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Tasha Jones, Connections Speaker



Tasha Jones with Connections Area Agency on Aging stated the mission is: "To enhance the quality of life for elders in our service area through education, planning, and coordination of services." Tasha has worked for the agency for over seven years and is able to connect people with concerns with various resources, stating there is much available.

The Agency covers 20 counties with three main locations – CB, Creston, and Sioux City. It is a one-stop shop to help people who are aging and for those caring for the elderly. The ultimate purpose is to help people age well in their own home and prevent a transition to a facility sooner than needed.

Option Counseling is available through a LifeLong Links team to provide information, resources, and options for independence. The Family Caregiver Program can offer some financial assistance for aids to help people before insurance. They can also offer support and resources for grandparents raising their grandchildren.

Elder Abuse Prevention and Awareness is another service provided. Tasha stated that one in every ten adults 60 and over is abused. It may be physical, sexual (more so in nursing facilities), emotional or psychological abuse. Elders may be neglected with medical care, food, health equipment, financially and through exploitation (also scammers). Many elders fear reporting the abuse thinking they may end up in a nursing home, that no one will visit them, and they don't want the abuser to go to jail.

Tasha stated they can't fix everything, but they can explore it. They don't have anything to do with nursing homes and hospitals. They can connect you with an ombudsman in certain cases that they can't handle.

Connections Area Agency is not a government agency but they are guided by departments of agencies. They are funded by the Older Americans Act, private donations, and funds from Meals on Wheels. If repairs need to be done, it is suggested that 25% be paid by the family. They do not have a big budget, but do work with volunteer groups. Adult Protective Services in Iowa can provide some state money with lots of red tape.

Other topics discussed were Medicaid, hoarding, volunteering, SOS solution options, and legislative work.

For more information: The Council Bluffs office is at 231 S. Main St. 712-328-2540. The web site is: www.connectionsaaa.org.

Next week's speaker will be Duane King, Founder of Deaf Missions.

The public is invited to attend all meetings. The coffee is always on. Gary Funkhouser coins our club as "The best informed club in Treynor!"

"Become genuinely interested in other people."

Dale Carnegie

Meeting Minutes

Dale Willenborg, President, called the meeting to order. Present were 13 members plus two guests, David Danker and Tasha Jones.

Dale Willenborg led the Pledge of Allegiance and Judy Gutttau gave the opening prayer. Dale Willenborg, Gary Gutttau, Keith Denton, and Bill Vorthmann provided humor.

50/50 was won by Jim Clausen and Jerry Hempel could have won the Attendance Drawing. He was present, but didn't win because he needed to be present last week as well.

Birthdays/Anniversaries:

Bragging Rights: (\$ are used for youth activities)

- Jerry Hempel shared that his daughter Laura was awarded the March of Dimes Heroes in Action Staff Nurse of the Year!
- Bill Vorthmann stated his youngest grandson's birthday was yesterday and his wish was for snow and snow he got!!
- Jim Clausen (Iowa fan) donated to say that Iowa State did win the men's and women's BB games against Iowa this week. John Klein, Gary Gutttau, and Dale Willenborg also contributed.
- Judy Gutttau shared that TS Bank went Christmas caroling and had a gift opening party with children from Children's Square.

COMMUNITY:

BUSINESS:

The Cub Scouts will come next Saturday and sing Christmas carols to the Optimists and serve hot chocolate!

The Underwood Optimist Club has invited the Treynor and Riverside Clubs to participate in a tour of the PACE Center in Council Bluffs on Sat., Jan. 15. Breakfast pizza will be served there at 8 AM and the tour will begin at 9 AM. Please indicate if you will plan to attend by Jan. 8. Feel free to let Dale Willenborg or Judy Gutttau know and we will pass on the reservations.

March 19 will be the date for a Volunteer Awards Event in Treynor sponsored by the Treynor Optimists. It will be held at the Treynor Community Building. More planning will take place.

Gary Gutttau, Chad Gutttau, Gary Funkhouser, Bill Vorthman and grandson Brock helped with the Can Kennel sorting this week. The last day for pickup is Dec. 22 so the Optimists may sort next Saturday. Dale reported that between \$1300 and \$1400 is collected each month. Our treasurer stated we are now at \$204,000 collected and paid out.

There will not be meetings on Dec. 25 and Jan. 1.



Denise Wilson, Leader of St Paul Youth, received a can kennel check for \$1587.30 from President Dale Willenborg. Denise shared that the youth mission trip was scaled down this year and was local. They worked on two major projects with Habitat for Humanity

and the 412 Initiative. Monies were also used to purchase most needed items for people – fans and cereal. The group meets each morning to have devotions, pray, and then go serve to see how they can bless others. She stated the kids love the trips.

The meeting was adjourned with members reciting the Optimist Creed.

HUMOR (from Germany)

**This is a Christmas tree of vaccine opponents.
No needles.**



Calendar

Events

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| Jan. 8 | Reservations due for PACE Event below. |
| Jan. 15 | PACE Breakfast and tour starting at 8 AM |
| Jan. 26 | Essays due for Optimist Youth Essay Contest |
| Feb 12 | Optimist Day. District Conference – Cedar Rapids (Note this is a corrected date!) |
| Feb 28 | Club Youth essays due |
| March 19 | Volunteer Awards Event |

Birthdays

- | | |
|--------|-----------------|
| Dec 16 | Kevin Underwood |
| Dec 23 | Chuck Nielsen |

Anniversaries

Dec 27 Dee and Gary Guttau
Programs
Dec Mick Guttau (last two)
Jan Kirk Vorthmann and Doug Dillivan

Speakers
Dec 18 Duane King, Deaf Missions
Dec 25 No meeting- Merry Christmas
Jan 1 No meeting- Happy New Year

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