



*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 2008

Money back

Are you one of the persons who still haven't submitted their request for a tax stimulus return? Remember, it is offered to everyone on Social Security regardless of income level. Reports say there are many people in Minnesota that have not sent in for their tax incentive yet. If you need help call us or the Senior Linkage Line at 1-800-333-2433.

Are you safe out in cyber space?

Cyber space refers to working on the Internet, using email or anything computer-generated. The AARP website states "According to computer security experts, when you are connected to the Internet, your computer is attacked approximately 300 times per hour by spyware, viruses, and other unwanted software. A 2005 Consumer Reports online survey revealed that Internet users have a 1-in-3 chance of suffering computer damage, financial loss, or both because of a computer virus or spyware." To learn how to protect yourself, you can send an email to waaarp@aarp.org and put *Cyber Safety Tool Kit* in the subject line. Give your name, mailing address, city, state, zip code and telephone number in the body of the email and you will receive your kit in the mail.

ABILITIES EXPO

<http://mn.abilitiesexpo.com/aeminnesota/v42/index.cvn>

September 12 - 14, 2008 Friday: September 12, 10:00 am - 5:00 pm
 Minneapolis Convention Center Saturday: September 13, 10:00 am - 5:00 pm
 Minneapolis, Minnesota Sunday: September 14, 11:00 am - 4:00 pm

This free Expo will help you to understand how technology can help persons with physical and mental limitations stay in their homes. If you attend this and learn about a solution to help persons stay in their home longer, please give Patricia a call. We are always looking for new ideas and solutions.

Persons who have had disabilities earlier in life are often pro-active about coming up with solutions to help keep them in their home longer. Just because we are over 60, doesn't mean we can't use new products and technology to stay in our homes regardless of our mobility difficulties, diminished capacity, or any other challenge we may face handling day to day activities.

Eastern Goodhue County and Rice County

Joyce Grabowski
1-866-644-4510

joyce.grabowski@threeriverscap.org

Western Goodhue County and Wabasha County

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

pat.kimble@threeriverscap.org

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: (800) 277-8418
Fax: (651) 565-2754
Hours: Mon-Fri, 8:00 - Noon

*All facilities are Handicap Accessible.
Reasonable Accommodations Are Available.*

ADA

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 2008
Volume 8, Issue 2

News from Patricia

I've just returned from a wonderful trip to Vancouver, Canada. Vancouver has amazingly accessible buildings and public spaces. They have two Meals-On-Wheels and several senior programs. I picked up a catalog that was in all the newspaper racks from Simon Frazer University. SFU has a lifelong learner program that has some very interesting courses: "Plato, The Republic", "Times of Crisis", "How Culture Determines Great Art" and "The Jazz Singers". Check out their webpage at www.sfu.ca/seniors. There were quite a few assisted living and retirement villas advertised, but since most people of all ages seem to live in apartments or condos, it would be a natural move for many. Vancouver is a very dense city. On TV we saw both Vancouver and Seattle stations and mostly the same TV shows that we see here. The main difference in Vancouver that I noted was in how strongly international the city is and how many different languages can be heard on the street. Everyone was very friendly and the city is designed for people to be out walking, bike-riding, skate boarding, rollerblading, etc. I walked 5-6 miles a day. This is a city meant to be walked! It will be a great city for the 2010 winter Olympics!

On the home front, I've been researching how to safely handle those cables and extension cords that maybe laying over a threshold or somewhere that may trip someone up. There are multiple colored protectors that will work well in a home and may save someone from a bad fall. Check with your local hardware or office store or order on-line at a place like CableOrganizer.com. Call 1-866-222-0030 – or online at (<http://cableorganizer.com/cord-protector/in.html> or <http://cableorganizer.com/cord-covers/light-capacity-covers.htm>).

I plan to be at the Abilities Expo this year. I've been going to this event for many years now. It is amazing how many adaptations and assistive devices exist to help people with physical disabilities continue to live in their own homes. As we all age, I hope we can learn from younger persons with disabilities how to successfully stay home longer by using assistance from not only other persons but also new technologies and devices. This is a free event and if you have a "techie" type or mechanically inclined person in your family, they will love seeing all the amazing inventions!

Remember, for more information you can also call the Disability Linkage Line at 1-866-333-2466.



Our Caterers

2008

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

Morristown

Semcac and District One

Wabasha County

Kellogg

Semcac Senior Dining

Mazepa

WD's Bar and Grill

Millville area

Millville Cafe

Wabasha

Semcac Senior Dining

Ask SOPHIE

*“senior, older person, hip,
informed, & empowering”*

Question: I'm worried my memory is going! How do I know if I should be concerned?

Answer: On its website, the Alzheimer's Association expresses it well: *“The Alzheimer's Association has developed a checklist to help you recognize the difference between normal age-related memory changes and possible warning signs of Alzheimer's disease.”*

There's no clear-cut line between normal changes and warning signs. It's always a good idea to check with a doctor if a person's level of function seems to be changing. The Alzheimer's Association believes that it is critical for people diagnosed with dementia and their families to receive information, care and support as early as possible.”

They give this summary and you will see the 10 warning signs on page 4. The website with this information is cited below.

The difference between Alzheimer's and normal age-related memory changes

Someone with Alzheimer's disease symptoms	Someone with normal age-related memory changes
Forgets entire experiences	Forgets part of an experience
Rarely remembers later	Often remembers later
Is gradually unable to follow written/spoken directions	Is usually able to follow written/spoken directions
Is gradually unable to use notes as reminders	Is usually able to use notes as reminders
Is gradually unable to care for self	Is usually able to care for self

Internet Savvy

Here are some useful websites

The Alzheimer's Association -

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

AARP's information on how to stay "Cyber Safe" (safe on the internet & email)

<http://assets.aarp.org/www.aarp.org/articles/states/wa-cyber.pdf>

Nutrition.gov – “smart nutrition starts here”

http://www.nutrition.gov/nal_display/index.php?info_center=11&tax_level=1

Important Things to Know

10 warning signs of Alzheimer's:

1. Memory loss. Forgetting recently learned information is one of the most common early signs of dementia. A person begins to forget more often and is unable to recall the information later.

What's normal? Forgetting names or appointments occasionally.

2. Difficulty performing familiar tasks. People with dementia often find it hard to plan or complete everyday tasks. Individuals may lose track of the steps involved in preparing a meal, placing a telephone call or playing a game.

What's normal? Occasionally forgetting why you came into a room or what you planned to say.

3. Problems with language. People with Alzheimer's disease often forget simple words or substitute unusual words, making their speech or writing hard to understand. They may be unable to find the toothbrush, for example, and instead ask for "that thing for my mouth."

What's normal? Sometimes having trouble finding the right word.

4. Disorientation to time and place. People with Alzheimer's disease can become lost in their own neighborhood, forget where they are and how they got there, and not know how to get back home.

What's normal? Forgetting the day of the week or where you were going.

5. Poor or decreased judgment. Those with Alzheimer's may dress inappropriately, wearing several layers on a warm day or little clothing in the cold. They may show poor judgment, like giving away large sums of money to telemarketers.

What's normal? Making a questionable or debatable decision from time to time.

6. Problems with abstract thinking. Someone with Alzheimer's disease may have unusual difficulty performing complex mental tasks, like forgetting what numbers are for and how they should be used.

What's normal? Finding it challenging to balance a checkbook.

7. Misplacing things. A person with Alzheimer's disease may put things in unusual places: an iron in the freezer or a wristwatch in the sugar bowl.

What's normal? Misplacing keys or a wallet temporarily.

8. Changes in mood or behavior. Someone with Alzheimer's disease may show rapid mood swings – from calm to tears to anger – for no apparent reason.

What's normal? Occasionally feeling sad or moody.

9. Changes in personality. The personalities of people with dementia can change dramatically. They may become extremely confused, suspicious, fearful or dependent on a family member.

What's normal? People's personalities do change somewhat with age.

10. Loss of initiative. A person with Alzheimer's disease may become very passive, sitting in front of the TV for hours, sleeping more than usual or not wanting to do usual activities.

What's normal? Sometimes feeling weary of work or social obligations.

Source: *The Alzheimer's Association*



Healthcare Corner



**Create your own healthy diet -
packed with the vitamins we've learned about!**

Vitamin A if we eat

Apricots	Cheese	Kale	Spinach
Cantaloupes	Collards	Milk	Swiss Chard
Carrots	Eggs	Sweet Potatoes	Liver

We get Vitamin B if we eat

Asparagus	Chicken	Black-eyed peas	Onions
Green Peas	Lean Pork or Ham	Lentils	Yogurt
Tomato Juice	Broccoli	Navy or Pinto Beans	Whole Wheat
Watermelon	Acorn Squash	Soy milk	Corn

We get Vitamin C if we eat

Green Peppers	Tomatoes	Raspberries	Pineapple
Citrus Fruits	Leafy Greens	Cauliflower	Brussels Sprouts
Strawberries	Blueberries	Cranberries	Cherries

We get Vitamin D if we eat

Salmon	Eggs	Shrimp	Fortified Milk
Sardines	Tuna	Cod	

We get Vitamin E if we eat

Almonds	Peanut Butter	Mangos	Whole Wheat Bread
Avocados	Dark Leafy Greens	Flax Seeds or Oil	Sunflower Seeds
Wheat Germ	Soy Beans or Oil	Kidney Beans	

We get Vitamin K if we eat:

Cabbage	Kale	Spinach	Brussels Sprouts
Cauliflower	Lettuce	Swiss Chard	

Design your own vitamin packed meal! I got this great idea from the magazine *Body + Soul*. Can you come up with a great meal and more foods to make a complete vitamin meal? **A+B+C+D+E+K = equals a delicious, healthy vitamin-packed meal!** *Body + Soul* came up with a Spinach and Herb Omelet, a Spicy Vegetable Sauté, and Pork Tenderloin with Swiss Chard & Marinated Vegetable Salad.

What would you make? Remember, you can add more foods than those listed above!

Vitamin A	Vitamin B	Vitamin C	Vitamin D	Vitamin E	Vitamin K

An example is: Acorn squash stuffed with chopped apricots, cranberries, and sunflower seeds, served with salmon and spinach salad.

Vitamin A	Vitamin B	Vitamin C	Vitamin D	Vitamin E	Vitamin K
Apricots	Acorn Squash	Cranberries	Salmon	Sun flower seeds	Spinach



Sit down, enjoy a warm beverage and read...



“Healthy Living Hints from Three Rivers”

Have you ever got up in the morning and stretched like a cat?

Whether you are young, growing older, or feeling older, stretching and working your muscles feels great! It has wonderful benefits, but is something we often neglect.

Why is it so hard to remember to move? Have we been told too often not to be vain? Not to pay too much attention to our looks? Yet we all know that our bodies are the temples that house our soul and life source. I looked up the definition of vain - it means having no real value, worthless, futile, or idle. It seems that it is vain to **not to** exercise and take care of our bodies!

Every morning when you arise, greet the morning with a good stretch. Feel your muscles. Can you tense each muscle? Toes, foot, ankle, calf, thigh, hips, pelvis, stomach, chest, shoulders, upper arms, forearms, hands, neck, head. Now relax them. You've just done an important set of isometric exercise. Was it hard to control each muscle set? It takes practice. While you are at it, don't forget those internal muscles – remember the kegel exercises. Strengthening ones pelvic floor is not just necessary for women. Men need to do them also. Don't give up just because you didn't think you did it right. Simply get to know your body and your muscles.

As you age, your muscles tighten and you may notice your range of motion is more limited. Feeling stiff and weak can put a damper on active lifestyles, even hinder day-to-day, normal motions, and increase problems with incontinence and voiding. Tasks that used to be simple, such as zipping up a dress or reaching for a can off of the top shelf, now become extremely difficult. A regular stretching and isometric program can help make daily living activities easier and improve the quality of your life.

Everyone can learn to stretch and work those muscles, regardless of age or flexibility. Stretching should be a part of your daily routine, whether you exercise or not. There are simple stretches you can do while watching TV, on the computer, or getting ready for bed. Isometrics is an exercise that involves muscle contraction through pushing, pressing and pulling against an immovable object. This form of exercise uses minimal movement to build muscles. Try this exercise: Hold your left palm up and your right palm down. Press your hands together as hard as you can. You can feel your pectoral, shoulder, and arm muscles working. This is an example of isometric exercise. When you suck in your gut, you're doing an isometric contraction. Kegel exercises are contractions of the vaginal, anal, and pelvic muscles to tone the muscles stretch by childbirth or stretched and relaxed by age and can enhance sexual pleasure. If you want more information ask your physical therapist, trainer or chiropractor.

You can improve your body tone. Talk to your doctor today if you are not comfortable starting a program on your own. It does not have to involve a huge time commitment, but can give you huge results! Here are just a few of the benefits you can expect from a regular stretching program:

- Reduced muscle tension
- Increased range of movement in the joints
- Enhanced muscular coordination
- Increased circulation of the blood to various parts of the body
- Increased energy levels (resulting from increased circulation)
- Delayed onset of muscle fatigue
- Enhanced performance in daily life, activities of daily living, intimacy needs
- Improved posture
- Mental relaxation and a feeling of well-being

Energy Assistance Program helps pay heating and electric bills

Are you frightened by the thought of your heating & electric bill rising again this year? If you wonder how you will make ends meet at the end of each month, you might want to apply for the Energy Assistance Program. This program is designed to assist in paying a portion of your heating and electric bills for persons who meet the eligibility requirements and live in Goodhue, Rice, or Wabasha counties. Eligibility is based on 3 months of income. Income guidelines are:

Family Size	Household Income (3 months)	Yearly
1	\$5,296	\$21,184
2	\$6,925	\$27,702
3	\$8,555	\$34,220
4	\$10,184	\$40,738
5	\$11,814	\$47,256
6	\$13,443	\$53,774
7	\$13,749	\$54,997
8	\$14,054	\$56,219

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, retirement and/or pension funds, MSA, 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 electric account. The application period runs through May 31, 2009. **Funds may not last through May 31, so we urge you to apply early.** If you received Energy Assistance funds last year, you will automatically be sent an application this fall. 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.

If you need help completing a form or wonder about other financial savings programs that you may qualify for, call Joyce or Pat for help.

**Are you a grandmother?
Do you care for an older person and still have young children?
Do you know a pre-school age child?**

Three Rivers HEAD START
is accepting applications for fall 2008.

TO PLACE A NAME ON OUR MAILING LIST FOR AN APPLICATION,
OR FOR MORE INFORMATION CALL 1-800-277-8418

FREE Preschool Program focusing on Child and Parent Development, serving families in Rice, Wabasha and Goodhue Counties. Classroom locations include: **Northfield, Faribault, Red Wing, Wabasha and Zumbrota.** Busing MAY be provided from several communities throughout the three county area.

- A quality child development program
- Serves pre-school age children and their families
- There is NO COST to families – must meet income guidelines
- Families who have children with special needs may apply
- Nutritious family-style meals are provided
- Transportation MAY be provided
- Experienced, caring and professional staff
- Field trips, creative arts, math, science and literacy
- Parent participation and education opportunities

HAVING TROUBLE MAKING ENDS MEET?

Reminder: You may be eligible for Food Support and other services through county social services, and Three Rivers staff will assist you with the application process!

With **One** application you may be eligible for Food Support, your Medicare Part B premium payment of \$96.40/month, and a low-income subsidy for your Medicare Part D prescription insurance (no premium and no deductible for most).

You can now save your Food Support dollars for up to six months at a time, which allows you to use them for extra expenses like the holidays, summer veggies, and special events. You can also use your Food Support dollars for Meals-on-Wheels, groceries, and at some Farmer's Markets.

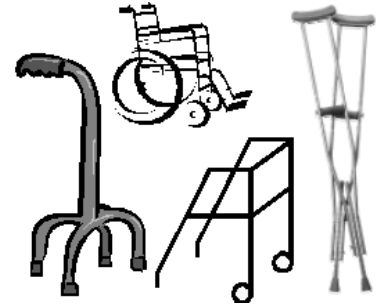
If you are a household of one and your gross income is \$1,062/month and your assets are \$7,000, or less or a household of two and your gross income is \$1430/month or less and your assets are \$7,000 or less, you may be eligible. Please contact Three Rivers Community Action, Inc. at 1-800-277-8418 ext. 0 (Goodhue and Wabasha County residents) or 1-866-644-4510 ext. 0 (Rice County residents) for assistance to apply.

Resources

Goodwill/Easter Seals, Rochester, MN Medical EQUIPMENT LOAN PROGRAM

1. Accepts donations of used medical equipment, including wheel chairs, walkers, commodes and transfer benches. After the equipment is refurbished, it is loaned at no cost to people who need it.
2. We lend medical equipment for up to 12 months, free of charge.

Often people need equipment suddenly or are not sure what equipment will work for them. This program provides equipment for temporary needs, to allow a person to try out equipment to see if it will work for them, or to have equipment to use until their insurance will pay for it or they can save up the money to purchase it.



The stock availability of items varies day to day.
Call Char Tewalt at 1-507-287-8699

LOW-VISION PRODUCTS

There are some excellent sources for low-vision products. These products can greatly improve your quality of life if you are having trouble seeing. One of my favorite items is the large print address book I purchased for both my mother and my aunt. Also available are games, dice, monopoly sets, cards, aides for seeing the buttons on the phone, cooking help, easy to see watches, plates that have a scoop side, magnifying screens for the computer, etc.

1. The Store: Adaptive Devices for the Blind **1-800-652-9000**
2. MN Library for the Blind and Physically Handicapped **1-800-722-0550**
3. American Foundation for the Blind, Aids & Appliances for the Blind and Visually Impaired at <http://www.afb.org/>
4. ABLEWARE catalog, Maddak Inc. at <http://www.ableware.com/> or **1-973-628-7600**
5. TeleSensory – has great products for vision impaired **1-800-871-8788**
6. Office Systems for the Visually or Physically Impaired, Inc. **1-800-253-4391**

HARD OF HEARING AND DEAF SERVICES

Contact your local office for help with telephones, hearing loss, or other related services.

Deaf and Hard of Hearing Services Southeast
Cedarwood Plaza
4104 NW 18th Ave.
Rochester, MN 55901
507-285-7295 (V)
800-311-1148 (V)

1-866-266-3779 (TTY)
507-280-5531 (FAX)
66.191.138.62 (IP)
Email: dhhs.rochester@state.mn.us

Education Opportunities

Learning about memory loss

From the Southern Minnesota Alzheimer's Association Director, Gerise Thompson

Concerned about a family member that you will see over the holidays? Wondering if you should worry about memory loss? Understanding Memory Loss is an educational session for family and community members. This session will give you a basic understanding of Alzheimer's disease and related dementias. At the end of the session, participants will be able to:

- State the definitions of dementia and Alzheimer's disease
- Name three effects of dementia on thinking
- Describe the stages of Alzheimer's disease
- List three resources for people with dementia and their families

Kenyon: Thursday, November 6, 2008, 2:00 PM – 3:30 PM (Followed by a Mini-Expo: Learning the Resources in Your Area) At Gunderson Gardens, Sunset Homes. Sponsored by the Southern Goodhue County Senior Services Providers.

Wabasha: Thursday, November 12, 2008 2:00 – 3:30 PM (Followed by a presentation on Emergency Preparedness by the Red Cross from 3:30-4 p.m. And from 4-5 pm local program and resource representatives will be available to answer your questions and provide information.) In the Sister Gerina Room, St. Elizabeth's Medical Center. Sponsored by the Wabasha County Senior Services Provider Network.

Pine Island: December 4, 2008, 6:30 – 8:00 PM at the Evergreen Place Apartments.

Zumbrota: Wednesday, January 14, 2009, 2:00 – 5:00 PM (Followed by a panel from local law enforcement, ambulance, clinic, red cross and local service providers on Emergency Preparedness, then a Senior Resources Expo which will provide information and answer your questions about local resources.) Location to be announced. Sponsored by the Southern Goodhue County Senior Services Providers.

Plainview: Thursday, March 26, 2009, 2:00 – 5:00 PM at Green Prairie Place.

For all educational sessions we suggest a freewill donation of \$5-10

**Three Rivers Community Action, Inc. is a partner with the Alzheimer's Association Minnesota-North Dakota Chapter. We are pleased to provide education, information and support in conjunction with the association.*

MEMORY LOSS SUPPORT GROUPS IN GOODHUE, RICE, AND WABASHA COUNTIES

Faribault, MN – Meets the second Tuesday of the month at 2 pm. Location: St. Lucas Care Center. Facilitator: Joyce Grabowski 507-333-6463. Open to all caregivers.

Lake City, MN – Meets the first Thursday of every month at 1:30 p.m. Location: Lake City Care Center. Facilitators: Pat Kimble, and Jen Apley

Northfield, MN – Meets the second Wednesday of every month at 4 p.m. Location: Vital Link Adult Day Center. Facilitator: Paula Plank 507-664-8819

Plainview, MN – Meeting time: Sept. 25th and Oct. 31st at 1:30 p.m. Future times will then be set. Location: Green Prairie Place. Facilitator: Pat Kimble and Joanne Klavetter 507-534-4204

Pine Island, MN – Meets the second and fourth Monday of every month at 1 p.m. Location: St. Paul Lutheran Church. Facilitators: Pat Kimble and Rosemary Van Houten 507-356-2999

Red Wing, MN – Meets the third Thursday of every month at 6:30 p.m. Location: St. Brigid at Hi-Park. Facilitator: Lisa Oeklers or Sara Larson 651-388-1234

Red Wing, MN – Meets the fourth Tuesday of every month at 2:00 p.m. Location: Red Wing Senior Center Facilitator: Lucy Boxrud 651-267-5441

Education Opportunities

Who pays for what as we age?

Financing health care, housing, and assistance needs as you or a family member ages can be difficult to figure out. Do you wish you had more information for them? Come listen to a panel of experts talk about the options: Private Pay, Medical Insurance, Medicare or Medical Assistance, Long-Term Care Insurance, state LTC Partnerships, HMOs and Case Managers. As people age, what additional expenses need to be paid for to keep a person in their home? How can those expenses be met? At the end of this session you will be able to:

- Identify service and housing options for older persons in SE Minnesota
- Know what payment and insurance options exist
- Understand what you can plan for in advance
- Know who to call when and if you need help

Pine Island: December 11, 2008, 6:30 – 8:00 PM at Evergreen Place Apartments presented by a panel of specialists. *(More specific information will be provided on the sponsor's website by November 1, 2008.)* Sponsored by Pine Island Home Services (<http://www.pineislandareahomeservices.org/>) and Three Rivers Community Action, Inc. (www.threeriverscap.org).

Wanamingo: Thursday, November 13, 2008, 6:30 – 8:00 PM At Wanamingo Community Center. Sponsored by Faith In Action Central Goodhue County, and Three Rivers Community Action, Inc.

Understanding Medicare

Wabasha: Tuesday, Sept. 23 & Wednesday, Sept. 24th from 6:30-9:00 p.m., Wabasha High School Library, Presenter: Jerry Roberts from SE MN Area Agency on Aging

Also, check with your local Senior Citizen Center for many more exciting educational opportunities in your area.

Faribault Area Senior Center
19 West Division Street
Faribault, MN 55021
Phone: 507-332-7357
<http://faribaultseniorcenter.org/>

Northfield Senior Citizens
1651 Jefferson Pkwy
Northfield, MN 55057
Phone: 507-664-3700
<http://www.northfieldseniorcenter.org/>

Red Wing Senior Center
1412 W 4th Street
Red Wing, MN 55066
Phone: 651-267-3599
<http://redwingareaseniors.org/>

Rochester Senior Center
121 North Broadway
Rochester, MN, 55906
Phone: 507-287-1404
<http://www.rochesterseniorcenter.org/>

Mark Your 2009 Calendar Now!

National Senior Health and Wellness Day Expo

Wednesday, May 27, 2009 from 9 am – 1 pm **Expo, Walk, Speakers, and Luncheon**
Location: The Goodhue County Fair Grounds, Zumbrota, Minnesota

*PLEASE CHECK OUR WEBSITE (www.threeriverscap.org) FOR UPDATES!

Three Rivers Community Action, Inc.

Senior Programs

1414 North Star Drive
Zumbrota, MN 55992
1-800-277-8418

RETURN SERVICE REQUESTED

Help us keep our mailing list current.

Please notify us if you:

- have a change of address
- are receiving more than one copy
- would like to be removed from our list



*Three Rivers
Community Action, Inc.
Senior Programs*



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