



# Renaissance

Choices Today...Possibilities Tomorrow

## Tai Chi Classes Bring Balance to Participants

Inner peace. Energy. Balance.

These are all components of Tai Chi. Tai Chi is an ancient form of Chinese exercise in which participants focus their mind on slow movement. Tai Chi proponents say that slow movement reduces stress and produces mental calm and that deep breathing and standing meditation focuses consciousness while restoring energy and physical balance.

If this sounds interesting to you, Tai Chi instructors are now at Elderbridge.

Stephanie Carlson and Amanda Frerichs recently attending a training seminar in Bloomington, Minnesota to become instructors in Tai Chi.

"It's really relaxing," said Amanda, "Normally when you think of exercise, you think the faster the better, but this is the exact opposite. Anyone can do it."

Carlson and Frerichs took the two day class in which they learned techniques and exercises that have been proven to help reduce the risk of arthritis in people of all ages.

"Something interesting that I learned was that arthritis is the number one disability in people over 15 and 90 percent of people over 70 have arthritis," said Stephanie.

Tai chi integrates basic, low impact elements often performed to classic and soothing Chinese music. Its benefits have been linked to fall pre-



vention, balance boosting, stress and pain reduction, immune system enhancement, easing depression, increasing bone density and lessening Parkinson's disease symptoms.

"A lot of the exercises in Tai chi incorporate stepping forward and backward, and it teaches people what their boundaries are, especially if they are a fall risk," said Amanda.

Both Stephanie and Amanda said they could feel how the Tai chi exercises are beneficial.

"Once I learned the entire program, I could tell that it was helping. I could feel it in muscles that you normally wouldn't think you use." Stephanie said.

After two days of training both women were able to complete each set of exercises, but not without a few hiccups.

"It looks so easy when someone else is doing it," Amanda said, "But you have to memorize the moves and it can be kind of tricky. It's one continuous move and if you start and stop, it looks choppy. It's kind of nice that it's a little challenging so it doesn't get boring, but the movements themselves are easy enough that anyone can do it."

Hour long classes will be scheduled soon in the Elderbridge area. Classes will take place once a week with 10 to 15 participants.

If you are interested in more information about Tai chi, please feel free to give either Stephanie or Amanda a call at 1-800-243-0678.

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## Introducing Elderbridge Alliance

Listening to those we serve, we know that there is a demand for services not covered by funding provided by the Older Americans Act. In response to this need in our communities, Elderbridge is excited to announce the creation of our upcoming fee for service program, "Elderbridge Alliance." This program is a separate 501(c3) non-profit set to be piloted in six counties of the 29 county Elderbridge's service area. These initial counties will be part of the first phase of the Elderbridge Alliance deployment and will be a step forward in providing the best possible service to all members of the Elderbridge community.

Fees collected from Alliance services will be used to help fund other programs that Elderbridge offers free of charge. Elderbridge CEO Shelly Sindt says, "The goal of Elderbridge Alliance is to provide other options for services from highly skilled staff, then use the funds it generates to feed back to Elderbridge and extend those services further."

Programs proposed include "Home Safety Assessments" to help identify hazards that can jeopardize well-being and independence of the client. This includes assessments of both interior and outdoor spaces of a person's home, discussion of solutions, and can mean peace of mind for one's safety and health.

The "Healthcare Appointment Companion" will accompany a client to medical appointments and assists with communication with the medical provider. The companion also advocates for care and assures the client through a support system



and by understanding the prescribed medical treatments.

"Errand Buddy" is a service that lets clients hire a personal helper who can accompany them on daily errands, appointments around town or simply for social interaction. We hope that this service will bring more opportunities for independence for seniors who often feel trapped in their homes, or who struggle with loneliness and wish to get out and about.

"Home Meds" is a pharmaceutical assessment service that helps to verify the accuracy and appropriateness of a client's current medication regimen. This can help to avoid severe side effects from accidental over-dosage or drugs that counteract one another.

Sindt went on to say that, "Elderbridge will still offer the same great programs we have in the past at no cost, but we are looking forward to expanding what we can do for our clients with the introduction of our fee-for-service programs helping to fund our free services."

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## Farmers Market Food Vouchers Available June 1st

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.

Vouchers are limited and are a popular benefit. 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.

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# SENIORS MATTER

## World Elder Abuse Awareness Day

# June 15th, 2017

**Call Elderbridge Agency on Aging for information on raising awareness!**

June 15, 2017 is World Elder Abuse Awareness Day. On that day, communities in the USA and all over the world will sponsor events to highlight the growing tragic issue of elder abuse.

World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect. In addition, WEAAD is in support of the United Nations International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue. WEAAD serves as a call-to-action for individuals, organizations, and communities to raise awareness about elder abuse, neglect, and exploitation.

Each year in the U.S. an estimated 5 million older persons are abused, neglected, and exploited. In addition, elders throughout the United States lose an estimated \$2.6 billion or more annually due to elder financial abuse and exploitation, funds that could have been used to pay for basic needs such as housing, food, and medical care. Unfortunately, no one is immune to abuse, neglect, and exploitation. It occurs in every demographic, and can happen to anyone—a family member, a neighbor, even you. Yet it is estimated that only about one in five of those crimes are discovered.

Our readers -- young and old – need to know that the U.S. Administration on Aging estimates that as many as 1 in 10 older Americans are abused or neglected each year. Older adults are contributing members of American society and their abuse or neglect diminishes all of us. America has confronted and addressed the issues of child abuse and domestic violence, but, as a society we have for too long ignored the issue of elder abuse.

Elder abuse can be physical, emotional, financial and sexual. It also includes people who are neglected and those who neglect themselves (self-neglect). Elders who are abused are twice as likely to be hospitalized, four times as likely to go into nursing homes and three times as likely to die. While most abusers are family members, trusted professionals and complete strangers may also target older adults. Abuse can happen in any setting: in the older adult's own home, nursing homes, or assisted living facilities.

Elder abuse can be prevented if everyone would treat older Americans with respect and care. Learning the warning signs of abuse and knowing how to report it is another great step. Adult Protective Services, the police, and the Long-Term Care Ombudsman Program are organizations that you can call on for assistance and information. Readers can also get more information on how they can stop elder abuse by visiting the Elderbridge Agency on Aging website [www.Elderbridge.org](http://www.Elderbridge.org) or by calling 1-800-243-0678 or by contacting the National Center on Elder Abuse at 855-500-3537 or [ncea-info@aoa.hhs.gov](mailto:ncea-info@aoa.hhs.gov)

### Elderbridge World Elder Abuse Awareness Activities

- KCMR INTERVIEW June 9 at 8:30 am

#### Coffee Meet and Greet

- Hy-Vee in Ft. Dodge, 9 am – 12:00 noon
- Hy-Vee in Spencer, 8:00 am -11:00 am
- Spencer Senior Center, 11:30 am – 12:30 pm
- Hy-Vee East in Mason City, 9 am – 12:00 noon
- Hy-Vee West in Mason City, 8 am – 12:00 noon



## Elder Rights - Financial Exploitation

Millions of seniors across the nation and in Iowa are becoming targets of financial exploitation, which is the illegal or improper use of a senior's resources for profit or gain. Examples of financial exploitation include; theft of money or property, identity theft, scams, reverse mortgage frauds and more.

Common abusers are adult children, other family members, caregivers, friends and persons with Power of Attorney. Often, these thieves have entitlement attitudes and hold faulty beliefs that they deserve the senior's money. They often rationalize that their parent will give them the family estate anyway when they pass from this world, so they might as well use the money now. These abusers are milking their parents and/or loved ones out of retirement savings and seniors must turn to government programs for support as they are unable to afford food, medication, pay bills, etc.

Abusers use multiple abusive tactics to control the victim. Some of these include; isolating the victim from other family members, belittling the victim by calling them names; "I will do it, you don't know what you're doing. Telling the

victim to "keep secrets" and "not to tell, "Other family members. Abusers also often create dependency stating "you can't live without me," "I'm helping you," "no one is going to take care of you." The abuser also attempts to control the victim through intimidation tactics by threatening to kill the family pet, or ship the senior off to a nursing home.

Most often financial exploitation is not reported or it is underreported. This is due to victim fear of retaliation, shame and embarrassment, loyalty to the abuser, dependence, and denial that a family member would resort to such behavior. Finally, some seniors don't report because there is a lack of awareness that their son or daughter or caregiver is stealing from them.

Stephen Trefts, with Northwest Trustee and Management services states; "When the financial exploitation horse is out of the barn, it is nearly impossible to get it back in again. Sometimes the exploitation is on a relatively small scale, as in the caregiver who helped herself to groceries and made long distance calls. Many times, the exploitation is financially devastating to the exploited individual.



## 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.



Robin Wolfram, caregiver and John Joyner, family caregiver specialist, speak with caregivers at a recent dinner in Denison.

### Caregiver outreach dinners

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

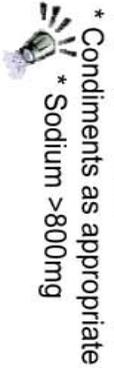
Ask to register for the specific Caregiver Dinner listed below that you plan to attend at 6 pm.

- **Thursday, 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

**JULY 2017 MENUS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Sloppy Joe on WW Bun Potato Wedges Brussel Sprouts with Cranberries Tapioca Pudding	4 	5 Salisbury Ground Beef Mashed Potatoes Carrots Mixed Fruit Cranberry Juice	6 <b>COOK'S CHOICE</b>	7 Lemon Herb Chicken Rice Pilaf Broccoli Strawberries & Bananas Tomato Juice
10 Tater Tot Casserole Tossed Salad Apple Slices Oatmeal Fruit Bar OJ	11 Egg Salad on Bun Tomato Spoon Salad Potato Salad Royal Brownie Cantaloupe	12 Roast Turkey Potatoes & Gravy Spinach Au Gratin Blushing Pears	13 Baked Chicken Baked Beans Asparagus Orange Wedges WW Roll	14 Crunchy Pollock Roasted Red Potatoes Broccoli Strawberry-Rhubarb Crisp w/ Ice Cream WW Roll
17 Liver & Onions -OR- Beef Patty Boiled Potatoes w/gravy Mixed Vegetables Strawberries and Bananas WW Roll	18 <b>COOK'S CHOICE</b>	19 Meat Loaf Baked Potato Harvard Beets Cranberry/Pear Crisp Orange Juice	20 Tuna & Noodles Broccoli Creamy Cole Slaw Cinnamon Apples Apricots	21 Chicken, Orange and Almond Salad Raisin Bran Muffin Fruit Cup Chocolate Pudding
24 Crunchy Pollock Potato Wedges Peas Chocolate Pudding Peaches	25 Ham Loaf Roasted Red Potatoes California Blend Raisin Rice Pudding	26 Cheese Burger WW Bun Santa Fe Corn Baby Carrots Plums OJ	27 Golden Baked Chicken Potatoes w/ Gravy Garden Beans Fruit Cup WW Roll	28 Porcupine Meatballs Mashed Potatoes Brussel Sprouts Strawberries & Bananas
31 Hot Pork Sandwich w/ WW Bread and Potatoes w/Gravy Carrots & Broccoli Oatmeal Raisin Bar	* 1/3 of the Required Daily Amounts (RDA) for persons age 70+ *Milk * Condiments as appropriate * Sodium >800mg			

**Each Meal Includes:**



*Amy Barnes MS RN LDN*

## Caregiver Longest Day Events in Mason City and Spencer

For caregivers, some days never seem to end. That's why on the longest day of the year, Wednesday, June 21st, Elderbridge staff in Mason City and Spencer will be holding a "Longest Day" event to provide caregivers with resources and tools for themselves and the person they care for. Elderbridge Family Caregiver Specialists will be available to speak with and counsel caregivers at both venues.

**The "Longest Day" events will take place at these locations on June 21:**

- **Mason City----The Salvation Army, 747 Village Green Drive SW, 1:00 pm to 3:00 pm**

Elderbridge staff from the Mason City office will be hosting a "meet and greet" for family caregivers in the area at the Mason City Salvation Army Headquarters.

Light refreshments, gift bags and door prizes will be available to those in attendance.

Elderbridge caregiver spokesperson Robin Wolfram will give a short presentation explaining

how her family was helped by Elderbridge when she left her career to move home to Ventura to take care of her parents. Please call ahead to let us know if you plan to attend by contacting John Joyner at 800-243-0678.

- **Spencer----YMCA, 1001 11th Avenue West  
11:00 am to 2:00 pm**

The Spencer Elderbridge Office, in partnership with St. Croix Hospice and the YMCA, would like to extend an invitation to join us at the Spencer YMCA. Elderbridge staff will be on hand to provide information and answer questions about our services that can help you in your caregiver role. Light refreshments will be available and a free tool book will be given to each caregiver who attends. There will also be a drawing for a 1 hour massage. Free YMCA tours are available as well. Registration is preferred, but walk-ins are welcome. To register or if you have any questions, call Thomasina at Elderbridge Agency on Aging 1-800-243-0678.

## Warm Weather Activities for Seniors and Caregivers to Enjoy Together

Enjoying a breezy spring day or the warm summer temperatures doesn't have to be a distant memory for elders and caregivers. Finding an interesting activity that is suitable for a senior's abilities takes some creativity and planning, but it is well worth switching up the routine and getting out of the house.

### The Benefits of Getting Outside

A main advantage of heading outdoors, even for a short period of time, is being able to soak up some sunlight. Sun exposure generates vitamin D, which is necessary for a healthy brain, bones and muscles, says Dr. Michael Raab, a geriatrician with Lee Health System in Fort Myers, Florida. Some doctors even prescribe sunlight as a source of vitamin D, which research has shown can improve cognitive function and mood.

### Ideas for Outdoor Activities

When selecting an activity to do with your loved one, focus on hobbies and interests that they used to enjoy and get creative with new options they might find fun and rewarding.

- **Catch a sporting event.** Attending a grandchild's soccer game or a professional baseball game can be an action-packed way for your loved one to reconnect with one of their favorite pastimes.
- **Fish for fun.** You can cast a rod from a dock, pier, or other location, even if someone has mobility problems or uses a wheelchair. Check your state's tourism or state park websites to see if they provide listings of accessible fishing locations.
- **Be a tourist.** If you live in a city, take an open-air bus or trolley tour to see the local sights. Another option could be a boat tour, depending on what type of equipment an elder needs to take with them. "It gets you both outside, but you don't necessarily have to be walking," Chartrand says.
- **Take a dip.** For some folks, this might entail putting a foot in the pool, while others may be able to handle low-impact water aerobics. If a senior is willing and able, spending some time in the pool is an excellent way for them to incorporate some physical activity into their routine that seems more like relaxing than a workout.
- **Stroll around.** If a walk is possible, start slow and work up to longer outings. Either keep the first few walks short, or bring along a walker or wheelchair in case your loved one gets tired and needs to rest along the way or requires help getting back.
- **Be an animal lover.** This could be as simple as encouraging a loved one to sit outside and enjoy the sights and sounds of a birdhouse, bird feeder or bird bath in the yard. It could also mean an outing to the zoo or local dog park.
- **Go fly a kite.** Head to a park or beach and get a kite soaring. Let an elderly individual take control, which they can do while sitting down. If children are around, they can get involved by trying to keep the kite in the air.
- **Picnic outdoors.** Picnics are another flexible activity that you can plan at a park, in your own backyard, or on the surrounding grounds of a long-term care facility. At the park, seniors can watch children run around and enjoy the buzz of outdoor activity. Make sure to locate an area with comfortable seating and plenty of shade in advance, or remember to bring your own.
- **Attend community events.** From Memorial Day concerts to Fourth of July parades and fireworks, there are plenty of community events during spring and summer that offer opportunities for elders to get out and be part of the crowd. Many communities offer outdoor musical performances, art shows, car shows, flea markets and more. Peruse the events section of the local newspaper to find happenings that fit your loved one's interests and abilities.
- **Go out for a treat.** Most seniors have a favorite snack or restaurant that picks their spirits right up. Instead of limiting this indulgence to special occasions or the post-doctor's appointment routine, make an outing out of it just because.

Older bodies don't adjust to temperature changes or perceive thirst as well as younger ones. With each of these activities, be sure to watch your loved one for signs of fatigue, thirst, sunburn, and overheating that could signal it's time to leave, perhaps with a promise to return at another time.

### Encourage Them to Participate

Use these ideas as a springboard. You know your loved one best. What did they enjoy when they were younger? What is something they always wanted to try? Don't be afraid to ask what they miss doing or what they'd like to revisit. They may not hear those questions very often. You may get some resistance, so just say with a smile that it would make you very happy to do this with them. Have a couple of suggestions prepared to choose from and head outside to enjoy the day together.

## Senior safety in the Outdoors

With the winds of winter now in our rearview mirrors and the rains of spring becoming more and more spread out, many of us are taking to the outdoors. For some of us, this can mean something as gentle as a stroll in the park, for others it could mean weeklong camping trips with loved ones. Whatever your outdoor summertime plans include, it is always important to take special precautions, seniors in particular. Here are a few tips for staying safe outdoors.

- Protect yourself from sun and insects. Getting sunshine is good, it's even been shown to help keep bones strong by producing vitamin D. Too much sun however, can lead to sunburn or sunstroke. Both can be prevented by keeping properly hydrated and staying shaded and cool. Use sunblock to avoid harmful UV rays that can increase chances of skin cancer. Insect bites can be annoying at the least and deadly at the worst. Lyme disease, West Nile and Zika viruses are to be avoided at all costs. Use a strong insect repellent with DEET to deter pests.
- Always be sure someone knows where you are and bring a cell phone or radio. Whether walking the dog or hiking through woods, be

sure loved ones know where you will be going, what you plan to do, and when they can expect to hear from you. An unexpected injury can strand you on the trail. For this reason, having friends or family knowing where and when you are going means emergency services can respond quickly to assist.

- Keep an emergency kit handy for longer trips. Being ready for emergencies is the first step in overcoming them. For this reason, consider small "emergency" kits, including first aid and all necessary medications for at least a few days. If you do become lost or stranded in remote areas, having vital supplies, food, water and medications can be critical.

Being in the outdoors and exercising can be great, but a little precaution is always wise. Brianne Hanson, Naturalist with the Clay County Conservation Board says the most important thing is to, "Know where you are going and be prepared". She also suggests that seniors consider many different activities including hiking, birdwatching, or other activities that suit their personal comfort level. Take these steps to ensure your summer is both fun and safe.



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.