



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

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900 Whiting Drive • Yankton, SD 57078  
chauer@thecenteryankton.org  
Center: 605-665-4685 • Nutrition: 605-665-1055  
Website: www.thecenteryankton.net  
August 2019 • Volume 18 • Issue 8



### Board of Directors(2018-19)

David Hosmer	Financial Advisor, JD and AAMS Raymond James Financial Owner
Bob Kellen	Kellen & Streit & Yankton Redi Mix Retired Banker
Joleen Smith	Vice President of Mission Avera Sacred Heart Hospital
Kara Payer	Retired Educator & Secretarial Assistant Opsahl Kostel Funeral Home
Velma Kuchta	Retired Nurse Retired Administrator
Diane Reese	Broker/Owner Century 21 Professional Real Estate
Pam Rezac	North Branch Manager First Dakota National Bank
Carla Schlingman	Retired Nurse
Julz Tesch	Retired Safety Manager
Cee Sorenson	
Steve Wentworth	

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### Senior Games

#### Friday & Saturday, August 2nd & 3rd

Games are open to all Seniors 50 years and older from any community.  
Entry Fee is \$2 per event or \$5 for unlimited events.

#### Events at The Center include:

Bean Bag Toss(10:00-11:30am), 8 Ball Pool,(11:30am-1:00pm)  
Shuffleboard(1:00-3:00pm), Table Tennis(2:30-4:00pm)

**Other events include:** Horseshoes, Disc Golf, Track & Field,  
Basketball Free Throws and Basketball Spot Shot

**Serving Goulash on Friday, August 2nd from 11:30am-12:30pm**  
**Call 665-1055 for reservations.**

### 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!



### Ice Cream Social Monday, August 19th 2:00pm-3:30pm

(Final social of the season)  
It's hot outside!

Come cool off with us at  
The Center. Serving Ice Cream  
Sundaes and Root Beer Floats.

Members: \$1.00  
Non-Members: \$1.50



Sponsored by:  
Opsahl-Kostel Funeral  
Home & Crematory



### Rummage Sale/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

**We are still taking donations, Monday thru Friday, 1-3pm.**

Too many items to list.  
As they say "One man's trash is another man's treasure."

Like us on Facebook  
Go to: The Center Yankton



**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



**Birthday Dinner Fun**



**LIKE US ON FACEBOOK**

Log into Facebook and type The Center in the search box



**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.

We are happy to announce Cee Sorenson, Diane Reese and Steve Wentworth have all agreed to serve a second (3 year) term on the Board of Director's, filling all remaining positions.

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

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

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

**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**  
**605-665-0062**  
 2525 Fox Run Parkway, Suite 101  
 Yankton, SD 57078

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

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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.

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Live better. Live balanced. **Avera**

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

16-ASCH-2169

**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.

**CENTURY 21**  
 Professional Real Estate

C: 605-661-8643  
 F: 605-665-0243

*Carla Schlingman*  
 Broker

1701 Broadway Ave Ste 1, Yankton, SD 57078

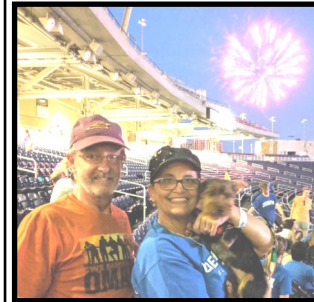
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# Upcoming Events

Aug 1	Toe Nail Clinic	10:00am-11:30am
Aug 2-3	Senior Games	
Aug 8	Anniversary Dinner	11:30am-12:30pm
Aug 12	Craft Class	10:00am-11:00am
Aug 13	Dementia Group	10:00am-11:00am
Aug 15	Birthday Dinner	11:30am-12:30pm
Aug 16	Commodities	1:00pm-3:00pm
Aug 19	Ice Cream Social	2:00pm-3:30pm
Aug 21	Toe Nail Clinic	10:00am-11:30am
Aug 28	Rib	4:30pm-6:30pm
Sep 6-7	Rummage Sale	
Sep 27	Worthing Dinner Theater	5:00pm-11:00pm



# Director's Desk



A Day at the Ballpark

I can't believe summer has gone so fast. Although we have had some extreme heat, I try not to complain because I still remember the long and challenging winter. We continue to remain busy, recently wrapping up our first ever summer Wine and Dine event raising \$33,052. In line with what we raised last year. These resources come at a very good time, because there isn't much cash flow in our first quarter. I want to especially thank our board of directors for selling tickets and securing over \$10,000 in sponsorships. Our staff really stepped up to provide yet another delicious meal, plan the event and work the day of, our first ever Friday night event. We were blessed to have many business sponsors and members who donated items and their time. We as a staff are relieved to have another successful event behind us and are thankful for the role our board, staff, members, volunteers and the business community played to give us the resources needed to continue our mission.

We are excited to host another Senior Games on August 2<sup>nd</sup> and hope you are signed up to participate. I'm happy to announce our very own Kriss Thury is eligible to participate this year as she approaches the big "50" on August 10<sup>th</sup>. Stop by and wish our Whipper Snapper a happy birthday and ask her what events she will be participating in.

I'm always sad to have our last Ice Cream Social, because that means summer is coming to an end. Don't miss out and stop by on August 19<sup>th</sup> and enjoy a delicious ice cream sundae or root beer float for just \$1. We are able to keep the price down thanks to the sponsorship from Opsahl Kostel Funeral Home. Thank you Kevin for your generous support.

We have had some very successful events this summer starting out with our BBQ serving 218 people. Thank you Jim Goglin for once again supporting this fun event. Then we served 176 at our Wine and Dine event. Last week we had our monthly rib dinner which is always on the 4<sup>th</sup> Wednesday evening of the month and served 196. We are proud to be able to serve so many people with a nutritious and affordable meal. Just today over the noon hour I enjoyed our tender yummy beef tips. They were the best tips I have ever had. As a member I would encourage you to come and enjoy a noon meal. I promise you won't regret it. The price is certainly right, if you are over the age of 60 the suggested donation is \$3.75 and under 60 it is only \$6.50 for a homecooked meal. If you are still working, and if you want to dine in and are in a hurry stop by after 12pm and there won't be a wait. You can be served right away and be back to work as fast as it takes you to eat your meal. Don't forget about us. All you need to do is call 665-1055 to make a meal reservation, ideally the night before or the morning of, just leave a message on the machine. As I'm writing this article we just had a Meals on Wheels client call in to ask for another beef tips meal to be frozen and delivered because the tips were so tasty. Unfortunately, we are out because we cook for those who reserve a meal plus 10%. So, it is always a good idea to call in to reserve a meal so our cooks can plan accordingly. We have nearly 200 individuals enjoying our evening meals and as I said our noon meals are just as good and you get plenty of food to sustain your day. If you want to meet some new people and socialize come at 11:30AM. If you are on the run come between 12-12:30PM and you will be in and out.

We have some fun things planned for the upcoming month. We will have family style homemade pizza delivered to the table. I spoke to Tim at Culvers today and they will be donating 150 serving of their delicious custard to celebrate National Custard Day on August 8<sup>th</sup>. I hope to see you in the weeks and months to come.

Enjoy the rest of the summer and stay cool.  
Thank you for being a member of The Center.  
We hope your membership is meeting your needs.

Christy Hauer, Executive Director

250 hours dedicated by  
Kriss Thury's mom Barb Koster  
Beautiful Afghan auctioned off



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

Thank you to our \$250 donors & above

## Wine & Dine Sponsors

Avera  
 Charlie's Pizza/The Chuck Stop  
 Cimpl's  
 Edward Jones  
 Ehresmann Engineering  
 Farm Credit Services  
 First Dakota National Bank  
 First National Bank  
 Henry Petersen  
 Jon Baumann, DDS  
 Knights of Columbus  
 Kolberg Pioneer  
 Lance Anderson Construction  
 Luken Memorials  
 Marlow, Woodward & Huff  
 Marquardt Transportation  
 MT & RC Smith Insurance  
 Northwestern Energy  
 NuStar  
 Opsahl Kostel Funeral Home  
 Raymond James Financial  
 Rexall Drug  
 Slowey Construction  
 Solid Metals  
 Vishay  
 Walnut Village  
 Welfl Construction  
 Yaggied Feed & Grain  
 Yankton Redi-Mix

## In Kind Donors

Casey's General Store  
 Dairy Dock  
 Hydro  
 NAPA Auto Parts  
 Yankton Motor Company

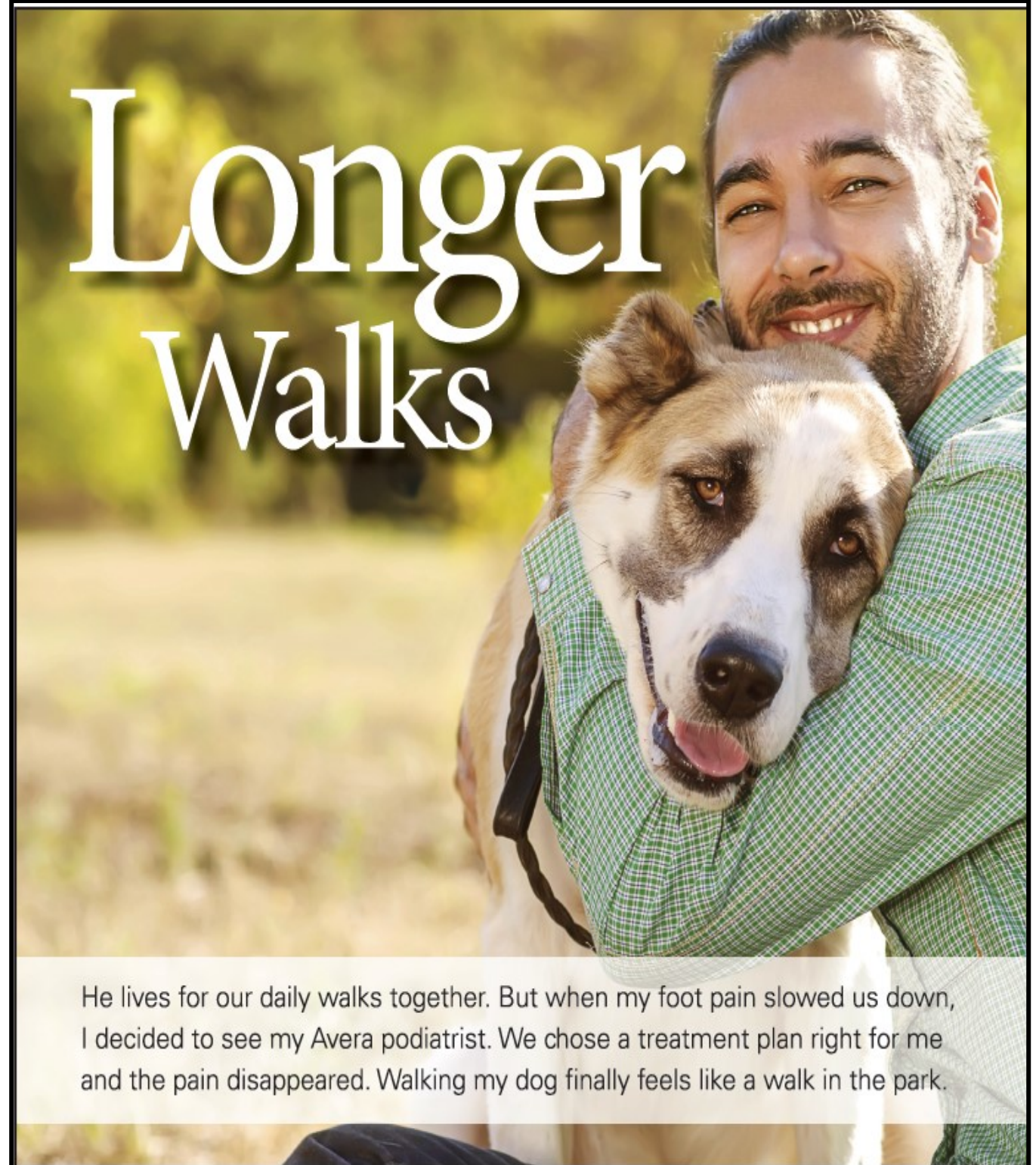
## Wine & Dine Results through the Years

2019	\$33,052
2018	\$32,658
2017	\$26,245
2016	\$23,763
2015	\$21,780
2014	\$18,034
2013	\$11,013
2012	\$4,316
2011	\$3,356

Thank you to our Board of Director's,  
 Staff, Volunteers, Donors and Attendees  
 for helping us help those in need.



# 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.



**THE CENTER**  
RECREATION • SOCIALIZATION • NUTRITION

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

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

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



**Open 24 HOURS**

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**2100 Broadway • Yankton**  
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Floral 665-0662 • Pharmacy 665-8261  
Wine & Spirits 665-7808

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

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

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

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

**YANKTON MEDICAL CLINIC, P.C.**  
Ear, Nose & Throat

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

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

We will honor your prearranged funeral plans from other funeral homes.

Your family...respected, cared for, remembered



**Goglin Funeral Homes**  
Yankton • Tyndall • Scotland • Tripp  
**807 W. 31st, Yankton • 605-665-4414**

## Fundraising



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

Benedictine Sisters

Your generous support is greatly appreciated!



# Volunteer News



## Congratulations!

Jim and Cindy Filip are the August Volunteers of the Month.

Jim and Cindy are called upon often to work at pancake feeds, dinner and movie and rib nights and take on whatever tasks they are assigned to.

Thank you Jim & Cindy 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.

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

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 want to volunteer.

## 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!**



# 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 Everyone,

Hope everyone has been having a great summer so far. The gardens should be blooming really soon. We always look forward to the many donations we get from our members.

We are having a summer picnic on August 22nd. We are going to have hot dogs and brats. Make sure you invite your friends and family and call us for reservations.

Hope you are all staying cool. Stop in on Tuesday, Wednesday & Thursday and have some lunch with us.

Gail Hovorka  
 Site Coordinator



- Aug 11 ▪ Ann Kloucek
- Aug 13 ▪ Delores Plaatje
- Aug 25 ▪ Ilene Sternhagen



**Tabor Nutrition Center Staff**

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

## August 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.**

- Aug 1 Beef Tips in Gravy
- Aug 6 Swiss Steak
- Aug 7 BBQ Chicken
- Aug 8 Liver & Onions
- Aug 13 Mac & Cheese w/Chicken
- Aug 14 Porcupine Meatballs
- Aug 15 Baked Chicken
- Aug 20 Pork Chop/Dumpling
- Aug 21 Hamburger
- Aug 22 Chef's Choice (Brats or Hot Dogs)
- Aug 27 Roast Beef
- Aug 28 Chicken Parmesan
- Aug 29 Roast Pork (Birthday Dinner)

## Tabor Wish List

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



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

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

## Trips & Misc

### 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).



### Relay South Dakota Presentation Tuesday, August 13th 11:00am-11:30am

Relay South Dakota provides telephone accessibility to people who are deaf, hard-of-hearing, deaf-blind, experiencing low vision and/or have a speech disability. It's convenient. It's confidential. And best of all, it's free.

The Center will be hosting a presentation on this service. There is absolutely no cost. There will be a representative from Relay SD here and if needed he will help complete any applications.

**Stay for lunch. We are serving: Salisbury Steak  
Call 665-1055 for reservations.**

### Center Wish List

Thank You For Your Donations!

(Listed in order of need)

Decaf Coffee

Small Paper Plates

Toilet Paper

Fun Size Candy Bars

Sandwich Baggies

Laundry Soap

Napkins

Kleenex

Hand Sanitizer



Dan Miller, Darwin & LaVila Tessier  
attended our Annual BBQ event in June

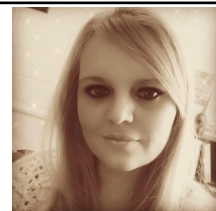


### Morning Coffee Show with Scott Kooistra

Tuesday, August 13th  
at 7:40am & 12:20pm  
Tuesday, September 10th at  
7:40am & 12:20pm

Tune into 1450AM

## Nutrition Education



### 10 Healthy Snacking Tips

Snacks & mini meals provide many of the nutrients you need to be healthy. Do you know which foods boost snacking nutrition? This simple rule makes smart snacking easier: Plan snacks from at least two of the five food groups; dairy, vegetables, fruits, grains and protein.

- Make time to shop more often to keep healthy snacks fresh, like cheese, fruit and vegetables.
- Enjoy protein rich foods such as nuts, hard cooked eggs and yogurt for satiety & long lasting energy.
- Pair healthy foods with indulgent ones. Eat carrot sticks with a favorite dip and make a trail mix of nuts with dried fruit and chocolate chips.
- Swap out less nutritious snack gradually. Instead of a candy bar or a sweet treat, try fruit sorbet or frozen yogurt.
- If you are on the run, make a quick smoothie with frozen fruit, yogurt and juice.
- Remember that snacks have calories too. Enjoy your snacks, but make your portions smaller at mealtime.
- Set a snack schedule, perhaps every 3-4 hours.
- Eat a healthy snack before attending an event if snacking options are not available. Put out healthy snacks while watching TV.
- Make sure you have a way to keep perishable items cold. Pack foods in an insulated lunch bag with a small ice pouch.
- Make snack fun by chopping colorful fruits and vegetables into small portions or use cookie cutters to cut sandwiches into different shapes.

Stop by and see me to order extra meals for evenings and weekends.

Hope everyone is enjoying their summer.

Mandi Lampman—MOW Coordinator



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### 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.**

#### 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

## June 2019 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1216 (61 per day)	200 (10 per day)	301 (15 per day)	202 (17 per day)	1919 (96 per day)
Home Delivered	1406 (70 per day)	N/A	N/A	37 (3 per day)	1443 (72 per day)

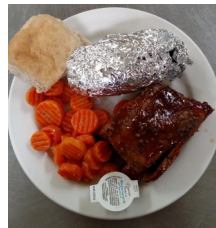
### Kitchen Volunteers (August)

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

Aug 1	Bonnie Strnad
Aug 2	Helena Rezac
Aug 5	JuLee Werkmeister
Aug 6	Barb DeJager
Aug 7	Sandy Kreber
Aug 8	Sylvia Coulson
Aug 9	Eileen Leshar
Aug 12	Dorothy Gobel
Aug 13	Alma Logdahl
Aug 14	Ruby Schroeder
Aug 15	Jackie Sandstedt
Aug 16	Bonnie Strnad
Aug 19	Carol Wynia
Aug 20	JuLee Werkmeister
Aug 21	Sandy Kreber
Aug 22	Dorothea Hoebelheinrich
Aug 23	Geri Loecker
Aug 26	Ruby Schroeder
Aug 27	Alma Logdahl
Aug 28	Ruby Schroeder
Aug 29	Delphine Peterson
Aug 30	Helena Rezac

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, August 28th - 4:30pm-6:30pm (4th Wednesday every month)



**Serving:**  
BBQ Ribs  
Cheesy Potatoes  
Green Beans  
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  
194 people were served in July.

*HeartPrint Home Care*

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

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# Food, Fun & Fellowship



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- Security System
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2015 Green Street,  
Yankton, SD 57078

605.665.8306

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



# Potpourri

## Meals on Wheels Testimony

Thank you to the entire staff and all volunteers with the Meals on Wheels Program. Dad was able to enjoy life in the comfort of his home because of all of you. He enjoyed getting his meals each day and truly appreciated each volunteer who delivered it as well as the care taken in the meal itself.

This work is so precious to all of us! Because of you, we knew Dad was ok to remain on his own.

Thank you on behalf of the entire Dan Steiner Family.

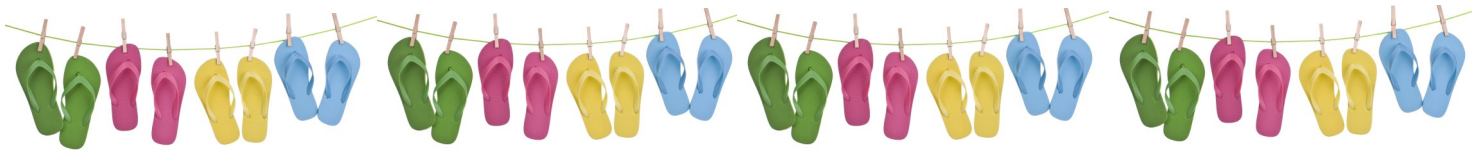
We can no longer accept Canadian coins. There are no banks that will convert the coins for us. Please be contentious when paying for lunch, greeting cards and card playing with any change. Thank you.



## 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.



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# August Menu

Monday	Tuesday	Wednesday	Thursday	Friday
-	<b>EVENING MEAL (28th)</b> <b>RIB FEST</b> BBQ Ribs Cheesy Potatoes Green Beans Dessert		1 Baked Steak Mashed Potatoes/Gravy Corn Grapes	2 Lasagna Glazed Baby Carrots Chinese Coleslaw Fruit Slush
5 Seasoned Pork Loin Scalloped Potatoes California Blend Veggies Apple Sauce	6 Homemade Pizza Tossed Salad w/Dressing Peaches Jello-Poke Cake	7 BBQ Pork Sandwich French Fries Baked Beans Cantaloupe Cubes	8 <b>ANNIVERSARY DINNER</b> Autumn Chicken Baked Sweet Potato Cauliflower Culvers Frozen Custard	9 Porcupine Meat Balls Corn Tossed Salad Rice Pudding w/Top
<b>National Apple Week</b>	<b>Served Family Style at Your Table</b>		<b>Frozen Custard Day</b>	<b>Rice Pudding Day</b>
12 Citrus Chicken Diced Herb Potatoes Squash Cornbread	13 Salisbury Steak/Gravy Mashed Potatoes Peas Chocolate Pudding w/Top	14 Ham Cheesy Potatoes Green Bean Casserole Apple Streusel Bars	15 <b>BIRTHDAY DINNER</b> Chicken Fried Steak Mashed Potatoes w/Gravy Glazed Carrots Cake and Ice Cream	16 Liver & Onions or Brats Potato Wedges Macaroni Salad Fruity Slaw
	<b>Left Handers Day</b>			<b>Bratwurst Day</b>
19 Meatloaf Oven Browned Potatoes Broccoli Brownie	20 Turkey Tetrazzine/Noodles Tossed Salad w/Dressing Cranberry Orange Bar Jell-O w/ Fruit	21 Beef Tips & Gravy Mashed Potatoes Corn O'Brian Ice Cream Sundaes/Congregate	22 Goulash Italian Vegetables Tossed Salad Peach Crisp	23 Chicken & Dressing Mashed Potatoes w/Gravy Brussel Sprouts Jell-O w/ Fruit
<b>National Potato Day</b>		<b>Senior Citizens Day</b>	<b>Eat a Peach Day</b>	
26 Hot Beef Sandwich Mashed Potatoes w/Gravy California Blend Veggies Fruit Butterscotch Pudding	27 BBQ Chicken Baked Potato Glazed Carrots Banana Pudding	28 Tomato Soup Grilled Cheese Sandwich Spinach Salad Fruit	29 <b>Chef's Choice (Pasta Dish)</b>	30 French Dip Sandwich Baked Potato Carolina Beans Fruit
	<b>Banana Lovers Day</b>	<b>(BBQ Ribs)</b>		

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.

# August Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Table Tennis 8:30 Billiards 8:30 Toe Nail Clinic 10:00 Pinochle 12:45 Dominos 12:45	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9
	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 Bible Study 10:30 Pinochle 12:45 SHIINE 4-6 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 Nurse 10:30-12 Pinochle 12:45 Dominos 12:45 <b>Anniversary Dinner 11:30am-12:30pm</b>	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9
	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 Dementia Grp 10:00 Bible Study 10:30 Pinochle 12:45 SHIINE 4-6 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 Nurse 10:30-12 Pinochle 1:00 Dominos 1:00 <b>Birthday Dinner 11:30am-12:30pm</b>	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Commodities 1-3 Bingo 7-9
	19	20	21	22
Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Board Mtg 12:00 SHIINE 1:30-3:30 Pinochle 1:00 Hand & Foot 1:00 <b>Ice Cream Social 2-3:30</b>	Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Pinochle 12:45 SHIINE 4-6 Bingo 7-9	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	Table Tennis 8:30 Billiards 8:30 Pinochle 12:45 Dominos 12:45	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9
	26	27	28	29
Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 1:00 Hand & Foot 1:00	Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Pinochle 12:45 SHIINE 4-6 Bingo 7-9	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00 <b>Evening Meal (Ribs)</b>	Table Tennis 8:30 Billiards 8:30 Pinochle 12:45 Dominos 12:45	Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 Bingo 7-9

# Membership News

## Thank You for Your Donation

Coffee	Bill Kennedy
Dog Food	Dorothea Hoebelheinrich
Paper Plates, Toilet Paper, Cups	Cathy Orton
Laundry Soap, Napkins, Coffee	Fran & Sandy Johnson
Laundry Soap, Magazines, Toilet Paper, Coffee	Ed Gleich
Candy & Coffee	Theresa Arens
Books	Clarita Varilek
Paper Plates, Kleenex, Toilet Paper, Baggies	Jim & Shari Hovland
Envelopes	Eileen Leshar
Book & Magazines	Darwin & LaVila Tessier
Coffee	Gerri Loecker
Coffee	Dianne Wubben
Books	Sharon Thoene
Coffee	Beth Ashley
Laundry Soap	Donna Steckler
Summer Squash	Dagmar Hoxsie
Toilet Paper	Hand & Foot Group

## Welcome New Members

Sharan Nelson • Yankton  
Mary Koch • Yankton  
Karen Rieckmann • Yankton  
Leo & Carol Kopetsky • Yankton  
Matt Fitzgerald • Yankton  
Joyce Kotalik • Yankton  
Dan & Karen Mason • Yankton



## Get Well Cards

Bob Nelsen  
Marsha Dahlseid  
Joe Wieseler

## Sympathy Cards

Dory Ahern Family  
Ron & Sundra Hunhoff  
(Loss of Son)

John Sedlacek  
(Loss of Mother)

*With Deepest  
Sympathy*

## Memorials

### In Memory of Dan Steiner

Pat & Christy Hauer  
Corinne Huchtmeier  
Carl Tyson  
Craig & Lois Kippels  
Ryan & Janet Loecker  
Greenview Townhomes  
Dan Steiner Family  
Barbara Stokes  
Deb Ciurej

### In Memory of John Swensen

Fran Fox  
Theresa Arens  
Louis Arens

### In Memory of Harlan Cressy

Carol Broderson

### In Memory of Connie Kendall

Carol Broderson

### In Memory of Burnell Peterson

Carol Broderson

### In Memory of Burton Orr

Carol Broderson

### In Memory of Dean Hunhoff

Margaret Sarringar

### In Memory of Dory Ahern

Pat & Christy Hauer  
Kay Nickles  
Mary Law  
Karen Gran  
Mary Haberman  
Darlene Pokorney  
Elaine List  
JoAnn Huitema



## Happy Birthday

Aug 1	Lois Gregorie	Aug 11	Dan Johnson	Aug 19	Stephen Smith
Aug 1	LouElla Machin	Aug 11	Pat Keller	Aug 20	Mary Armin
Aug 1	Connie Bitsos	Aug 11	Victor Schaeffer	Aug 20	Maury Ekeren
Aug 3	Kenneth Dolejsi	Aug 11	Kriss Thury	Aug 21	Winona Spotted Calf
Aug 3	Cathie Huchtmeier	Aug 12	Donna Fischer	Aug 21	Roger Huntley
Aug 3	Karen Rieckmann	Aug 13	Charlene Bland	Aug 21	LaVila Tessier
Aug 4	Jerry Roth	Aug 14	Barb DeJager	Aug 22	Duane Deering
Aug 5	Vernon Arens	Aug 14	Peggy Doering	Aug 23	MaryAnn Kathol
Aug 5	Charlotte Herman	Aug 14	Bonnie Johnson	Aug 23	Jane Olson
Aug 6	Bill Specht	Aug 14	Robert Nelsen	Aug 24	Rose Nedved
Aug 7	Mary Alice Halverson	Aug 14	Angela Wiebelhaus	Aug 25	Marie Koster
Aug 7	Dorothea Hoebelheinrich	Aug 15	Margie Eddie	Aug 26	Marcy Wells
Aug 7	Randy Keiser	Aug 15	John Sedlacek	Aug 28	Sally Boyd
Aug 8	Beth Coulson	Aug 16	Janet Ausdemore	Aug 28	Kelly Brown
Aug 9	Carmen Schramm	Aug 16	Donna Tusha	Aug 28	Kay James
Aug 10	Mary Johnson	Aug 16	Judy Woerner	Aug 28	Brooke Thury
Aug 10	Barbara Kopecky	Aug 18	Linda Dietrich	Aug 28	Jeannine Vogel
Aug 10	Doris Stucky	Aug 18	Robert Hansen	Aug 30	Bonnie Kozak
Aug 11	Mae Crawford	Aug 18	Quay Hansen	Aug 31	Kaleigh Janssen
Aug 11	Susie Hofmann	Aug 18	Heather Olson	Aug 31	Margrit Lock



## Happy Anniversary

Aug 2	Mike & Tara Arens	Aug 16	Jim & Mary Walloch
Aug 2	Rudy & Kathy Gerstner	Aug 18	Larry & Pat Graber
Aug 2	Larry & Peggy Olson	Aug 18	LaRue & Dorothy Hanson
Aug 3	Rodger & Mary Johnson	Aug 19	Russ & Jean Weller
Aug 4	Daniel & Marianna Gergen	Aug 21	Tony & Sandy Pierce
Aug 6	Terry & Catherine Crandall	Aug 22	Gordon & Clare Smith
Aug 10	Errol & Gladys Johnson	Aug 24	Clint & Joan Burt
Aug 10	Victor & Darlene Schaeffer	Aug 25	Keenan & Dawn Henseler
Aug 11	Paul & Cathy Rehfuss	Aug 28	Eugen & Joyce List
Aug 12	Bob & Malena Diede	Aug 28	Gordon & Jane Olson
Aug 12	Bob & Lois Furdeck	Aug 30	Louis & Bonnie Kozak
Aug 16	Duane & Carol Grimme	Aug 31	John & Marcella Kudrna
Aug 16	Steve & Pam Hamilton	Aug 31	Mike & Linda Stevens
Aug 16	Maynard & Lucile Justa		

## 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

**June 17, 2019—Double Pinochle**  
Gladys Tacke & Dorothy Nielson

**July 8, 2019—Round Robin**  
Doris Gall & Don Werkmeister  
Doris Gall & Elma Block

**July 9, 2019—Double Run**  
Don Werkmeister & Millie Zimmerman

**July 11, 2019—Double Run**  
David Souhrada & Ray Pravecek

**July 18, 2019—Round Robin**  
Janice Olson & Joan Burt

**\*\*CARDS WILL BEGIN AT 1:00PM ON THURSDAY, AUGUST 15TH DUE TO THE BIRTHDAY DINNER. THANK YOU!**

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

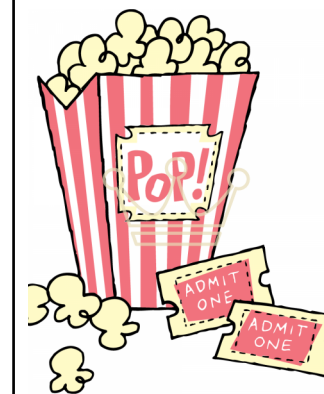
If you are unable to play, it is your responsibility to find a replacement. Ask Card Coordinator for a substitute list. The option to play 3 handed pinochle is always available.

### 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 & A Movie will resume on the third Wednesday each month beginning September 18th. You get a meal, the movie and popcorn for just \$6.00.**



# Activities

## Partnership Bridge News

### July 3, 2019

- |                                  |             |
|----------------------------------|-------------|
| 1. Rose Mather & Dan Miller      | Score: 5160 |
| 2. Mae Crawford & Char Erickson  | Score: 5060 |
| 3. LaVila Tessier & Margie Eddie | Score: 4730 |

### July 10, 2019

- |                                       |             |
|---------------------------------------|-------------|
| 1. Rose Mather & Dan Miller           | Score: 5860 |
| 2. Loraine McNeely & Kit Westling     | Score: 5330 |
| 3. Mary Ann Anderson & Jeannie Gustad | Score: 4730 |

**Slam: Rose Mather & Dan Miller**

### July 17, 2019

- |                                       |             |
|---------------------------------------|-------------|
| 1. Darwin Tessier & Glenn Mannes      | Score: 6060 |
| 2. Mary Ann Anderson & Jeannie Gustad | Score: 5150 |
| 3. Loraine McNeely & Char Erickson    | Score: 4470 |

**Slams: Mary Ann Anderson & Jeannie Gustad**

**Loraine McNeely & Char Erickson  
Fran Mollet & Marilyn Weverstad**

### July 24, 2019

- |                                   |             |
|-----------------------------------|-------------|
| 1. LaVila Tessier & Margie Eddie  | Score: 4210 |
| 2. Rose Mather & Dan Miller       | Score: 4150 |
| 3. Judy Kistler & Janet Ausdemore | Score: 3820 |

## Craft Class

**Monday, August 12th - 10:30am-11:30am**

Stay for lunch, we are serving:

### Citrus Chicken

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.

## Friday Bridge News

### June 28, 2019

- |  |             |
|--|-------------|
| 1. Janet Ausdemore & Judy Kistler      | Score: 4410 |
| 2. Beth Nohr & Muriel Stach            | Score: 4410 |
| 3. Karen Girard & Mary Alice Halverson | Score: 3930 |
| 4. Char Erickson & Jean Schaecher      | Score: 2810 |

### July 5, 2019

- |                                    |             |
|------------------------------------|-------------|
| 1. Nadean Auch & Karen Girard      | Score: 5010 |
| 2. Jean Fitzgerald & Char Erickson | Score: 4990 |
| 3. Betty Adam & Jean Schaecher     | Score: 3650 |

### July 19, 2019

- |                                    |             |
|------------------------------------|-------------|
| 1. Char Erickson & Jean Fitzgerald | Score: 4930 |
| 2. Nadean Auch & Marlene Larsen    | Score: 4250 |
| 3. Judy Kistler & Janet Ausdemore  | Score: 3610 |



# 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 (**August 16th**) 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.

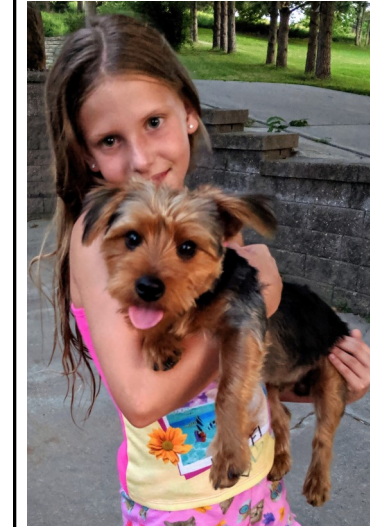
We also have a volunteer nurse that will be here on the 3rd Wednesday each month to trim toenails. The cost is \$20 made payable to The Center. You must bring your own clippers.

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

## \*\*\*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 these Seniors get their supplemental food box each month.

## Pet Food Program



Lindsey from Omaha with Chip

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.



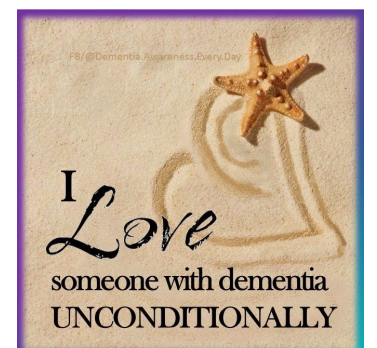
**THIS IS A FREE SERVICE FOR OUR MEMBERS!**

## Dementia Caregiver Group

**Tuesday, August 13th - 10:00am-11:00am**

The Dementia Caregiver Group meets each month on the second Tuesday (**June 11th**). **Everyone Welcome**

**Open to the public**



# WALNUT VILLAGE

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