



### In This Issue

Director's Desk	3
Fundraising News	4
Tabor Nutrition Center	5
Volunteer News	6
Nutrition News	7-8
Menu	9
Activities Schedule	10
Activities	11-12
Services/Education	13
Birthdays/Anniversaries	14
Membership News	15
Upcoming Events	22



### New Years Dance

Tuesday, December 31st 7:00pm-11:00pm

Celebrate the last day of 2019 with us

Live Music: The Outback Band

Meal - 8:00pm-8:30p - Beer & Wine

Games, Prizes, East Coast Ball Drop, Hats, Horns



### Tickets

Members: \$6/Advance, \$8/Door  
Non Members: \$8/Advance, \$10/Door

Sponsored by:  
Great Western Bank  
&  
Mike & Linda Stevens



### 2020 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 Dances, BBQ, Ice Cream Socials and Building Rental
- ✓ Tickets for Mount Marty College Volleyball and Basketball
- ✓ Lifetime membership to YSD activities (if over 65)
  - ✓ Unlimited use of the exercise facility.
- Participation in all activities and programs: billiard room, cards, craft class, bible study, line dancing, table tennis, Wii bowling
- ✓ Free tax services, SHINE, screenings and more.

### Member Christmas Party

Friday, December 20th  
11:30am-1:00pm

Gifts for Members Only!  
Reservations are needed, call 665-1055



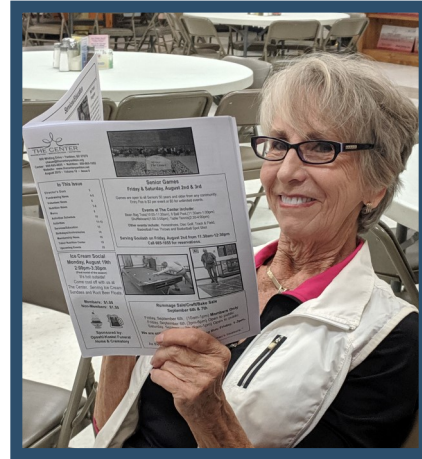
Serving  
Ham  
Sweet Potato  
Stuffing  
Green Bean Casserole  
Fruit  
Strawberry Shortcake



MERRY CHRISTMAS!



# Staff Desk



Happy Holidays! Christmas has always been my favorite time of the year. I love to decorate my tree at home, make all those goodies and spend time with my family. I love when I have both my kids, Chase & Brooke and my beautiful granddaughter, Sydney to celebrate with. We always have so much fun when we get together.

At The Center, we will soon be as festive as can be as we start the process of decorating our building. Once everything is complete, it is like walking into a winter wonderland every day. It makes me smile and thankful that I get to come to work each day to a place that does so much for so many.



**Staff Team Building Exercise  
Tye Dyeing T-Shirts.**

We will be wrapping up our SHIINE program on December 6<sup>th</sup> and we will be eager to share with you statistics of how much money our SHIINE volunteers saved Yankton County Seniors.

Our all you can eat pancake feed on Wednesday, December 11<sup>th</sup>. I invite you all to come out with your kids, grandkids, neighbors and friends. For just \$5, you are going to get a full belly. We still have some slots open for our Christmas Lights tour (after the pancake feed), the cost is only \$4, paid to transit, and you will get chauffeured around Yankton to see some really neat light displays.

We will not have a dinner and a movie event this month due to the holidays, however we will be having our Ribfest on the third Wednesday (December 18<sup>th</sup>) from 4:30pm-6:30pm. Just \$6 for a rib dinner. Call us at 665-1055 for early reservations.

Our member Christmas party will be on Friday, December 20<sup>th</sup> from 11:30am-1:00pm. All our members that attend, will get a gift thanks to the generous donations we receive from our community businesses. Make sure you make your reservation early.

Our New Year's Eve Dance is December 31<sup>st</sup> from 7:00pm-11:0pm with The Outback Band, games, prizes, food, hats, horns and we will watch the ball drop East Coast style at 11. Tickets are on sale now. Get yours early and save on the price. Thank you to our sponsors, Mike & Linda Stevens and Great Western Banks.

Membership renewal is due. Stop in the office and renew for 2020 to continue with all the great benefits of The Center. Just \$35 for individual and \$63 for a couple.

Christy has been out on medical leave the past couple of weeks, but we are looking forward to her return on December 9<sup>th</sup>. I would also like to ask everyone to lift Colleen Schild up in prayer. She is out at Majestic Bluffs, currently in hospice care.

I am looking forward to a busy, yet festive December. I hope you all have a wonderful Christmas season and dine come with us frequently. Merry Christmas!

Kriss Thury – Assistant Director



**We had an incredible turnout for our Veteran's Day Program. Dave Hosmer spoke about the Vietnam War. Thank you to all of our Veteran's.**



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

## Soupless Soup Kitchen

Help us reach our \$6,000 goal. Your monetary donation helps us operate throughout the year in many different areas such as Meals on Wheels, equipment and repair costs, staff support and day to day operations. Stop in the office to make your donation today. **THANK YOU!** As of November 25th we are at \$2,175. Those in bold denotes \$100 or more.

- |                                |                                |                                 |
|--------------------------------|--------------------------------|---------------------------------|
| <b>Beth Ashley</b>             | Cathie Huchtmeier              | Martin & Pat Raab               |
| Linda Beulke                   | <b>Jim Huisman</b>             | <b>Diane Reese</b>              |
| Charlene Bland                 | Michael Husman                 | Margaret Sarringar              |
| Sylvia Coulson                 | <b>Dorothy Johansen</b>        | <b>Jean Schaecher</b>           |
| <b>Mae Crawford</b>            | Darlene Knecht                 | Carla Schlingman                |
| Barb & Andy DeJager            | <b>Sandra Kreber</b>           | MaryAnn Schonebaum              |
| Bob & Malena Diede             | <b>Gary &amp; Velma Kuchta</b> | <b>Randy &amp; Joleen Smith</b> |
| Lois Eli                       | <b>Bev Larsen</b>              | David Souhrada                  |
| Don & JoAnn Frasch             | Elaine List                    | Bill & Barb Specht              |
| Hand & Foot Group              | <b>Mary Loecker</b>            | Charles Stoddard                |
| <b>Pat &amp; Christy Hauer</b> | Reynold Loecker                | Ray & Lorna Uken                |
| MaryJane Hisek                 | <b>Paul Nielson</b>            | Arlene Young                    |
| Dave Hosmer & Steph Tamisiea   | Delight Paulson                | Alma Zweber                     |
|                                | Kara Payer                     |                                 |

### Thank You For Your Donation



Rod Deacon (SHIINE Donation) • Reynold Loecker & Wiatt & Julz Tesch (Christmas Plates)



## Pancake Feed

(second Wednesday each month)

Wednesday, December 11th • 4:30pm-6:30pm

Join us for all you can eat pancakes and french toast. Also includes a serving of eggs and bacon or sausage. Bring the whole family out for a yummy meal and support The Center.

Only \$5.00 per person. Everyone is welcome! If you would like to volunteer at a pancake feed, give Jeanne a call at 665-4685.



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

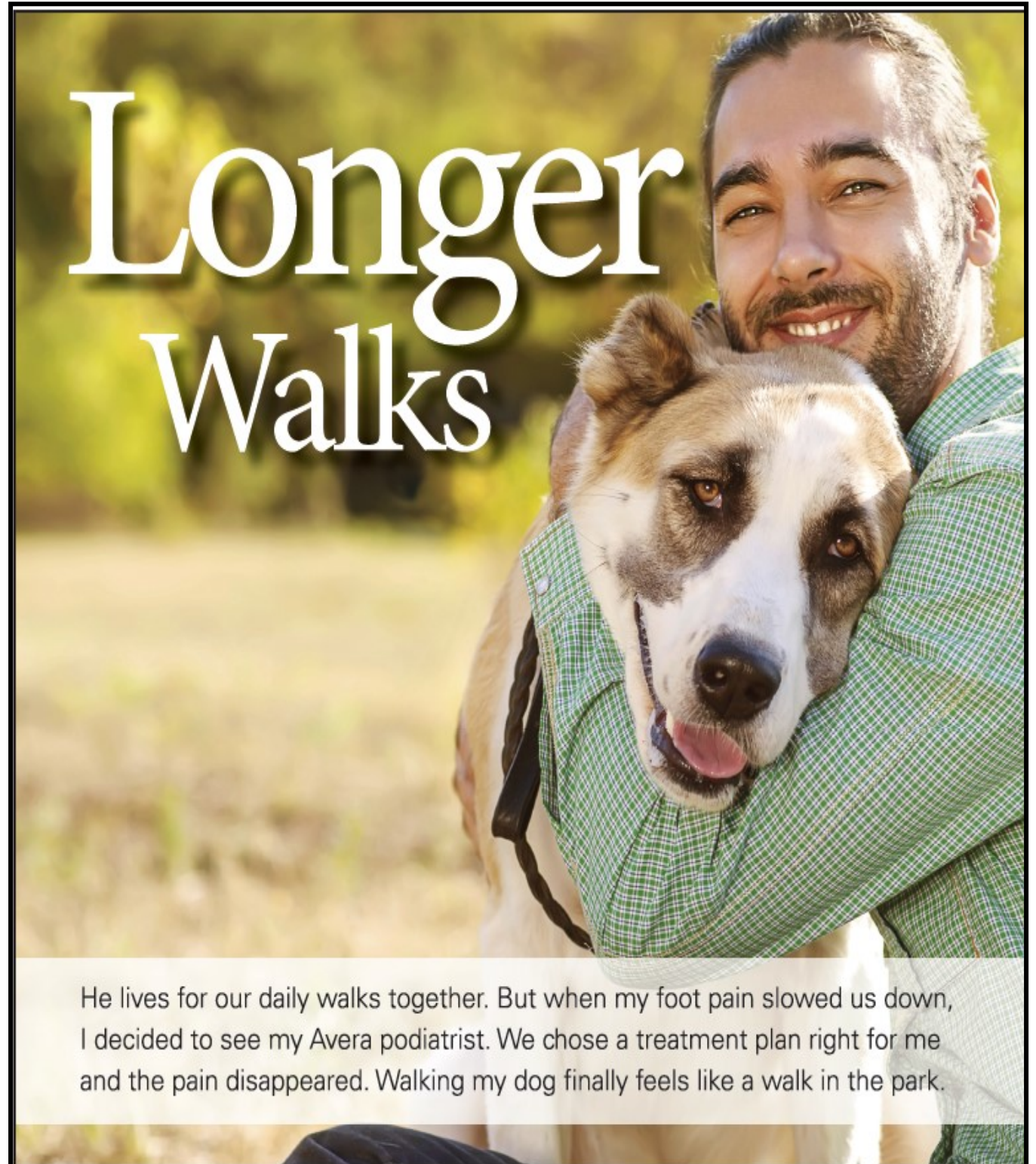
Join the fun and win some money

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

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

LISTEN TO KYNT, KVHT OR WNAX FOR CANCELLATIONS.

# Longer Walks



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

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

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



409 Summit St., Suite 2600  
Yankton, SD 57078

# Upcoming Events

Jan 1	Center Closed - Happy New Year	
Jan 14	Christy on KYNT Radio	7:40am & 12:20pm
Dec 9	Craft Class	10:30am-11:30am
Dec 10	Dementia Caregiver Group	10:00am-11:00am
Dec 10	Christy on KYNT Radio	7:40am & 12:20pm
Dec 11	Pancake Feed	4:30pm-6:30pm
Dec 11	Christmas Lights Tour	6:30pm-8:00pm
Dec 12	Missouri Valley Christian Academy Sings	11:00am-11:30am
Dec 12	Anniversary Dinner	11:30am-12:30pm
Dec 12	Worthing Dinner Theater	5:00pm-11:00pm
Dec 18	Roger Huntley Presentation	10:45am-11:30am
Dec 18	Ribfest	4:30pm-6:30pm
Dec 19	Beadle School Sings	11:00am-11:30am
Dec 19	Birthday Dinner	11:30am-12:30pm
Dec 20	Member Christmas Party	11:30am-1:00pm
Dec 20	Commodities	1:00pm-3:00pm
Dec 22	Holiday Baking	12:00pm
Dec 24	Center Closes at 1:00pm	
Dec 25	Center Closed - Merry Christmas	
Dec 31	The Center Closes at 1:00pm	
Dec 31	New Year's Eve Party & Dance	7:00pm-11:00pm
Jan 1	Center Closed - Happy New Year	
Jan 14	Christy on KYNT Radio	7:40am & 12:20pm



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

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

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

218 W 4th Street in Yankton, SD  
605-665-8042

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

# Tabor Nutrition Center

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

## December 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.**

Dec 3	Baked Steak/Gravy
Dec 4	Pork Cutlets
Dec 5	Chili
Dec 10	Swedish Meatballs
Dec 11	BBQ Chicken
Dec 12	Breaded Baked Fish
Dec 17	Pork Chops/Dumplings (Evening Meal)
Dec 18	Chunky Chicken Soup
Dec 19	Turkey ala King
Dec 24	<b>Center Closed</b>
Dec 25	<b>Center Closed</b>
Dec 26	Chef's Choice—Sloppy Joes
Dec 31	Baked Chicken
Jan 1	<b>Center Closed</b>
Jan 2	Goulash

## Tabor Wish List

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



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

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

Holidays and family celebrations are all on the agenda this month. I hope you all have a lot of family gatherings and love to share with everyone.

Our December holiday evening meal will be Tuesday the 17th at 6:00pm. We will be serving Pork Chops and all the trimmings. Entertainment will be a surprise.

The Tabor staff would like to thank everyone for supporting our meal program. Friends have joined us daily and we have even seen some new faces.

We will be closed on December 25th so we can enjoy our families.

With Friendship,  
Gail Hovorka—Site Coordinator

## December Birthdays

Dec 4	Franklin Hron
Dec 11	Tom Sedlacek
Dec 15	Lillian Bartunek
Dec 22	Mae Dvorak
Dec 23	Bob Koletzky



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

# Volunteer News



## Congratulations!

Our December Volunteer of the month is Barb DeJager. Barb volunteers in many areas at The Center.

She helps with folding our 750 newsletters each month, helps in the kitchen, sets up

for every pancake feed and goes out each December to collect donated gifts for our member Christmas party. Thank you Barb for everything you do for The Center.

Enjoy your parking spot.



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



Have you noticed, we 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. You must display your handicapped sign in order to park in these spots.

Thank You!



## 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.**

## Volunteer Opportunities

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

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

## Making People Feel Welcome

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

We, as members, should all be ambassadors promoting our great organization.

## Morning Coffee Show with Scott Kooistra

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

Tuesday, January 14th  
at 7:40am & 12:20pm

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



## 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**

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.



## Funeral Preplanning...

For the Love of Family



605.665.3644  
wintzrayfuneralhome.com

## Holiday Baking Fun - Join us for the First Ever Holiday baking get together hosted by The Center Staff.

Sunday, December 22nd - 12:00pm

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

Cost is \$25

Minimum is 12, Class size is limited to 25



## Complete Audiology Care

• Hearing Tests • Hearing Aids • Hearing Aid Batteries • Hearing Aid Repair •



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

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

## Board of Directors(2019-2020)

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
Diane Reese	Retired Administrator
Pam Rezac	Broker/Owner Century 21 Professional Real Estate
Carla Schlingman	North Branch Manager First Dakota National Bank
Julz Tesch	Retired Nurse
Cee Sorenson	Retired Safety Manager
Steve Wentworth	Retired School Administrator
Arlene Young	



Row 1: Kara Payer, Diane Reese, David Hosmer, Velma Kuchta, Joleen Smith

Row 2: Bob Kellen, Pam Rezac, Arlene Young, Julz Tesch, Cee Sorenson, Carla Schlingman, Steve Wentworth



### 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.

### 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.**



Two of our veteran employees made the decision to retire this year. Colleen Schild has been at The Center through the Experience Works program for 14 years and Margaret Sarringar has worked in the kitchen for 17 years. Stay tuned as we plan a dual retirement party for them.



# Nutrition Education

## Be Food Safe

A critical part of healthy eating is keeping foods safe. Individuals in their own homes can reduce contaminants and keep food safe to eat by following safe food handling practices. Four basic food safety principles work together to reduce the risk of foodborne illness: **Clean, Separate, Cook and Chill.**

**Clean:** Wash hands with soap and water and sanitize surfaces with hot soapy water. At least once a week, throw out refrigerated foods that should no longer be eaten. Cooked leftovers should be discarded after 4 days, poultry and ground meats after 1-2 days. Keep appliances clean inside and out. And always rinse fresh fruits and vegetable under running water just before eating, cutting or cooking.

**Separate:** Place raw seafood, meat and poultry in plastic bags. Store them below ready to eat foods in your fridge. Always use a clean cutting board for fresh produce and a separate one for raw meat. Never place cooked food back on the same plate or cutting board that previously held raw food.

**Cook & Chill:** Use a thermometer when cooking to ensure that food is safely cooked and is held at safe temperatures until eaten. One effective way to prevent illness is to check the internal temperature of seafood, meat, poultry and egg dishes. Hold cold foods at 40 degrees or below and keep hot foods at 140 degrees or above. Foods are no longer safe to eat when they have been in the danger zone between 40-140 for more than 2 hours.

Following these tips will help reduce the risk of foodborne illness.

If you would like some extra meals stop by and see Meals on Wheels Coordinator, Mandi Lampman. There are also meals for holidays, evenings and weekends available.



### \*\*\*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.

### 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.



LIKE US ON FACEBOOK

Log into Facebook and type The Center in the search box

### 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

## October 2019 Meal Counts

Sites	Yankton	Sunrise	Hy-Vee	Tabor	Total
Congregate	1224 (61 per day)	248 (12 per day)	310 (10 per day)	279 (23 per day)	2061 (103 per day)
Home Delivered	1528 (76 per day)	N/A	N/A	45 (4 per day)	1528 (76 per day)

### Kitchen Volunteers (December)

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

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

Dec 2	JuLee Werkmeister
Dec 3	Barb DeJager
Dec 4	Sandy Kreber
Dec 5	Ruby Schroeder
Dec 6	Bonnie Strnad
Dec 9	Dorothy Gobel
Dec 10	Alma Logdahl
Dec 11	Ruby Schroeder
Dec 12	Carol Wynia
Dec 13	Eileen Leshner
Dec 16	JuLee Werkmeister
Dec 17	Gerie Loecker
Dec 18	Sandy Kreber
Dec 19	Janice Kirschenman
Dec 20	Water:
Dec 20	Milk: Brooke Thury
Dec 23	Delores Moore
Dec 24	Alma Logdahl
Dec 25	Center Closed - Merry Christmas
Dec 26	Dorothea Hoebelheinrich
Dec 27	Bonnie Strnad
Dec 30	Malena Diede
Dec 31	Janice Kirschenman
Jan 1	Center Closed - Happy New Year

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, December 18th - 4:30pm-6:30pm (3rd Wednesday this month due to Christmas)



#### Serving:

BBQ Ribs  
Baked Potato  
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—168 people were served in November.**



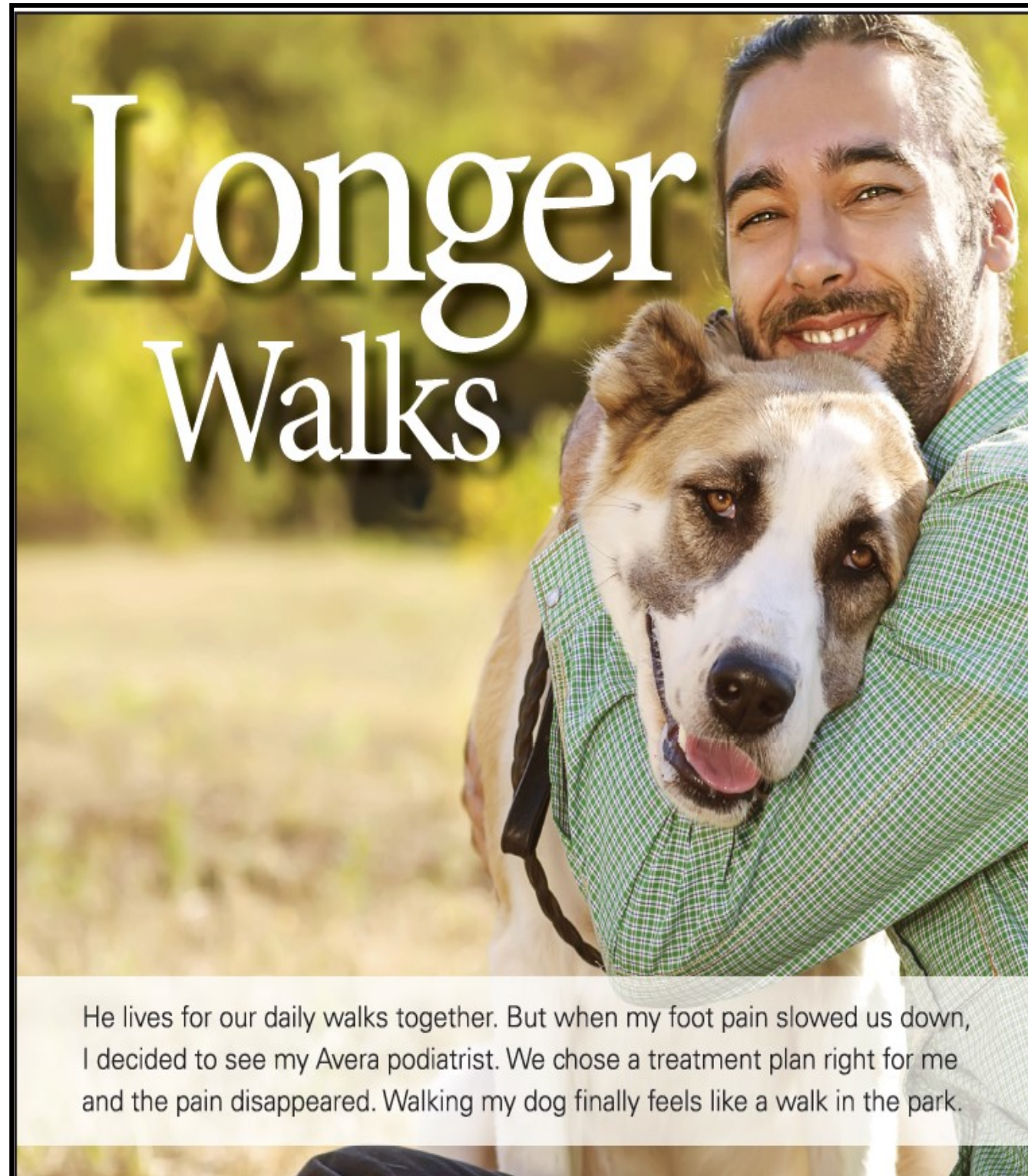
**Available Every  
Hour of the  
Day Every Day  
of the Year**

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

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

**Vermillion: (605) 624-5900  
Yankton: (605) 655-5900**  
Toll Free: 877-624-5900 • [www.HeartPrintHomeCare.com](http://www.HeartPrintHomeCare.com)

# Longer Walks



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

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

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

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

409 Summit St., Suite 2600  
Yankton, SD 57078





## Nutrition Programs

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

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

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

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

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

**Frozen meals are available for evenings and weekends.**

## 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.



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.

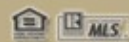
# December Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Fried Steak Mashed Potatoes/Gravy Peas Fruit Cocktail	3 Pork Loin w/Apple Chutney Scalloped Potatoes Green Beans Tossed Salad/Dressing Banana	4 Ham Loaf Baked Potato Squash Pears Cookie <b>Nat'l Cookie Day</b>	5 Baked Chicken Sweet Potatoes Harvard Beets Fruit	6 Roast Beef Mashed Potatoes/Gravy Glazed Carrots Jell-O/Mandarin Oranges
9 Swedish Meatballs Brown Rice Creamed Cabbage Banana Pudding	10 Pork Roast Boiled Potatoes/ Gravy Cooked Spinach Jell-O w/Topping	11 Chicken & Noodles Broccoli Peaches Tapioca Pudding <b>PANCAKE FEED</b>	12 <b>ANNIVERSARY DINNER</b> Lasagna Peas Chinese Coleslaw Fruit Slush <b>National Cocoa Day</b> <b>Congregate Hot Chocolate</b>	13 <b>CHEF'S CHOICE</b>
16 Spaghetti & Meat Sauce California Blend Vegetables Fruit Chocolate Pudding	17 Chicken & Dressing Mashed Potatoes/Gravy Brussel Sprouts Tropical Fruit	18 Goulash Parslied Carrots Coleslaw Mandarin Oranges <b>BBQ Ribs</b>	19 <b>BIRTHDAY DINNER</b> Beef Tips & Gravy Mashed Potatoes Broccoli Peaches Cake & Ice Cream	20 <b>CHRISTMAS DINNER</b> Ham Sweet Potato Stuffing Green Beans Casserole Strawberry Shortcake
23 Herbed Pork Chop Herbed Potato Dices Green Beans Tossed Salad/Dressing Acini de Pepe	24 Salisbury Steak Mashed Potatoes/Gravy Squash Tapioca Pudding <b>CENTER CLOSSES AT 1 PM</b> <b>National Egg Nog Day</b>	25 <b>CHRISTMAS Day</b> <b>Center Closed</b> <b>No Meals On Wheels</b> <b>National Pumpkin Pie Day</b>	26 Oven Fried Chicken Cheesy Hashbrowns Harvard Beets Spinach Salad Pears	27 French Dip Sandwich Potato Salad Baked Beans Fruit
30 Meatloaf Company Potatoes Creamed Peas Tomato Spoon Salad Butterscotch Pudding	31 Sloppy Joe w/Bun Mac & Cheese Broccoli Fruit <b>CENTER CLOSSES AT 1 PM</b> <b>NEW YEARS EVE DANCE</b>	<b>BBQ Ribs 18th</b> BBQ Ribs Baked Potato Corn Dessert Fruit	<b>No Dinner &amp; Movie</b> <b>Evening Meal</b> <b>This Month</b> <b>Due to Christmas</b>	<b>NYE Dance 31st</b> <b>7 pm - 11pm</b> BBQ Pulled Pork Sandwich Coleslaw Baked Beans 4:30pm - 6:30pm

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.

**CENTURY 21**

Professional Real Estate



Each Office is Independently Owned and Operated

C: 605-661-8643

F: 605-665-0243

*Carla Schlingman*  
Broker

1701 Broadway Ave Ste 1, Yankton, SD 57078



www.yanktonrealestate.com | cschlingman@iw.net | PROFESSIONAL - RELIABLE SERVICE

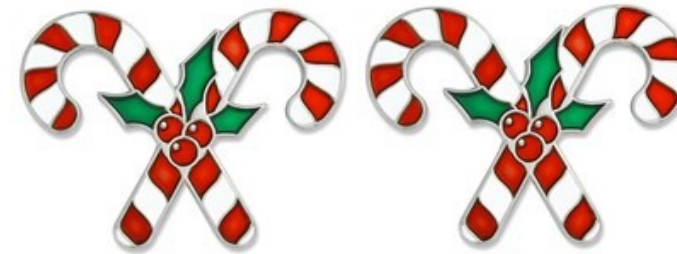
# December Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Billiards 8:30 SHIINE 9:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	3 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Pinochle 12:45 Wii Bowling 1:00 SHIINE 1-5 Bingo 7-9	4 Billiards 8:30 Line Dancing 9:30 SHIINE 10:30-4 Exercise 11:00 Rummikub 12:15 P. Bridge 12:45 Cribbage 1:00	5 Table Tennis 8:30 Billiards 8:30 Wii Bowling 10:00 Toe Nail Clinic 10:00 SHIINE 12-4 Pinochle 12:45 Dominos 12:45	6 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 12:45 SHIINE 9-12 & 5-8 Bingo 7-9
9 Billiards 8:30 Line Dancing 9:30 Craft Class 10:30 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 Wii Bowling 1:00 Bingo 7-9	11 Billiards 8:30 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> <b>Christmas Light Tour 6:30pm-8:00pm</b>	12 Table Tennis 8:30 Billiards 8:30 Wii Bowling 10:00 Nurse 10:30-12 Pinochle 12:45 Dominos 12:45  <b>Anniversary Dinner 11:30am-12:30pm</b> <b>MVCA Sings 11-11:30am</b> <b>Worthing Theater 5-11pm</b>	13 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Bingo 7-9
16 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	17 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Pinochle 12:45 Wii Bowling 1:00 Bingo 7-9	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  <b>Roger Huntley 10:45am Evening Meal (Ribs) 4:30pm-6:30pm</b>	19 Table Tennis 8:30 Billiards 8:30 Wii Bowling 10:00 Nurse 10:30-12 Pinochle 1:00 Dominos 12:45  <b>Beadle Kindergarten Sings 11:00am-11:30am</b> <b>Birthday Dinner 11:30am-12:30pm</b>	20 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Bridge 1:00 Commodities 1-3 Board Mtg 1:00 Bingo 7-9  <b>Member Christmas Party 11:30am-1:00pm</b>
23 Billiards 8:30 Line Dancing 9:30 Exercise 11:00 Pinochle 12:45 Hand & Foot 1:00	24 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30  <b>Center Closes 1:00pm No Bingo</b>	25 <b>Center Closed</b> <b>No Meals on Wheels</b> <b>Merry Christmas</b>	26 Table Tennis 8:30 Billiards 8:30 Wii Bowling 10:00 Pinochle 12:45 Dominos 1:00	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	31 Table Tennis 8:30 Billiards 8:30 Bible Study 10:30 Pinochle 12:45 Wii Bowling 1:00  <b>Center Closes 1:00pm No Bingo</b> <b>New Year's Eve Party 7:00pm-11:00pm</b> <b>Outback Band</b>	1 <b>Center Closed</b> <b>No Meals on Wheels</b> <b>Happy New Year</b>	 <b>PARTNER AGENCY</b>   <b>The Center is proud to be a United Way Agency</b>	

Worthing Dinner Theater  
Thursday, December 12th - 5:00pm-11:00pm  
\$62 per person includes transportation, dinner & theater

## "Sorry! Wrong Chimney!"

\*\*The policy of Olde Town 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've only had to cancel once in the past 10 years due to weather)



## Christmas Light Tour

Wednesday, December 11th - 6:30pm-8:00pm

Tour the holiday lights of Yankton. Yankton Transit will drive you through the streets of Yankton to see some of the most spectacular light displays around. Stop in early and fill your bellies with pancakes at our All You Can Eat Pancake & French Toast Feed. After the light tour, stay for some hot coffee and treats. Sign up in the office as seats are limited.  
**Cost is \$4.00 paid to Yankton Transit.**



Proudly carving the areas finest memorials.  
Competitive prices and exceptional service.  
Since 1883

GRANITE • MARBLE • BRONZE



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

## 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 also closes and there will be NO Meals on Wheels.

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

Stock up with some frozen meals in case of closure.

Call us at 665-1055.




Open 24 HOURS  
EMPLOYEE OWNED  
2100 Broadway • Yankton  
665-3412  
Floral 665-0662 • Pharmacy 665-8261  
Wine & Spirits 665-7808

## Innovation. It's Right



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


Innovation lives right here.

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

Live better. Live balanced. 

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

# Potpourri



**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

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

**Ear, Nose & Throat**  
605-665-0062  
2525 Fox Run Parkway, Suite 101  
Yankton, SD 57078  
Regular Clinic Hours:  
M-F: 8 a.m. - 5 p.m.  
Closed: Noon - 1 p.m. Daily

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.




## New Year's Eve Party

Tuesday, December 31st ▪ 7:00pm-11:00pm

**Live music from The Outback Band**  
**Serving BBQ Pork Sandwich, Cole slaw,**  
**baked beans, cookie**  
**Games, prizes, hats, horns and watch the ball drop**  
**(East Coast Style)**

**Members: \$6/Advance ▪ \$8/Door**  
**Non-Members: \$8/Advance ▪ \$10/Door**

## 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.

## Personal Care & Companion By Brock

We provide services so you can be at home in your home.

Providing services to you for:

- Chores
- Home Making
- Leisure/Social
- Errands
- Companionship

Call to discuss how you benefit  
605-857-5066

Care.companion.brock@gmail.com

## People ask us Why do you advertise your prices?

**A better question is...  
Why doesn't everyone?**

We at Goglin Funeral Home & Legacy Crematory feel not everyone should feel that they need to empty their savings account to pay for a memorial or funeral service. We have exceptional service with an exceptional price.

**Both simple & affordable**  
or  
**Elaborate & reasonable**

**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**

# Activities

## Wii Bowling

### Tuesday League

#### 10-22-2019

Elaine List had a high series of 568 and a high game of 244. Karen Gran picked up a 4-5-7 split & 5-10 split twice. Darlene Pokorney picked up a 5-7 & 3-5-10 split.

#### 10-29-2019

Karen Gran had a high series of 610. JoAnn Huitema had a high game of 232. Elaine List & Karen Gran picked up a 5-10 split. Darlene Pokorney & Bernie Wagner picked up a 5-6-10 split.

#### 11-5-2019

Elaine List had a high series of 621 and a high game of 225. Karen Gran and Janet Modereger picked up a 5-10 split.

#### 11-12-2019

Karen Gran had a high series of 718 and a high game of 258. Janet Modereger and Bernie Wagner picked up a 5-7 split. Elaine List picked up a 4-5 and a 5-10 split twice.

### Thursday League

#### 10-24-2019

Marillyn Obr had a high series of 719 & a high game of 248. Beth Nyquist picked up a 2-7-8 split twice. Sandy Kreber picked up a 3-10 split.

#### 10-31-2019

Marillyn Obr had a high series of 727 and a high game of 258. Dorothy Gobel picked up a 4-5-7 & 5-7 split. Marilyn Obr picked up a 5-10 split. Sharon Tronek picked up a 5-10 split.

#### 11-7-2019

Marillyn Obr had a high series of 645 and a high game of 221.

#### 11-14-2019

Marillyn Obr had a high series of 733 and a high game of 300. Janice Olson picked up a 5-7 & 5-10 split. Sandy Kreber picked up a 5-7-8 split. Bev Larsen picked up a 4-9 split.

## Craft Class

**Monday, December 9th ▪ 10:30am-11:30am**

Stay for lunch, we are serving: **Swedish Meatballs**

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.

## 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

## 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**

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

Serving the area since 1949.

Home, Auto, Business,  
Life, Bonds



204 W. 4th  
Yankton, SD  
665-3611

# Activities

## Partnership Bridge News

### October 30, 2019

- |                                   |             |
|-----------------------------------|-------------|
| 1. Rose Kabeiseman & Geri Loecker | Score: 5460 |
| 2. Darwin Tessier & Glenn Mannes  | Score: 5060 |
| 3. Muriel Stach & Beth Nohr       | Score: 4650 |

**Slams: Darwin Tessier & Glenn Mannes, 2 times**

### November 6, 2019

- |                                    |             |
|------------------------------------|-------------|
| 1. LaVila Tessier & Margie Eddie   | Score: 5140 |
| 2. MaryAnn Anderson & Kit Westling | Score: 5000 |
| 3. Jean Fitzgerald & Jean Schecher | Score: 4840 |

**Slams: Fran Mollet & Faye Sailors  
Judy Kistler & Janet Ausdemore**

### November 13, 2019

- |                                     |             |
|-------------------------------------|-------------|
| 1. Jean Fitzgerald & Jean Schaecher | Score: 5100 |
| 2. Fran Mollet & Marilyn Weverstad  | Score: 4930 |
| 3. Nadean Auch & Beth Nohr          | Score: 4510 |

**Slams: Margie Eddie & LaVila Tessier  
Fran Mollet & Marilyn Weverstad  
Glenn Mannes & Darwin Tessier**

### November 20, 2019

- |                                    |             |
|------------------------------------|-------------|
| 1. Rose Mather & Dan Miller        | Score: 6670 |
| 2. Fran Mollet & Marilyn Weverstad | Score: 5060 |
| 3. Darwin Tessier & Glenn Mannes   | Score: 3980 |

**Slams: Judy Kistler & Janet Ausdemore**

## Bridge Players Needed

Bridge Lessons are available. If you are interested, please call Dan Miller at 661-8017.



## Pinochle News

### Double Run—November 4, 2019

Ron Budde & Marilyn Obr

### Round Robin—November 4, 2019

Doris Gall & David Souhrada

### Round Robin—November 12, 2019

David Souhrada & Bud Gustad

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.

## Friday Bridge News

### November 1, 2019

- |                                    |             |
|------------------------------------|-------------|
| 1. Janet Ausdemore & Nadean Auch   | Score: 4660 |
| 2. Dan Miller & Fran Mollet        | Score: 3590 |
| 3. Jean Fitzgerald & Char Erickson | Score: 3470 |
| 4. Betty Adam & Marsha Dahlseid    | Score: 3080 |

### November 8, 2019

- |   |             |
|---|-------------|
| 1. Toots Marchand & MaryAlice Halverson | Score: 4330 |
| 2. Char Erickson & Jean Fitzgerald      | Score: 4210 |
| 3. Betty Adam & Marsha Dahlseid         | Score: 3810 |

### November 15, 2019

- |                                   |             |
|-----------------------------------|-------------|
| 1. Nadean Auch & Janet Ausdemore  | Score: 6260 |
| 2. Karen Girard & Jean Fitzgerald | Score: 2970 |
| 3. Betty Adam & Marsha Dahlseid   | Score: 2520 |

### November 22, 2019

- |                                   |             |
|-----------------------------------|-------------|
| 1. Toots Marchand & Shirley McKee | Score: 4690 |
| 2. Muriel Stach & Beth Nohr       | Score: 4170 |
| 3. Darwin Tessier & Margie Eddie  | Score: 3550 |

**Small Slam: Muriel Stach & Beth Nohr**

# WALNUT VILLAGE

## SENIOR LIVING

The Perfect Blend of Privacy & Community

613 Walnut St.  
Yankton, SD

Assisted & Independent Apartments

24 Hour Staff for Your Safety and Peace of Mind

Medication Management

# 605-664-4220

# Membership News

## Thank You for Your Donation

Magazines  
Dog & Cat Food  
Paper Towels, Napkins, Baggies  
Coffee & Candy  
Coffee  
Cat Food, Candy, Coffee, Magazines  
Cat Food  
Cat Food & Magazines  
Greeting Cards  
Candy  
Yarn  
Cat Food  
Cat Food, Toilet Paper, Candy, Baggies  
Napkins, Coffee, Small Paper Plates  
Coffee

Darwin & LaVila Tessier  
Sonny & Judi Olson  
Doris Gall  
Theresa Arens  
Beth Ashley  
Fran & Sandy Johnson  
Phyllis Christiansen  
Jill Huetig  
Betty Adam  
Cee Sorenson  
Dawn Stoner  
Elaine List  
Jim & Shari Hovland  
Alma Zweber  
Geri Loecker

We have many Seniors in need. This holiday season, think about paying for some meals for a Senior in need. You can donate a months worth of meals for just \$75 and don't forget that your donation is tax deductible.

**Happy Holidays!**

## Center Wish List Thank You For Your Donations!

(Listed in order of need)

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

Your donations help us keep our costs down, which significantly impacts our bottom line.

## Welcome New Members

**Chuck Stoddard - Yankton**  
**Lucy Mjoen - Yankton**  
**Norma Luebbert - Yankton**



## Get Well Cards

Rose Kabeiseman

## Sympathy Cards

**Ray Pravecek**  
(Loss of Daughter-in-Law)

## Memorials

**In Memory of Don Simpson**  
Delight Paulson

**In Memory of Susie Hofmann**  
Andy & Barb DeJager

**In Memory of Frank Potts**  
MaryJane Hisek  
Margaret Sarringar  
MaryAnn Kathol

**In Memory of Wes Cimpl**  
Nadean Auch  
Rose Mather



USD Dental students provided free and reduced fee services at The Center.



## Happy Birthday

Dec 1	Jim Goglin	Dec 8	Edward Soukup	Dec 20	Betty Bender
Dec 1	LaVonne Halvorsen	Dec 8	Linda Tronvold	Dec 20	JoAnne Dickinson
Dec 1	Pat Hauer	Dec 10	Ron Berney	Dec 20	Marceda Jones
Dec 2	Sharon Tronek	Dec 10	Ronald Ensenbach	Dec 20	Kathryn Nelson
Dec 2	Don Werkmeister	Dec 10	Janet Saylor	Dec 20	Sonny Olson
Dec 3	John Blackburn	Dec 11	Darold Adamson	Dec 21	Chuck Mutziger
Dec 3	Phyllis Kubal	Dec 11	Eileen Leshner	Dec 22	Doris Gall
Dec 3	Janet Melick	Dec 11	Mary Loecker	Dec 23	Charles Wagner
Dec 4	Jolene Foss	Dec 12	Adeline Hofer	Dec 24	Ruby Schroeder
Dec 4	Walt Koziol	Dec 13	Sandi Isburg	Dec 25	Amanda Stewart
Dec 4	Donna Vornhagen	Dec 13	Cheryl Leiferman	Dec 25	Rodney Woerner
Dec 5	Joyce Brandt	Dec 13	Art Winckler	Dec 26	Jeanette Grass
Dec 5	Donavon Kressig	Dec 14	Chuck Stoddard	Dec 26	Charlie Gross
Dec 6	Charlotte Avenell	Dec 15	Cecelia Dean	Dec 26	Sandy Milroy
Dec 6	Lois Kerr	Dec 15	Bertha Kaiser	Dec 27	Beth Ashley
Dec 6	Kathryn Mason	Dec 16	Dale Mannarano	Dec 27	Rheiny Hofmann
Dec 6	Thomas Slowey	Dec 16	Kate Shoemaker	Dec 28	Bob Curtice
Dec 7	Ana Bailey	Dec 17	Mike Healy	Dec 28	Connie Jensen
Dec 7	Chris O'Brien	Dec 17	Randy Smith	Dec 29	Roger Anderson
Dec 8	Paul Foss	Dec 17	Jean Weller	Dec 30	Sandra Kreber
Dec 8	Kristy Hacecky	Dec 19	Norman Campbell	Dec 30	Eugene List
Dec 8	Sharan Nelson	Dec 19	Kenneth Hirsch	Dec 31	JoAnn Bartlett
Dec 8	Gloria Pibal	Dec 19	JuLee Werkmeister	Dec 31	Janice Kirschenman

## Services/Education

### Commodity Program

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

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

Stop in the office if you are interested in applying. Please contact 665-4685 for more information. Commodities are distributed on the third Friday each month (**December 20th**) from 1pm-3pm and are on a first come first served basis.



### Roger Huntley Presentation

**Wednesday, December 18th - 10:45am-11:30am**

Join us for a special presentation on the creation of his Native American pipes. Roger will talk about the process from the start to the finished product. He will also have many of his art pieces here on display for viewing. Stay for lunch, we will be serving Goulash. Call 665-1055.

### 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.**

## Happy Anniversary

Dec 9	Charles & Rose Mutziger
Dec 18	Don & JoAnn Frasch
Dec 19	John & Nancy Sternquist
Dec 21	Darwin & LaVila Tessier
Dec 26	Dale & Janice Kirschenman
Dec 27	David & Marlene Gellerman
Dec 27	Ron & Deb Kachena
Dec 27	Don & Phyllis Naber
Dec 31	Randy & Gloria Keiser

## Help Wanted

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

### Opportunities & Training available at The Center

- Clerical and administrative duties
- Cook, baking & serving
- Janitorial and building maintenance
- Dishroom & meal preparation

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

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



### 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 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, December 10th - 10:00am-11:00am**

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

**Everyone Welcome  
Open to the public**

## Open House

**Amanda Stewart would like to invite you to her 90th Birthday Party open house at The Center on Sunday, December 22nd from 1:00pm-3:00pm.**



### Medicare Part D Open Enrollment ends December 6th

It's the final week for Medicare Part D open enrollment. Call The Center to make an appointment with one of our many SHINE volunteers. We still have some openings available. Call today, 665-4685.

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

