



# Renaissance

Choices Today...Possibilities Tomorrow

## Older Americans Month 2017: Age Out Loud



Janie Conn and Sandy Lockwood

Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.

The theme of Older American's month this year is "Age Out Loud." Elderbridge staff is honored to work alongside a pair of fellow staff members who exemplify the spirit of Older Americans Month, Janie Conn and Sandy Lockwood.

At 83 years old, Janie Conn considers being positive the way she "ages out loud."

"I try to be a positive person that people want to be around. I feel like if you have a smile on your face, other people feel better and maybe you are able to change their day."

Janie started working at Elderbridge in 1999, but her first job was as a waitress.

"I would work before school and after school. I've always worked," she said.

One of Janie's most memorable jobs was at Farm Bureau.

"I had a boss who would let me take the day off from my regular duties to go pick up his mother! I always thought that was crazy, but I did it, and she was very nice!" Janie said.

She continues to work because it gives her purpose.

"I love working and I love being around people. I'm able and my mind is still able," she said.

At 16, Sandy Lockwood started working as a grocery checkout girl in Mason City. 60 years later, she's still working at 76.

She blames her doctor.

"I've had the same doctor for 33 years and he doesn't want to see me in his office every day," said Sandy, "He says since I'm still in great health, I need to take advantage of that and just keep going."

Sandy said her most exciting job was working at Piper Jaffary, sending stock market reports to the New York Stock Exchange.

"Piper Jaffary was my favorite, you didn't have as many people there telling you what to do all of the time," she said with a laugh.

Aging out loud to Sandy is all about providing a service to people.

"I help people every day. I even try to help out my neighbors. It's a fun thing to help people out."

One that thing both Sandy and Janie have in common, they've both seen many changes in the work place through the years.

"Of course, technology has changed," said Janie and Sandy agreed, "Learning that has been a challenge at times, but we figure it out and move on."

Elderbridge Agency on Aging will use OAM 2017 to focus on how older adults in our community are redefining aging—through work, family interests and by taking charge of their health and staying independent for as long as possible. We can also use this opportunity to continue learning from Janie and Sandy and to continue gaining wisdom from them.

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Available Through Elderbridge and Partners**

Food vouchers will be redeemable at participating Farmers Markets throughout the state of Iowa and will be ready to distribute to income eligible seniors starting June 1, 2017.

**Here's How It Works**

Starting on June 1, 2017, income eligible seniors 60 years of age and older who live in the 29 county area serviced by Elderbridge can apply for the vouchers at the Elderbridge offices in Mason City, Fort Dodge, Spencer and Carroll.

They can also apply at Senior meal sites and Senior Centers in the following communities: Audubon, Exira, Linn Grove, Storm Lake, Lake City, Manson, Rockwell City, Carroll, Manning, Clear Lake, Mason City Senior Activity Center, Mason City-Pilgrim Place, Spencer- Sunset, Denison, Spirit Lake, Estherville, Charles City, Rockford, Hampton, Jefferson, Stuart, Panora, Guthrie Center, Webster City, Stratford, Britt, Kanawha, UDMO-Humboldt, Algona, Bancroft, Riceville, Emmetsburg, Pocahontas, Laurens, Sac City, Wall Lake, Hawarden, UDMO-Fort Dodge, Deercreek – Fort Dodge, Gowrie, Buffalo Center, Forest City, Lake Mills, Manly, Belmond, Clarion, UDMO – Eagle Grove

If accepted, single seniors can get up to 10 vouchers worth \$3 each, couples can receive up to 20 vouchers for a \$60 total value. Income guidelines are \$22,311 or less for single seniors and \$30,040 or less for senior couples.

Recipients can then redeem the vouchers at most Farmers Markets in Iowa with vendors who are participating in the Senior Farmers Market Nutrition Program and the WIC Cash Value Program. The vouchers can only be used for locally grown fresh fruits, vegetables, herbs and honey.

**Here's How It Helps**

The Farmers Market coupons can be used from June 1, 2017 through October 31, 2017. By the time this year's program is complete more than 20,000 Iowa seniors will have been helped by getting better nutrition at no expense to their limited personal budgets.

"Iowa has great fresh fruits and vegetables that can be found at farmers markets throughout the state and these programs are designed to give WIC participants and low-income seniors better access to these fresh and nutritious foods" Northey says.

**Apply June 1, 2017**

Vouchers are limited and are a very popular benefit to qualifying seniors, so get ready to apply June 1, 2017. For more information call Elderbridge Agency on Aging at 641-424-0678 or Program Administrator Stephanie Groom with the Iowa Department of Agriculture at 515-242-6239.

Non Discrimination Statement: "In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

## Main Street Ambassadors Congratulate New Elderbridge CEO



Members of Spencer's Main Street Ambassadors came to Elderbridge Agency on Aging April 5th to congratulate Shelly Sindt on her recent appointment as CEO of Elderbridge. Spencer Main Street is an organization that helps to promote and develop Spencer as a place of flourishing business, rich culture and an overall high quality of life for all who live there. The organization, led by business owners and leaders in the community, congratulated Sindt on her promotion and learned more about how Elderbridge helps serve the area's seniors and adults with disabilities. Elderbridge staff also introduced themselves and explained to the Ambassadors how their specific work benefits northwest and north-central Iowa. Elderbridge employees are excited to have such strong connections with the individual communities we serve and look forward to establishing many more in the future.

## Caregiver Support Groups Offer Support to Those in Need



Families play a significant role in the care required for our frail older family members, friends and adults with disabilities. Nearly one in four households are involved in providing physical and emotional assistance to older relatives and friends and

the number of households providing caregiving has tripled in the last decade.

Those providing the care are not alone. Elderbridge is here to help you on your caregiving journey with on-line support through Facebook and traditional support groups which meet monthly in your area.

### Mason City Caregiver Support Group:

The Mason City Caregiver Support Group meets on the 4th Tuesday of each month from 9:30 a.m. to 10:30 a.m. The group gets together at those times in the library at Trinity Lutheran Church in Mason City located at 213 North Pennsylvania Avenue. Contact John Joyner at Elderbridge, 641-424-0678 Extension 7045 for more information.

### Spencer Caregiver Support Group:

The Northwest Iowa Caregivers Alzheimer's Support Group has been going strong for more

than 25 years in Spencer. The group meets at 6:30 p.m. on the last Wednesday of every month at the Elderbridge office at 714 10th Avenue East. Contact Elderbridge Elder Rights Specialist Nancy Ketcham for more information at 712-262-1775.

### Fort Dodge Caregiver Support Group:

For folks in the Fort Dodge area, there is a new, more convenient time for family caregivers to attend the Elderbridge Support Group. The group meets from 6 p.m. to 7 p.m. at the Elderbridge office in Fort Dodge on the 2nd Wednesday of each month. Contact Mary Lamphier or Christine Riggert at 515-955-5244 to take part. There is no cost to participants. Meals will NOT be provided, however those who attend are welcome to bring their own dinner, if they choose, to use this time to eat, learn and support one another.

### Britt Caregiver Support Group:

There will also be a new caregiver support group starting up in Britt this summer. Elderbridge staff along with staff from Senior Life Solutions of the Hancock County Memorial Hospital will facilitate the group. The Britt Caregiver Support group will meet the 2nd Thursday of every month starting July 13th at 10 a.m. at the Britt Evangelical Free Church located at 810 2nd Avenue NW. Contact John Joyner at Elderbridge, 641-424-0678. extension 7045 for more information.

## Free Dinner and Discussion Offered for Area Caregivers

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

The meal is free and there are NO SALES PITCHES. A special speaker will give an informative introduction during dinner followed by a brief overview of the Elderbridge programs and services that can assist you on a daily basis.

Our Family Caregiver Specialists 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. 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 at 6 pm.

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

## Online support group available on Facebook

Many times there aren't enough hours in the day to even take a small break and yet, Caregivers are constantly reminded that they need to take time for themselves.

There is support, and you don't even have to leave the comfort of your own home.

The Elderbridge Cares Community is an online support group created through Facebook. The group is closed to members only, but provides the same caregiving information and support that an actual group meeting does.

The support group is monitored by Elderbridge staff, who can also provide information on resources for caregivers, if anyone in the group needs it. To access the online community, a person would simply log on to their Facebook account and search for "The Elderbridge Cares Community." They would then need to ask to become a member.

These groups are designed to provide a helpful and resourceful place for caregivers. If you know of someone who would benefit from being a member of either the face to face group or the online support group, please have them call Jennifer Brown at Elderbridge Agency on Aging, 1-800-243-0678.

## Give a Little, Help a Lot!

We need your help. Gifts of time and money allow Elderbridge to fulfill its mission. Did you know that since Lifelong Links inception in 2014, Elderbridge has received over 15,000 calls per year? Many request information on resources where they live, while others may ask for help due to homelessness, unexpected hospitalization or depleted income.

LifeLong Links counselors help with planning for issues involving health, finances and family. They may counsel a family member who is struggling with caring for a senior with dementia or give advice to someone who needs respite services to take a break.

There are over 107,000 people over the age of 60 in the 29 county Elderbridge service area. That's 25% of our total population! Would you consider investing in Elderbridge? Your tax-free contribution will have a direct impact on helping older Iowans and adults with disabilities. Please consider making a donation today. For more information contact Tammie McCready, 800-243-0678 Ext. 7066

## Whatever Happened to Giving May Day Baskets?

Back in simpler times, people rang in the first of May with a particularly charming and elegant tradition: People would take all the flowers that they had gathered at the end of April's showers, arrange them in pretty paper along with some gifts and candies, and then hang them on the doors of friends and neighbors as a way of welcoming them into warmer weather.

Of course, it was also a way of letting a romantic prospect know that you cared for her, as boys would often hang baskets on the doorknobs of the ladies they fancied, knocking on their doors before bolting away. If the lady in question caught the gentleman leaving the basket, she was then tasked with chasing him down in an effort to steal a kiss.

The way that Louisa May Alcott describes the day in her children's book, *Jack and Jill*.

"Such a twanging of bells and rapping of knockers; such a scampering of feet in the



dark; such droll collisions as boys came racing round corners, or girls ran into one another's arms as they crept up and down steps on the sly; such laughing, whistling, flying about of flowers and friendly feeling—it was almost a pity that May-day did not come oftener."

While the May Day basket tradition is still practiced by some old-fashioned individuals, the custom is unfamiliar to the youth of today, despite the fact that it was once a very widespread tradition.

## Students are Redesigning a Longer Life

The Stanford Longevity Center's annual Design Challenge encourages college and university students to design practical products or services that will optimize long life. Since part of the design process involves the competitors familiarizing themselves with issues of aging, organizers of the challenge hope that a new generation will become knowledgeable enough to come up with products that meet real needs as the older population skyrockets.

These are just a few of the Stanford Design Challenge Finalists for 2017:

**UPPO** - A team from Virginia Tech took a look at the connection between fear of falling and social isolation. After spending some time in a local retirement home, they discovered that walkers currently on the market lead users to hunch over, creating poor posture that could actually lead to falls. UPPO's ergonomic design increases balance and stability, and helps people feel secure while promoting an upright posture.

**TAME** - Some 280 million people worldwide have lost their independence due to tremors. This wearable sleeve or wristband was designed by a team from Pakistan's National University of Sciences and Technology to suppress hand tremors, making it easier for people suffering from conditions such as Parkinson's to manipulate objects and complete routine daily tasks like eating, drinking and getting dressed. Tame is worn discreetly under a shirt. (TAME stands for Tremor Acquisition and Minimization.)

**SMARTLIFT** - A team from the University of Waterloo, Canada, wanted to make it easier for people with mobility issues to get from sitting to standing, and back again. They came up with this electrically powered lifting seat cushion that integrates into any chair or sofa to help prevent strains and injury when you're getting up or sitting down. The Smart-Lift incorporates buttons you can use to adjust the cushion height as well as operate the lift action.

**RENDEVER** - This virtual reality platform invented by a team from MIT uses VR goggles and a tablet or computer to let people with limited mobility visit a childhood home, travel the world, and connect with family and friends. The 3D content of RENDEVER is meant to inspire conversation and bring new experiences into the living room; the product is already available for use in assisted living facilities.

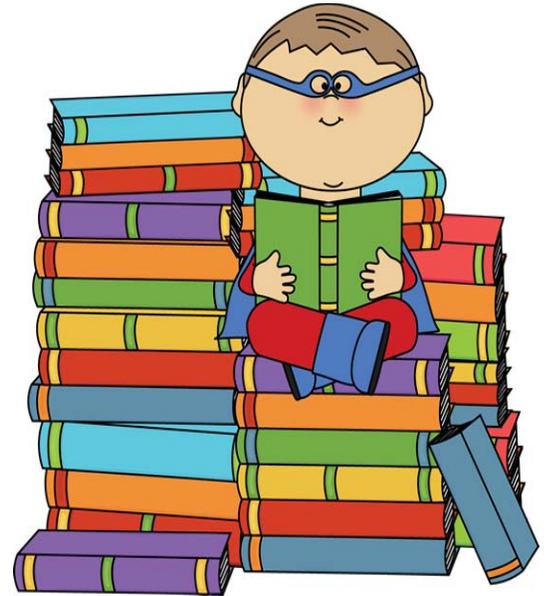
**BEEHOME** - The BEEHOME website matches aging homeowners with tenants who want to put in a few hours a week doing household chores in exchange for a more affordable rent. Dreamed up by a team from UC Berkeley, the platform helps the owner price quote chores, run background checks and checks in monthly to make sure everything's going smoothly.

This year's Design Challenge theme was "Innovating Aging in Place" and invited design solutions that empower people who want to stay living in their own homes for as long as possible.

## Proverbs Quiz

Do you know the answers to these proverbs? Answers are on the bottom of page 10.

1. \_\_\_\_\_ makes the heart grow fonder.
2. All that \_\_\_\_\_ is not gold.
3. An apple a day keeps the \_\_\_\_\_ away.
4. Birds of a \_\_\_\_\_ flock together.
5. \_\_\_\_\_ do not make the man.
6. Don't cry over \_\_\_\_\_.
7. Don't put off for tomorrow what you can do \_\_\_\_\_.
8. Haste makes \_\_\_\_\_.
9. If you can't stand the \_\_\_\_\_ get out of the kitchen.
10. \_\_\_\_\_ before you leap.
11. Money does not \_\_\_\_\_ on trees.
12. No pain, no \_\_\_\_\_.
13. The pen is \_\_\_\_\_ than the sword.
14. \_\_\_\_\_ wasn't built in a day.
15. \_\_\_\_\_ is the spice of life.



**JUNE 2017 MENUS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
	<p><b>Each Meal Includes:</b></p> <ul style="list-style-type: none"> <li>* 1/3 of the Required Daily Amounts (RDA)</li> <li>* Milk</li> <li>* Condiments as appropriate</li> <li>* Sodium &gt;800</li> </ul> <p><i>Amy Brown MS RDN LDN</i></p>		Crunchy Pollock Potato Wedges Peas Chocolate Pudding Peaches	Ham Loaf Roasted Red Potatoes California Blend Raisin Rice Pudding
5	6	7	8	9
Creamed Chicken Buttermilk Biscuit Green Beans Strawberry Rhubarb Raisin Crisp OJ	<p><b>COOK'S CHOICE</b></p>	Salisbury Ground Beef Baked Potato Mixed Vegetables or Mixed Vegetable Salad Peach Crisp	Hot Pork Sandwich w/ WW Bread and Potatoes w/Gravy Carrots & Broccoli Oatmeal Raisin Bar	Hearty Veg Beef Soup Corn Bread Banana Half Cinnamon Apples w/Crunchy Topping
12	13	14	15	16
 BBQ Pork on WW Bun California Blend or Chop-Chop Salad Potato Salad Banana half	Golden Baked Chicken Scalloped Potatoes Harvard Beets Sunshine Salad WW Roll	Swiss Style Gr. Beef Baked Potato Triple Salad Blushing Pears	Roast Turkey Potatoes/gravy Creamed Asparagus Strawberries OJ	Crunchy Pollock Sweet Potato Wedges Corn, Bean, Broccoli salad Pineapple Crunch Tomato Juice
19	20	21	22	23
Chicken Noodle Casserole Brussel Sprouts Apricots Pumpkin Custard OJ	Pork Loin Chop Potatoes/Gravy Squash WW Roll Apple Crisp	Taco Salad Corn Salad Plums Royal Brownie Tomato Juice	Crunchy Baked Fish Parsley Potatoes Creamed Peas Fruit Cup with Dip	Liver & Onions or Beef Patty Mashed Potatoes and Gravy Mixed Vegetable WW Roll Mixed Fruit
26	27	28	29	30
Roast Beef Potatoes w/ Gravy Carrots & Broccoli Applesauce Jello Orange Wedges	Shepherd's Pie Asparagus Apple Raisin Salad Royal Brownie WW Bread	Baked Chicken Baked Potato Three Bean Salad Peaches Tomato Juice	 Crab or Tuna Salad Carrot Grape Salad Cranberry/Pear Crisp WW Roll	Chicken Rice Casserole Beets or Layered Lettuce Hot Fruit Compote Chocolate Chip Bar OJ

## Caregiver Support Helps Lessen the Risk of Elder Abuse

Did you know that there is an estimated 317,000 – 500,000 active caregivers in Iowa? Many non-professional caregivers – spouses, adult children, other relatives and friends – find taking care of an elder to be satisfying and enriching. But the responsibilities and demands of elder caregiving, increases as the elder's condition deteriorates.

The stress of elder care can lead to mental and physical health problems that make caregivers burned out, impatient, and unable to keep from lashing out against elders in their care. Such demands can create situations in which abuse is more likely to occur. Neglect constitutes more than half of all reported cases of elder abuse.

### **Neglect by caregivers:**

- Unusual weight loss, malnutrition, dehydration, untreated problems, such as bed sores
- Unsanitary living conditions: being left dirty, soiled bedding and clothes, bugs
- Unsuitable clothing for the weather
- Unsafe living conditions (no heat or running water; faulty electrical wiring, fire hazards)

- Desertion of the elder at a public place

Among caregivers, significant risk factors for elder abuse are: Inability to cope with stress (lack of resilience), depression, which is common among caregivers; lack of support from other potential caregivers and the caregiver's perception that taking care of the elder is burdensome, and substance abuse.

We know how difficult it can be to take care of a loved one. You're not alone. Elderbridge is here to help. Please contact Lifelong Links Caregiver Specialists for support and assistance.

**June 15th is WORLD ELDER ABUSE AWARENESS DAY.** Please help us draw attention to this important issue by participating in activities offered in Elderbridge communities. If you believe an elderly person is being abused, call and report to: Law Enforcement 911, the Iowa Department of Human Services 1-800-362-2178, and Lifelong Links to make a referral to the Elder Rights program 1-800-243-0678.

## Fun Things to do When Teenage Grand kids Come to Visit



This is the time of life when things get so much more interesting with our grand- kids. They have opinions (about everything). They spend hours (and days) on their cell phones. According to Sue Rice of Senior Outlook Today, it becomes harder (and more fun) to find new ways to entertain them and make your time together truly memorable. Here are 7 things that you can do with your teenage visitors that everyone might enjoy.

1. Download "Words with Friends" on your phone or computer. This is a fun scrabble-like game that anyone can play. If you don't know how to download the game – ask your grandchild to show you how. This is also a great way to stay in touch with them when they return home.
2. Try an Escape Room. Plan to spend half an hour to an hour. Your group will be assigned a theme room where you will work together to find the clues that will help you discover the code to get out of the room. It's fun to see how each person contributes and what skills each one brings to the table.
3. Go zip-lining. So long as you are mobile and adventurous, this should be fun for all of you. The anticipation and thrill of the ride make it new every time you go.



4. Teens generally like to shop. Talk about their interests. Your teen might have a hobby that allows you to find a store that will support her interest. Of course, if you can give your grandchild \$10 or \$20 to spend, then it will be even more fun!
5. Card and table games are generally well-received. Have them teach you a new game. One game is called "Golf". It's easy and fun and can be played with two to any number of players. You can look it up on the internet. Same holds true with Left, Right, Center. This is a table game you play with 3 dice. You can purchase it for around \$6.00. You each start out with three dollar bills. If you roll an L, R and C, you have to give one of your dollars to the person to your left, one to the person to your right, and put one in the center. You are not necessarily out at this point, since the person to your left or right may also roll a left or right and give you a dollar. The person who is last to hang on to his money wins the pot in the center. This is a great activity for after a family dinner. You do not have to use dollars. One Easter we used plastic eggs. The winner received a prize at the end of the game.
6. There is always something new and exciting on a teen's phone. Have them show you how to use Snapchat or Instagram or whatever the latest and greatest app is that they like to use. You will learn something new and the teen will have fun being the teacher.
7. Get out the old pictures of his/her mom or dad when they were young. You will all get a kick out of looking at the then-popular hair-styles and fashions.

The teens believe it's all about the experience. You know it's all about the connection. Just make sure that while you are connecting with the kids, do something new and fun during this precious time together.

Answers for Proverbs Quiz:  
 1. Absence 2. glitters 3. doctor 4. feather 5. clothes 6. spilled milk 7. today 8. waste 9. heat 10. look 11. grow 12. gain 13. mightier 14. Rome 15. Variety

## CREATIVITY AND THE AGING BRAIN

In "The Art of Aging," Sherwin B. Nuland, MD tells us that the brain never stops growing in key areas of thinking, including creativity. The number of brain cells in healthy older people decreases just slightly. The aging brain, he says, "may have decreased numbers of synapses in some areas, but this is compensated for by such factors as plasticity: the ability of the synapses to become stronger and therefore more effective."

### Did you know?????

- Melville wrote his second masterpiece "Billy Budd" when he was an all but forgotten man in the final years of his life.
- Thomas Mann completed what would be one of his greatest works, "Confessions of Felix Krull," the year he died at 80.
- In his 80s Peter Mathieson won the National Book Award.
- Doris Lessing, still writing, won the Nobel Prize for Literature at 88.
- Ragtime pianist Eubie Blake was still at the ivories at 100.
- Pablo Casals practiced every day and still played brilliantly at 96.
- The painter Titan died, painting, at 99.
- Picasso at age 87 produced 347 masterpieces of erotic imagination, nearly 50 pieces a month for seven months.
- Carmen Herrera didn't even sell her first work until age 89.
- Georgia O'Keefe, though mostly blind, was still at work at 95, having moved from painting to sculpture, which she produced with assistance and by feel.
- Matisse created an entirely new medium of expression, decoupage, at the age of 75, which he was still producing when he died at age 84.
- Tolstoy gave up writing novels at 70, but the creative fervor carried on. He became a fierce revolutionary and then a peasant/recluse, but he was causing trouble until the day he died.

As you near or enter retirement, you may be better suited to expressing artistic sensibility than at 20. Moving into your 70's, and if art was ever your calling, you shouldn't be limited by age from trying once more to regain that long hibernating artistic touch.



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](http://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

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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.