call to make reservations, 665-1055**

Back row: Celia Miner, Jo Ann Lambertz
Center row: Jennifer Powell, Lea Ann Schramm, Linda Stevens
Front row: Mary Pat Bierle, Kathy Grow, Janine Tramp
(not pictured: Kathleen West)



Director's Desk



**Greg & Heather Hauer
College graduates**

The bad news is time flies, but the good news is, I'm your pilot. How true that is. I'd like to believe I was a good pilot this summer but how did it soar by in an instance. I hope you had the opportunity to enjoy Summer events with your family and friends. I finalized my summer by having a graduation party for our kids, Greg and Heather who both graduated from college. One Summer celebration that soared by was Kriss enjoying her 50th birthday. We both reflected on how the years can pass you by. That's why it is so important as you age to stay connected with friends old and new, maintain family ties, be active and keep moving. Become the pilot of your plane, the captain of your ship. What better place to do that than

with your extended family and friends at The Center. Although our Summer was busy, I encourage you to comb through our amazing September newsletter as we kick our Fall into warp speed. We are excited to feature a week packed full of activity through Senior Week. Not only will we have our Annual Meeting, but also a pancake feed, a dinner with Mirabile, all the way from the Black Hills, free entertainment from Kimberly Kay, our Ribfest, our rummage & bake sale, weekly bingo, daily activities and yummy nutritious meals, volunteer opportunities, monthly commodities distribution, meals delivered to those who are homebound, pet food distribution, support groups, nursing services, craft and exercise classes, board of directors and committee meetings, United Way kickoff, Worthing Dinner Theater trip, newsletter publication, building rentals, Hy-Vee meal program, Tabor Nutrition Site, updated Facebook and webpage, while marketing our many events. All of this offered to you as a member. All of this run by 3 full time staff and a handful of part time staff, as well as an amazing team of volunteers.

As we move to our busy Fall season, I'll speak on behalf of our staff that we fully intend to use good time management to maximize the value of your membership and be good stewards of the resources you and our supportive community provides us. I will continue to work hard to be a strong and competent pilot, a leader that uses every issue no matter how serious or sensitive, that at the end of the day, we emerge as a stronger organization. But as I have said time and time again, I need the strength of your convictions to be brought forward to me or Kriss so we can trouble shoot and problem solve.

We recently brainstormed in the board room our concern for declining noon meal attendance. Board members noted there has been a decline across the board with civic clubs, service clubs, organizations struggling to get volunteers and members. When we rally together as a 750 member organization, we have much experience and much knowledge to be able to flourish. The Board has been given the task to brainstorm ideas on how to grow all aspects of our operation. Though we are currently in very good shape, we don't want to get behind the eight ball and have to catch up. We need you and your ideas. As said before, we value you and appreciate your patronage. There is undoubtedly strength in numbers. Case in point, our recent County Commission meeting, in which concerned Center members filled the chamber and the hall of the Government Building to voice our need to continue a 50% City and County financial split to provide upkeep to the building and grounds. As I stated to the Board, it was a goosebump moment for me. Often as your pilot, I get caught up with the day to day operation, inundated with challenges, that I lose sight of how much The Center means to each of you. There were numerous touching testimonies. For me it was a defining moment that energized me and my co-pilot Kriss and I'm sure all who were present. As a result of the outpouring, the County Commission found the resources to continue their partnership with the City to fully fund the building. I want to thank all those who attended. We appreciate the support the City and County provides to The Center.

We recently received our grant approval from the United Way and appreciate how hard their staff, Board of Director's and volunteers work to fund so many worth while agencies in Yankton County. Their team continues to work hard to partner with numerous businesses and their employees. They are kicking off their campaign on September 12th. Please plan to attend or stop by the office to donate to the campaign.

We are going to have a Fabulous Fall!
Christy Hauer, Executive Director



Happy 50th Birthday to
Assistant Director Kriss Thury.

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

RUMMAGE SALE

Annual Rummage/Craft & Bake Sale September 6th & 7th

Friday, September 6th, (10am-1pm) **Members Only**
 Friday, September 6th (3pm-6pm) Open to public
 Saturday, September 7th (9am-1pm) Open to public

Selling household items, knick knacks, kitchen items, embroidered dishtowels, industrial grade cookie sheets, sewing and embroidery items, plenty of homemade baked goods and much more.
 Many more items coming in daily.

Taking donated items until September 3rd. (Please no books, clothing or shoes)
Bakers Needed!

Stop by early for the best selection. "One man's trash is another man's treasure"

Thank You For Your Donation

Yankton Medical Clinic

Wine & Dine Sponsor

Elizabeth Wright Family

Benedictine Sisters

Your generous support is greatly appreciated!

Pancake Feed

(second Wednesday each month)

Wednesday, September 11th - 4:30pm-6:30pm.

Join us as we kick off the fall season with an all you can eat pancake and french toast feed. 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 Jeannie or Colleen a call at 665-4685.

BINGO

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

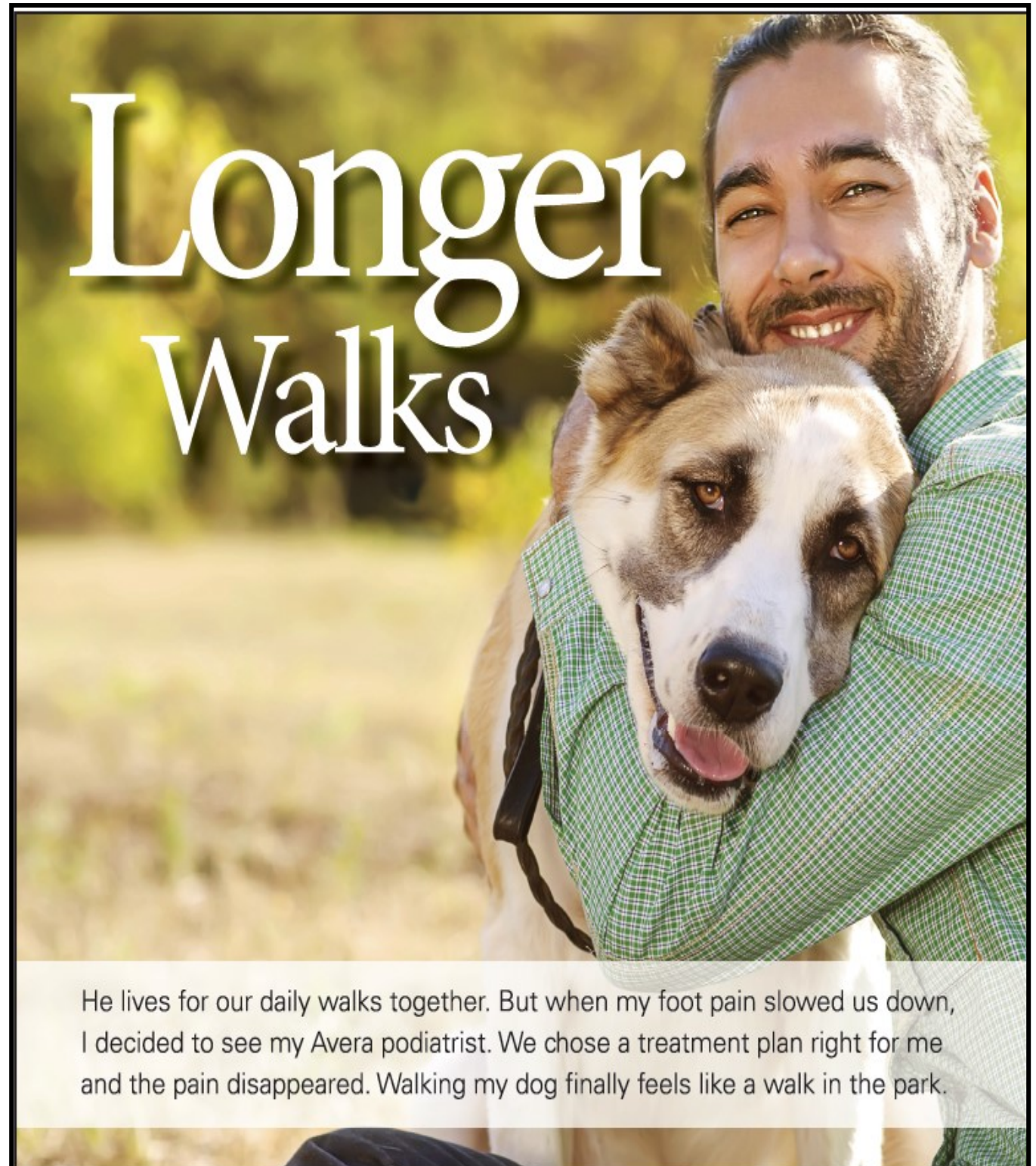
Join the fun and win some money

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.

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

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.



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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.



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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

Tabor News

Hello & Happy Fall,

Another Summer is over, school is back in session and sports are in full swing. Be watchful of all the children walking to & from school.

Come join us for our Evening Meal, the 3rd Tuesday each month (September 17th) with our usual menu of pork chops, dumplings and all the fixings. We hope you join us daily for our afternoon meals. If you know someone who needs a meal delivered, let us know.

Enjoy the beautiful Fall colors with family and friends, attend Fall sporting events, have fun and keep love in your hearts.

With Friendship,
Gail Hovorka—Site Coordinator



September 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.

Sep 3	French Dip Sandwich
Sep 4	Ham
Sep 5	Meatloaf
Sep 10	Baked Steak/Gravy
Sep 11	Pizza
Sep 12	Breaded Baked Fish
Sep 17	Pork Chops/Dumplings (Evening Meal)
Sep 18	Hamburger on a Bun
Sep 19	Spaghetti w/Meat Sauce
Sep 24	Chicken Fried Steak
Sep 25	Chili
Sep 26	Chicken & Dressing (Birthday Dinner)

Tabor Wish List

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

September Birthdays

Sep 4	Ed Sykora
Sep 12	Vernon Dvorak
Sep 17	Bob Kortan
Sep 18	Colleen Sedlacek
Sep 25	Gladys Hamberger



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



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

Volunteer News



Congratulations!

Steve Wentworth is our September Volunteer of the Month. Steve is in his second term on our Board of Directors and is active at Pancake Feeds, Dinner & Movie nights, he sold tickets and sponsorships for our Wine & Dine event and with the help of his grand kids, delivers Meals on Wheels.

Thank you Steve 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
- Bingo
- Pancakes & Evening Meals
- Newsletter Folders
- Kitchen Helpers
- Rummage Sale
- Special Events
- Receptionist/Office Work
- 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 are trying 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 or Colleen if you would like to volunteer.

Senior Games & Summer Fun



Trips & More

Worthing Dinner Theater

Friday, September 27th - 5:00pm-11:00pm
\$62 per person

Beer For Breakfast

A group of middle-aged buddies reunite for a "guys weekend" in a sowed-in cabin to eat chili, drink beer, and relive the good old days. Despite divorce, unemployment, and a stroke, spirits are high until Jessie, the wife of absent friend Adrian, shows up in his place. An epic battle of wits and stamina ensues: will the men win their right to an all-out guy fest, or will woman be crowned the stronger sex after all?

Upcoming Shows

Wife Begins at 40 - March 2020
The Musical Comedy Murders of 1940 - May 2020

****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).



Center Wish List

(Listed in order of need)

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

Morning Coffee Show with Scott Kooistra

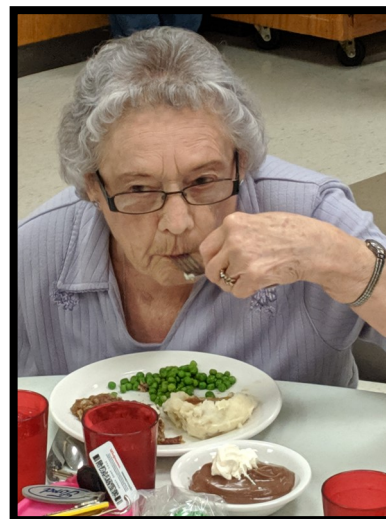


Tuesday, September 10th
at 7:40am & 12:20pm

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

Tune into 1450AM

Hear about upcoming events The Center.

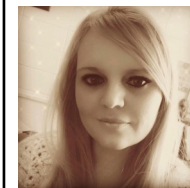


We served pizza for lunch last month, family style. Each table received their own pie and everyone drew a number to see where to sit, allowing them to socialize with other members.

We also had "Left-Handers" Day last month, where we asked everyone to eat their peas with their left hand and a fork.

Nutrition Education

Adding More Vegetables To Your Day



It's easy to eat more vegetables. Vegetables are important because they provide vitamins and minerals and most are low in calories. Here are 8 ways to fit more vegetables in your day. Try them as a snack or add them to your meals.

1. Discover fast ways to cook them. Cook fresh or frozen in the microwave for a quick and easy dish to add to any meal.
2. Be ahead of the game. Cut up a batch of bell peppers, cauliflower or broccoli. Pre-package them when time is limited, and enjoy them in a casserole, stir fry or as a snack with hummus.
3. Choose vegetables rich in color. Brighten your plate with vegetables that are red, orange or dark green. They are full of vitamins and minerals, and colorful makes your meal more appetizing.
4. Check the freezer aisle. Try adding frozen corn, peas, edamame or spinach to your favorite dish.
5. Stock up on veggies. Canned vegetables are a great addition to any meal, so keep on hand plenty of canned tomatoes, kidney beans, garbanzo beans, mushrooms and beets. Select those labeled "low sodium" or "no salt added".
6. Make your garden salad glow with color. Brighten your salad by using colorful vegetables such as black beans or avocados, red peppers, cabbage or watercress.
7. Sip on some vegetable soup. Heat it and eat it. Make your own or buy low sodium canned soup.
8. Vary your veggies. Choose a new vegetable that you've never tried.

We will be closed on Monday, September 2nd in honor of Labor Day if you would like some meals stop by and see me to order those extra and for your 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.

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 Dick if you need to know your current balance.

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

(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

July 2019 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1527 (69 per day)	233 (11 per day)	317 (10 per day)	270 (21 per day)	2347 (107 per day)
Home Delivered	1522 (69 per day)	N/A	N/A	45 (3 per day)	1567 (71 per day)

Kitchen Volunteers (September)

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

Sep 2	Center Closed - Labor Day
Sep 3	Barb DeJager
Sep 4	Sandy Kreber
Sep 5	Sylvia Coulson
Sep 6	Bonnie Strnad
Sep 9	Dorothy Gobel
Sep 10	Alma Logdahl
Sep 11	Carol Wynia
Sep 12	Jan Kirschenman
Sep 13	Eileen Leshar
Sep 16	Sandy Kreber
Sep 17	JuLee Werkmeister
Sep 18	Helena Rezac
Sep 19	Delphine Peterson
Sep 20	Geri Loecker
Sep 23	JuLee Werkmeister
Sep 24	Alma Logdahl
Sep 25	Amanda Stewart
Sep 26	Dorothea Hoebelheinrich
Sep 27	Helena Rezac
Sep 30	Bonnie Strnad

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

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, September 25th - 4:30pm-6:30pm (4th Wednesday every month)



Serving:

- BBQ Ribs
- Scalloped Potatoes
- Corn
- 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—194 people were served in July.



Available Every Hour of the Day Every Day of the Year

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

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- Transportation
- Medication Reminders
- Meal Assistance
- Light Housekeeping
- And much more!

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

Potpourri



On August 6th, many attended the Yankton County Commission Meeting. Center members, board members and staff attended the meeting with several speaking about the profound impact our organization makes on their lives and those in the community. Though the County initially didn't believe they could find the funding to share in their half of the building maintenance expenses, the will of the people prevailed. The County fully funded the budget proposal slated by the City to replace a much needed HVAC unit.



MILLS PROPERTY MANAGEMENT

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- Optional Noon meal served in Dining Room 5 days a week
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605.665.8306

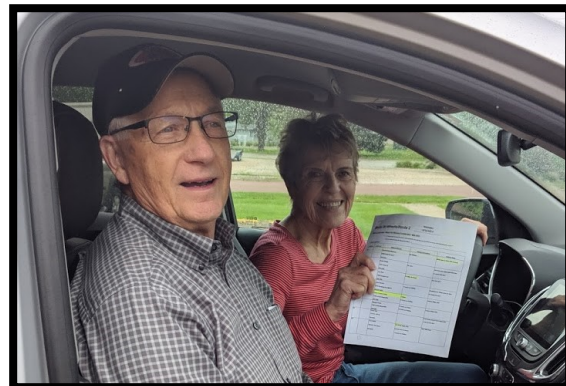


Office Hours Mon-Fri
8:30am - 5:00pm

Potpourri



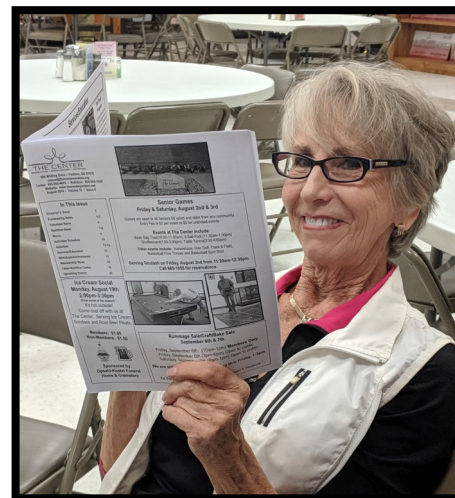
Meals on Wheels Volunteers



Marceda Jones got her Meals on Wheels delivered by the Executive Director.



Board Member Bob Kellen and Volunteer Henry Petersen delivering Meals on Wheels.



Joan Haberman catching up on The Center newsletter.

September Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day Center Closed No Meals on Wheels	3 Chicken Fried Steak Mashed Potatoes/Gravy Creamed Peas Tropical Fruit Salad	4 Polish Kielbasa Parslied Potatoes Corn Peaches	5 Beef Casserole Baked Squash Tossed Salad w/Spinach Baked Apples	6 Roast Turkey Mashed Potatoes/Gravy Stuffing Harvard Beets Butterscotch Pudding
9 Swedish Meatballs Mashed Potatoes w/Gravy California Vegetables Chocolate Pudding/Topping	10 Sweet & Sour Pork Brown Rice Oriental Blend Vegetables Fruit	11 Citrus Chicken Baked Potatoes Green Beans Jell-O w/Fruit Pancake Feed	12 Anniversary Dinner Beef Tips with Gravy Mashed Potatoes Broccoli Apple Crisp	13 Meatloaf Oven Browned Potatoes Creamed Peas Tropical Fruit Salad
16 Lasagna Italian Veggies Chinese Coleslaw Garlic Bread Fruit Slush Annual Meeting	17 Chicken Parmesan Scalloped Potatoes Seasoned Spinach Fruit Brownie	18 Cheeseburger French Fries Coleslaw Mac Salad DINNER with Mirabile National Cheeseburger Day	19 Birthday Dinner Pork Roast Cheesy Potatoes Glazed Carrots Cake & Ice Cream MOW - Senior Week Dessert Talk Like a Pirate Day	20 Swiss Steak Mashed Potatoes/Gravy Broccoli Peaches
23 Oven Fried Chicken Breast Cheesy Potatoes Green Beans Peach Crisp w/Topping Fall Begins	24 Pork Cutlet/Gravy Boiled Potatoes Dumpling/Sauerkraut Jell-O w/Fruit In Honor of Dory Ahern	25 Sloppy Joe Potato Salad Baked Beans Fruit EVENING MEAL (BBQ Ribs)	26 French Dip Sandwich Sweet Potato Fries Pears Cranberry Orange Bar	27 Tater Tot Casserole Corn Tossed Salad/Dressing Tropical Fruit Chocolate Milk Nat'l Chocolate Milk Day
30 Spaghetti/Meat Sauce Italian Vegetables Fruit Garlic Bred Chocolate Pudding/Topping		DINNER with Mirabile (18th) Roast Beef Mashed Potatoes with Mushroom Gravy Green Bean Casserole Fruit Cheesecake	RibFest Meal (25th) BBQ Ribs Scalloped Potato Corn Fruit 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.




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



Directors: Jim, Steve, Jerry and Paul Wintz

Visit us at www.wintzrayfuneralhome.com

September Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Center Closed Labor Day No Meals on Wheels	3 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Pinochle 12:45 SHIINE 4-6 Bingo 7-9	4 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00	5 Table Tennis 8:30 Billiards 8:30 Toe Nail Clinic 10:00 Pinochle 12:45 Dominos 12:45	6 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9 Rummage Sale 10am-1pm Members Only Kimberly Kay Music 10:30am
9 Billiards 8:30 Craft Class 10:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	10 Table Tennis 8:30 Billiards 8:30 Dementia Grp 10:00 Bible Study 10:30 Pinochle 12:45 SHIINE 4-6 Bingo 7-9	11 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 Pancake Feed 4:30pm-6:30pm	12 Table Tennis 8:30 Billiards 8:30 Nurse 10:30-12 Pinochle 12:45 Dominos 12:45 Anniversary Dinner 11:30am-12:30pm	13 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9
16 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Board Mtg 1:00 Pinochle 1:00 Hand & Foot 1:00 Scarf & Tie Day Annual Meeting 12:00pm	17 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Pinochle 12:45 SHIINE 4-6 Bingo 7-9 Pajama Day Spin The Wheel 11:00am	18 Billiards 8:30 Line Dancing 9:30 Toe Nail Clinic 10:00 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 Hat Day Line Dancing 11:00am	19 Table Tennis 8:30 Billiards 8:30 Nurse 10:30-12 B-Day Dinner 11:30-12:30 Pinochle 1:00 Dominos 1:00 Sports Team Day Bean Bag Game 11:00am	20 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Commodities 1-3 Bingo 7-9 Red & Black Day Exercise Class 11:00am
23 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 SHIINE 1:30-3:30 Pinochle 12:45 Hand & Foot 1:00	24 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Pinochle 12:45 SHIINE 4-6 Bingo 7-9	25 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 Evening Meal (Ribs)	26 Table Tennis 8:30 Billiards 8:30 Nurse 10:30-12 Pinochle 12:45 Dominos 12:45	27 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9
30 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	Welcoming Fall! 			

Membership News

Thank You for Your Donation

Napkins, Plates, Kleenex, Magazines
Coffee, Candy
Cat Food
Magazines
Calendars
Candy, Toilet Paper, Baggies, Paper Plates
Muffins
Baggies, Magazines, Toilet Paper
Toilet Paper, Paper Plates, Coffee, Magazines
Napkins, Hand Sanitizer, Kleenex
Napkins, Greeting Cards
Kleenex, Baggies, Air Spray, Hand Sanitizer
Coffee
Coffee
Coffee

Gary & Velma Kuchta
Theresa Arens
Elaine List
Darwin & LaVila Tessier
Marlene Johnson
Jim & Shari Hovland
Press & Dakotan
Ed Gleich
Fran & Sandy Johnson
Hand & Foot Group
Eileen Leshner
Dorothy Johansen
Beth Ashley
Kim Christiansen
Geri Loecker

Welcome New Members

Judi O'Connell - Yankton
Ken & Carol Guenther - Yankton
Tom & Jan Hausmann - Yankton
Ron Budde - Yankton
Diane R. Anderson - Yankton
Randal Heying - Tabor



Get Well Cards

Mary Ann Larsen
Mary Johnson

Memorials

In Memory of John Swensen

Nadean Auch

In Memory of Keegan Werkmeister

MaryJane Hisek
Margaret Sarringar

In Memory of John Drotzman

Karen Girard

In Memory of Elizabeth Wright

Elizabeth Wright Family

In Memory of Maynard Christiansen

Carol Broderson

In Memory of Mary Fran Thompson

Pat & Christy Hauer
Carrol Sarringar

In Memory of Rodger Johnson

Pat & Christy Hauer



Sympathy Cards

Don & JuLee Werkmeister

(Loss of Grandson)

Mary Fran Thompson Family

MaryAnn Kathol

(Loss of Brother)

June Baggs Family

Mary Johnson

(Loss of Husband)



Happy Birthday

Sept 1	Mark Frick	Sept 11	Ethel Sorensen	Sept 22	Carol Fountain
Sept 1	Lynda Healy	Sept 12	Darlene Kolda	Sept 22	Beverly Lowe
Sept 1	Susie Koziol	Sept 12	Romaine Wieseler	Sept 23	Alberta Bender
Sept 1	Marlene Larsen	Sept 13	Sharon Kostroun	Sept 23	Shari Hovland
Sept 2	Bradie Hendrix	Sept 13	Chuck Schild	Sept 23	Darlene Schaeffer
Sept 2	Joanne Weimer	Sept 14	Mike Arens	Sept 24	Linda Wilcox
Sept 3	Gertrude Andersh	Sept 14	Connie Heying	Sept 25	Will Dangler
Sept 3	Martin Raab	Sept 14	Gayle Hubert	Sept 25	Richard Franklin
Sept 3	Richard Slowey	Sept 15	Dale Anderson	Sept 25	Gladys Hamberger
Sept 4	Howard Bresaw	Sept 15	Donna Stengle	Sept 25	Jerald Rames
Sept 5	Brett Hargan	Sept 16	LaRue Hanson	Sept 26	Joyce Kollars
Sept 5	Jan Hausmann	Sept 16	Sharon Knorr	Sept 27	Bill Arens
Sept 5	Barbara Schneider	Sept 18	Gertrude Bowers	Sept 27	Gail Fiedler
Sept 5	Dorothy Stange	Sept 18	Kaye Cwach	Sept 27	Karen Gran
Sept 6	Ray Pravecek	Sept 18	Gerrie Healy	Sept 27	Errol Johnson
Sept 7	Gary Lien	Sept 18	Lois Lenling	Sept 27	Linda Stevens
Sept 8	Ethel Campbell	Sept 18	Sharon Thoene	Sept 28	Mary Broders
Sept 8	Bill Cerny	Sept 20	Bill Kennedy	Sept 28	Glenn Mannes
Sept 9	Judy Ray	Sept 21	Dorothy Blumer	Sept 29	Bev Larsen
Sept 10	Mary Haberman	Sept 21	Karen Domogalski	Sept 30	Bonnie Whatling
Sept 10	Bob Nagy	Sept 21	Dorothy Wurtz		

Happy Anniversary

Sept 3	Will & Shirley Dangler
Sept 3	Jack & Sandy Skinner
Sept 6	Norman & Ethel Campbell
Sept 7	Doyle & Carolyn Becker
Sept 8	Robert & Dorcas Mason
Sept 11	Jim & Shari Hovland
Sept 15	Donald & Amanda Johnson
Sept 15	Rodney & Judy Woerner
Sept 26	Jack & Marsha Dahlseid
Sept 26	Joe & Romaine Wieseler

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Yankton, SD
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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

Pinochle News

****CARDS WILL BEGIN AT 1:00PM ON
MONDAY, SEPTEMBER 16TH AND
THURSDAY, SEPTEMBER 19TH. THANK YOU.****

Double Pinochle—July 18, 2019

David Souhrada & Bud Gustad

1000 Aces—July 29, 2019

Don Werkmeister & Doris Gall

Round Robin—August 12, 2019

Adeline Hofer & Janice Olson

1000 Aces—August 20, 2019

Norma Andersen & Lucile Justra

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.

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

Dinner And A Movie (October)

(Third Wednesday each month)

Wednesday, October 16th

Meal: 4:30pm-6:00pm • Movie: 6:00pm

Showing: "Megan Leavey"

\$6 meal, movie & popcorn

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Activities

Friday Bridge News

Friday, July 26, 2019

- | | |
|-----------------------------------|-------------|
| 1. Judy Kistler & Janet Ausdemore | Score: 4900 |
| 2. Char Erickson & Karen Girard | Score: 3190 |
| 3. Darwin & LaVila Tessier | Score: 3100 |

Friday, August 9, 2019

- | | |
|------------------------------------|-------------|
| 1. Margie Eddie & Nadean Auch | Score: 4870 |
| 2. Judy Kistler & Janet Ausdemore | Score: 2990 |
| 3. Jean Fitzgerald & Char Erickson | Score: 2960 |

Friday, August 16, 2019

- | | |
|-----------------------------------|-------------|
| 1. Char Rickson & Jean Fitzgerald | Score: 4650 |
| 2. Rob & Beth Nohr | Score: 4330 |
| 3. Dan Miller | Score: 4320 |

Partnership Bridge News

July 31, 2019

- | | |
|--------------------------------------|-------------|
| 1. Fran Mollet & Marilyn Weverstad | Score: 7780 |
| 2. MaryAnn Anderson & Jeannie Gustad | Score: 6760 |
| 3. Rose Mather & Dan Miller | Score: 6090 |

Small Slams: Fran & Marilyn, Rose & Dan, Janet & Judy, Muriel & Beth

August 7, 2019

- | | |
|----------------------------------|-------------|
| 1. Fran Mollet & Maysel Goltz | Score: 6150 |
| 2. Muriel Stach & Beth Nohr | Score: 4890 |
| 3. Margie Eddie & LaVila Tessier | Score: 4510 |

Grand Slam: Darwin Tessier & Glenn Mannes

Small Slam: Margie Eddie & LaVila Tessier

August 14, 2019

- | | |
|--------------------------------------|-------------|
| 1. Loraine McNeely & Maysel Goltz | Score: 4890 |
| 2. Lyle Malone & Rod Nohr | Score: 4870 |
| 3. MaryAnn Anderson & Marilyn Halsey | Score: 4840 |

Small Slam: Beth Nohr & Muriel Stach

August 21, 2019

- | | |
|-------------------------------------|-------------|
| 1. Fran Mollet & Marilyn Weverstad | Score: 5400 |
| 2. Rose Mather & Dan Miller | Score: 4020 |
| 3. Jean Fitzgerald & Jean Schaecher | Score: 3790 |

Craft Class

Monday, September 9th - 10:30am-11:30am

Stay for lunch, we are serving:
Swedish Meatballs, mashed potatoes & gravy, vegetable and chocolate pudding.

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.

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 or Kriss.



Members enjoying our Annual BBQ
Above: Eugene & Joyce List
Below: Darold Adamson & Fran Fox



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 second Friday each month (**September 20th**) 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

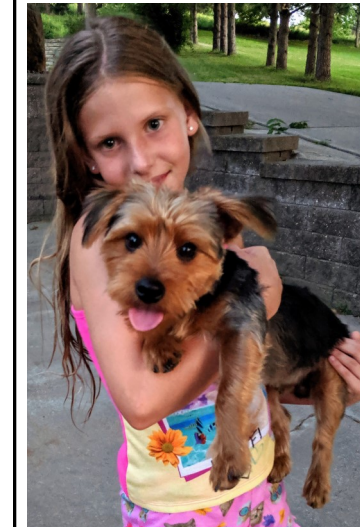
A reminder that the contract nurse is here the 1st Thursday each month to trim toenails. The cost is \$20 made payable to Avera and you must bring your own clippers.

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, September 10th - 10:00am-11:00am

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

**Everyone Welcome
Open to the public**



Lindsey from Omaha with Chip

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!**



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