COMMUNITY
CALENDAR

*The **COMMUNITY CALENDAR** appears each Monday and Thursday. Contributions to this list of upcoming events are welcome and should be submitted two weeks before the event. Submissions **MUST** be typewritten or legibly printed and include the name and phone number of a contact person. Send items to P&D Calendar, PO Box 56, Yankton, SD 57078, or email to news@yankton.net.*

MONDAY

Line Dancing, 9:30 a.m., The Center, 605-665-4685
Quilting, 9:30 a.m.-3 p.m., The Center, 605-665-4685
Cardio Exercise, 11 a.m., The Center, 605-665-4685
Daily Reprieve, noon, open meeting non-smoking, 1019 W 9th St.
Interchange, noon, open meeting, Minerva's Bar and Grill, 605-660-8849.
Weight Watchers, 12:30 p.m., BC Conference Room.
Cribbage, 1 p.m., The Center, 605-665-4685
Pinochle, 1 p.m., The Center, 605-665-4685
Whist, 1 p.m., The Center, 605-665-4685
River City Harmony Sweet Adelines, 6:30 p.m., First United Methodist Church, 11th and Cedar, 605-661-7162
Divorce Care, 7 p.m., Calvary Baptist Church
Divorce Care For Kids, 7 p.m., Calvary Baptist Church
Daily Reprieve, 7 p.m., closed meeting non-smoking, 1019 W 9th St.

FIRST MONDAY

Yankton Lions Club, 6 p.m. dinner, 6:30 p.m. meeting, JoDeans, 605-665-4694
Heartland Humane Society Board Meeting, 6:30 p.m., 601 1/2 Burleigh
Yankton Parks Advisory Board Meeting, 5:30 p.m., RTEC, 1200 W. 21st Street

SECOND MONDAY

Yankton Diabetes Support Group, 1 p.m., Benedictine Center, AVSHH, 605-668-8000 ext. 456
Yankton Republican Party Executive Meeting, 5:30 p.m., 2507 Fox Run Parkway, 605-260-1605
Yankton School Board Meeting, 5:30 p.m., YSD Administration Building, 2410 West City Limits Road, 605-665-3998
Yankton Area Writers Club, 7 p.m., Books & Beans, downtown Yankton, 605-664-6582
Tri-State Old Iron Association Meeting, 7 p.m., JoDeans Restaurant, 605-665-9785.
Yankton City Commission, 7 p.m., RTEC, 1200 W. 21st Street
YHS Booster Club Meeting, 7:30 p.m., Summit Activities Center Meeting Room, 605-665-4640

THIRD MONDAY

Yankton Golf Advisory Board Meeting, noon, Fox Run Golf Course, 600 W. 27th Street, 605-668-5205
Friends Of The Yankton Community Library, 5:30 p.m., Yankton Library, 515 Walnut
Yankton Lions Club, 6 p.m. dinner, 6:30 p.m. meeting, JoDeans, 605-665-4694.
Yankton American Legion Auxiliary, 7:30 p.m., VFW Building, 209 Cedar Street

FOURTH MONDAY

NARFE Chapter 1053, 10 a.m. at The Center, located at 900 Whiting Drive.

TUESDAY

Table Tennis, 8:30 a.m., The Center, 605-665-4685
Yankton Community Forum, 8:30 a.m. coffee, 9 a.m. meeting at Hillcrest, 605-664-5832
Ladies Pool, 10 a.m., The Center, 605-665-4685
Weight Watchers, 10:30 a.m., 413 W. 15th Street. Weigh in 1/2 hour before.
Yankton Alanon, noon, non-smoking session, 1019 W 9th Street
Nurse, 12:30-3:30 p.m., The Center, 605-665-4685
Open Cards, 12:45 p.m., The Center, 605-665-4685
NAMI (National Alliance on Mental Illness) Connections Support Group, 1:30-3:00 p.m. Enter main entrance on 3rd, of the former Sir Charles Hotel. Once inside take a right and enter the room which has the conference table in it. For further information or questions call 661-4434.
Bingo, 7-9 p.m., The Center, 605-665-4685
Open Billiards, 7-9 p.m., The Center, 605-665-4685
Yankton Alcoholics Anonymous STEP Sessions, 7 p.m. and 8:30 p.m.. 1019 W. 9th St.
Vermillion Unity Alcoholics Anonymous, 7:30 p.m., closed session, Trinity Lutheran Church at 816 E Clark St. Vermillion.
Vermillion Alcoholics Anonymous, 8 p.m., non-smoking closed session, 16 1/2 Court St. Vermillion

FIRST TUESDAY

Yankton Area Banquet, 6 p.m., United Church of Christ, Fifth and Walnut

SECOND TUESDAY

Alzheimer's Care Givers Support Group, 5 p.m., The Center.
VFW Auxiliary, 7:30 p.m., 209 Cedar Street

THIRD TUESDAY

Yankton Area Banquet, 6 p.m., United Church of Christ, Fifth and Walnut

WEDNESDAY

Line Dancing, 9:30 a.m., The Center, 605-665-4685
Quilting, 9:30 a.m.-3 p.m., The Center, 605-665-4685
Nurse, 10 a.m.-noon, The Center, 605-665-4685
Cardio Exercise, 11 a.m., The Center, 605-665-4685
Daily Reprieve, noon, non-smoking open session, 1019 W. 9th St.
Whist, 1 p.m., The Center, 605-665-4685
Yankton Alcoholics Anonymous, 7:30 p.m., non-smoking session, 1019 W. 9th St.
Springfield Footprints, 7:30 p.m.,non-smoking open session, Catholic church, Springfield

FIRST WEDNESDAY

Partnership Bridge, 1 p.m., The Center, 605-665-4685

SECOND WEDNESDAY

Duplicate Bridge, 1 p.m., Partnership Bridge, 1 p.m., The Center, 605-665-4685

THIRD WEDNESDAY

Partnership Bridge, 1 p.m., The Center, 605-665-4685

THURSDAY

Table Tennis, 8:30 a.m., The Center, 605-665-4685
Ladies Pool, 10 a.m., The Center, 605-665-4685
Yankton Sertoma, noon, Pizza Ranch, 605-661-7159
Daily Reprieve, noon, non-smoking open meeting, 1019 W 9th street.
Avera Sacred Heart Hospital Toastmasters, noon, Benedictine Center; open session 605-665-6776
Pinochle, 12:45 p.m., The Center, 605-665-4685
Dominos, 1 p.m., The Center, 605-665-4685
Weight Watchers, 4 p.m., 413 W. 15th Street. Weigh in 1/2 hour before.

Weight Watchers, 5:30 p.m., 413 W. 15th Street. Weigh in 1/2 hour before.
Take Off Pounds Sensibly (TOPS #SD 45), Weigh-in 5:30-6:30 p.m., meeting 6:30-7:30. RTEC building, 1200 W. 21st St. For more information call 605-665-3738 or 667-9274.
Yankton Area Banquet, 6 p.m., United Church of Christ, Fifth and Walnut
Celebrate Recovery, 7 p.m., Calvary Baptist Church, Youth Room #4, 2407 Broadway, Yankton, 605-665-5594
Freeman Alcoholics Anonymous, 8 p.m., non-smoking closed meeting, City Hall, 3rd and Poplar, Freeman.
Yankton Alcoholics Anonymous, 8:30 p.m., open session, 1019 W 9th St.
Yankton Alanon, 8:30 p.m., 1019 W 9th Street

BIRTHDAYS

MARIE SWENSEN

Swensen

VIBORG — Marie Swensen, Viborg, formerly of Irene, will celebrate her 90th Birthday on Nov. 28, 2011.

Greetings may be sent to her at Pioneer Memorial Nursing Home, 315 N. Washington St., Viborg, SD 57070

OLIVE LEARING

Learing

IRENE — Olive Learing of Irene will be celebrating her 90th birthday on Nov. 22, 2011. There will be an Open House with lunch from 1-4 p.m. on Nov. 26th at the Irene Community Center. No gifts please.

Greetings may be sent to 117 E. Main, Irene, SD 57037.

LYNETTE NELSON

Nelson

WAKONDA — Lynette Nelson of Wakonda will celebrate her 80th birthday on Nov. 28, 2011. Her family is requesting a card shower in her honor.

Greetings may be sent to 45710 300th Street, Wakonda, SD 57073.

MILITARY

MICHAEL MILLAGE

Air Force Airman Michael J. Millage graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Millage is the son of Kevin and Teresa Millage of Greenfield Road, Vermillion.

He is a 2010 graduate of Vermillion High School.

The Oldest Old: Reaching 90 More Likely Than Ever

BY HOPE YEN
Associated Press

WASHINGTON — The rolls of America's oldest old are surging: Nearly 2 million now are 90 or over, nearly triple their numbers of just three decades ago.

It's not all good news. They're more likely than the merely elderly to live in poverty and to have disabilities, creating a new challenge to already strained retiree income and health care programs.

First-ever census data on the 90-plus population highlight America's ever-increasing life spans, which are redefining what it means to be old.

Joined by graying baby boomers, the oldest old are projected to increase from 1.9 million to 8.7 million by midcentury — making up 2 percent of the total U.S. population and one in 10 older Americans. That's a big change from over a century ago, when fewer than 100,000 people reached 90.

Demographers attribute the increases mostly to better nutrition and advances in medical care. Still, the longer life spans present additional risks for disabilities and chronic conditions such as arthritis, diabetes and Alzheimer's disease.

"If I get stuck with something I can't handle, I yell for the kids," says Betty Mae Gutoski, 85, of Muskegon, Mich., who says she expects to live past 90. After all, her father lived to 98. The colon cancer survivor lives alone and says she is "comfortable," getting occasional help with yard work from her son and grandson, who live next door.

Gutoski said in a telephone interview that she maintains her health by leading a busy life — driving, grocery shopping once a week, sewing, visiting the senior center, volunteering and meeting her friends for lunch — but she acknowledges having some fears. "My big worry is becoming a burden on my family," she said.

Richard Suzman, director of behavioral and social research at the National Institute on Aging, which commissioned the report, said cases like Gutoski's are increasingly common. Personal savings for retirement can sometimes be a problem, he said, if people don't anticipate a longer life or one with some form of disability.

An Associated Press-LifeGoesStrong.com poll in June found that more than one in four adults expect to live to at least 90, including nearly half of those currently 65 or older. A majority of adults also said they expected people in their generation to live longer than those in their parents' generation, with about 46 percent saying they expected a better quality of life in later years as well.

"A key issue for this population will be whether disability rates can be reduced," Suzman said. "We've seen to some extent that disabilities can be reduced with lifestyle improvements, diet and exercise. But it becomes more important to find ways to delay, prevent or treat conditions such as Alzheimer's disease."

According to the report, the share of people 90-94 who report having some kind of impairment such as inability to do errands, visit a doctor's office, climb stairs or bathe is 13 percentage points higher than those 85-89 — 82 percent versus 69 percent.

Among those 95 and older, the disability rate climbs to 91 percent.

Census figures show that smaller states had the highest shares of their older Americans who were at least 90. North Dakota led the list, with about 7 percent of its 65-plus population over 90. It was followed by Connecticut, Iowa and South Dakota. In absolute numbers, California, Florida and Texas led the nation in the 90-plus population, each with more than 130,000.

Traditionally, the Census Bureau has followed established norms in breaking down age groups, such as under-18 to signify children or 65-plus to indicate seniors. Since the mid-1980s, the bureau often has released data on the 85-plus population, describing them as the "oldest old" — a term coined by Suzman.

But some of those norms, at least culturally, may be shifting. Young people 18-29 more than ever are delaying their transition to work in the poor job market by pursuing advanced degrees or moving in with Mom and Dad. Older Americans, who are living longer and staying healthier than prior generations, are now more likely to work past 65.

On Thursday, the Census Bureau said it was putting out its study of the 90-plus age group at NIA's request in recognition of longer life expectancies, which are just over 78 for babies now being born.

By the time a person reaches 65, Americans are generally expected to live close to 20 years longer, up from 12 years in 1930. At age 90, their expectancy is another five years.

"Given its rapid growth, the 90-and-older population merits a closer look," said Wan He, a Census Bureau demographer who wrote the report. "The older people get, the more resources they consume because of health care, and disability rates significantly increase. This creates demands for daily care, and for families the care burden increases dramatically."

The findings come as a special congressional committee struggles to meet a Nov. 23 deadline to cut more than $1 trillion from the federal deficit over 10 years. Major sticking points are proposals to increase tax revenue as well as trim Social Security and Medicare spending, such as by increasing the Medicare eligibility age.

Other findings in the census report:

• Among the 90-plus population, women outnumber men by a ratio of nearly 3 to 1.

• Broken down by race and ethnicity, non-Hispanic whites made up the vast majority of the 90-plus population, at 88.1 percent. That's compared to 7.6 percent who were black, 4 percent Hispanic and 2.2 percent Asian.

• Most people who were 90 or older lived in households alone, about 37.3 percent. Some 37.1 percent lived in households with family or others, while about 23 percent stayed in nursing homes. About 3 percent lived in assisted living or other informal care facilities.

• Those who were 90 or older had median income of $14,760, about half of it from Social Security. About 14.5 percent of the age group lived in poverty, compared to 9.6 percent for Americans who are 65-89.

"As we look at these numbers, we see just how critically important programs like Medicare, Medicaid and Social Security are, especially for the very old in America," said David Certner, legislative policy director at AARP. "These are the people — mostly single elderly women — who can least afford a cut to their Social Security cost-of-living adjustment."

MENUS

Menus listed below are for the week of Nov. 21-25. Menus are subject to change without notice. All meals are served with milk.

Yankton Elementary Schools
Monday — Hot Ham And Cheese
Tuesday — Roast Turkey
Wednesday — No School
Thursday — No School
Friday — No School

Yankton Middle School
Monday — Cold Cuts
Tuesday — Roast Turkey
Wednesday — No School
Thursday — No School
Friday — No School

Yankton High School 'A' Line
Monday — French Toast Sticks
Tuesday — Roast Turkey
Wednesday — No School
Thursday — No School
Friday — No School

Yankton High School Combo Line
Monday — Taco In A Bag
Tuesday — Corn Dog
Wednesday — No School
Thursday — No School
Friday — No School

Yankton High School Salad Bar
Monday — Soup
Tuesday — Casserole
Wednesday — No School
Thursday — No School
Friday — No School

Sacred Heart Schools
Monday — Breaded Chicken Sandwich
Tuesday — Cheeseburger
Wednesday — Ham/Yams
Thursday — No School
Friday — No School

Missouri Valley Christian
Monday — Breaded Chicken Sandwich
Tuesday — Cheeseburger
Wednesday — Ham/Yams
Thursday — No School
Friday — No School

The Center — Yankton
Monday — Beef Porcupine Balls
Tuesday —Turkey W/ Dressing
Wednesday — Salmon Loaf
Thursday — Center Closed
Friday — Center Closed

Tabor Senior Citizens Center
Monday — No Meal
Tuesday — Chicken Breast
Wednesday — Beef Stew
Thursday — No Meal
Friday — No Meal

Still Time To Enroll In Medicare Part D Drug Plan

There is still time to enroll in a Part D drug plan before the annual enrollment period ends on Dec. 7. Review your current Part D drug plan now to ensure it is the best plan to meet your prescription needs.

When reviewing your current plan ask yourself these questions:

1. Does my current plan cover all my prescription medications in 2012?

2. Does my current plan have a deductible in 2012?

3. What is the premium for my current plan?

4. Is my current plan still available in my area in 2012?

If you are not sure that your current plan will meet your needs in 2012, make an appointment with your local South Dakota Senior Health Information and Insurance Education Program (SHIINE) office to have a SHIINE volunteer or partner run the Medicare Plan Finder to help you find the right plan for your prescription drug or health care needs.

For more information on SHIINE or to meet with a volunteer in your community, call 1-800-536-8197, visit http://shiine.net/ or contact your Regional Coordinator:

• Eastern South Dakota: Tom Hoy at 605-333-3314 or SHIINE@cfag.org;

• Central South Dakota: Kathleen Nagle at 605-224-3212 or SHIINE@centralsd.org;

• Western South Dakota: Debbie Stangle at 605-342-8635 or SHIINE@westriversd.org.