

# NEI Aging Today

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NORTHEAST IOWA  
**Area Agency  
on Aging**

*NEI3A helps older persons  
respond to their evolving  
needs and choices.*

## National Family Caregiver Month

Every day, millions of older Americans (those 65 years or older) manage basic health and functioning needs with the help of family caregivers. These family caregivers (defined as relatives, partners, friends, or neighbors who provide assistance because of a personal relationship rather than financial compensation) set up medical appointments, coordinate services, help with daily tasks and nutrition, assist with transportation, manage medicines, and handle bills and banking.

Family caregivers encompass more than 1 in 5 Americans. In 2015 43.5 million people were caregivers; in 2020, this number increased to 53 million. These individuals provide unpaid care to an adult with health or functional needs. (National Alliance for Caregiving). Whether the person they are caring for is living with them or living hundreds of miles away,

individuals caring for an older adult sacrifice a lot of their own time and even their well-being. Many caregivers are not only caring for their older adult family members or loved one; they are also balancing working outside of the home and caring for their own children as well.

Without a doubt, the services that family caregivers provide are invaluable. During November, we celebrate National Family Caregivers Month to recognize and honor family caregivers across the country. It is a time to raise awareness of family caregiver issues and recognize the sacrifices they make for their loved ones. It is also an opportunity to educate family caregivers about self-care and increase awareness about services and support available to assist in their journey. For more information, call NEI3A at 800-779-8707.



FRIENDSHIP NOW connect smile healing  
kindness COMPASSION purpose  
caregiver healthcare patience  
support LOVE long term sense  
time activity mobility dignity trust GRACE  
inclusion community family THERAPY

# Taking Care of Yourself: Tips for Caregivers

Taking care of yourself is one of the most important things you can do as a caregiver. Caregiving is not easy — not for the caregiver and not for the person receiving care. It requires sacrifices and adjustments for everyone. Often, family caregivers must juggle work and family life to make time for these new responsibilities.

Caring for an older adult can also be rewarding. Many people find that caregiving provides a sense of fulfillment and that they like feeling useful and needed. But the ongoing demands of taking care of someone else can strain even the most resilient person. That's why it's so important for you to take care of yourself. This article can help you find ways to look out for your own well-being so you can be there for others.

## How do you know if you need help?

Caregivers do a lot for others. Because there is so much on their plate, many caregivers don't spend time taking care of themselves. For example, they are less likely than others to get preventive health services, like annual checkups, and to practice regular self-care. As a result, they tend to have a higher risk of physical and mental health issues, sleep problems, and chronic conditions such as high blood pressure. They are even at an

increased risk of premature death.

It's not always obvious when a person needs help. Watch out for these signs of caregiver stress:

- Feeling exhausted, overwhelmed, or anxious
- Becoming easily angered or impatient
- Feeling lonely or disconnected from others
- Having trouble sleeping or not getting enough sleep
- Feeling sad or hopeless, or losing interest in activities you used to enjoy
- Having frequent headaches, pain, or other physical problems
- Not having enough time to exercise or prepare healthy food for yourself
- Skipping showers or other personal care tasks such as brushing your teeth
- Misusing alcohol or drugs, including prescription medications

- Don't wait until you are completely overwhelmed. Learn what your own warning signs are and take steps to minimize sources of stress where possible.

## Caring for yourself as a long-distance caregiver

Long-distance caregiving brings its own kinds of stress. Caregivers who live far away may feel guilty about not being closer, not doing enough, or not having enough time with the person. They may even feel jealous of those who live closer and can do more. Many long-distance caregivers also worry about taking time off from work, being away from family, and paying for travel. Although they might not have the same stressors as a primary caregiver, long-distance caregivers should be aware of when they may need help, too.

## How can you ask others to help?

When people have asked



you if they can lend a hand, have you told them, “Thanks, but I’m fine”? Accepting help from others isn’t always easy. You may worry about being a burden, or you may feel uncomfortable admitting that you can’t do it all yourself. But many caregivers later say they did too much on their own, and they wished they had asked for more support from family and friends.

Understand that many people want to help, and it makes them feel good to contribute. If asking for help is hard for you, here are some tips that may help:

- Ask for small things at first,

if that makes it easier for you. Many large jobs can be broken down into simpler tasks.

- If you aren’t comfortable asking face-to-face, send a text or email with your request.
- Consider a person’s skills and interests when thinking about how they could help.
- Be prepared with a list of things that need to be done, and let the other person choose what they’d like to do.
- If someone offers to help, practice saying, “Thanks for asking. Here’s what you can do.”
- Be honest about what you need and what you don’t need.

Not every offer is going to be helpful.

- Be prepared for some people to say “no,” and don’t take it personally.

**Who else can you ask for help?**

Family and friends are great people to ask for help, but they are not the only sources of support for caregivers. Others who may be able to help include:

- Your doctor. Tell your doctor that you are a caregiver. They can give you advice about taking care of your physical and mental health.

**Caregiver Wellness Day Events**

*Calling all non-professional caregivers! Whether you’re caring for a loved one, friend, or neighbor—full-time or part-time—these free events are for YOU! Don’t miss out on this chance to recharge and learn more about how to make your caregiving experience even better.*

**Marshalltown:**

Tuesday, October 8  
10:30 a.m. - 1:00 p.m.  
Marshalltown Public Library  
105 W. Boone St., Marshalltown

**Guest Speaker:**

Susan Wynne Lunning, owner of The Whole Health Way. Her focus is caregiving and self care receiving.

**Details:**

The day will also include break out sessions and lunch provided.

**To Register:**

Call 1-800-779-8707

**Dubuque:**

Thursday, October 10  
10:00 a.m. - 3:30 p.m.  
Shalom Spirituality Center  
1001 Davis Street  
Dubuque, Iowa 52001

**Guest Speaker:**

Diane Doering-Director of Spiritual Care

**Details:** The day will also include guided meditation, chair yoga, massages, and music therapy. Valuable information provided by local vendors. Lunch will also be provided.

**To Register:**

Online - <https://bit.ly/4djT2ic>  
Call - 563-690-9679 with questions.

**Calmar:**

Tuesday, October 22  
9:00 a.m. - 12:00 noon  
Northeast Iowa Area Community College, 1625 IA-150, Calmar

**Guest Speaker:**

Nurse and family caregiver, Kim Wilmes, will speak on her personal and professional caregiver journey.

**Details:** The day will also include valuable information provided by local vendors, door prizes, refreshments and treats

**To Register Contact:**

Kelly Kuennen at [kkuennen@nei3a.org](mailto:kkuennen@nei3a.org) or Kristie Wiltgen at [kwiltgen@nei3a.org](mailto:kwiltgen@nei3a.org)



Health care professionals may also know about support groups, respite care, and other resources offered in your community.

- A counselor or other mental health professional. If you are feeling anxious, frustrated, or depressed, help is available. Ask your doctor for referrals to counselors, and check with your health insurance provider to find out about your plan's coverage.
- Your local senior center, state office on aging or social services office, or local Area Agency on Aging. These organizations will be familiar with resources available in your community and may have tips for accessing them.
- Your faith community. Larger congregations may host support groups for caregivers. You can also ask for guidance from your pastor, rabbi, or other religious leader.

### What else can a caregiver do if they're feeling overwhelmed?

If you're feeling overwhelmed by caregiving, tending to your own needs may be the last thing on your mind. But taking time for yourself can actually make you a better caregiver. If you can find small ways to lower your stress and boost your mood, you'll have more strength and stamina to take care of someone else. Below are some suggestions that may help when you're

feeling overwhelmed.

Remember that you don't have to do everything all at once, especially if the thought of self-care just makes you feel more exhausted.

- **Be active.** Find something active that you enjoy. That might be walking, dancing, gardening, or playing with a pet. Even short periods of exercise can be beneficial.
- **Eat well.** Work on having a well-balanced diet that includes a variety of healthy foods. Drink plenty of water every day.
- **Prioritize sleep.** Aim to get seven to nine hours of sleep each night. Develop a relaxing bedtime routine to make it easier to fall asleep. Try to go to sleep and get up at the same time each day.
- **Reduce stress.** Experiment with relaxation techniques like meditation, tai chi, or yoga. Download a smartphone app with guided meditations or relaxing music. Many of these apps are free.
- **Make time to relax.** Carve out time each week to do something you enjoy that has nothing to do with caregiving. It can be as simple as watching a favorite TV show, reading a magazine, or working on a hobby.
- **Keep up with your own health.** Make that doctor's appointment you've been putting off. Tell your doctor that you're a caregiver: They may be able to suggest

resources online or in your community.

- **Reach out for support.** Talk to a trusted family member or friend or seek counseling from a mental health professional. Join an online or in-person support group for caregivers. These are people who will know what you're going through and may have suggestions or advice.
- **Take a break if you need it.** Ask another family member or friend to step in, hire an aide to come for a few hours a week, or sign up the older person for an adult day care program.
- **Be kind to yourself.** You don't have to pretend to be cheerful all the time. Feelings of sadness, frustration, and guilt are normal and understandable. Express your feelings by writing in a journal or talking with a friend.

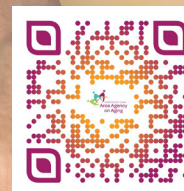
Remember that you are doing the best you can and that you are not alone. Many caregivers have trouble tending to their own health and well-being. But give yourself credit for everything you're doing. Your caregiving makes a big difference in someone else's life.

*This content is provided by the NIH National Institute on Aging (NIA). NIA scientists and other experts review this content to ensure it is accurate and up to date - nih.gov.*

# Caregiver Support Groups

## Attend Virtually:

Meet face-to-face with other caregivers each Monday from 2:00 - 3:00 p.m. by Zoom. To join, click on the link on our website at [www.nei3a.org/our-services/caregiver-resources](http://www.nei3a.org/our-services/caregiver-resources) or use your phone's camera to scan the QR code.



## Meet In Person:

- **Decorah:** Third Monday of each month from 10:00 - 11:00 a.m. at the Decorah Regional Office located at 607 Washington Street in Decorah. For more information contact Kelly Kuennen at 563-277-6024.
- **Dubuque:** Last Monday each month from 2:00 - 3:00 p.m. NEI3A Office - 2728 Asbury Road in Dubuque. For more information, please contact Carol Hughey, at 563-587-4983.
- **Elkader:** Second Wednesday of each month from 1:00 - 2:00 p.m. Elkader Public Library - 130 N. Main Street in Elkader. For more information, please contact Kelly Kuennen at 563-277-6024.
- **Waterloo:** First Tuesday of each month from 3:00 - 4:00 p.m. at the Waterloo Regional Office located at 3840 W. 9th Street in Waterloo.



*For more information call 1-800-779-8707*

**Access free training and resources to help you build skills and confidence to provide care at home.**



Trualta is an online platform designed to help families build skills to manage care at home for their aging loved ones. Improve confidence, reduce stress and prevent burnout by learning care skills. Once you are registered, you have unlimited access to their articles and tips about caring for your loved one.

Trualta is really easy to use. All you will need to start is a computer, tablet, or smartphone. With lessons ranging from 5 minutes to 2 hours, Trualta makes it easy for you to fit caregiver training in whenever it works for you.



**Register Today!**  
[itss-iowa-trualta.com](http://itss-iowa-trualta.com)

Scan me with your camera to visit!



# It's Time to Review Your Medicare Coverage

Adapted from the Blog at [www.shiphelp.org](http://www.shiphelp.org)

Medicare's Open Enrollment is the time of year when you can make changes to your Medicare coverage. This period runs from October 15 through December 7, and any changes you make will take effect on January 1. You may be able to receive the same or better health or drug coverage at a more affordable price. Research shows that people with Medicare prescription drug coverage could lower their costs by shopping among plans each year. There could be another Part D plan in your area that covers the drugs you take with fewer restrictions and/or lower prices.

## Use Open Enrollment to review your current Medicare health and drug coverage.

You receive a lot of mail during Open Enrollment, so it is important to know which mailings include information about your current coverage. No matter how you receive your Medicare coverage, you should consider your access to health care providers and pharmacies you want to use, your access to benefits and services you need, and the total costs for insurance premiums, deductibles, and cost-sharing amounts.

If you have Original Medicare, visit [www.Medicare.gov](http://www.Medicare.gov) or read the 2025 Medicare & You handbook to learn about Original Medicare benefits for 2025. If you have a Medicare Advantage Plan or a stand-alone Part D plan, read your plan's Annual Notice of Change and Evidence of Coverage notices that you received in the mail. These notices list any changes for your plan in 2025. Look for changes in the plan's costs, the plan's benefits and coverage rules, and the list of drugs your plan covers. Make sure that your drugs will still be covered next year and that your providers and pharmacies are still in the plan's network. If you are unhappy with any of your plan's changes, you can change plans.

## Let's review the types of changes you can make during Open Enrollment.

During Open Enrollment, you can add, drop, or change your Medicare Advantage plan or your Part D prescription drug coverage. You can also



switch from Original Medicare to a Medicare Advantage Plan, or the other way around.

Remember that if you switch from Medicare Advantage to Original Medicare, you may or may not be able to purchase a Medigap policy to help with your out-of-pocket costs. Also, if you switch from Original Medicare to Medicare Advantage and you later want to return to Original Medicare, you may or may not be able to purchase a Medigap policy to help with your out-of-pocket costs. Call the Iowa Senior Health Insurance Information Program (SHIIP) at 800-351-4664 if you are considering this kind of change. They can explain how it would affect you.

## Know how to change your Medicare health and drug coverage.

You can use services provided by the government to make Medicare coverage changes. Call 1-800-MEDICARE to make changes by phone or visit [www.medicare.gov](http://www.medicare.gov) to compare options and enroll in some plans online. If you prefer to have one-on-one help reviewing your options or making changes, contact the Iowa SHIIP at 800-351-4664. They are government-funded to provide trusted, unbiased Medicare counseling at no cost to you. You can also contact plans directly to learn about the services they cover or to enroll. Confirm everything that a plan tells you before making a final decision, and get everything in writing. Call your providers to make sure that they are in the provider network for the plan you want to join.

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# Psychological Abuse

*A growing problem  
for older adults*



Psychological abuse in older adults is a critical but often overlooked issue that impacts the mental and emotional well-being of our aging population. Unlike physical abuse, psychological abuse can be more insidious and harder to detect, yet its effects can be deeply damaging.

According to the National Council on Aging, emotional abuse, also known as psychological or mental abuse, is defined as “the use of words or actions to cause mental distress, diminish self-worth, and instill fear in an older person.” In older adults, this form of abuse can manifest as verbal insults, threats, intimidation, isolation from loved ones, and manipulation. It may also involve neglecting their emotional needs or demeaning them to undermine their confidence and autonomy.

Some examples of emotional abuse include, degrading statements, humiliating language, intentionally causing long waits for food, medication, or basic care, threatening

institutionalization, withholding of affections, such as refusing access to grandchildren, and placing an elder’s assistive devices out of reach (walker, cane, glasses, or dentures). The impact of psychological abuse on older adults can be severe and long-lasting. Victims may experience a range of mental health issues, including depression, anxiety disorders, and exacerbation of existing health conditions. This form of abuse can negatively impact their overall quality of life and sense of well-being.

Recognizing psychological abuse can be challenging, because it is not always visible and older adults may hesitate to report it. However, signs may include:

- **Withdrawal and isolation:** the individual may become unusually quiet, withdrawn, or less engaged with others.
- **Emotional distress:** symptoms such as anxiety, depression, or unexplained changes in mood or behavior.

- **Low self-esteem:** a noticeable decline in self-confidence or an increased sense of worthlessness.

Emotional abuse of older adults has a profound effect on their mental and emotional health, often with lasting consequences. Vigilance and prompt action by caregivers, family, and professionals are crucial to safeguard the wellbeing of our aging population.

There are many types of elder abuse including:

- Physical
- Emotional
- Sexual
- Abandonment
- Financial
- Neglect

If you or someone you care about is experiencing elder abuse call LifeLong Links at 866-468-7887 and ask to speak with an Elder Rights specialist. We can provide you with a confidential assessment and will connect you with the appropriate resources and reporting entities based on your situation.

# Northeast Iowa Area Agency on Aging Welcomes New Team Members

## Aging Specialists LTSS

**Katherine Hirsch** and **Natalie Bettenga** have joined NEI3A as Aging Specialists LTSS.

**Natalie Bettenga** has a bachelor's degree in gerontology and social work with a minor in family services. She previously worked as a developmental disabilities case manager and a social services liaison.



**Katherine Hirsch** has a bachelor's degree in family services. She previously worked as a family coordinator and behavior health interventionist.



## Fiscal Director

**Heather Leibold** has joined NEI3A as the Fiscal Director. She has a bachelor's degree in accounting from Upper Iowa University. Heather started her career in public accounting before transitioning to private accounting. Before joining NEI3A, she spent five years as the Accounting Manager for a dental support organization. Heather is responsible for managing the agency's finance and accounting functions in her role.



## Finance Assistant

**James Stanton** has joined NEI3A as the Finance Assistant. He has a bachelor's degree in marketing and business administration from Loras College. In his role, James supports the finance department through general accounting duties.



## Joint director to lead national centers

**Brandy Bauer** joined NEI3A in August 2024 as the joint center director for the State Health Insurance Assistance Program (SHIP) Technical Assistance Center and Senior Medicare Patrol (SMP) Resource Center. Her role is to ensure that both centers achieve their goals and objectives in accordance with the policies of the U.S. Administration for Community Living (ACL), manage the overall grant processes, collaborate with other ACL national resource centers, and oversee the technical assistance, training, and communications offered by the centers.



NEI3A has housed the national resource centers since their inception. The Centers serve as a central source of information for the 54 SHIPs and SMPs around the country.

Before joining NEI3A, Brandy spent over a decade at the National Council on Aging (NCOA), including as director of the Medicare Improvements for Patients and Providers Act (MIPPA) Resource Center. She has extensive knowledge around public benefits – including Medicare subsidies – for low-income older adults and persons living with disabilities.

Prior to working in the field of aging, Brandy held various communications roles in the health, social services, and human rights sectors in the United States, Afghanistan, and Denmark. She has a bachelor's degree in women's studies from Smith College and a Master of Fine Arts in writing from Minnesota State University, Mankato.





## Nutrition Aging Specialist

**Addie Kelly** has joined NEI3A as the Nutrition Aging Specialist. She recently graduated from UNI with a degree in social work. In her role, Addie collaborates with partners to ensure that the needs of older individuals are met, provides nutrition services, and offers evidence-based health promotion classes.



## Information and Assistance Specialist

**Lisa Johanningmeier** has joined NEI3A as an Information and Assistance Specialist. Lisa has a wealth of experience as a service coordinator and assisting individuals in mental health, substance abuse, and crisis intervention. In her role, she provides information, assistance, referrals, and update the web resource center database.



## Prepared Meals and Food Safety

NEI3A provides ready-to-eat meals right to your door in one of two ways: you may get a hot meal every day, or you may get a box of meals that are chilled and may be reheated to eat. These meals are fully prepared and can be eaten right away or stored for later. Either way, you should follow safe food rules, so your meal tastes good and you know it's safe to eat.

If your meal comes to you hot and ready to eat, you should eat it right away or put it in the refrigerator immediately. If you save your meal for later, it is important to follow these tips:

- Date the meal when you put it in the refrigerator and use it within 4 days.
- Reheat your meal to 165 degrees in the microwave or oven.
- Cover your meal before reheating and rotate the dish to avoid getting hot spots.
- Use a thermometer to make sure your meal is hot enough.
- If your meal comes to you chilled, be sure to follow food safety also.
- Remove meals from the box as soon as possible.
- If any of the meals are warm, discard that meal and contact your meal provider.
- Place each meal in your refrigerator and eat within two weeks of delivery.



- These meals can be frozen, but date them when you put them in your freezer and use them within four months for the best taste.
- Follow the reheating directions on your meal and use a thermometer to bring the food to 165 degrees.
- If you have leftovers from these meals, refrigerate them as quickly as possible - date and use within four days.

Some simple reminders about general food safety include always washing your hands before preparing any meals. Carefully examine your meals, and if you are concerned about the safety of food (no matter what date is on it), don't eat that food!

Source: <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

# Healthy Steps for Older Adults help address fall concerns in older adults

Each year, millions of people over 65 experience falls—one in four, to be exact. These incidents can significantly impact an older adult's mobility, daily activities, and independence. To help address this issue, NEI3A offers Healthy Steps for Older Adults (HSOA), an evidence-based fall risk screening and education class for adults aged 50 and up.

This program focuses on fall prevention, covering essential topics like proper footwear, home safety, nutrition for bone health, and the importance of exercise. Participants will also learn at-home exercises designed to improve strength and balance. Each participant will receive a detailed program handbook filled with practical information. HSOA is offered with a suggested contribution of \$25. To the right is a list of upcoming classes. Don't miss the opportunity to enhance your safety and independence!

- **Dubuque:** Thursday, October 10 from 9:00 a.m. to 2:30 p.m. at the Lifetime Center, 3505 Stoneman Road in Dubuque. Lunch will be served. For more information or to register, call Colleen Lawler at 563-277-6016 or email [clawler@nei3a.org](mailto:clawler@nei3a.org)
- **Preston:** Tuesday and Wednesday, October 15 and 16 from 12:30 to 2:30 p.m. at the Preston City Hall Council Chamber, 1 W. Gillet in Preston. For more information contact Kimberly Bruggenwirth at 563-202-3002 or email [kbruggenwirth@nei3a.org](mailto:kbruggenwirth@nei3a.org).
- **Lamont:** Thursday, October 24 from 9:00 a.m. to 3:00 p.m. at the Lamont City hall, 644 Bush Street in Lamont. Lunch will be provided. For more information contact Missy Anders at 319-874-6893 or email [manders@nei3a.org](mailto:manders@nei3a.org).

Let us know if you are interested in having this class offered in your community!  
Call Elise Bovy at 319-874-6892 or email [ebovy@nei3a.org](mailto:ebovy@nei3a.org).



Want an easy meal without all of the hassle? Join us for Making Meals Easy - a group cooking workshop where you will learn how to prep freezer meals for two for a quick, healthy and delicious meal that you easily prepare anytime!

Join us at the Bellevue Senior Center (1700 State Street, Bellevue) on Wednesday, October 30 and November 6 from 9:00 to 11:30 a.m. Anyone is welcome to attend to learn the techniques. If you want to prepare and take home the meals, the cost is \$50 for 8 different recipes that will serve two people each (16 meals at \$3.20 per meal).

For more information contact Kimberly Bruggenwirth at 563-202-3002 or email [kbruggenwirth@nei3a.org](mailto:kbruggenwirth@nei3a.org).



Do you want to help more,  
but you don't know how?



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About Hospice Care:**

- Guidance & support helps reduce stress and increase quality of life
- Our team will provide care in the comfort of your home
- Expenses are covered by Medicare, Medicaid and most private insurances



*It's never too soon to call  
and see how we can help!*

**800.626.2360 | cvhospice.org**

# Sudoku Puzzle

1		4	9					
				6		3	9	5
9	2			4				
		6	2				8	
				5	3		6	9
	4	9			5			1
					6			
		7			8			

# Autumn Word Find

Find all of the words that are hidden in the grid. The remaining letters spell a secret message-an Albert Camus quotation.

- Acorn  
Apple  
Bird Migration  
Blowing Leaves  
Blustery Day  
Canning  
Chestnuts  
Chilly  
Cold  
Crops  
Equinox  
Fall  
Farming  
Feast  
Frost  
Halloween  
Harvest  
Haystack  
Hickory Nuts
- Longer Nights  
November  
October  
Orange Leaves  
Pie  
Pumpkin  
Rake  
Red Leaves  
Scarecrow  
School  
Season  
September  
Shorter Days  
Squash  
Sweet Potatoes  
Thanksgiving  
Turkey  
Windy  
Yellow Leaves

Source: Livewire Puzzles

L O N G E R N I G H T S N A A U C N  
T O R U E S T U N Y R O K C I H R I  
M S O A Y Q E N I S I A O T R W O K  
R C Y H N E U V S T E R F H E O P P  
C E A A C G K I A S N O A A B R S M  
K N D N D S E R N E D S R N M C O U  
S C Y L N R G L U O L P M K E E C P  
Q R A K E I E R E T X G I S V R T S  
U Y D T M A N T S A E F N G O A O E  
A D Y D S I V G R T V S G I N C B P  
S N R N G Y W E H O E E N V W S E T  
H I E L P P A E S P H A S I V O R E  
B W T Y L L I H C T E S P N R F L M  
F T S E V R A H Y E L O I G C R E B  
A A U H A L L O W E E N E F I O S E  
A F L S E V A E L W O L L E Y S L R  
L O B L W E C H E S T N U T S T R D



NEI Aging Today is published quarterly to entertain, educate, and inform our readers. The opinions expressed in NEI Aging Today do not necessarily reflect the opinions of the Agency on Aging, its governing bodies, or Advisory Councils. Articles and other comments are welcome. NEI Aging Today reserves the right to publish all or part of material submitted. Deadline is the 10th of the month prior to printing.



In accordance with the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973 and the Aging Discrimination Act of 1975, it is the policy of Northeast Iowa Area Agency on Aging to provide services to all persons eligible under the provisions of the Older Americans Act of 1965, as amended, without regard to race, creed, color, religion, national origin, sex, sexual orientation, handicap, or age.



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## WE WANT YOUR FEEDBACK!

Northeast Iowa Area Agency on Aging (NEI3A) is developing its Area Plan and needs to hear from you to ensure that it is the best plan for:

- Supporting older adults
- Supporting caregivers
- Supporting adults with disabilities
- Supporting communities to help their residents live independently

All Iowans, particularly those who live in the NEI3A service area, are welcome and encouraged to respond to the survey. The survey takes about 5 minutes, and all responses are kept confidential. Please share your thoughts about the needs of older adults, adults with disabilities, and their caregivers in your community.

Scan the QR code to get started. Or visit:  
<https://www.surveymonkey.com/r/HMWYWP3>

