



Renaissance

Choices Today...Possibilities Tomorrow

April is National Volunteer Month

Dale Struecker likes to work in the background. But this is National Volunteer Month and because of his unselfish efforts, Dale and others like him are now in the spotlight.

Dale is at the top of the list when it comes to volunteering. He can often be found at the Elderbridge office in Fort Dodge, repairing lights, mowing the grass or fixing faucets.

"I don't put a lot of thought into it. I just get busy doing what needs to be done. I like to try to figure things out, what the need is and how to do it," he said.

Dale started volunteering shortly after he retired from the Post Office, but even before that he always seemed to be involved in a project, a board or just giving someone a hand.

"It's probably been 25 years that I've really been hands on volunteering, like shoveling snow and mowing, or helping people move," Dale said. "I've always been involved in boards and groups, but once the kids were out of the house, it made it easier to get more involved. I really like helping people move."

When remembering back on about how the jobs he has done over the years may have impacted others, Dale thinks that the simple act of just listening may have been the most important part of being a volunteer.

"Sometimes people just want to tell you their sto-



ry. I had a woman along my route that would tell me the same story every single day. I would just act like it was the first time, and do what I could to show her I was listening. I was the only person that she saw each day. I think she just needed to talk. That is something I think people just really appreciate, when you make an effort to get to know them."

Among the many jobs Dale does regularly for others are construction projects, replacing roofs, putting in windows and mowing lawns. Dale said that it's important for him to help the aging population, because he sees a lot of common ground.

"When I was on the Elderbridge Board, I really saw the need that older people have for help. I have a lot of family, aunts and uncles that need help, so it just makes sense for me to help older people," Dale said.

And finding time? He said that's not a problem either "I was able to retire early with a good pension from the post office, and that has given me all kinds of time. I like to be outdoors; I like to be doing an activity. I can't just sit at home. I don't look at any of the things I do as a job, I look at them as a way for me to keep active, and making my brain work. That's the best part of it."he said.

In addition to all of the jobs he takes on for seniors, Dale also serves as a member to several different organizations. He is President of the North Central Federation of Labor, President of Central Services, Chairperson of the Webster County Compensation Board, Executive Vice President of Western Iowa Labor Federation, Secretary of the National Association of Retired Federal Employees, Board member at People's Credit Union and just recently served a maximum term with the Fort Dodge Civil Rights Commission.

Dale and his wife Sandy have 6 children together, 22 grandchildren and 11 great-grandchildren. When he's not spending time doing work for others, Dale tries to attend as many Iowa Football games as possible, and takes an occasional trip to Las Vegas.

April 2017

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Elderbridge Board Of Directors*Roy Schoon**Jim Burns**Mary Jean Batham**Steven Ehrhardt**Jan Sowers**Wilma Straus**Margie L. Brones**Paula Harms**Mike Otto**Mabel Mantel**Lionel J. Foster**Larry Pedley**Advisory Rep - Beth Will***Elderbridge Advisory Council***Audubon – Susan Osvald**Buena Vista – Tracy Gotto**Calhoun – Leane Bodle**Carroll – Joene Bohlmann**Cerro Gordo – Amanda Ragan**Clay – Deb Woodcock**Crawford – Steve Fitzgerald**Dickinson – Beth Will**Emmet – Kelly Schultz**Floyd – Lori Hain**Franklin – Tracy Quinones**Greene – Joan Tiffany**Guthrie – Betty Knudsen**Hamilton – Becky Koppen**Hancock – Marlene Gray**Humboldt – Janeice Geitzenauer**Kossuth – Paul Haverly**Lyon – vacant**Mitchell - Sandy Chilson**O'Brien – vacant**Osceola – vacant**Palo Alto – Maureen Sandberg**Pocahontas – Clint Fogde**Sac – Pat Rubendall**Sioux – Lori Hayungs**Webster – Carol Barber**Winnebago – Rick Burke**Worth – Nancy Franck**Wright – Ann Leonard*

Volunteering with Elderbridge

There are hundreds of volunteers who help Elderbridge each day by logging thousands of hours in assistance each year. Here are a few of the ways you can pitch in to help.

Boards and Councils - Elderbridge directors and staff work with community members from our service area who volunteer to help oversee the policies and governance of the agency. The 12 member Board of Directors meets monthly and the Advisory Council has 29 members and meets quarterly. There is also an 11 member LifeLong Links Advisory Board which meets once a quarter and the Elderbridge Alliance Board of five members who meets as needed.

Congregate Meal Sites and Home Delivered Meals - Our meal programs log 64,000 hours per year of volunteer service at an estimated value of \$500,000. Elderbridge helps manage 78 congregate meal sites in our 29 county service area, serving nearly 600,000 meals last year. Many of these meals sites are in need of volunteer drivers to take meals to people who are home bound.

Fresh Conversations Volunteers - The Fresh Conversations program offers food, fun and friendly conversation to help you maintain your health and independence. Once a month, at 21 meal sites, older Iowans gather together to learn from each other, sample new recipes, discuss current nutrition and health topics. We would love more volunteers to help expand the program to additional meal sites.

SHIIP Volunteers - Elderbridge Agency on Aging is a sponsor location for SHIIP (Senior Health Insurance In-

formation Program) counseling through the services of trained volunteers. All SHIIP volunteers are trained in the following areas: Medicare and Medicaid Benefits, Eligibility and Claims, Medicare Supplements, Medicare Advantage, Medicare Prescription Drug Plans (Part D) and Long Term Care Coverage. Currently in the Mason City LifeLong Links office there are four SHIIP counselors: Tom Flaherty, Tom Ryan, Alison Konefes and Barry Trump. Karen Johnson is the SHIIP counselor located in the Elderbridge Carroll office.

Senior Medicare Patrol Volunteers - Volunteers with Senior Medicare Patrol (SMP) are at the front lines of helping to stop fraud, abuse and errors in Medicare. Prospective volunteers who qualify go through a short training period and then can choose from among a variety of role descriptions, each designed to fit the individual's skills.

Volunteering is good for your body and mind! - Adults over age 50 who volunteered on a regular basis were less likely to develop high blood pressure than were non-volunteers. A 2012 study found that participants who volunteered with some regularity lived longer, but only if they were volunteering to help others — not to make themselves feel better. The Greek philosopher Aristotle once surmised that the essence of life is "To serve others and do good." If recent research is any indication, serving others might also be the essence of good health.

If you are interested in any of these Elderbridge volunteer positions, please call the Elderbridge Community Outreach Coordinator at 1-800-243-0678 Extension 7079.

UPCOMING EVENTS

Elderbridge and Community Events and Workshops

- **April 4th and 5th - "Ready, Set, Retire!"** - Building "A" Room 115-119, Northwest Iowa Community College, 603 West Park St., Sheldon, 5:45 pm to 8:45 pm on the 4th and 5:45 pm to 7:45 pm on the 5th
- **April 5th, 12th, 19th and 26th - "Stepping On"** - final four classes at the Recreation Center, 715 North Grant Road, Carroll, 9:30 am to 11:30 am
- **April 8th - "Spencer Wellness Expo"** - Regional Events Center, Clay County Fairgrounds-Spencer, 9:00 am to 3:00 pm
- **April 12th - "Stepping On"** - Algona Senior Center, 1306 North Main Street, Algona 9:00 am each Wednesday for 8 weeks
- **April 22nd - "Ready, Set, Retire"** - Iowa Central Community College - East Campus, 2031 Quail Avenue, Fort Dodge, 9:00 am to Noon
- **April 25th - "Matter of Balance"** - Gowrie Community Center, 1206 Market Street, Each Tuesday for 8 weeks from 9:15 am to 11:15 am
- **April 27th - "Seniors and Law Enforcement Together (S.A.L.T.) Forum"**, Mason City Senior Activity Center, 326 4th Street Northeast, 8:45 am to 12:00 pm
- **May 1st through the 31st - "National Older Americans' Month"** - Plans to be announced
- **June 15th - "World Elder Abuse Awareness Day"** - Plans to be announced

Caregiver Outreach Program - Connect with Elderbridge Experts

Elderbridge Agency on Aging can help you in your role as a family caregiver.

Caregiving can be a balancing act, especially if you're employed or are a caregiver to your spouse and have other responsibilities or health problems of your own. You can't do it all alone. And you don't have to.

To help you with your mission of care, Elderbridge would like to invite you to attend one of a series of 8 dinners that we will host for family caregivers.

The meal is free and there will be NO SALES PITCHES. A special speaker will share her personal caregiving journey during dinner followed by a brief overview of the Elderbridge programs and services that can assist you on a daily basis. Non-registered attendees are also welcome to take part in the discussion following the meal.

Elderbridge Family Caregiver Specialists will share knowledge and experience to connect you with the help you need. They will listen to your request or problem, answer questions, give choices of service providers in your area and make referrals if you wish. Staff can also provide information about financial assistance and benefits to fund the services you need. will be available.

Providing care can be difficult. We can help. We want to know more about the things you need that we can help you with to lighten the load of your daily efforts.

Caregiver outreach dinners

Pre-registration is required for the meal by calling 800-243-0678.

Ask to register for the specific Caregiver Dinner listed below that you plan to attend. Meals will be limited to the first 50 callers.

- **Tuesday, April 25th** - Guthrie Center, Guthrie Activity Center, 209 State Street, 6:00 pm, pizza and salad
- **Thursday, May 4th** - Denison, Pizza Ranch, 510 Iowa Highway 39, 6:00 pm, buffet dinner
- **Thursday, May 11th** - Audubon, Audubon Memorial Building, 410 North Park Avenue, 6:00 pm, pizza and salad
- **Thursday, May 18th** - Jefferson, Wild Rose Casino, 777 Wild Rose Road, 6:00 pm, buffet dinner
- **Thursday, June 1st** - Orange City, Pizza Ranch, 1505 8th Street SE, 6:00 pm, buffet dinner
- **Thursday, June 8th** - Sibley, Pizza Ranch, 316 9th Street, 6:00 pm, buffet dinner
- **Tuesday, June 13th** - Sanborn, Pizza Ranch, 107 West 7th Street, 6:00 pm buffet dinner
- **Thursday, June 22nd** - Larchwood, Grand Falls Casino, 1450 Grand Falls Blvd., 6:00 pm buffet dinner

Spring Walks Don't Mean Stepping and Sneezing

For seniors who walk outside who are allergy sufferers, the enemy is pollen. Time of day and weather can affect how much of it you'll inhale during your workout. The pollen count is typically highest in the mornings, so save your outdoor workouts for the afternoon or evening.

Before Your Walk - Don't hang your workout clothes outside to dry after you launder them. Instead, use the clothes dryer or hang them indoors to dry. Left outside, they can collect pollen and other flying allergens.

During Your Walk - Cover your hair. Don't worry about the fashion police! It's important to wear a hat so pollen doesn't stick to your hair. A billed hat, like a baseball cap, can play double duty by protecting your hair from irritants and providing sun protection. Shield your eyes. Wear sun

glasses while walking and exercising outdoors to reduce getting pollen in your eyes. If it does get in and you have itchy eyes, have a small bottle of saline solution handy to wash out your eyes.

After Your Walk - Use your AC. Keeping the windows closed helps to prevent pollens and molds from entering the house. Get clean. Shower as soon as possible after outdoor exercise. This step is even more important for older allergy sufferers, who may have other skin related problems. The pollen can stick to their bodies and irritate them long after their venture outside.

Check the TV weather channels and weather websites. These sources will show pollen counts for your area so you know when to take your workout outside and when to stay inside at the gym.

Seniors Search for New Jobs in Retirement

The latest estimates show that the average 65-year-old retiree will need about \$100k to cover the costs of medical premiums and healthcare expenses alone. All this makes it hard to plan effectively for the future. It's no mystery that more than 60% of workers continue to hold full-time jobs past the traditional retirement age of 65. Working after retirement is quickly becoming the new normal. So, where do you begin?

- Do something entrepreneurial. Post an ad on any job board stating you are available to perform services and tasks and someone will hire you. Advertise that you are available to house sit or pet sit; provide shopping services or transportation for someone who is disabled; do some outdoor work like washing windows, cleaning up gardens, etc.
- Improve your skills. Libraries frequently offer free computer classes. Check out the unemployment centers. They might have interviewing classes. Go online and type in the words

“free online courses.” You will be amazed at what's out there.

- Network. Join a new group. It gets you out of the house and involved with new people who might know someone who wants to hire you.
- Don't turn your nose up at job opportunities that are available now. Any job that gives you money to pay your bills and that you can get now is better than no job and no money.

Older Worker Employment Program

For seniors looking to re-enter or stay in the workplace, Elderbridge offers its Older Worker Employment Program. The program helps those 55 and older overcome barriers that would otherwise keep them from being gainfully employed.

For more information on the Elderbridge Older Workers Employment Program contact Elderbridge Agency on Aging by calling 800-243-0678.

HomeMeds Help Now Available through Elderbridge

Every day, millions of seniors around the country take prescription medicines to help them lead healthier lives. However, making sure that the various drugs don't react negatively with one another can be challenging. This problem is made even more difficult by the fact that seniors often see many medical professionals over the years who have prescribed different medications for different ailments. The potential side effects of a bad mix of medicine can include weakened immune systems, fatigue, increased risk of falls and worse.

This is where a new program called HomeMeds from Elderbridge Agency on Aging comes in. HomeMeds addresses medication problems among frail older adults. Trained agency staff members work with a consulting pharmacist from Mercy Medical Center North Iowa in Mason City to verify the appropriateness of the client's current medication list and to identify problems that need to be re-evaluated by their physician.

Clients who are targeted for HomeMeds are those who have just recently returned home from hospital or ER visits and those who take more than 8 prescrip-

tions or over-the-counter drugs.

Ensuring medications won't interfere with a client's wellbeing is critical to maintaining that client's independence. Cathy Vande Hoef of Elderbridge says the program is set up to do just that.

Vande Hoef, a case management team lead from Elderbridge's Spencer office says "Falls are the leading cause of injury or death for people over 65 and medication side-effects are a contributing factor to a person's likelihood of falling. "

Vande Hoef says there is potential for the program to help those returning home from hospitalizations who may subsequently be on many new medications and unaware of how those new prescriptions will affect their current drug regimen. She also hopes that with time and proper recognition, the plan could be covered as a preventative service and be implemented across the state through the other 5 Iowa agencies on aging.

For more information on the HomeMeds program please contact Elderbridge by calling 800-243-0678 and ask about HomeMeds.

Employee Spotlight: Cathy Vande Hoef



Where did you grow up and spend your early years?

I was born in Des Moines and lived there briefly before moving to Hartford, IA. We moved to Davenport, IA when I was 7.

Tell us a little bit about your family.

My younger sister and brother, their families and my parents all live in the Quad Cities. My husband Jayson works for his family plumbing / water conditioning business and was elected to a second term as Osceola County Supervisor. We have 3 children – Victoria (13), Gabriel (8) and Elijah (6).

What made you want to get involved in social services and elder care?

My mom was an only child so my siblings and I were the only grandchildren on that side. My maternal grandmother lived several hours away so we didn't see each other often, but it was obvious to me even when I was little that we were her world. I suspect it was because of her that I became involved with the "Teens for Senior Citizens" group through high school. I always had a comfort level and fondness for older individuals, but planned to go to college for business. It wasn't until I changed my major in college to social work and took

the geriatrics course that I realized I could take something that felt natural to me and make a career out of it.

What are 3 career lessons that you've learned this far?

1. As much as I want to do it all, I can't.
2. By nature I prefer autonomy, but in the workplace I absolutely love team-work.
3. Leave work at work.

What are some of the changes that you have seen in your profession since you started?

In my 18 years in this profession, paperwork keeps increasing which has significantly decreased the amount of time you actually get to spend with the people you are serving.

What are some of your favorite things to do while away from work?

My kids would say napping and they wouldn't be wrong! But I enjoy scrapbooking, reading, watching movies and baking.

Do you have a personal motto or words of wisdom that you try to live by?

As I was growing up I was directed not to just return things to the state in which I found them, but to leave things better than I found them.

5 Easy Tips for Sticking to Your Medication Regimen

Studies show that a third of patients don't take their medications as prescribed and nearly 50 percent of patients with chronic conditions stop taking their medications within the first year of diagnosis. Many seniors are managing several health conditions and take multiple medications. Keeping everything straight can seem overwhelming at times. But it doesn't have to be.

Develop a relationship with your pharmacist.

This will help you manage your medications better and prevent potential and harmful drug interactions. Your pharmacist can even help you save money by identifying generic versions of your medications that are just as safe and effective, but cost less.

Medication reminders. According to the Centers for Disease Control and Prevention, 4 out of every 10 people that don't stick to their plan do so because they simply forget. Some pharmacies offer a number of tools and services that help people remember to take their medications as prescribed. For example, you can download a mobile app that allows users to customize reminders and set up missed dosage notifications.

Establishing a "pharmacy home". Having your prescriptions filled at multiple pharmacies can lead to medication non-adherence because of the additional challenge it creates for a patient to pick up all their prescriptions. It may take some work on the frontend, but consolidating all of your prescriptions into one "pharmacy home" is recommended.

Use digital technology when traveling. It can be challenging to maintain your prescription regimen when traveling. Some helpful tools to consider are those available on pharmacy mobile apps that let you look up the nearest pharmacy, view your prescription history, and refill and transfer your prescription right from the palm of your hand.

Communicate concerns. If you're unsure about a certain medication or are experiencing a side effect, it's important to voice these concerns to your pharmacist or a trained health expert. Every person is unique and may react differently to new medications or lifestyle changes. Have a conversation with an expert to be sure you have the healthiest routine possible.

| MAY 2017 MENUS | | | | |
|-----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 1 | 2 | 3 | 4 | 5 |
| Chicken Rice Casserole Beets or Layered Lettuce Hot Fruit Compote Chocolate Chip Bar OJ | Crab or Tuna Salad Carrot Grape Salad Cranberry/Pear Crisp WW Roll  | Shepherd's Pie Asparagus Apple Raisin Salad Royal Brownie WW Bread | Baked Chicken Baked Potato Three Bean Salad Peaches Tomato Juice | Roast Beef Potatoes w/ Gravy Carrots & Broccoli Applesauce Jello Orange Wedges |
| 8 | 9 | 10 | 11 | 12 |
| Salisbury Ground Beef Mashed Potatoes Carrots Mixed Fruit Cranberry Juice | COOK'S CHOICE | Lemon Herb Chicken Rice Pilaf Broccoli Strawberries & Bananas Tomato Juice | Sloppy Joe on WW Bun Potato Wedges Brussel Sprouts with Cranberries Tapioca Pudding | Goulash California Blend Vegetables WW Garlic Bread Oatmeal Fruit Bar Banana Half |
| 15 | 16 | 17 | 18 | 19 |
| Roast Turkey Potatoes & Gravy Spinach Au Gratin Blushing Pears | Baked Chicken Baked Beans Asparagus Orange Wedges WW Roll | Crunchy Pollock Roasted Red Potatoes Broccoli Strawberry-Rhubarb Crisp w/ Ice Cream WW Roll | Tater Tot Casserole Tossed Salad Apple Slices Oatmeal Fruit Bar OJ | Egg Salad on Bun Tomato Spoon Salad Potato Salad Royal Brownie Cantaloupe |
| 22 | 23 | 24 | 25 | 26 |
| Meat Loaf Baked Potato Harvard Beets Cranberry/Pear Crisp Orange Juice | Tuna & Noodles Broccoli Creamy Cole Slaw Cinnamon Apples Apricots | Chicken, Orange and Almond Salad Raisin Bran Muffin Fruit Cup ⁷ Chocolate Pudding | Liver & Onions -OR- Beef Patty Boiled Potatoes w/gravy Mixed Vegetables Strawberries and Bananas WW Roll | COOK'S CHOICE |
| 29 | 30 | | | |
| Cheese Burger WW Bun Santa Fe Corn Baby Carrots Plums OJ | Golden Baked Chicken Potatoes w/ Gravy Garden Beans Fruit Cup WW Roll | Porcupine Meatballs Mashed Potatoes Brussel Sprouts Strawberries & Bananas | Each Meal Includes: * 1/3 of the Required Daily Amounts (RDA) for persons age 70+ *Milk * Condiments as appropriate Sodium >800 ^{***}  |  <i>Amy Barnes MS RN LDN</i> |

Seniors Dig Their Gardens

Many seniors have shared their joy of gardening with their children and grandchildren over the years. Having learned from our elders, we carry on the love they've given us by planting and growing our own flowers, fruits and vegetables. It's now our turn as caregivers to share new, accessible gardens and the fulfillment of getting our hands dirty again with our senior loved ones as they age. Many seniors find that the effects of aging on joints, muscles and the freedom of movement have prohibited them from tending to their beloved gardens. But that can be changed!

Growing vertically – plants that grow vertically are more easily accessible for those with mobility limitations. There are different kinds of commercially available products that can grow in hanging containers, upside down, trellises or using garden towers.

Growing in raised beds – an advantage is that they are easy to reach, even from a wheelchair or seated position, if balance or endurance is a problem. Garden boxes can be elevated on legs or built

up beds lined with materials such as railroad timbers that allow space for a seat for gardeners to work and rest. Two to three feet in height is typically ideal for easiest accessibility.

Self-watering containers – some garden containers that are commercially available have a capacity to self-water so if seniors are unable to water daily the plants will still continue to grow well. You can also fashion your own self-watering containers using reservoirs and garden hoses.

If going outside isn't an option, try using inside plant stands with fluorescent lighting. It provides the same benefits of physical and mental activity in a more convenient form. You can purchase specially made indoor gardens that provide light and growing trays.

Aging shouldn't be the reason to stop enjoying a lifelong activity – at least not without a fight. Giving your senior a way to continue to engage in gardening, either on a small or somewhat larger scale, can provide many benefits. Try some of these ideas and enjoy the harvest!

Knowing Where to Turn for Help

Karen Miller had no idea what she was going to do when the New Year arrived. "My health was getting worse and worse and money was getting tight. Starting in January, I was going to have to pay \$400.00 a month out-of-pocket for just one medication for my heart condition," said Karen, "I didn't know how to handle it so I called Elderbridge."

Karen was connected with John at Elderbridge Agency on Aging. John is an Options Counselor in the LifeLong Links department who visited with Karen in her home. He began working with Karen to assess her needs and to identify her two main concerns: financial help for a home health aide that she was paying for on her own and also help covering the cost of her prescription medications.

Together, Karen and John began to develop a plan on how to address those concerns. Karen would apply for the Home & Community Based Services Elderly Waiver through Medicaid, which would cover the cost of a home health aide. The waiver would also enroll Karen in Medicare Low-Income Subsidy which would help with the out-of-pocket portion of her Part D Prescription Drug plan, which was causing Karen so much anxiety. John helped Karen fill out the necessary application and gather together all of the supporting documentation. Then, everything was sent on to the Iowa Department of Human Services.

A few weeks later a gentleman came to Karen's house to conduct an Elderly Waiver home assessment. The completed assessment was then sent to Iowa Medicaid Enterprise for a decision. To Karen's dismay the application was denied. Karen remembered her concern, "It was a shock and I was overwhelmed. It caused me so much anxiety and I was scared that I was going to end up back in the hospital." John started making phone calls to determine what had caused the denial and to start the appeal process. He spoke with Karen's doctors to get letters of support. Then he began working through the Medicaid system to try to get the decision overturned.

While the appeal process was underway, John helped Karen apply for short term financial as-



Karen Miller sits at her kitchen table with her medications in front of her. She uses Elderbridge services to ensure she gets the help she needs to live independently.

sistance through her pharmacy. This assistance would cover the cost of her expensive medications for a few months while they worked on the appeal.

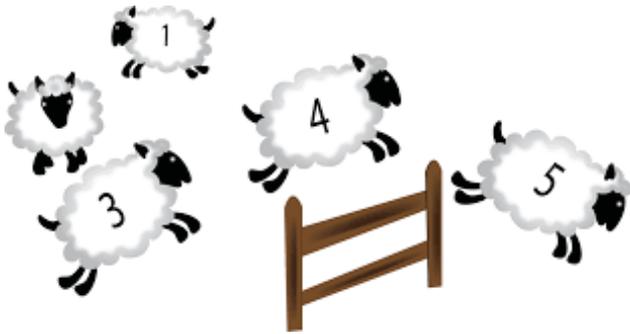
In the middle of January, John received a call from Iowa Medicaid Enterprise. Karen's Medicaid Elderly Waiver was approved and the appeal was being dismissed. "We were very excited and everything seemed to be going in the right direction. However after a couple of weeks, we still had not received anything in writing," said John. Due to a computer error, Karen was approved for the Elderly Waiver with half of the agencies that deal with Medicaid, but not the other half. Nothing was moving forward and no one seemed to know how to resolve the situation. Not to be denied, John started making phone calls to everyone he could think of to get Karen's case moving again. A month later, the problem was finally resolved.

Now, Karen is receiving the help that she needed and deserved. "It is a relief knowing that I have help and that my meds are going to be here," said Karen. "I don't know what I would have done without Elderbridge."

For more information on aging related issues, contact Elderbridge Agency on Aging at www.elderbridge.org, or call 800-243-0678.

"It's a relief knowing that I have help and that my meds are going to be here. I don't know what I would have done without Elderbridge." -Karen Miller

Getting Older, Sleeping Less?



Insomnia is like a thief in the night, robbing millions — especially those older than 60 — of much-needed sleep. The causes of insomnia are many, and they increase in number and severity as people age.

According to *Senior Outlook Today*, there are two types of insomnia. One, called primary insomnia, results from a problem that occurs only or mainly during sleep like obstructive sleep apnea, restless leg syndrome with periodic limb movements, or a tendency to act out one's dreams physically. An accurate diagnosis often requires a professional sleep study.

The more common type of insomnia is related to an underlying medical or psychiatric problem such as the side effects of medications; exposure to caffeine, alcohol or nicotine; daytime naps or excessive noise or light in the bedroom.

Regardless of the reason, insomnia can become a learned response when people anticipate having difficulty falling asleep or returning to sleep after middle-of-the-night awakenings. If you still can't fall asleep within about 20 minutes in bed, experts recommend leaving the bedroom and doing something relaxing, like reading a printed (not electronic) book, and returning to bed when you feel sleepy.

Sleeping pills can be problematic, especially for older people who are more sensitive to their side effects, including daytime hangover. Other alternatives include over-the-counter remedies like melatonin or valerian. The brain makes melatonin, the body's natural sleepiness hormone, in response to darkness.



22 N. Georgia Ave., Ste 216
Mason City, Iowa 50401

Our Mission is to Empower Older Iowans
and Adults with Disabilities to Live with
Dignity and Independence.

Returned Service Requested

The Elderbridge Agency on Aging was created under the Older Americans Act and has been meeting the needs of Iowans age 60 years and older and their caregivers for more than 40 years.

Elderbridge serves older Iowans in a 29-county area in Northwest, North Central and Central Iowa with the goal of providing the necessary information and resources to empower our constituents to manage their lives and the aging process to the best of their and our abilities.

To learn more about the services Elderbridge provides to older Iowans, contact an Elderbridge Office or visit www.elderbridge.org.

Mason City

22 North Georgia Avenue, Suite 216
(641) 424-0678 or 1 (800) 243-0678

Fort Dodge

308 Central Avenue
(515) 955-5244 or 1 (800) 243-0678

Carroll

603 North West Street
(712) 792-3512 or 1 (800) 243-0678

Spencer

714 10th Avenue East
(712) 262-1775 or 1-800-243-0678

Renaissance Newsletter Order and Change of Address Form

Mailing information:

Name: _____

Address: _____

City/State/Zip: _____

Send to:

Renaissance - Elderbridge

22 N Georgia, Ste 216

Mason City IA 50401

Change of Address

The Renaissance is published monthly by the Elderbridge Agency on Aging. It is available to persons aged 60+ living in our 29-county service area without charge. If you wish to give a voluntary donation to help defray costs, the suggested donation is \$5.