

# The Bridge

Choices Today • Options Tomorrow

# **Caregiving When It's Cold Outside**

In many areas of the country, cold weather is an old-forgotten nemesis that reappears this time of year. When caring for those with disabilities and seniors, caregivers must take some simple precautions to ensure a loved one's safety this winter season; temperature control.

The U.S. Centers for Disease Control and Prevention says that 600 Americans die each year from hypothermia, half of whom are older than age 65. Seniors and those with disabilities are at a greater risk if conditions such as arthritis and a variety of medications diminish their response to cold temperatures.

Layering is not just a fashion trend; it serves a purpose, especially for those susceptible to dangerous temperatures and if a home is prone to drafts. Use lighter layers of clothes nearest the body and make them easily removable and also a non-hassle to put back on.

When outside, keep a loved one's exposed skin covered, including head, face, ears, hands and feet. A couple things to remember: use mittens versus gloves, since they allow the fingers to touch and generate heat. Next, make sure a loved one's clothes are loose fitting, since tight clothes keep blood from flowing and minimize the production of body heat. Proper footwear is also something a caregiver should examine and see if it is proper for the season.

Maintaining an even, warm house temperature is essential during the cold weather season. A caregiver should make sure the thermostat is easy to read, perhaps with large digital numbers, so a loved one can check it frequently.

#### **Stay Safe**

Many times, cold weather is the cause of power outages. Both darkness and cold are situations a loved one does not want to find themselves in without some preparation and knowledge of what to do.

Many people with disabilities and seniors rely on powered devices for medical care such as oxygen or for mobility. Have emergency numbers easily accessible and an emergency kit with easy-to-use items available at all times. A generator is a great source of backup power. A caregiver should walk their loved one through its use and the emergency plan before such a situation arises.

For many loved ones, travel is hard during the cold winter months. A caregiver can be an advocate by eliminating any unnecessary travel, shopping for their loved one and encouraging family members and friends to visit at the loved one's home. Take advantage of the nicer, sunny days and don't push medical appointments that can be put off if the cold is too extreme or snow too deep. Another option for medical appointments is for a caregiver to look into a visiting physician service if travel is too difficult.

Another safety issue in wintertime are falls. A caregiver can help prevent this common injury-causing scenario by keeping sidewalks and door entryways clear. Think of things that might cause a loved one to go outside? The mail? Pets? Appointments? A caregiver can be available or have someone nearby to assist with these daily tasks while the weather is less-than-desirable.

#### Don't worry, be happy

Many seniors struggle immensely with this season of isolation and Vitamin D deprivation. Remind a loved one to drink plenty of water, eat well and exercise indoors as much as possible. Many senior-friendly exercise videos are available. Encourage socialization by inviting friends and family who are able to travel for a visit. "Brain" games such as word and number puzzles and simply reading the daily paper help a loved one maintain a sense of connection during the long winter months.

Keeping warm isn't the only thing on a caregiver's todo list during the cold season. Ensuring a loved one is safe and content are also important and will make for a faster, happier winter for all. source sited caregiver.com

### January/February 2020

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# Thyme To Begin Your Garden

Even while the cold winter winds are still keeping eager gardeners indoors, there is plenty of work to be done. Winter is the best time to plan and start an herb garden. By planning the garden and starting seeds indoors weeks before the last frost, gardeners can, in effect, stretch the growing season, while ensuring the greatest possible yield from their plants.

As with any garden project, the first step is deciding what plants to include in your new garden. Most herbs require full sun to thrive, but a few can tolerate some shade. Next, determine which herbs you would like to grow.

Seed manufacturers recommend starting your seeds eight to twelve weeks before the date of your last frost. Check your seed packets for specific recommendations. When you are ready to begin, fill your starter trays with the soil mix. (An alternative to purchasing starter trays is to use egg cartons. Be sure to punch several small holes in each compartment for drainage). Add a seed to each compartment, planting them to the depth specified on the seed packets. Mist to wet the soil. Seeds require warmth in order to germinate, so arrange your trays in a warm, well-ventilated room. Keep the soil moist. Germination time varies from one plant to another, so your seeds will not all sprout at precisely the same time.

When your plants have sprouted their first set of true leaves, they should be transplanted into the peat pots. Place the pots in the plastic trays, then add water to the tray. It will take awhile, but eventually the water will be soaked up along the sides of the pots and throughout the soil mix. This is called bottom watering and is much better than top watering, since it will not cause the starter mix and seeds to run out of the pots. Bottom watering also encourages the new roots to reach downward.

Your plants must be hardened off before they can be planted in the garden. This means they need to be acclimated to the temperature, wind and light differences between your house and the outdoors. After the last-frost date, take your seedlings outdoors for a few hours each day, leaving them in a spot where they will be sheltered from the sun and wind. After a few days, slowly expose them to the sun and wind, a little more each day, over the course of a week or two. This will allow them to make the adjustment without going into shock.

Starting an herb garden indoors is an easy and creative



way to stretch the growing season. With a little forethought and planning, growers can have herb seedlings ready to plant this spring.

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## **Tips To Avoid Fraud**

Scammers use clever schemes to defraud millions of people every year. They often combine new technology with old tricks to get people to send money or give out personal information. Here are some practical tips to help you stay a step ahead.

**Spot imposters.** Scammers often pretend to be someone you trust, like a government official, a family member, a charity, or a company you do business with. Don't send money or give out personal information in response to an unexpected request — whether it comes as a text, a phone call, or an email.

**Do online searches.** Type a company or product name into your favorite search engine with words like "review," "complaint" or "scam."

**Don't believe your caller ID.** Technology makes it easy for scammers to fake caller ID information, so the name and number you see aren't always real.

Don't pay upfront for a promise. Someone might ask you to pay in advance for things like debt relief, credit and loan offers, mortgage assistance, or a job. They might even say you've won a prize, but first you have to pay taxes or fees. If you do, they will probably take the money and disappear.

**Consider how you pay**. Credit cards have significant fraud protection built in, but some payment methods don't.

Talk to someone. Before you give up your money or personal information, talk to someone you trust. Con artists want you to make decisions in a hurry. They might even threaten you. Slow down, check out the story, do an online search, consult an expert — or just tell a friend.

Hang up on robocalls. If you answer the phone and hear a recorded sales pitch, hang up and report it to the FTC. Don't press 1 to speak to a person or to be taken off the list. That could lead to more calls.

Be skeptical about free trial offers. Some companies use free trials to sign you up for products and bill you every month until you cancel. Before you agree to a free trial, research the company and read the cancellation policy. Always review your monthly statements for charges you don't recognize.

Get the latest tips and advice about scams sent right to your inbox. If you spot a scam, report it at ftc.gov/complaint. Your reports help the FTC and other law enforcement investigate scams and bring scammers to justice. www.consumer.ftc.gov



I have arthritis, and I recently went to my doctor to talk about some new symptoms I've been experiencing. In my opinion, my doctor does not take my concerns seriously, and I'm worried about the quality of care I am receiving. What can I do?

-Enid

#### Dear Enid,

If you have a concern about the quality of care you receive from a Medicare provider, your concern can be handled by the Beneficiary and Family Centered Care-Quality Improvement Organization (BFCC-QIO) for your area. The BFCC-QIOs are made up of practicing doctors and other health care experts. Their role is to monitor and improve the care given to Medicare enrollees. BFCC-QIOs review complaints about the quality of care provided by:

- Physicians
- Inpatient hospitals
- Hospital outpatient departments
- Hospital emergency rooms
- Skilled nursing facilities (SNFs)
- Home health agencies (HHAs)
- Ambulatory surgery centers

Examples of situations that you might wish to file a quality of care complaint about include:

- A medication mistake
- Picking up an infection during a stay in a facility
- Receiving the wrong care or treatment
- Running into barriers to receiving care

Two ways that the BFCC-QIO might review this complaint are:

**Immediate advocacy**: Immediate advocacy is an informal process used by the BFCC-QIO to quickly resolve a concern or complaint. This process starts when you, a family member, or an advocate gives the BFCC-QIO permission to address the concern or complaint. The BFCC-

QIO will then contact your provider. If your provider agrees to participate in the resolution of the issue, the BFCC-QIO will work with both you and your provider to resolve the issue. If your provider declines to participate, you will be able to file a written complaint. Immediate advocacy can take place when the complaint is unrelated to the clinical quality of health care, or when it is related to the clinical quality of health care, but does not rise to the level of being a significant quality of care concern. For example, immediate advocacy could be used to address complaints about a hospital staff's poor communication. In cases when immediate advocacy is used, the issue should be resolved within no more than two business days. This process is not available if you wish to remain anonymous.

Quality of care complaints: If you have concerns related to the quality of clinical care that you have received, you can file a complaint with the BFCC-QIO so they can review the case. You can do this by calling your QIO or submitting a written complaint. When the BFCC-QIO gets your complaint, they should call you to ask clarifying questions about your complaint and to get the contact information for your provider. A physician of matching specialty will review the medical record to determine whether the care provided met the medical standard of care, or whether the standard of care was not met. The review process can take up to a few months, and when the review is over, you and your doctor will be notified by phone and in writing.

Livanta and KEPRO are currently the two BFCC-QIOs that serve the entire country. To find out which BF-CC-QIO serves your state or territory and how to contact them, visit www.qioprogram.org/contact or call 1-800-MEDICARE.

If you have a Medicare Advantage Plan, you can choose to make complaints about the quality of care you receive through your plan's grievance process, through the BFCC-QIO, or both. If you file a grievance with your plan about the quality of care you receive, the plan should inform you of your right to file a complaint with the BFCC-QIO.

-Marci

Although love songs might tell you otherwise, a broken heart can't kill you—but heart disease can. Heart disease is the leading cause of death in the United States for both men and women, taking about 610,000 lives each year.

You might not be able to avoid Cupid's arrow, but you can take steps to help prevent heart disease. Start by scheduling an appointment with your doctor to discuss your risks and how to lower them.

Medicare covers a cardiovascular disease screening every 5 years at no cost to you. The screening includes tests to help detect heart disease early and measures cholesterol, blood fat (lipids), and triglyceride levels. If you've had a heart condition, like a heart attack or heart transplant, Medicare covers cardiac rehabilitation programs that include exercise, education, and counseling.

If you're at risk for a heart attack or stroke, there are steps you can take to help prevent these conditions. You might be able to make lifestyle changes (like changing your diet and increasing your activity level or exercising more often) to lower your cholesterol and stay healthy.

February is American Heart Month, so give your heart some love by visiting the Million Hearts Learn & Prevent center at www.millionhearts.hhs.gov. Here, you can find your possible risks for heart disease, and resources, like heart-healthy recipes to help keep your heart strong. Million Hearts is a national initiative to help keep people healthy and improve health outcomes.

While you're celebrating with loved ones this Valentine's Day, don't forget your heart needs some love, too. source sited medicare.gov





The Kinney Lindstrom Foundation notified Elderbridge Agency on Aging of a grant for \$4,865. Funding will pay for the cost of automatic doors at our main entrance at our Mason City office location. The funds will allow consumers with physical limitations to push a button to open two sets of doors gaining access to the building on their own.

Thank you Kinney Lindstrom Foundation for your generosity in supporting the Elderbridge mission.

The Foundation for the Enhancement of Mitchell County notified Elderbridge Agency on Aging of a \$5,000 grant award to be used towards the Material Aid Program. A grant awards ceremony was held at the 10<sup>th</sup> Hole Bar and Grill in Riceville. Funding will benefit low to moderate-income adults with disabilities and seniors. Material aid fills gaps that cannot be met by any other means. It is the last resort. Material aid is used to buy food, pay for a co-pay for needed medication, an emergency response system, home repairs to prevent falls and more.

"The Foundation for the Enhancement of Mitchell County was established to serve and enhance the quality of life for the eight communities and unincorporated areas of Mitchell County." On behalf of the Elderbridge Board, staff members and the consumers we serve, thank you for your generosity.

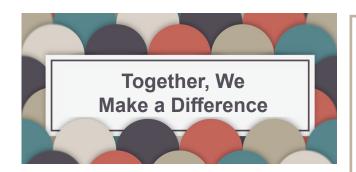
Telligen Community Initiative (TCI) notified Elderbridge of a \$50,000 grant award to be used towards our Return to Community (RTC) Pilot in Clay and surrounding counties. Our RTC goal is to assist consumers in transitioning back into the community successfully from a hospital or nursing home facility by addressing social, economic and environmental factors that influence and impact consumer health. Thank you Telligen for your generous gift and supporting the Elderbridge mission.

"This project was funded in part by the Telligen Community Initiative to initiate and support, through research and programs, innovative and farsighted health-related projects aimed at improving the health, social well-being and educational attainment of society, where such needs are expressed."



Theisen's Home, Farm, Auto awarded Elderbridge \$1,000 for our Material Aid program. Lionel Foster, Board President accepted the award on behalf of the board and the agency at a ceremony held on November 11, 2019, at the Theisen's Charles City store. Funding will be used to assist low-income consumers with food, equipment, copays on medication and more.

Thank-you Theisen's for your generosity.



Saint Olaf Lutheran Church Foundation awarded Elderbridge a \$2,000 grant to be used towards our Material Aid Program in Webster County. Material aid fills gaps that cannot be met by any other means. Funds will help low-income lowans with co-pays for needed medication, food, emergency shelter, utility bills, equipment and more.

Elderbridge is grateful for St. Olaf's kindness to support our lowa neighbors and the Elderbridge mission.

The Retirement Research Foundation (RRF) notified Elderbridge Agency on Aging on November 15, 2020, of a \$50,000 grant award to be used for our Return to Community pilot in Clay and surrounding counties. Our goal is to help consumers transition back into the community successfully from a hospital or nursing home setting by addressing social, economic and environmental barriers that interfere with the consumer's health, safety, and independence.

"The Retirement Research Foundation's mission is to improve the quality of life for older people. RRF is one of the first private foundations devoted exclusively to aging and retirement issues. The foundation's vision is that all older people continue to be valued and respected as participants and contributors in community life." On behalf of the Elderbridge Board, staff members and the consumers we serve, thank you for your generosity and for supporting the Elderbridge mission.

The Bridge Newsletter

# Are You Eating Your ABC's?

There is a great deal of focus today on nutrition and eating well. We hear about no carb vs. whole carb, low fat vs. full fat, and ketogenic diets vs. paleo diets. However, what is often missing from this discussion is the necessity of vitamins in our bodies, particularly as we age.

The most common and essential vitamins to healthy body functioning are vitamins A, B, C, D, E and K. Most people know that these vitamins are important, but few are aware of how unique individual nutritional requirements can be and how they tend to change as we get older. Below we'll explore the purpose of each of these vitamins, how to spot a deficiency, ways to eat more vitamin-rich foods, and when to choose supplements if you find you or a loved one is falling short of daily nutritional needs.

Vitamin A is one essential component for bone and cell growth, specifically skin cells, as well as healthy vision. In fact, historically, children deficient in vitamin A have lost their vision. The first symptoms of deficiency include night blindness and impaired immune function. This vitamin is absorbed in fatty tissues and used throughout the body. Vitamin A can be found in liver, carrots, sweet potatoes, spinach, squash, cantaloupe, red peppers and apricots.

Vitamin B plays an important role in making energy from the food you eat, forming red blood cells and transporting iron throughout your body. There are several different types of B vitamins, and each one presents different symptoms of deficiency. The best way to ensure you get a sufficient amount of each type of B vitamin is to incorporate a variety of nutritious foods in your diet.

Vitamins B12 and B6 tend to get the most attention, and a deficiency in either can lead to anemia. If you are low in these two types, you may tire easily, get breathless with movement and feel dragged out. If you are seriously depleted in this vitamin, the symptoms will be more pronounced. Good food sources for vitamin B include whole grains and cereals, legumes, chicken, potatoes, fish and eggs.

We are often more familiar with vitamin C as it is commonly touted as a means of preventing illness, but it has many other important functions in the body. It is an antioxidant, assists with collagen production for bone and skin growth, and supports wound healing.

Vitamin C is readily available in supplement form and people are encouraged to take it in the winter months to reduce the effects of viral illness. Vitamin C can be found in foods such as fruits (especially citrus fruits), tomatoes, peppers, strawberries and broccoli.

We often produce sufficient amounts of vitamin D if we receive enough exposure to sunlight. During winter and in areas where there are decreased periods of sunlight, it is essential to make ensure you are getting adequate amounts of vitamin D. This vitamin plays a key role in bone growth and development and has recently been linked to the prevention/development of some autoimmune diseases.

Vitamin D plays a role in the development of osteoporosis. For that reason, it is even more important that women consume adequate amounts of vitamin D throughout life. It naturally occurs in very few foods, so there is a recommendation to take vitamin D supplements if a person is not meeting the daily recommended requirements.

The best food sources include butter, egg yolks, fatty fish and liver. People often believe that milk is a good source of vitamin D, but on its own, it isn't. Instead, it just helps the body better process the vitamin. Milk is fortified with vitamin D for this very purpose. Many other foods, such as orange juice, yogurt and breakfast cereals are also fortified with this vitamin.

Vitamin E is another that acts as an antioxidant and helps in preventing cellular damage from free radicals. It also helps to protect the lungs and red blood cell membranes. Vitamin E deficiencies are rare and tend to be caused by specific diseases that hinder adequate absorption. It can be taken in supplement form or applied to the skin but is most often found in food sources like vegetable oils, whole grains, seeds, nuts, wheat germ and green leafy vegetables.

Vitamin K's main function is to help with blood clotting in the body. A deficiency may cause problems with bleeding and can result in serious illness. Too much Vitamin K does not seem to pose a problem, however it can interfere with medications (like blood-thinners) and vice versa. Supplements are not usually recommended, however, Vitamin K injections may be given to those with serious illnesses. Dark, green leafy vegetables and soybean and canola oils are common sources of this vitamin. Many meal replacement and nutrition shakes contain added vitamin K, so be sure to take this into consideration if you take blood-thinning medications.

The above vitamins are essential to effective body function, and eating healthy food is the best way to meet daily requirements of these and other minerals and nutrients. However, supplements may be recommended if a person is not willing or able to eat a balanced diet. Of course, it is always important to consult a physician to diagnose any deficiencies and establish a supplementation plan. source sited: agingcare.com

#### **NATIONAL IOWA DAY**

On February 8, National Iowa Day recognizes The Hawkeye State.

The 29th state to join the United States is known for fertile prairie, rolling hills, raising innovative people and some nostalgic movie moments. From the Mississippi River to the harvests in Plymouth, Harrison or Fremont counties, Iowa's history, beauty and hospitality flourish.

The state was named for Iowa Native Americans who populated the area when European settlement forced Eastern tribes westward.

Acquired as part of the Louisiana Purchase, Iowa Territory settlement didn't start to take place until around the 1830s.

One of the later settlements that remain today is the Amana Colony. A congregation of the Community of True Inspiration, their faith and persecution in Germany led them to immigrate to America for religious freedom. Iowa supplied fertile farmland and a home for them to practice their skills and their beliefs. Today, they open their community to the public. Shop for handmade gifts, homemade baked goods, wine and stay for a home-cooked meal.

In the southwestern part of the state, Madison County boasts beautiful covered bridges which were featured in the movie by a similar name. While touring the bridges, be sure to stop by Winterset and take in the birthplace of John Wayne.

Not far from the Mississippi River, The Field of Dreams home is just outside Dyersville. They built it so that you would come.

For fantastic performances in a historic rock and roll venue, check out the events at the Surf Ballroom. Buddy Holly, Ritchie Valens, and The Big Bopper played their last concerts at the Surf Ballroom the night they perished in a plane crash near Clear Lake, Iowa.

Nature lovers will find plenty of adventure in Iowa. Effigy Mounds National Park will satisfy those with a mystical and historical curiosity. Rockhounds should seek out Geode State Park. The Corps of Discovery's Louis and Clark Trail come through Iowa, too.

	JANU	IARY/FEBRUARY 2020 M	ENUS	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SAMO PARAMETERS CONTRACTOR ST	(47) 10-3 to - 0.00 to 0.00 to 0.00	1	2	3
	Druzona po, LO	HAPPY NEWYEAR	Apple Pork Chops & Stuffing Roasted Red Potatoes Dilly Carrots Applesauce Jell-O	Oven Fried Chicken Baked Potato Harvard Beets Pears
6	7	8	9	10
Swedish Meatballs Egg Noodles Asparagus Ice Box Cookies	Ham & Bean Soup Choice of Bread Copper Penny Carrots Mixed Fruit	BBQ Chicken Potato Wedges Broccoli Salad Strawberries or Royal Brownie	Salmon Loaf Creamed Potatoes w/Peas Lettuce or Spinach Salad Pears	COOK'S CHOICE
13	14	15	16	17
Creamed Chicken Buttermilk Biscuit Mixed Vegetables Orange Wedges	Tater Tot Casserole Lettuce or Spinach Salad Peaches WW Roll	Hot Pork Sandwich Mashed Potatoes w/Gravy Asparagus Choice of Juice	Philly Sloppy Joe Roast Bee WW Bun Roasted Red Po Sweet Potato Fries Broccoli Spei Mixed Vegetables Mixed Fruit Peanut Butter Cookie Hot Milk Cake w/B	
20	21	22	23	24
Tuna & Vegetable Pasta Lettuce Salad Mixed Fruit Ice Box Cookies	Spaghetti w/Meat Sauce Breadstick Broccoli Apricots	COOK'S CHOICE	Chicken & Mushrooms Mashed Potatoes Creamed Peas Banana half	Taco Soup WW Roll Carrot Raisin Salad Peach Crisp
27	28	29	30	31
Liver & Onions -OR- Beef Patty Mashed Potatoes w/Gravy Mixed Vegetables Pears	Taco Casserole or Taco Salad Mexican Rice Peaches	Chicken Fajita Bake Corn Bread Strawberries Molasses Cookie	Herb-Rubbed Roast Beef Mashed Potatoes w/Gravy WW Roll Steamed Carrots Apple Slices	Baked Pork Chop Baked Potato Broccoli Spears Strawberry Rhubarb Crisp
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Baked Chicken Parmesan w/Spaghetti Tomatoe Spoon Salad Pears	Hot Beef w/Gravy Sliced White Bread Mashed Potatoes Green Beans Mandarin Oranges	Scalloped Potatoes w/Ham Broccoli WW Roll Cinnamon Apples w/Crunchy Topping	Oven Fried Chicken Baked Potato Harvard Beets Pears	Hearty Veg Beef Soup Choice of Bread Peaches Ice Box Cookie
10	11	12	13	14
Meatloaf, Baked Potato Asparagus Applesauce Molasses Cookie	COOK'S CHOICE	Beef Stew Coleslaw Apricots Biscuit	Herb Crusted Pork Loin Roasted Red Potatoes Green Beans Raisin Rice Pudding	Turkey Roast Mashed Potatoes w/Gravy Lettuce or Spinach Salad Peaches ,WW Roll
Poked Hanay Chieken	18	19 Paked Petete Per	20 Chili	21
Baked Honey Chicken Baked Beans Mixed Vegetables Strawberry Rhubarb Crisp	Turkey Tettrazini Green Beans or Brussels Sprouts Peaches Breadstick	Baked Potato Bar Toppings: Chili Pulled Chicken, Broccoli Shredded Cheese/Sour Cream Strawberries	Chili Choice of Bread Steamed Carrots Baked Apples	Ham Loaf Sweet Potatoes Asparagus Chocolate Pudding
24	25	26	27	28
Chicken & Mushrooms Rice Pilaf Creamed Peas Banana half	Liver & Onions -OR- Beef Patty Mashed Potatoes w/Gravy Mixed Vegetables Pears	COOK'S CHOICE	Cheese Burger Lettuce & Tomato, WW Bun Potato Wedges Mandarin Oranges Peanut Butter Cookie  Tuna & Noodles w/\ Lettuce or Spinac Mixed Frui Ice Box Cook	

# **MOODS and EMOTIONS**

U	Е	W	W	Е	Α	R	Υ	R	Е	S	Ι	М	Α	D
Ν	D	٧	0	А	Ν	G	U	Ι	S	Н	В	L	U	E
E	G	Ε	0	L	Υ	Н	E	L	Ρ	L	E	S	S	Т
Α	Υ	S	S	L	L	Υ	Т	E	0	Υ	С	L	Α	Α
s	G	0	Е	А	Ν	Е	Α	Ν	Н	Ι	S	Α	F	Ι
Υ	R	Ν	F	Ν	E	С	Μ	Т	Ν	L	U	Ι	R	L
G	0	Ε	U	F	E	L	Α	Α	U	А	0	V	Α	-1
L	U	S	Μ	F	E	Ρ	Ρ	F	Ι	G	Ι	0	I	Μ
0	С	S	U	0	Μ	Ν	E	Ι	R	Ι	R	J	D	U
0	Н	L	0	Υ	R	Ρ	D	D	K	Т	U	S	0	Н
М	Υ	Н	S	Μ	0	S	Μ	Ε	E	Α	F	R	W	K
Υ	Т	R	U	Н	В	Μ	E	D	D	Т	Ν	E	Ν	R
Ν	0	1	Т	А	L	E	R	Α	D	E	R	0	В	Α
Ν	С	Н	E	E	R	Υ	R	J	R	D	Α	E	R	D
Т	Т	Α	E	В	Р	U	Υ	Υ	L	Α	I	Ν	E	G

Find and circle all of the word that are hidden in the grid. The remaining 12 letters spell an additional word.

AFRAID	JADED
AGITATED	JOVIAL
ANGUISH	LONELY
BLUE	LOVE
BORED	MELLOW
CHEERY	MERRY
DARK	MISERY
DOWN	OFFENDED
DREAD	ORNERY
EDGY	PANIC
ELATION	PEACEFUL
FURIOUS	PLEASED
GENIAL	REMORSE
GLOOMY	SOMBER
GROUCHY	SUNNY
HELPLESS	SYMPATHY
HOPEFUL	UNEASY
HUMILIATED	UPBEAT
HURT	WEARY
IRKED	

The hidden word is: ASTONISHMENT



1190 Briarstone Drive, Suite 3 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. . .

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
1190 Briarstone Drive
(641) 424-0678 or 800-243-0678
Fort Dodge
308 Central Avenue
(515) 955-5244 or 800-243-0678
Carroll
603 North West Street

(712) 792-3512 or 800-243-0678 Spencer

714 10th Avenue E., Suite 1 (712) 262-1775 or 800-243-0678

The Bridge Newsletter Order and Change of Address Form
Mailing information:
Name:
Address:
City/State/Zip:
Send to:
The Bridge - Elderbridge
1190 Briarstone Drive, Ste 3 Change of Address
Mason City IA 50401
The Bridge 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.