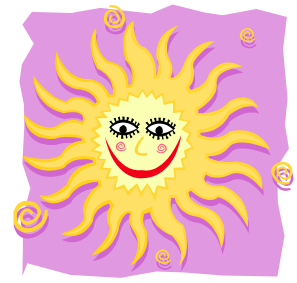




**Jasper County Elderly Nutrition**  
**2401 First Ave E.**  
**Newton, Iowa 50208**  
**641-792-7102**  
**Toll Free: 866-942-7102**



**AUGUST 2017**

*Providing Congregate and Home Delivered Meals in Jasper County*

## **Aging Resources of Central Iowa's Information & Assistance**

**Do you need help and don't know where to turn?**

Call Aging Resources of Central Iowa's Information and Assistance Program for free information on community services. Callers will speak with trained, empathetic Information and Assistance Specialists who will assess their needs, answer questions, explain what programs are available, and assist them in securing the assistance they need.

Aging Resources of Central Iowa's Information and Assistance Program is a bridge between people who need services and the agencies furnishing those services. Accurate information, respectfully and courteously conveyed, often means the difference between getting the help needed and feeling lost and powerless.

Studies show that people seeking services call seven to eight numbers before finding the right one, or they give up before getting the help they need. Calling the Aging Resources of Central Iowa's Information and Assistance Program at **(800) 747-5352** or using the free online [LifeLong Links Database](#) can eliminate guessing and misdirected calls.

Frequently Asked Questions about the Aging Resources of Central Iowa's Information & Assistance (I&A) Program:

**Is the service free?** Yes! All I&A services are absolutely free.

**Is the I&A service always available?** The Information and Assistance/Benefits Specialists are available for assistance Monday–Friday, 8:00am – 4:30pm. The online [LifeLong Links Database](#) of services is available 24 hours a day, 7 days a week

**Is the service confidential?** Yes! Your call or visit will be completely confidential. Our I&A Specialists may ask for basic information including age, zip code, or income in order to provide an appropriate referral or to determine eligibility for a benefit or service.