



Renaissance

Choices Today...Possibilities Tomorrow

Older Americans Month 2018

Engage at Every Age

Across the country, older Americans – a rapidly growing population – are taking part in activities that promote wellness and social connection. They are sharing their wisdom and experience with future generations, and they are giving back to enrich their communities. They’re working and volunteering, mentoring and learning, leading and engaging.

For 55 years, Older Americans Month (OAM) has been observed to recognize older Americans and their contributions to our communities. Led by the Administration for Community Living’s Administration on Aging, every May offers opportunity to hear from, support, and celebrate our nation’s elders. This year’s OAM theme, “Engage at Every Age,” emphasizes the importance of being active and involved, no matter where or when you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental, and emotional well-being.

It is becoming more apparent that remaining socially engaged can improve the quality of life for older adults. Elderbridge Agency on Aging will use OAM 2018 to focus on how older adults in our area are engaging with friends and family, and through various community activities. Throughout the month, Elderbridge will share information designed to highlight all the programs and services available through Elderbridge and our sister organization, Elderbridge Alliance.

Elderbridge Programs and Services

- LifeLong Links-Options Counseling/Information and Referral
- Fall prevention classes –“Stepping On” and “A Matter of Balance”
- Tai Chi for Arthritis
- Benefits Enrollment Assistance
- Case Management
- Family Caregiver Support
- Elder Rights
- Congregate meal/home delivered meals
- Nutrition education- “Fresh Conversations”
- Senior Produce Box project
- Farmers Market Food Vouchers

Elderbridge Alliance Services

- Errand Buddy
- Home Safety Assessment
- Healthcare Visit Companion
- Home Again
- Care Coordination
- HomeMeds

For more information on any of the programs or services listed or other aging related issues, please contact Elderbridge Agency on Aging at www.elderbridge.org, or by calling 800-243-0678. You may also contact LifeLong Links at www.lifelong-links.org, or by calling 866-468-7887.

May/June 2018

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INVESTING IN ELDERBRIDGE

Annie, age 96, was unable to keep up with simple home maintenance because of her fixed income. Annie tripped and fell outside her home as a result of a broken railing and steps. Gifts from donors helped pay for a platform cover over her steps and a new railing. Annie is home from the hospital now and can safely enter and exit her house.

ELDERBRIDGE.....

- Supports 72 meal sites and home delivered meals, feeding a half million healthy meals last year to Iowa seniors and adults with disabilities.
- Answers questions and helps Iowans resolve issues and coordinate services.
- Provides support and information to caregivers.
- Encourages, facilitates and supports exercise and healthy living.
- Supports 92 Home and Community Based Service providers.

ELDERBRIDGE SERVICES

- Lifelong Links - Caregiver Support, Elder Rights, Options Counseling
- Case Management - Coordinates services to help Iowans remain at home
- Nutrition Programs - Congregate meals, home delivered meals, nutrition education, nutrition counseling
- Fall prevention classes - Tai Chi for Arthritis, A Matter of Balance and Stepping On
- Material Aid Assistance - Helps pay for emergency response, food, housing, assistive technology, utilities or other emergency goods and services. Last resort funding

ELDERBRIDGE OPERATONAL NEEDS

- Agency Vehicle Fund so we can meet with consumers in their homes.
- Elderbridge staff development and training.
- Agency equipment upgrades to purchase software, computers, printers and internet services.
- Agency capital improvements for our building fund, maintenance and cleaning.

To invest in Elderbridge and our mission please contact us at 800-243-0678 for more information.

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Spring Into Better Health in Just 8 Minutes a Day

According to a recent article in Senior Outlook Today, fitness coach Jaime Brenkus says you can get great benefits by doing shorter bouts of fitness at a time. Your approach to fitness can be sensible and painless. You don't have to be a bodybuilder or a marathon runner to see results. If you can work out just 8 minutes every day – just an hour a week – that's a great start. Remember, you don't have to torture your body for it to respond.

Rethink Your Definition Of Exercise - If you're truly strapped for time, rethink your definition of exercise. We often get stuck in the trap of thinking that exercise means running for miles or working out for hours. However, that's not the only way to think about exercise. Think about 8 minutes a day! There is always something you can do, even if it's a little bit at a time.

Reshape In Eight - Let's break this down. There are 1,440 minutes in a day, 10,080 minutes in each week. You only have to give 8 minutes of your time every day. That 56 minutes per week can make a huge difference in your life!

If You Rest, You Rust - As we age, we naturally lose muscle if we don't exercise. You might find some easy activities you did previously, such as carrying groceries or playing a round of golf, too challenging. This is a warning you need to do more exercise.

Rev Up Your Metabolism - When you were in your 20s, you could eat almost anything and never gain a pound. Now, you find that food accumulates on your body in the form of fat and unwanted inches around your waist. As we age, Mother Nature has a way of turning down our body's metabolism, the rate at which a person burns energy. But if we put the right fuel in our bodies and start an exercise regime, we can increase our metabolism and help reverse the aging process. If you exercise, your metabolism revs up. If not, it drops and you find yourself with less energy and more fat.

Set A Reachable Goal - Remember, success in life is not about inches and pounds, it's when you start taking your first steps towards a reachable goal. You're never too busy to take an achievable step toward wellness!

Should Medicare Cover Dental Care?

Many people view Medicare as the gold standard of United States health coverage, and any attempt to cut it incurs the wrath of older Americans, a politically powerful group. But there are substantial coverage gaps in traditional Medicare. One of them is care for your teeth.

According to an article by Austin Frakt, associate professor with the Harvard School of Public Health, almost one in five adults of Medicare eligibility age (65 years old and older) have untreated cavities. The same proportion have lost all their teeth. Half of all Medicare beneficiaries have some periodontal disease, or infection of structures around teeth, including the gums.

Bacteria from such infections can circulate elsewhere in the body, contributing to other health problems such as heart disease and strokes. And yet traditional Medicare does not cover routine dental care, like checkups, cleanings, fillings, dentures and tooth extraction.

Paying for dental care out of pocket is hard for many Medicare beneficiaries. According to a study published in *Health Affairs*, in a given year, three-quarters of low-income Medicare beneficiaries do not receive any dental care at all. Among higher-income beneficiaries, the figure is about one-quarter.

Traditional Medicare will cover dental procedures that are integral to other covered services.

So if your Medicare-covered hospital procedure involved dental structures in some way, important related dental care would be covered. But paying for any other care is up to the patient.

Lack of dental coverage by Medicare is among the top concerns of beneficiaries. The program also lacks coverage for hearing, vision or long-term care services. However, many Medicare Advantage plans — private alternatives to the traditional program — cover these services.

For example, 58 percent of Medicare Advantage enrollees have coverage for dental exams. In receiving these benefits through private plans, enrollees are also subject to plans' efforts to limit use by, for example, requiring prior authorization or offering narrow networks of providers. These restrictions can be problematic for some beneficiaries, and about two-thirds of Medicare beneficiaries opt for the traditional program, not a private plan.

The study estimated that a Medicare dental benefit that covered three-quarters of the cost of care would increase Medicare premiums by \$7 per month, or about 5 percent. The rest would need to be financed by taxes.

The cost of such a benefit might be offset — or partly offset — by reductions in other health care spending, reflecting the fact that poor oral health contributes to other health problems.

On-Line Safety Tune-Up for Seniors

Just like we work to improve our physical health and well-being, it's also vitally important to improve our cyber health and keep ourselves safe from online danger. Dr. Eric Cole is a former member of the Commission on Cyber Security for President Obama. Cole lists five easy fixes to keep yourself cyber safe this year:

Don't Automatically Click in all E-mails

Never click on a link or e-mail attachment, ever! Think of e-mail as a text-only method of communication because nothing else about it is safe. It was never meant for transferring files, and

links may not be what they appear to be. Remember that e-mail is the number one method that the adversary uses to get you to do their bidding. Unless you absolutely know that the e-mail comes from someone you trust, don't click!

Are You Using Just One Credit Card?

There are many credit cards without annual fees that will extend you credit. I recommend having at least 3 or 4 different cards that you use for different purposes.

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Ask for a low credit line on each – we're certainly not recommending that you run up big bills on multiple cards! But having a separate card for different types of transactions reduces your risk and the effort needed if one card gets compromised.

Rethink it if You're Using One Computer for All Your Cyber Activity

With the price of computers dropping rapidly, you can't afford NOT to have a separate "high risk" computer for your online activities such as e-mail, web browsing, and shopping. On your "low risk" computer you can minimize online activity to encrypted transactions such as with your bank or credit card company.

Using Public WiFi Without a VPN

Every time you log on to an unprotected public network, everyone else on that network can see your computer or device. There is a simple type of application called a VPN, which stands for virtual private network. What a VPN does is

create a private tunnel to the Internet that your device can use without being seen. Every time you want to connect to the Internet in public, you fire up your VPN and you become invisible.

Are You Guilty of Using Weak Passwords?

I've always recommended switching to pass phrases where you create a strong password from a phrase that you'll remember but that no one can guess. This is great if you only have a few passwords to remember, because you don't want to use the same pass phrase for multiple sites. You only need to remember the master password/pass phrase to unlock the vault, and then it will fill in your unique passwords as you visit different sites. Remember to lock your vault after each session, or have it time out after a couple of minutes.

Bottom line, be smart about how you handle your online activity. Even if you adopt only one or two of these tips, you'll be taking a big step toward being cyber safe this year and beyond.

Caregiver Communications

What They Need to Hear

Most of society would agree that telling the truth is part of our moral responsibility to each other, especially to our parents or spouse. However, if you're caring for a loved one with Alzheimer's disease or another form of dementia, sometimes telling the truth can do more harm than good. Painful truths can cause a loved one to feel anxious, frustrated, stressed and angry. Keeping them from getting upset or acting on harmful behaviors sometimes takes priority over absolute honesty.

Years ago, professionals thought it was best to reorient those with Alzheimer's disease and dementia to bring them back to reality. As most caregivers know, this doesn't usually work for getting a loved one to cooperate or understand their surroundings, and it adds to the problem.

Alzheimer's and dementia expert Carrie Hill, PhD, states that "Alzheimer's affects the brain in such a way that trying to reason or use logic with the person no longer works." For instance, if your loved one believes her deceased spouse is out fishing, reminding her of her husband's death will probably do little more than cause intense grief and anxiety.

"The bottom line is," Hill explains, "that if a white lie is the only way to make your loved one feel better in a particular situation, and it isn't hurting anyone, then you're helping your loved one by entering their world instead of forcing reality upon them."

It's important for caregivers to remember that therapeutic fibbing does not involve intentionally deceiving their loved one. Rather, therapeutic fibbing involves bending the truth to meet your family member in his or her current reality.

There are some helpful guidelines for caregivers when it comes to therapeutic fibbing:

Change the subject – Rather than agreeing or disagreeing with your loved one, redirect them to a different topic of conversation to distract them from their current train of thought.

Switch it up – Therapeutic fibbing is not a cure-all for every dementia-related behavior. Consider fibbing as a tactic to use in moderation and in combination with other techniques.

Prioritize safety and well-being – Use therapeutic fibbing only when it's necessary to create safety, enhance quality of life and ensure your loved one's well-being (fibbing to convince your mother to take her meds is a good use of this technique).

Understand dementia – Since Alzheimer's and dementia are degenerative diseases that destroy the brain and the ability to process and store memories, people in the later stages are cognitively incapable of recognizing reality. Forcing it upon them may only lead to greater confusion, agitation or discomfort.

Let it be – If your loved one is peaceful and in no immediate danger, there's no harm in letting them stay in their own reality, no matter how disconnected they may be from the present.

Trust your intuition – When it comes to easing tough moments, do what feels right. You know your loved one best.

Despite the guilt you may feel from fibbing, it's important to realize when it may be in their best interest. Ultimately, your role as caregiver makes you responsible for their well-being and sense of safety. If telling a harmless fib protects them from an unnecessary, upsetting situation, you're really providing the best care for them at the time.

Fresh Produce Programs Help Iowa Seniors Eat Healthy

Elderbridge Agency on Aging is working with local partners to make fresh fruits and vegetables more accessible for older Iowans through the Senior Produce Box project and by distributing vouchers good for redemption at Farmers Markets in our area.

Senior Produce Box Program - Volunteers in Spencer, Estherville, Emmetsburg, Sibley and Laurens will distribute Senior Produce Boxes to people at senior housing, local meal sites and senior centers. More information will be available soon to announce the location and times seniors will be able to pick up their produce box. At that time, recipients will be encouraged to call the phone number below ahead of time to check to make sure that there is enough produce available that day.

If you are interested in donating produce or assisting with distribution or delivery, please contact Sandi Iwen at 800-243-0678 or siwen@elderbridge.org

Elderbridge Agency on Aging received funding from the Iowa Department of Public Health and SNAP-Ed to plan and coordinate the project.

Farmers Market Food Voucher Program - Meanwhile, in another program designed to get more fresh produce into the diet of Iowa seniors, Farmers Market Food Vouchers will soon be available through Elderbridge and our partners.

Income eligible seniors 60 years of age and older who live in the 29 county area serviced by Elderbridge can apply for the vouchers. Starting June 1, 2018, the vouchers will be distributed to eligible seniors.

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.

The Need for Generations to Unite

A century ago Americans didn't need programs to connect the generations: homes and communities housed people of all ages. But as people started living longer and moving into cities, we started thinking differently about people at both ends of the age spectrum. Schooling became mandatory, child labor was outlawed, and Social Security and Medicare made a secure retirement possible for millions. The benefits were significant, but so was the downside: the natural order of things was subverted, and the generations lost contact. To some extent, America is age-segregated in many areas.

What's the harm? According to an article on the website Senior Planet, a survey from Generations United revealed these findings concerning age segregation:

- Gives rise to ageism.
- Makes social solidarity more elusive.
- Perpetuates racial, ethnic, and political divides. Wastes taxpayer money.
- Denies old and young crucial opportunities to learn from and help one another.

Generations United Executive Director Donna Butts spoke at a seminar for journalists, "Thomas Jefferson said the web of relationships between generations is essential to civil society," she said. "Why do we keep trying to unweave that web? Because it's easy to default to intergenerational conflict mode than to deal with the real problems."

What role does age segregation play? If the generations have little opportunity to get to know each other, it's easier for "us vs. them" ways of thinking to get a foothold. That kind of reasoning doesn't just distract us from the underlying issues and pit us against each other, it's unethical. We know it's not OK to allocate resources by race or by sex, so why should it be acceptable to weigh the needs of the young against the old?

According to a 2016 survey by Encore.org, Americans view intergenerational interdependence as a source of unity and mutual benefit—especially in these difficult and politically divisive times. As the number of Americans over 65 swells, many are keenly interested in supporting and guiding those who come next. "Why not match talent with need, tap experience for youth, connect supply with demand? Why not activate this solution hidden in plain sight?" asks Marc Freedman, the founder of Encore.org which hopes to mobilize a million people over age 50 "to help young people thrive and unite all ages to create a better future."



April Workshop a Success - More Events in May and June!

Ready, Set, Retire! was held in April at Northwest Iowa Community College in Sheldon.

Participants were either recently retired, or soon to be retired and heard great information on both nights from Elderbridge staff and workshop speakers.

Mike Otto, SHIIP Volunteer, covered Medicare and supplement insurance. Alex Johnson and Cole Milbrath of Prairie Plans Asset Management discussed Social Security and financial planning. Frank Tenuta of Iowa Legal Aid covered the topics of Power of Attorney, guardianship and conservatorship. Ben Elderbridge of Elderbridge and Vander Ploeg Funeral Homes discussed funeral planning.

Sponsors for the event were NWICC, Caseys, Rosenboom, Advanced Water Systems Kinetic, Aventure Staffing and Elderbridge.

Next Up-Elderbridge events in May and June:

National Older American's Month Ice Cream Social at The Meadows Independent Living in Clarion on **May 16th**.

World Elder Abuse Awareness Day on **June 15th**. Events are planned in Fort Dodge, Spencer and Mason City.

Caregiver Appreciation Day on **June 21st** will have open house events at the Elderbridge offices in Spencer, Fort Dodge and Mason City.

Going 90 Plus and Not Slowing Down

There is no slowing down for a trio of young ladies at the latest "A Matter of Balance" class in Mason City.

Students Glenafa Vrchota, Mary Weber and Zell Cottrell have a combined life experience of nearly 280 years. Now they want to include the Elderbridge fall prevention class on their lengthy resumes of learning.

The 90-something students live at Legacy Manor One and make it a point not to miss their Wednesday morning classes. "I had lost some balance and this class should help me regain it" says Glenafa who also gave her stamp of approval to instructors Val Sliger and Jennifer Pascal. "They're just fine, they're very organized."

For Zell, there was no previous fall to prompt her participation, just the need for additional exercise. "I just decided I needed to move

more, so I thought this class would help. I have learned that it's very important to have exercise, so I don't sit around too much."

It's a different story for Mary. She's fallen 3 times in recent months. Mary says the more classes she participates in and the more she does the exercises, the more results she'll expect to see. It also helps keep her out of her favorite chair. "When I go by that chair and look at it, I think I've earned it to sit and rest. But, it keeps me active. My daughter says to get out of that chair!"



Pictured is "A Matter of Balance" student Glenafa Vrchota and Instructor Jennifer Pascal of Elderbridge

JUNE/JULY 2018 MENUS

Each Meal includes: 1/3 of the Required Daily Amounts (RDA), Milk, Condiments as appropriate,
Sodium > 800mg

JUNE 2018 MENU

Fri	1st	Ham Loaf, Roasted Red Potatoes, California Blend, Raisin Rice Pudding
Mon	4th	Cream Chicken, Buttermilk Biscuit, Green Beans, Strawberry Rhubarb Raisin Crisp, Grape Juice
Tue	5th	Hearty Veg Beef Soup, Corn Bread, Banana Half, Cinnamon Apples w/Crunchy Topping
Wed	6th	Salisbury Ground Beef, Baked Potato, Mixed Vegetables or Mixed Vegetable Salad, Peaches
Thu	7th	Hot Pork Sandwich, WW Bread, Potatoes and Gravy, Orange Glazed Beets, Oatmeal Raisin Bar
Frid	8th	Cook's Choice
Mon	11th	BBQ Pork on WW Bun, California Blend or Chop-Chop Salad, Potato Salad, Banana half
Tue	12th	Golden Baked Chicken, Scalloped Potatoes, Harvard Beets, Sunshine Salad, WW Roll
Wed	13th	Swiss Style Gr. Beef, Baked Potato, Triple Salad, Blushing Pears
Thu	14th	Roast Turkey, Potatoes/gravy, Creamed Asparagus, Strawberries, OJ
Fri	15th	Crunchy Pollock, Sweet Potato Wedges, Black Bean & Corn Salad, Pineapple Crunch, Tomato Juice
Mon	18th	Liver & Onions or Beef Patty, Mashed Potatoes and Gravy, Mixed Vegetable, W Roll, Mixed Fruit
Tue	19th	Crunchy Baked Fish, Parsley Potatoes, Creamed Peas, Fruit Cup with Dip,
Wed	20th	Pork Loin Chop, Potatoes/Gravy, Broccoli Raisin Salad, Apple Crisp
Thu	21st	Taco Salad, Corn Salad, Plums, Royal Brownie, Tomato Juice
Fri	22nd	Chicken Jambalaya, Brussel Sprouts, Apricots, Pumpkin Custard, OJ
Mon	25th	Chicken with Peach Sauce, Brown Rice, Three Bean Salad, Peaches, Tomato Juice
Tue	26th	Roast Beef, Potatoes w/ Gravy, Carrots, Applesauce Jello, Orange Wedges
Wed	27th	Chicken Rice Casserole, Beets or Layered Lettuce, Hot Fruit Compote, Chocolate Chip Bar, OJ
Thu	28th	Crab or Tuna Salad, Carrot Grape Salad, Cranberry/Pear Crisp, WW Roll
Fri	29th	Shepherd's Pie, Asparagus, Apple Raisin Salad, Royal Brownie, WW Bread

JULY 2018 MENU

Mon	2nd	Sloppy Joe on WW Bun, Potato Salad. Copper Pennies, Tapioca Pudding
Tue	3rd	Goulash, California Blend Vegetables, WW Garlic Bread, Oatmeal Fruit Bar, Banana Half
Thu	5th	Cook's Choice
Fri	6th	Caribbean Chicken, Rice Pilaf, Broccoli, Strawberries & Bananas, Tomato Juice
Mon	9th	Tater Tot Casserole, Tossed Salad, Apple Crisp, OJ
Tue	10th	Egg Salad on Bun, Tomato Spoon Salad, Sweet Summer Salad, Royal Brownie, Cantaloupe
Wed	11th	Roast Turkey, Potatoes & Gravy, Spinach Au Gratin, Blushing Pears
Thu	12th	Baked Chicken, Baked Beans, Asparagus, Orange Wedges, WW Roll
Fri	13th	Crunchy Pollock, Roasted Red Potatoes, Broccoli, Strawberries w/ Ice Cream
Mon	16th	Liver & Onions OR Beef Patty, Boiled Pots w/gravy, Mixed Veg, Strawberries and Bananas, WW Roll
Tue	17th	Cook's Choice
Wed	18th	Meat Loaf, Baked Potato, Harvard Beets, Cranberry/Pear Crisp, OJ
Thu	19th	Tuna & Noodles, Broccoli, Creamy Cole Slaw, Cinnamon Apples, Apricots
Fri	20th	Chicken, Orange and Almond Salad, Raisin Bran Muffin, Fruit Cup, Chocolate Pudding
Mon	23rd	Crunchy Pollock, Potato Wedges, Peas, Chocolate Pudding, Peaches
Tue	24th	Cheese Burger, WW Bun, Santa Fe Corn, Baby Carrots, Plums, OJ
Wed	25th	Ham Loaf, Roasted Red Potatoes, California Blend, Raisin Rice Pudding
Thu	26th	Golden Baked Chicken, Potatoes w/ Gravy, Garden Beans, Fruit Cup, WW Roll
Fri	27th	Porcupine Meatballs, Mashed Potatoes, Brussel Sprouts, Strawberries & Bananas
Mon	30th	Hot Pork Sandwich, w/ WW Bread, Potatoes w/Gravy, Orange Glazed Beets, Oatmeal Raisin Bar
Tue	31st	Cook's Choice

Amy Barnes MS RDN LDN

Medicare Low-Income Subsidy Application Assistance is Here for You

The Medicare Low-Income Subsidy (LIS), also known as “Extra Help,” gives low-income Medicare beneficiaries help with Medicare Part D prescription drug costs. LIS can easily save individuals with costly prescriptions thousands of dollars per year by helping with premiums, deductibles and co-pays. Despite these major benefits, many people who qualify for LIS have not enrolled. Here’s five facts you should know about Medicare LIS:

1. People with Medicare can enroll in LIS at any time in the year. Applications can be completed online at the Social Security website or in person at any Social Security office.
2. LIS coverage lasts until the end of the year, even for those who no longer qualify for Medicaid. This can be particularly helpful for older adults with a Medicaid share of cost. If they meet their share of cost even once, they qualify for LIS for the rest of the year.
3. Medicaid eligible beneficiaries can change Part D plans at any time without a penalty. They do not have to wait for an open enrollment period.
4. LIS is not subject to estate recovery. Many seniors are fearful of applying for Medicaid because estate recovery laws may allow states to recoup some costs from their estates. The LIS is different. There is no estate recovery for LIS costs.
5. People with full LIS qualify for a \$10 a month Social Security overpayment plan. It is not uncommon for clients to owe Social Security for an overpayment of benefits. When this happens, clients often find that a large portion of their Social Security benefit is being deducted to pay back the debt. If your client has LIS, however, the client can request that Social Security take out only \$10 a month. Social Security is required to automatically honor the request when it is made.



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

It is Our Mission to Advocate for and Empower Older Adults, Caregivers and Individuals with Disabilities to Pursue Independent Healthy Lives.

Returned Service Requested

The Elderbridge Agency on Aging. . . seeks to empower Older Iowans to live with dignity, independence. Created under the Older Americans Act, Elderbridge 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 and 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 E., Suite 1
(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.