

## Senior Resources' Executive Director Barb Krall Asked to Present a Brief in Washington D.C. on the Needs of Rural Meals on Wheels (Rural Initiative)

The Meals on Wheels Association of America has an initiative to explore the issues and develop a blueprint to ensure rural older adults receive the meals they need. Three people from Iowa (Barb Krall, Beth Bahnson of Elderbridge Area Agency and Carlene Russell the Nutrition Manager from the Department of Elder Affairs) were asked to prepare briefs on issues faced to provide this program. Arkansas had two representatives present to provide their insight. MOWAA held this briefing for Members of Congress and Staff in the U.S. Capitol. They were hosted that day by Congressman Dave Loebsack of Iowa, who not only made the arrangements for them to secure the room in the Capitol but also actively participated in the program during the morning. During the afternoon all participants from MOWAA, Iowa and Arkansas participated in round table discussions on what the first steps would be.



who live out in the country. Nutrition driver Bill Rominger and Meals on Wheels Coordinator Diane McCleary also went with Barb Krall and Loebsack on the delivery route. He was able to see how our program worked and commented that Iowa has the most residents over the age of 85. "Especially here in

Barb was able to talk with Congressman Loebsack after her presentation and he committed to coming to Iowa soon and delivering Mow's. What she didn't realize was that "soon" meant his office would call right away and make arrangements for Loebsack to help with deliveries the very next week. Loebsack was able to meet clients at Hershey Manor Meal Site, deliver to a housing development that made one route too large and to John and Mary Luth (pictured with Barb Krall and Congressman Loebsack)



Iowa, the need is critical” for rural Meals on Wheels Initiative, Loeb sack said.

**Volunteer Tea** was held on Tuesday, April 21<sup>st</sup> at Gannon Hall. This year’s theme was Hands That Serve Hearts That Care and each volunteer that attended received a bag with the Senior Resources logo and this year’s theme on it. We had a great turnout and Mayor O’Brien gave a great speech on the need for volunteers during these tough economic times and asked the volunteers to invite their friends, family and neighbors to become involved in volunteering.



**The Penny Pincher Awards** were given out on May 15<sup>th</sup> to Teresa Sprague and Josie Nickols for their idea on how to save money. Teresa’s idea was to reuse as many items as possible.

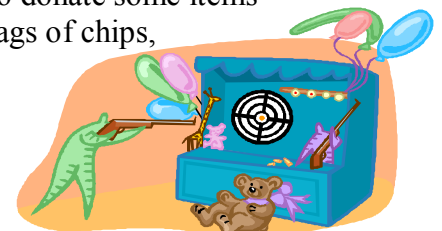
Shopping bags for trash bags, file folders, cross out name and turn them around, used paper cut up to use as scratch paper, etc. Teresa thought this was a good idea because saves on trash and cuts down on purchasing new. She figured that each trash bag costs \$.8 and file folders cost \$.18. Josie’s idea was to print the Adult Day and Senior Resources’ brochures here at the office. She thought this was important because then we could print them here as needed and we could print them in color and on glossy paper. This would save us money because costs less than \$.6/brochure and it is going to save trees because we can print as needed so there is less waste incase of any changes that occur.



These were the prize winners at the May 11<sup>th</sup> Dinner Dance that was held at West Liberty Community Center: Cecil HOLETON, Donald Hansen, Verma Kintzel, Patty Army, Mrs. Larry Shultz, Diane Brettback, Bonnie Rochau, Marilyn Heinrich and Jerry Fisher. Among these winners four of them received two tickets for a cruise on the Celebration Belle.

**Upcoming Dinner Dances-** Tuesday, August 25<sup>th</sup> at the Muscatine Moose Lodge and Monday, October 26<sup>th</sup> at West Liberty Community Center. Please call Senior Resources at 563-263-7292 ahead of time to make your reservations. Walk-ins are welcome for the dance only. We have some great prizes that we have been giving away. If you have never been come and check it out. The food is wonderful or just come and listen Lyle Beaver play music and dance the night away!

**The Adult Day Center** is in the need of Bingo prizes! If you would like to donate some items such as jewelry, trinkets, stuffed animals, regular or diet pop, individual bags of chips, crackers, cookies or anything else that you can think of. This would most certainly be appreciated. Contact Therese Haunbaum at 563-263-7292. The Adult Day Center has been doing game tournaments every 3 months since the beginning of the year and they have had excellent participation from the clients. They are rewarding prizes to the first and second place for winning the most games. They are keeping track of the full-time and part-



time clients separately to make it fair.

We started distributing **Farmer's Market Coupons** on June 1<sup>st</sup> and if you have yet to get yours or know someone who could use them we still have some available but they are going quickly. You must be 60 years of age and meet the income guidelines. Please call Senior Resources at 563-263-7292 if you have any questions.



Bill Carter has been a regular at the Towers meal site for almost two years but from Wednesday May 13<sup>th</sup> thru the 17<sup>th</sup> he was noticeably absent from the meal site. Why you ask? Well he was one of the 30 veterans that were sent on an all expense paid trip to Washington D.C. on the World War II Honor Tour. They went to see the National WWII Memorial and visited other sites. Originally Bill had no plans on going because of his health and the medications that he must take each day but that all changed when his son called and told him that he had paid for him to go on this trip. Bill was in the Navy in the 88 CB's (Construction Battalion) and was stationed on Emirau Island. He spent 28 months overseas. I, Josie, went and visited with Bill and his wife at their home to talk about his trip. His wife showed me the jacket, hat, t-shirt, and nametag which had WW II Honor Tour on them. They wore these the entire time they were on the tour. Bill said the most impressive part of the Tour was the Tomb of the Unknown Soldier. They put a wreath on it and played Taps and there were school kids from all over the nation touring the Tomb as well. Bill will be married 61 years in February and they have 8 children that live all over the world. He would like to thank all of those who supported him and took care of him while they were on this trip. Bill is definitely one of the nicest persons I have met and he deserved to be a part of this once in a lifetime experience!

### **Birthdays and Anniversaries**

**July 1<sup>st</sup> - Donald Mathes' 13yr anniversary and Georgia Snyder's 10 yr anniversary**

**July 13<sup>th</sup> - Bill Rominger's birthday**

**July 18<sup>th</sup> - Barb Krall's birthday**

**July 30<sup>th</sup> - Blanche Braun's 5yr anniversary**

**July 31<sup>st</sup> - Sue Honts' 2yr anniversary**

**August 3<sup>rd</sup> - Barb Krall's 11yr anniversary**

**August 6<sup>th</sup> - Dennell Snyder's 2yr anniversary**

**August 7<sup>th</sup> - Gwen Kessler's 4yr anniversary**

**August 25<sup>th</sup> - Janice Hillman's birthday**

**September 1<sup>st</sup> - Teresa Sprague's 1yr anniversary**

**September 10<sup>th</sup> - Myra Piotrowski's 5yr anniversary and**

**Steve Hutton's 2yr anniversary**

**September 22<sup>nd</sup> - Angie Nelson's and Shanetta Roberts' 1yr anniversary**

**Happy Birthday and Congratulations on your years of dedicated service!!**



On June 2<sup>nd</sup> Tim was presented with this Certificate of Recognition for his 15 years of dedicated service by Barb Krall!



***Fun with Meals on Wheels!*** Now that summer has arrived and everyone enjoys getting out of the house and doing something fun, have you ever considered delivering meals to homebound seniors? It is fun and a great way to help someone in need in your community. A hot lunch meal is delivered starting around 11:00am to seniors who depend on this meal to help them stay

healthy and remain in their own homes as long as possible. It puts a smile on you and the seniors' face as you each are getting a great benefit from this. It takes just about an hour to deliver a route. Delivering meals is also a great team building activity for the area businesses to get involved in. We can't say **thank you** enough to all our current volunteers who do a great job of getting those meals delivered! **Please call Diane at 563-263-7292 or 888-667-2026 for more information.**

Wilton and West Liberty meal sites each received a celebration meal for achieving high average donations. **Wilton celebrated on June 24** and had baked ham, au gratin potatoes, green beans, dinner roll, fresh fruit cup, and pumpkin pie. **West Liberty** will have their celebration meal on **July 17**. They are going to enjoy barbecued chicken, au gratin potatoes, broccoli, blueberry muffin, cantaloupe/watermelon cup and raspberry pie. Thanks to everyone who supports all the Gen Age Meal Sites!!



Senior Resources will be at the **Muscatine County Fair July 15<sup>th</sup>-19<sup>th</sup>**. Stop by our booth from 11am-10pm.

**Senior Resources' hours Monday – Friday 8:00am – 4:30pm**

**Phone: 563-263-7292 or 1-888-667-2026**

**Fax: 563-263-7257**

**Email: [sr-resources@sr-resources.org](mailto:sr-resources@sr-resources.org)**

**Website: [www.muscatineseniorresources.com](http://www.muscatineseniorresources.com)**

**An opportunity to give...**

*Senior Resources proudly provides excellent service to Muscatine County Seniors. Services include **Meals On Wheels, Home Repair, Chore, Adult Day Center, Outreach, Nutrition, etc...** "The needs are increasing; the costs are increasing; and government funds are not." In order to continue to provide quality service, like the newsletter (free of charge), we are looking for charitable contributions.*

***Please accept my tax deductible gift of \$ \_\_\_\_\_***

*All gifts are tax deductible to the extent provided by the law*

*Please make checks payable to:*     **Senior Resources  
Shepley Building  
1808 Mulberry Ave.  
Muscatine, IA 52761**

*Name:* \_\_\_\_\_

*Address:* \_\_\_\_\_

*Phone:* \_\_\_\_\_ *Email:* \_\_\_\_\_

Staff Contact Information

563-263-7292

Barb Krall- Executive Director X101

Tim Ramer- Home Repair X114

Sue Honts- Accounting X105

Diane McCleary- Receptionist/Meals on Wheels Coordinator X100

Angie Nelson- Adult Day Director/Nurse X108

Therese Hahnbaum- Adult Day Activity Coordinator X103

Josie Nickols- Administrative Assistant X115

Angela Freyermuth- Outreach/Special Projects X111

Teresa Sprague- Nutrition/SHIP X109

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