



*Three Rivers
Community Action, Inc.
Senior Programs*



Providing services, volunteer opportunities, caregiver help, and information focusing on seniors in Goodhue, Rice & Wabasha Counties

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FOCUS

Fall 2007

Medicare insurance concerns

Concerned about the high cost of your prescriptions or your Medicare supplement? The time when you can make changes is coming this November.

**Call Senior Linkage Line
1-800-333-2433 or
Disability Linkage Line
1-866-333-2466**

MinnesotaHelp.info[®]

An online public information and referral portal

MinnesotaHelp.info is an online directory of services designed to help people in Minnesota identify resources such as human services, information and referral, financial assistance, and other forms of aid and assistance within Minnesota. It is especially rich in resource information for seniors and their caregivers, people with disabilities and their caregivers, parents and families, and low-income people

On the Internet:

www.minnesotahelp.info/public/

After you try it out, let us know if you found it helpful!

Senior Dental Health

Dental Dos and Don'ts Quiz

True or False

1. You should change your toothbrush 2-3 times a year.
True False
2. Aggressive firm brushing can do more harm than good.
True False
3. Eating a lot of sweets causes tooth decay.
True False
4. Sucking on lemons can destroy tooth enamel.
True False
5. The leading cause of tooth loss is cavities.
True False
6. Chewing on ice cubes is not harmful to your teeth.
True False

* Information courtesy of Minnesota Association of Senior Nutrition Services

Western Goodhue County and Rice County

**Joyce Grabowski
1-866-644-4510**

joyce.grabowski@threeriverscap.org

Eastern Goodhue County and Wabasha County

**Patricia Kimble
1-800-277-8418, ext. 112**

pat.kimble@threeriverscap.org

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Three Rivers Community Action, Inc.

Mission Statement

“Three Rivers Community Action, Inc., a private non-profit corporation, works with community partners to address basic human needs of people in our service area, thereby improving the quality of life of the individual, family and community.”

Offices

1414 North Star Drive
Zumbrota, MN 55992
Phone: (507) 732-7391
Toll Free: (800) 277-8418
Fax: (507) 732-8547
TTY: MN Relay Service: (800) 627-3529
Hours: Mon – Fri, 7:30 am – 4:00 p.m.

201 South Lyndale
Faribo Town Square
Faribault, MN 55021
Phone/TTY: (507) 333-6450
Toll Free: 866-644-4510
Fax: (507) 333-6462
Hours: Mon – Fri, 8:00 am – 4:00 p.m.

611 Broadway Avenue
Wabasha, MN 55981
Phone: (651) 565-3389
Fax: (651) 565-2754
Hours: Mon-Fri, 8:00 - Noon

*All facilities are handicapped accessible.
Reasonable accommodations are available.
ADA compliant*

Our continued success in assisting our citizens to meet their basic needs can be assured through donations of time and money. To contribute, volunteer, or request an annual report, please contact the local Three Rivers Community Action office. Your assistance is needed and will be gratefully accepted.

FOCUS

A Senior Programs Newsletter
Fall 2007
Volume 7, Issue 3

News from Patricia

What a summer! And the rain continues into the fall! Southeast Minnesota has had a rough season. It is hard to imagine that a few months ago we were worried about a drought. Our sister agency, Semcac, suffered a great deal during the floods. Their main office in Rushford, some apartment units and their Rushford kitchen all were flooded. They rallied though and the senior dining program set aside their own devastation and rose to the occasion, making meals for people without homes, water, electricity, safe eating situations etc.! We are very proud of you all at Semcac Senior programs for all the hard work you have done for others, when your own offices and cooking sites were damaged.

Our SE MN Area Agency on Aging director, Connie Bagley, also stepped up to the plate and assured that there were staff to help at the FEMA offices. She recognized the need older persons have for services during this time of trial. I was able to help, as a Senior Linkage Line Advocate, first in Winona, then in Elgin. People were in shock. Can you imagine being 83 and having both your home and business destroyed? Can you imagine the home you've lived in for over 60 years with all of your treasures and family memories being destroyed? We have talked about taking photos of family treasures in the past. Documenting them through pictures and stories, does not seem to be a priority until we have lost them. If you are one of the lucky ones and still have your family and personal treasures safe and dry, you may want to work with family members to take photos and document what they are. Then find a waterproof place to keep them.

Pat Samples, a writer of several books on caregiving, suggests that those who faced losing belongings and homes may want to tell their stories. This can be very healing. If someone is interested in knowing how to preserve his or her treasures through storytelling, please let us know. We'll guide you in the right direction.

We found that working with the Arts Panel project last year in Zumbrota had an energizing and healing effect on the senior participants. These Art Panels were shown at the Creativity and Aging Conference in Red Wing last week. The conference was sponsored by Ebenezer (Fairview Red Wing) and SE Minnesota Initiative Foundation who both recognize the value of using creativity for maintaining health and healing. Enjoy life! Stay creative!

Patricia



Our Caterers

2007

Goodhue County

Cannon Falls

Semcac Senior Dining

Goodhue

Doc Sawyers

Pine Island

Pine Haven Care Center

Wanamingo

Semcac Senior Dining

Zumbrota

Semcac Senior Dining

Rice County

Faribault

District One Hospital

Lonsdale

Morristown

Semcac and District One

Wabasha County

Kellogg

Semcac Senior Dining

Mazeppa

WD's Bar and Grill

Wabasha

Semcac Senior Dining

Keep Meals-On-Wheels alive and well in your community!

Volunteer – even one day a month will help. We know it is the middle of the day, but if you can possibly arrange your schedule to help your local community residents who are homebound it is a very rewarding experience. Still working? Many employees will release you from work to deliver meals on occasion. A great community service!

Upcoming Events

Free Seminars

Do you have these questions?

How do I know if I will have enough money to stay in my home regardless of how long I live?

What happens financially if a spouse or loved one needs to go to the nursing home?

I need financial help with insurance; can I still give gifts to my grandchildren if I go on Medical Assistance?

For answers to these and many other questions, come to these sessions sponsored by SMRLS (Southern MN Regional Legal Services), Wabasha Provider Network and Southern Goodhue County Provider Network.

Mark your calendar now!

Come hear a panel of local experts: County Social Services representatives, an attorney, a funeral director, and a financial planner.

Your choice of locations and days:

Where: Zumbrota City Hall in **Zumbrota**

When: Tuesday, October 16, 2007

Time: at 1 P.M. until 3 pm

Where: St. Elizabeth's Medical Center in **Wabasha**

When: Thursday, October 18, 2007

Time: at 1 pm until 3 pm

Senior Health Fairs

When: October 18, 2007

Where: Community Center Gymnasium (adjacent to the Shepherd Center) in **Cannon Falls**

Time: 8: 30 AM – 11:30 AM

Flu shots will be given by Cannon Falls Medical Center Mayo Health System. Come participate and enjoy the many vendors, demonstrations and door prizes. There is no cost to attend. If you have any questions, you can call Shepherd Center at 507-263-2136.

When: October 25, 2007

Where: Red Wing Senior Center in **Red Wing**

Time: 9: 00 AM – 12:00 Noon

Flu shot clinic: 9:00 AM – 11:00 AM; 1:00 PM – 3:00 PM

Tai Chi for Arthritis

More than 25 years ago, Dr. Paul Lam, then a young medical student, realized he was experiencing the early signs of osteoarthritis. He decided to take up Tai Chi, a traditional Chinese therapy for arthritis. Now, Dr. Lam is a family physician in Sydney, Australia, and has become so proficient at Tai Chi that he has won a gold medal in international competition (Beijing, China, 1993).

In 1997, Dr. Lam realized he wanted to share his experience of the benefits of Tai Chi with other people with arthritis. Working with a group of Tai Chi and medical experts, he developed the Twelve Movements Tai Chi for Arthritis program. Tai Chi for Arthritis has been endorsed by the Arthritis Foundation of America.

The objectives of the program are:

- To provide a safe and interesting program that is easy for people to learn, no matter what their physical condition or age, even without prior knowledge of Tai Chi.
- To deliver maximum relief from the main problems experienced by people with arthritis – namely, pain and stiffness.
- To benefit health in general.
- To improve relaxation.

Tai Chi encompasses a wide range of styles and forms, each with their own characteristics, strengths, and principles. The Sun style, one of the four widely recognized styles, was chosen by Dr. Lam's team as being particularly effective for people with arthritis since it is characterized by:

- Agile steps with many forward and backward movements. After any movement forward or backward with one foot, the other foot follows, providing more mobility, this is very helpful to people with arthritis.
- Power Qigong exercises, facilitating healing and relaxation, and improving breathing.
- A high stance, making it easier for beginners and older people to learn.
- Great artistic depth that tends to hold the student's interest.
- The fact that it may be done by persons with disabilities and/or in wheelchairs.

Movement as we age

As we get older, most of us find that our movement may become limited. This may be due to arthritis, injuries, back problems eyesight problems, or other medical issues. We may have temporary problems with movement and/or reactions due to surgery, an accident, a stroke, or head injury. With modern research and technology, we can often find ways to modify our homes, buy items to help us grab or reach things, help with balance, improve our vision and/or hearing, or simply aid in doing an activity.

In today's modern world new ideas and technology, become available everyday to give us aids to improve our independence in our daily lives. If you wonder if there is something to help you – please call! One of the most frequent questions we get has to do with getting older and driving. The US Dept. of Transportation, Highway Division has developed guidelines to help with the safety of older drivers. One thing you can do is talk to your local officials and see if they will work on senior- friendly roads.

To promote safe highways in your community, refer your city to **Highway Design Handbook for Older Drivers and Pedestrians**. Copies of this report can be obtained through the FHWA Research and Technology Report Center, 9701 Philadelphia Court, Unit Q, Lanham, Maryland 20706 or at this Internet site:

www.tfhr.gov/humanfac/01103/coverfront.htm#toc

Wondering if you or your loved one needs to retire from driving? Does the driver experience preventable accidents, receive an increased number of tickets or warnings, or get lost on roads they never used to get lost on? If your reactions are slow, if you have difficulty making full stops at stop signs, if you get honked at and/or are anxious at busy intersections or confused by signs, talk to your health-care provider. If you would like more information before talking to a doctor, give us a call. Remember, it is not just the driver's life that may be in danger!

Joyce is a Certified Instructor in Tai Chi for Arthritis, which she will be demonstrating at the Cannon Falls Health Fair on October 18. See page 3 for details. The demonstration will be in the Shepherd Center at 10:00 AM. Anyone interested in knowing more about Tai Chi for Arthritis is welcome to call Joyce at 507-333-6463 or email Joyce at joyce.grabowski@threeriverscap.org.

Consumer Directed Community Supports

Everyone wants to make his or her own choices. However, some older Minnesotans and people with disabilities cannot. They are forced to accept what someone else decides is right for them. That is changing. Many Minnesotans can now use the Consumer Directed Community Supports service. This new service puts people back in control of the assistance that helps them live independently at home. They'll have the power to decide who will help with their home care, what help they need and how to spend the dollars allocated for their care. It is all about more choices for more Minnesotans.

What is it? Consumer Directed Community Supports is a way of helping older adults needing assistance because of age or illness live independently in the community. It allows YOU – the consumer – to be in charge of the services that help you live at home.

- YOU decide **who** provides your care – perhaps a friend, neighbor, or family member.
- YOU decide **what** help you need within your approved monthly budget.
- YOU decide **when** your care is provided.
- YOU decide **how** much responsibility you want.

Are you eligible? You are eligible for Consumer Directed Community Supports if you:

- Qualify for a program such as Elderly Waiver (EW), Alternative Care (AC), Community Alternatives for Disabled Individuals (CADI), Community Alternative Care (CAC), Traumatic Brain Injury Waiver (TBIW), Mental Retardation/Related Conditions (MR/RC) Waiver, Minnesota Senior Health Options (MSHO) or Minnesota Disability Health Options (MnDHO) and do not live in a hospital, nursing home, foster care home or assisted living, or
- Are age 60 years and older and need services such as family caregiver counseling, respite, personal care, meals, rides, home modifications, homemaker or chore services, or
- Have a cash benefit under a long-term care insurance policy or have personal money.

What services are available? Considering your assigned maximum budget allowance from one of the above programs, you decide what services you need to help you do things for yourself or make things easier for a family member or friend helping you. Many people choose to get help with personal needs such as bathing, dressing, meals, laundry, house cleaning, yard work and rides. You may also buy items such as bathroom grab bars, armchairs, adaptive clothing or other items to help you if you have poor eyesight or hearing. You can also use your budget to widen doorways, change floor surfaces and doorknobs, improve lighting, repair broken locks or change a vehicle so you can move about more easily.

Information Meeting to Apply for Flood Relief Funds

The recent special legislative session appropriated \$18 million to Minnesota Housing for disaster relief for housing in communities affected by the August 2007 flooding in southeastern Minnesota. The program, referred to as the Homeowner Quick Start Disaster Recovery Program, is available to those affected under the Presidential Declaration of Major Disaster.

A community information meeting for Wabasha County, hosted by Three Rivers Community Action, Inc, will be held on **Tuesday, Oct. 2, 2007 at 5:30 pm at Plainview City Hall**. In addition to introducing the funding program, staff members will be available to do one-on-one application intakes for homeowners who have already submitted Federal Emergency Management Agency and Small Business Administration paperwork. Applicants may receive a conditional commitment for up to \$23,000.

For more information, contact Three Rivers Community Action, Inc. at 800-277-8418, Ext. 106 for Tracy Newman or Ext. 113 for Jane Vanderbosch.

Senior Dental Health

Answers to **Dental Dos and Don'ts Quiz:**

1. False --- A toothbrush should not be used longer than a maximum of three months.
2. True --- Brushing should be gentle with the bristles of the brush held at a 45-degree angle to the teeth. The type of bristle – soft, medium, or firm can also make a difference. Talk to your dentist if you have concerns.
3. False --- Sugar does not cause cavities – how long the sugar remains in your mouth is the problem. With time, bacteria in your mouth feed on the sugar and excrete acid that eats away at tooth enamel leading to cavities. If you're on the go, chewing sugarless gum or drinking water after ingesting the sugar will help clear your mouth.
4. True --- The acid sits in your mouth and eats through the enamel.
5. False --- The leading reason for tooth loss is gum disease.
6. False --- Teeth expand and contract in the presence of hot and cold liquids as does the material (silver fillings or amalgams) used to fill the cavities, therefore ice can cause teeth to crack.

What is an easy thing YOU CAN DO each day to help improve your overall health?

- Brush your teeth at least twice a day.
- Floss daily.
- Eat a nutritious and healthy diet.
- Throw away the old toothbrush and replace it with a new one.
- Visit the dentist regularly.
- Do not use any tobacco products.

Does this sound familiar? Whether we talk about diabetes, healthy teeth, heart healthy diets, losing weight, etc. it always seems to come back to plain fresh fruits, vegetables and grains!



From the **National Institute of Dental and Craniofacial Research**

If you snack in the afternoon, before bedtime, or other times during the day, choose something without a lot of sugar or fat. There are lots of tasty, filling snacks that are less harmful to your teeth -- and the rest of your body -- than foods loaded with sugars and low in nutritional value. Snack smart!

Low-fat choices like raw vegetables, fresh fruits, or whole-grain crackers or bread are smart choices. Eating the right foods can help protect you from tooth decay and other diseases. Next time you reach for a snack, pick a food that is healthy, non-sugary or low fat from the basic food groups.

Recipe

Tropical Bean Sprout Coleslaw

Preparation:

5 ounces BEANSPROUTS
1 cup cabbage, chopped
1/2 cup seedless grapes, cut in half
1/2 cup fresh pineapple, chopped
(or canned unsweetened crushed pineapple)

Dressing:

1/2 cup plain non-fat yogurt
1/4 cup reduced calorie mayonnaise
1 teaspoon mustard
1/2 teaspoon salt

Combine bean sprouts, cabbage, grapes and pineapple in a large bowl. In a small bowl mix yogurt, mayonnaise, mustard and salt. Pour dressing over salad and toss lightly. Serve on salad greens.

A healthy mid-day snack or side dish. Only 102 calories and full of Vitamin B's and C!

Resource List

Here are just a few resources and books for you to check out. Many are available at your local library. We have some at our office and you can find both new and used copies on-line. If you have other suggestions, please let Joyce or Pat know!

A Prescription for Caregivers – Produced by Wendy Lustbader.

Topics include heeding resentment as a warning sign of doing too much, varieties of guilt, options for self-care, and figuring out how much care is enough. This video is available for \$30.00. Call 1-800-930-1357

Educated Caregiver Video Series – Vol. 1, 2, and 3 created by Life View Resources.

Vol. 1 – Coping styles

Vol. 2 – Hand on Skills

Vol. 3 – Essential Knowledge.

This video is available through the internet at www.lifeviewresources.com

The Family Guide to Long Term Care Video Series Created by Life View Resources,

This set deals with making decisions regarding long-term care, choosing an institution, and staying involved. This videotape can be purchased individually or as a series at Life View Resources. Go to www.lifeviewresources.com.

Video Respite Series – Innovative Care giving Resources

These tapes entertain Alzheimer's patients at home or in a group setting so that caregivers can get a break. Call 1-800-249-5600.

Five Wishes – Aging with Dignity.

This video tells you how to plan for and discuss care at the end of life, how to fill out the Five Wishes advance directive, why you need to plan in advance and discuss your wishes with family members and physician, and steps you should take so that your wishes are followed and your human dignity is respected. Call Pat at 1-800-277-8418, ext. 112 or Joyce at 1-866-644-4510

For books and other resources on Alzheimer's from the Alzheimer's Association go to

http://www.alz.org/we_can_help_resource_lists.asp

For Audio Tapes and Books by Connie Goldman go to Connie Goldman Productions at

<http://www.congoldman.org/Pages/Links.htm>

For Audio Tapes and Books on Caregiving by Pat Samples go to:

<http://www.agingandcaregiving.com/work5.htm>

Radio Story “**Fatal crash fuels questions about elderly drivers**” by [Bill Catlin](#), Minnesota Public Radio
http://news.minnesota.publicradio.org/features/2003/09/01_catlinb_olddrivers/

Aging and Driving, a brochure from the Mayo Clinic – widely available at Mayo Clinic patient waiting rooms.

Resource List

Book	Author	Type
The Ethical Will	Barry Baines, MD	Self-help
The Fearless Caregiver: How to Get the Best Care for Your Loved One and Still Have a Life of Your Own	Gary Barg	Self-Help
Good Daughters	Patricia Beard	Self-Help
Eldercare 911	Susan Beerman, M.S., M.S.W.	Eldercare
A Dignified Life: The Bet Friends Approach to Alzheimer's Care, A Guide to Family Caregivers	Virginia Bell, M.S.W	Alzheimer's
Caring for Yourself While Caring for Your Aging Parents: How to Help, How to Survive	Claire Berman	Self-Help
Teach Yourself Personal Finance in 24 Hours	Janet Bigham-Bernstel	Finance
When Someone You Love Needs Nursing Home, Assisted Living, or In-Home Care	Robert F. Bornstein, Ph.D.	Long-Term Care
Home Sweet Home	Dennis R. La Buda, M.A.	Independent Living
The Caregiver's Essential Handbook	Sasha Carr, M.S.	Caregiving
UUHHThe Complete Idiot's Guide to Caring for Aging Parents	Linda Colvin Rhodes, Ed.D.	Caregiving
The Widow's Financial Survival Guide	Nancy Dunnan	Finance
The Ageless Spirit: Reflections on Living Life to the Fullest in Midlife and the Years Beyond	Connie Goldman	Self-Help
The Gifts of Caregiving	Connie Goldman	Self-Help
Tending the Earth, Mending the Spirit	Connie Goldman	Self-Help
Alzheimer's	Howard Gruetzner	Alzheimer's
Fourteen Friends' Guide to Eldercaring	Joan Hunter Cooper	Eldercare
Are Your Parents Driving You Crazy?	Joseph A. Ilardo, PdD., LCSW	Self-Help
The Cost of Caring	Anne M. Johnson	Finance
Gentlecare: Changing the Experience of Alzheimer's Disease in a Positive Way	Moyra Jones	Alzheimer's
Coping With Your Difficult Older Parent	Grace Lebow	Self-Help
The Complete Eldercare Planner	Joy Loverde	Eldercare
Choose the Right Long-Term Care	Attorney Joseph L. Matthews	Long-Term Care
Social Security, Medicare & Government Pensions	Attorney Joseph Matthews	Legal
The Comfort of Home	Maria M. Meyer	Caregiving
How to Care for Aging Parents	Virginia Morris	Caregiving
Pitching In	S.B. Ross	Caregiving
Mayo Clinic on Alzheimer's disease	R. C. Peterson	Alzheimer's
Daily Comforts for Caregivers	Pat Samples	Caregiving
Comfort and Care for the Caregiver	Pat Samples	Caregiving
Family caregivers guide: a comprehensive handbook for caring for your loved one at home.	S. Schonhoff and J.Speaker	Alzheimer's
Eldercare for Dummies	Rachelle Zukerman, PhD	Eldercare



Sit down, enjoy a warm beverage and read



“Healthy Living Hints from Three Rivers”

Wondering how you are going to make healthy fresh meals for your aging parents – let alone for your own family? Are you now a widower and wish your family members could help you have good meals like your wife used to cook? There are many reasons many of us are looking for new solutions to home cooked meals. Our newsletter will highlight new ideas and new businesses that help us do this very thing each issue. This issue we are highlighting “Let’s Dish!” located in northern Rochester (across from Target) at 2854 41st Street NW, Rochester MN 55901 Phone: (507) 206-0857. They are very friendly and helpful when you first go in. Three River’s dietician consultant, Christina Gapp says, “They do a good job at helping you stay clean and sanitary when you dish up your meals”. Her family liked the food also! Everyone I have talked to who has used them has been pleased.



Wondering if the meals are low sodium or good for diabetics? You don’t like onions? Because you follow a recipe and make up your own meals from a recipe, you can delete or limit the salt, not put in the onions, etc. Because the meals are from fresh wholesome ingredients and you can make choices to choose different recipes, they can accommodate most diets. If you would like to talk to our dietician, please call. If you have a dietician or nutritionist at the clinic you use and have specific dietary needs, just take their menus into them for their advice or ask your doctor.

How does it work? An **In-Store Session** is the most productive two hours you’ll have all month. At a Let’s Dish! In-Store Session, you’ll make 4, 8 or 12 great family-sized dishes (six servings each). Here’s how it works:

*** Book Your Spot**

First, you’ll need to [sign up](#) online. It takes just a few minutes to select a session, choose a menu, and pay by credit card. You can even invite a friend to come with you – ‘cuz we know you have at least one way-too-busy friend.

Get Ready to Dish

- Make sure you have room in your freezer.
- Dress casually (we’ll give you a very stylish apron and bandana for your hair)
- Bring a cooler to carry your meals home – if you’re traveling more than 20 minutes, pack the cooler with ice

At Your Session

There’s a designated workstation stocked with fresh ingredients for each dish on our [monthly menu](#). You simply:

- Rotate through the stations; we’ll remind you which recipes you chose
- Follow the easy recipe directions (tweaking to suit your family’s tastes)
- Assemble your dishes in the containers we provide, and
- Enjoy a complimentary snack – and the company of your fellow dishers

Wow the Crowd at Home

When you get home, you’ll have to decide which dish to make first and put the rest in the freezer or refrigerator (as directed). To make your dish, follow the thawing and heating instructions on the label, and presto – applause and compliments. (Hey, it could happen.)

Continued on page 11

*from the Let’s Dish website and in-store materials

List of B vitamins

- **Vitamin B₁** (Thiamine)
- **Vitamin B₂** (Riboflavin)
- **Vitamin B₃**, also Vitamin P or Vitamin PP (Niacin)
- **Vitamin B₅** (Pantothenic acid)
- **Vitamin B₆** (Pyridoxine and Pyridoxamine)
- **Vitamin B₇**, also Vitamin H (Biotin)
- **Vitamin B₉**, also Vitamin M and Vitamin B-c (Folic acid)
- **Vitamin B₁₂** (Cyanocobalamin)

Vitamin B - The B-complex vitamins are found in brewer's yeast, liver, whole-grain cereals, rice, nuts, milk, eggs, meats, fish, fruits, leafy green vegetables and many other foods.

Vitamin B₆ - Helps increase the amount of oxygen carried by hemoglobin. A vitamin B₆ deficiency can result in a form of anemia that is similar to iron deficiency anemia. Vitamin B₆ also helps maintain your blood glucose (sugar) within a normal range. When caloric intake is low your body needs vitamin B₆ to help convert stored carbohydrate or other nutrients to glucose to maintain normal blood sugar levels. While a shortage of vitamin B₆ will limit these functions, supplements of this vitamin do not enhance them in well-nourished individuals

Vitamin B₁₂ - Helps maintain healthy nerve cells and red blood cells. It is also needed to help make DNA, the genetic material in all cells.

* *Note from Patricia* – Check with your doctor to see if Vitamin B complex can be helpful to you. As always, be sure to look at the ingredients of everything you take. Many supplements and products have fancy names, as do enriched products. Read the labels to make sure you are not accidentally taking too much of any one vitamin or supplement. Check with your physician or pharmacist if you are not sure!

Vitamin	What the Vitamin Does	Significant Food Sources
B1 (thiamin)	Supports energy metabolism and nerve function.	spinach, green peas, tomato juice, watermelon, sunflower seeds, lean ham, lean pork chops, soy milk
B2 (riboflavin)	Supports energy metabolism, normal vision and skin health.	spinach, broccoli, mushrooms, eggs, milk, liver, oysters, clams
B3 (niacin)	Supports energy metabolism, skin health, nervous system and digestive system.	spinach, potatoes, tomato juice, lean ground beef, chicken breast, tuna (canned in water), liver, shrimp
Biotin	Supports energy metabolism, fat synthesis, amino acid metabolism, glycogen synthesis.	widespread in foods
Pantothenic Acid	Supports energy metabolism.	widespread in foods
B6 (pyridoxine)	Supports amino acid and fatty acid metabolism, red blood cell production.	bananas, watermelon, tomato juice, broccoli, spinach, acorn squash, potatoes, white rice, chicken breast
Folate	Supports DNA synthesis and new cell formation.	tomato juice, green beans, broccoli, spinach, asparagus, okra, black-eyed peas, lentils, navy, pinto and garbanzo beans
B12	Supports new cell synthesis, the breaking down of fatty acids and amino acids, and nerve cell maintenance.	meats, poultry, fish, shellfish, milk, eggs

Energy Assistance Program Helps Pay Heating and Electric Bills.

The Energy Assistance Program is designed to assist in paying a portion of the heating and electric bills for persons who meet the eligibility requirements and live in Goodhue, Rice, or Wabasha counties. Eligibility is based on three months of income. Income guidelines are:

Family Size	Household Income (3 months)	Yearly
1	\$ 5,030	\$20,122
2	\$ 6,578	\$26,313
3	\$ 8,126	\$32,505
4	\$ 9,674	\$38,697
5	\$11,222	\$44,888
6	\$12,770	\$51,080
7	\$13,060	\$52,240
8	\$13,350	\$53,401

These guidelines are based on gross income. Proof of all household members' incomes for the last three months will be required. We count Social Security, SSI, child support, interest, wages or any other type of income you may have. It does not matter if you own or rent, or if your rent is subsidized. If your heat is included in your rent, your grant will be sent to your electric vendor. If you are found eligible for the program, a grant will be applied toward your heating and / or your electric account. The application period runs through May 31, 2008. Funds are limited so it is recommended you apply early.

Persons interested in applying for this program should call Three Rivers Community Action. An application will be mailed to you and can be completed at home. Your information will be kept confidential. You can contact Three Rivers toll-free at 1-800-277-8418 or at 507-732-7391. Our Web address is www.threeriverscap.org where you can find out more about our agency or download an application.



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When looking at the costs, note that “each dish” = six servings (or one meal per person). You can split it into three3 servings per “dish” and share it with a friend!

In-Store Session - You can choose packages of various sizes. Each dish serves six people. (Sound like too much food? You can split it with a friend!) Each meal is a different recipe. They have about 14 different meals (recipes) you can try each month, plus soup or stew and/or desserts for extra. Some sample meals/recipes are “Chicken Marsala”, “Old World Beef Stroganoff”, “Roasted Apple Pork Chops”, “Lemon and Dill Salmon” or vegetarian “Manicotti with Homemade Tomato Sauce” \$89 for 4 Meals (\$3.71/serving); \$155 for 8 Meals (\$3.23/ serving); \$209 for 12 Meals 9\$2.90/ serving). Remember each meal serves six, so for \$89 you get 24 servings.

Dish-n-Dash - We make it, you take it. Choose to have your meals prepared especially for you by our staff. Each dish serves six people. This is a little more expensive – but only slightly and they do the work for you! \$104 for 4 Meals (\$4.33/serving); \$180 for 8 Meals (\$3.75/serving); \$244 for 12 Meals (\$3.39/serving)

Three Rivers Community Action, Inc.

Senior Programs

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