



The Bridge

Choices Today • Options Tomorrow

Play it Forward Fundraiser

We would love to see you at our “Play It Forward,” event!

Iowans, like all Americans, have been impacted by the pandemic. During this unprecedented time, Elderbridge has helped hundreds of seniors, adults with disabilities, and caregivers because of the generous support of people like you.

Elderbridge has provided take-out, home-delivered and emergency meals as well as needed equipment, toilet paper, hand sanitizer, masks, and more for our Iowa neighbors, because of grants and charitable gifts.

Please consider joining us for this important annual event and help us raise funds to assure that the many needs of our vulnerable population are met. You will enjoy drinks, hors d’oeuvres, musical entertainment, and a silent and live auction overlooking beautiful Lake Okoboji!

If you are unable to attend the event we will be offering the opportunity to participate in the live auction via Zoom. You won’t want to miss the chance to bid on exclusive items such as;

- autographed George Kittle jersey
- autographed Adam Thielen Vikings jersey
- autographed Joe Mauer Throwback Twins jersey
- NFL Game of your choice package,
- Broadway package in Chicago,
- exclusive framed art and photographs and much more.

Follow our Facebook page for information on additional silent and live auction items and event updates. <https://www.facebook.com/elderbridge/>

Call us at 800-243-0678 for more information on joining via zoom and with any questions you may have. We are looking forward to a fun-filled evening with you!

Thursday, July 23, 2020

4:00 p.m. to 6:30 p.m.

The Waterfront Event Center at Arnolds Park



July/August 2020

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8 Tips to Help Seniors Conquer Stress

As boomers retire from their jobs at unprecedented rates in the U.S., you'd think they'd be spending their free time with friends, lingering over the morning newspaper and coffee, or taking January vacations in a warm place. But many seniors are finding themselves in a predicament that few anticipate in retirement: parenting for a second time.

Census reports indicate that 2.7 million grandparents are responsible for their grandchildren.

Their added duties may be fulfilling, but they may be stressful, too.

In fact, many things can trigger stress among retired adults — paying bills on a fixed income, failing health, caring for ill parents or spouses, or even grandparenting. Excessive stress can lead to serious health problems.

"When stressed, the body releases substances such as cortisol and adrenaline that affect every organ and can cause muscle tension, insulin secretion, and increased heart rate," said Arthur Hayward, M.D., a geriatrician and the clinical lead physician for elder care with Kaiser Permanente's Care Management Institute.

"You can't avoid stress, but managing it can help preserve your health and well-being," Dr. Hayward added. He recommends identifying and understanding the cause of your stress and finding ways to relieve it, such as these eight tips:

1. Pace yourself. Don't take on too much. Be aware of your limitations.
2. Set realistic goals and expectations, and don't be afraid to ask for help.
3. Plan time for yourself. Recharge your batteries.
4. Exercise and eat a balanced diet. Get plenty of fruits, vegetables, and whole grains.
5. Try relaxation techniques such as meditation or yoga.
6. Get enough sleep. If you have problems sleeping, talk to your doctor. Drinking caffeinated beverages and alcohol can affect your ability to get a good night's sleep.
7. Talk with a loved one or write in a journal.
8. Stay positive. Positive thoughts can make a difference, such as "I am hopeful" or "Things will be better."

For more information, go to kp.org/healthyaging. For questions or advice about a specific condition, talk to your physician. ©LPi



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On behalf of the Elderbridge Board of Directors, staff and consumers we thank you for your generosity.



The Delta Dental of Iowa Foundation awarded Elderbridge a \$2,500 grant to address food insecurity issues during COVID-19 pandemic. The funding is being utilized to help support our nutrition program needs at our congregate meal sites including supplies such as disposable paper products, foam trays with lids, paper bags, gloves.



Northwest Bank notified Elderbridge of a \$2,500 donation to support our nutrition needs in the Spencer Senior Meals Program/Meals on Wheels during the pandemic. Thank you for your generosity in caring for the Spencer community.



The Floyd County Community Foundation awarded Elderbridge Agency on Aging a \$5,000 grant award for COVID-19 Disaster Response. Funds will be used to continue helping Floyd County consumers with unmet needs during the pandemic. Unmet needs include food and other necessities.

Thomasina is a Service Specialist with Elderbridge Agency on Aging. Thomasina has a client that was using Elderbridge's Options Counseling program to find a way to obtain a power-lift recliner. The client desperately needed to get her feet up to reduce the fluid buildup in her legs. Money was very tight and her household income was a little higher than alternative funding would allow to help purchase a new power lift recliner.

Medicare only pays a small portion of the power lift recliner, leaving the balance to be paid by the client, which could be over \$500.00 at the very least.

The client indicated to Thomasina that she would be ok with a used power lift recliner. Thomasina searched for several weeks for a possible used

power-lift recliner. However upon inspection they would not work for the client. Thomasina reached out to a colleague, Nancy, and she said that she knew of a power-lift recliner that may work for her client.

Nancy upon connecting with the friend, was told that they would give the power-lift recliner to the client for FREE! Thomasina's client's family picked up the chair and took it to the client. The following Monday, the client called Thomasina to say how much she "loved" the power lift recliner. Thomasina and the client both sent a thank you to the owner of the power lift recliner. Her generosity truly was a blessing!

What a great team Elderbridge has to help the individuals that we serve in 29 counties.

ALWAYS HERE TO HELP YOU

Throughout this time, it is apparent that many of our callers/clients are lonely. During my calls I like to spend extra time just chatting, if I sense they need it. During the last month I had a telephone conversations with a 90-year-old woman who lives in the same town as me, and just so happens to be only a couple of blocks away. I helped her in setting up some frozen meals to be delivered to her. We continued to chat about our town, puzzles, the weather, and more.

I always like to ask my callers if there is anything else they need. The usual response is "Like what?" In which I reply, "Anything, if I can't help I can find someone who might be able to."

The lady responded and said, "Well I don't want to be a bother, but why is it so hard to find milk?" "I didn't know it was." I replied "My husband has to go to the store tonight anyway, and if we find some would it be alright for him to drop some off to you?" She stated, "Well that would be great!" I confirmed her milk of choice and told her I would call and let her know before my husband stopped by that evening.

About 20 minutes after I had gotten off the phone with the woman my husband called and let me know

he got the milk. I gave the woman a call and let her know my husband was on his way and she let me know she thought he was just pulling up to her home. I stayed on the phone with her as she confirmed it was him and during the delivery. He took the milk to her door and she told him to hang on a second because she needed to get something for him. He replied, "Oh no don't worry about it. You don't owe us anything." She demanded he wait and I heard my husband thank her. At that time I was unsure what she had given him.

When my husband got home he showed me the cookies and told me that he told her not to pay us. He then stated, "I wasn't going to take her money, but I had to take the cookies. I don't think there is anything more offensive than not taking a 90-year-old woman's cookies." My husband and I both laughed and smiled and enjoyed those cookies. I didn't have to think twice and when I asked my husband if he could get milk for a caller he answered with no hesitation. Sometimes the smallest gestures are the ones that fill our hearts the most.

On behalf of the Elderbridge Board of Directors, staff and consumers we thank you for your generosity.



The Wells Fargo Foundation awarded Elderbridge a grant award of \$5,000 to be used in our Material Aid Program. Funding will pay for unmet needs such as food, energy (electric/gas) to prevent shut off, transportation, medical equipment such as safety bars, a Lifeline, minor home modifications including repairs to prevent falling, and other needs as a result of changes during the COVID 19 pandemic.

The Alliant Energy Foundation awarded Elderbridge a grant award of \$2,500 to be used towards our Material Aid Program. Material aid fills unmet need gaps for low-income seniors and adults with disabilities that cannot be met through any other funding. It is the last resort. Paying for emergency shelter, medical equipment, a copay on needed medication, and more. *#energyforgood*



The Fort Dodge Community Foundation awarded Elderbridge a \$5,000 grant to put towards our Material Aid Program. Material aid fills unmet need gaps for low-income at-risk seniors 60+ and adults ages 18 through 59 with disabilities that cannot be met by any other means. The Fort Dodge Community Foundation supports community programs, services, and projects that benefit the public good and improves the quality of life of all citizens and families in Fort Dodge and Webster County.

Fourth of July

Find and circle all the words that are hidden in the grid. The remaining letters spell an Abraham Lincoln quotation

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L B C E L G A E D L A B N T H L O D S
A E S E F E W P A T R I O T I C E N T
V N H O L D E S N E A Y G B I C O H R
I F S F O E R T K T E A E N O O O E E
N R T E A Y B A I D L R C R L M E Y C
R A R S T R C R O F T I A L A M C T N
A N E U S O B S A Y P T A S F A N O O
C K A O M T H A O T I B J T R H E D C
E L M H A S O N I O I E R C E B D O B
B I E E D I T D N H F O O P E A N O E
A N R T A H D S S F P M N A D S E H T
R G S I N D O T E E E L S R O E P N S
B Y E H H E G R R D V E E A M B E O Y
E A I W O I S I Y T R A P D T A D I R
C D N N J O A P O T F O R E A L N T O
U I O T N S R E G R U B M A H L I A S
E L L H U E M S K R O W E R I F I N S
S O O R E D W H I T E B L U E E L H V
E H C M E H T N A L A N O I T A N S P
  
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The hidden quote is: THOSE WHO DENY FREEDOM TO OTHERS, DESERVE IT
NOT FOR THEMSELVES. www.puzzles.ca/wordsearch

BALD EAGLE

BALLOONS

BARBECUE

BASEBALL

BEN FRANKLIN

BETSY ROSS

CAKE

CARNIVAL

CELEBRATION

COLONIES

CONCERTS

DECORATIONS

DEMOCRACY

FIREWORKS

FLAG

FLOATS

FREEDOM

GREAT BRITAIN

HAMBURGERS

HISTORY

HOLIDAY

HOT DOGS

INDEPENDENCE

JOHN ADAMS

LIBERTY

NATIONAL ANTHEM

NATIONHOOD

PARADE

PARTY

PATRIOTIC

PHILADELPHIA

PICNIC

RED WHITE BLUE

STARS AND STRIPES

STREAMERS

THOMAS JEFFERSON

USA

WHITE HOUSE





Iowa farmers markets has begun serving their local communities. Effective June 18, 2020, The Iowa Department of Agriculture and Land Stewardship has now suspended enforcement restricting the use of your vouchers to include any Farmers Market Certified Vendors primary grow site(s).

So now your vouchers can be used at authorized farmers markets, certified farmers primary grow site, roadside stands or vendors to purchase fresh fruits and vegetables, herbs, and honey.

The Senior Farmers Market Nutrition Program vouchers (checks) are available to those who meet the following guidelines.

- Be 60 years of age or older
- Live in the Elderbridge 29 county service area
- Meet the yearly income equal to or less than
- \$23,606 or equal to or less than \$31,894 for married

Contact Elderbridge Agency on Aging office at 800-243-0678 for more information on how to get your farmers market vouchers.

Are Virtual Physician Visits a Good Option for Seniors?

These days, patients can wait an hour or more in a physician's office for a scheduled appointment. Older adults might resist going because they don't want to be stuck sitting around waiting for the doctor.

Seniors who live in rural communities may put off going to their doctor because the drive is too long or because it means driving in traffic during the most congested times of day. Bad weather can also impact an older adult's willingness to drive to a physician's office.

These are just a few reasons why a senior might not be visiting their physician as often as they should.

Fortunately, technology is making it easier to access a physician. And that access can happen from the privacy of your own living room. It's called a virtual physician visit, and here's what seniors should know.

Advantages of Virtual Physician Visits

Why should you consider a virtual physician visit for yourself or a senior loved one? Here are a few of the advantages:

Convenience factor: There's no doubt about it, virtual physician visits are just more convenient. This is especially true for seniors who have given up driving and those who live in a rural community without a physician's office nearby. Easy-to-use technology allows the patient and physician to talk face-to-face from a distance.

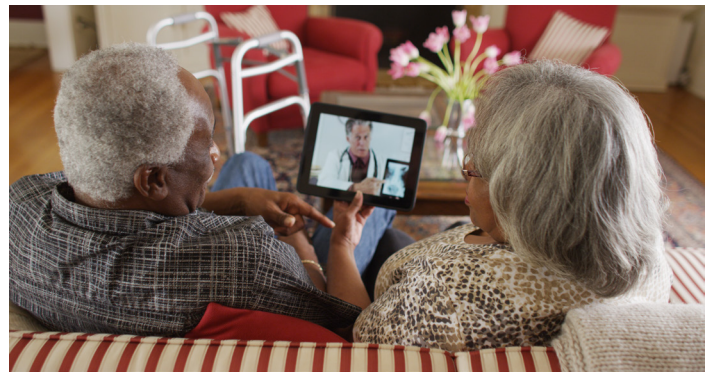
No contact with sick people: Physician waiting rooms can be a source of germs, especially during cold and flu season. For an older adult with a chronic health condition, being exposed to those bugs can be dangerous. Virtual physician visits can prevent a senior from being subjected to harmful viruses.

More attention from the doctor: Patients who've utilized virtual visit options say they feel like they get more of their doctor's attention. It may be that the physician has fewer distractions when they are connecting via video, allowing them to focus more fully on their patient.

No more waiting: If you feel like your physician is always running late, you aren't alone. It can be stressful and aggravating to be stuck sitting in the waiting room

for a long period of time. When you schedule a virtual physician visit, you do the waiting at home where you can watch television, read a book, or just relax.

Access to more physicians: Another advantage of a virtual physician visit is greater access to doctors. A senior who has a chronic health condition that requires a specialist might not have access to one nearby and may need to travel a great distance to see that doctor. A virtual visit can help bring the patient and the physician together more often.



Disadvantages of Virtual Physician Visits

While the benefits of virtual physician visits for seniors are numerous, there are a few disadvantages to know about. Here are a few factors to take in to consideration:

Technology requirements: What technology is required and how expensive is it? Also, ask the physician's staff what happens if you run in to technical issues. Is someone available to help?

Internet access: While most urban communities have a variety of internet service providers, that might not be true for seniors in rural communities. Make sure you understand what is available and if it meets the virtual physician visit technology requirements.

Limited examination: Although virtual visits work well for minor conditions, they may not be helpful enough for more serious problems or for when lab work is needed. Also, some doctors may not feel comfortable making a definitive diagnosis without seeing the patient in person.

Speak to your doctor to see what options may be available for you. ©LPi

Elder Abuse is Preventable

Where does elder abuse take place?


Elder abuse tends to take place where the senior lives: most often in the home where abusers are often adult children, other family members such as grandchildren, or spouses/partners of elders. Elder abuse can also occur in institutional settings, especially long-term care facilities.

Signs and symptoms of elder abuse

At first, you might not recognize or take serious signs of elder abuse. They may appear to be symptoms of dementia or signs of the elderly person's frailty — or caregivers may explain them to you that way. Many of the signs and symptoms of elder abuse do overlap with symptoms of mental deterioration, but that doesn't mean you should dismiss them on the caregiver's say-so. Abuse of elders takes many different forms, some involving intimidation or threats against the elderly, some involving neglect, and others involving financial chicanery. *Authors: Lawrence Robinson, Joanna Saisan, MSW, and Jeanne Segal, Ph.D. Last updated: February 2014.*

If you believe an elderly person is being abused, call, and report to: Law Enforcement 911. The Department of Human Services 1-800-362-2178. Elderbridge Agency on Aging 1-800-243-0678.

JULY 2020 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
 <i>Donna Crail, RD, LD</i>		Meatloaf Mashed Potatoes w/Gravy Asparagus Banana Half	Crispy Baked Chicken Baked Beans Steamed Carrots Mixed Fruit	Herb-Rubbed Roast Beef Roasted Red Potatoes Creamed Peas Pears or Pumpkin Custard
6	7	8	9	10
Taco Salad Mexican Rice Mixed Vegetables Berry Mix w/Angel Food Cake	Goulash Garlic Parmesan Green Beans Breadstick Mandarin Oranges	BBQ Pulled Pork Sandwich Potato Salad Mixed Vegetables Strawberries	COOK'S CHOICE	Chicken & Mushrooms Mashed Potatoes w/Gravy Broccoli Apple Crisp
13	14	15	16	17
Cheese Burger on WW Bun w/ Lettuce & Tomato Potato Wedges Coleslaw Pears	Swedish Meatballs Egg Noodles Asparagus Peaches	Hearty Veg Beef Soup Corn Bread Lettuce or Spinach Salad Ice Box Cookie	Greek Marinated Chicken Baked Potato Strawberries Chocolate Chip Cookie	Spaghetti w/Meat Sauce Breadstick Green Beans Apricots
20	21	22	23	24
Chicken, Orange, & Almond Salad WW Roll Steamed Carrots Mixed Berry Crisp	Apple Pork Chops & Stuffing Roasted Red Potatoes Broccoli Applesauce Jell-O	Hot Beef w/Gravy Sliced White Bread Mashed Potatoes Mixed Vegetables Mandarin Oranges	Tater Tot Casserole Lettuce or Spinach Salad Peaches & Pineapple WW Roll	COOK'S CHOICE
27	28	29	30	31
Ham Loaf Roasted Red Potatoes Green Beans Apple Slices Rice Pudding	Chef's Salad Cup of Minestrone Soup Peaches WW Roll	Baked Cod Potato Salad Steamed Carrots Pears	Mushroom & Swiss Burger on WW Bun Baked Beans Mixed Fruit Baby Carrots	Brown Sugar Glazed Pork Chop Roasted Sweet Potato Broccoli Mixed Fruit Molasses Cookie

AUGUST 2020 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Meatloaf Mashed Potatoes w/ Beef Gravy Mixed Vegetables Applesauce	Crispy Baked Chicken Potato Wedges Green Beans Strawberries & Bananas or Strawberry Rhubarb Crisp	COOK'S CHOICE	Hearty Chicken Stew Breadstick Apricots Ice Box Cookie	Salisbury Ground Beef Mashed Potatoes w/gravy Asparagus Bread Pudding
10	11	12	13	14
Chili or Beef Barley Corn Bread Broccoli Orange Wedges Peanut Butter Cookie	Salmon Loaf Mashed Potatoes Peas Banana Half Chocolate Pudding	Stuffed Pork Loin Roasted Red Potatoes Steamed Carrots Strawberries & Bananas	Chicken Fajita Bake Corn Bread Green Beans Applesauce Jell-O	COOK'S CHOICE
17	18	19	20	21
Chicken & Mushrooms Mashed Potatoes Mixed Vegetables Berry Mix or Peach Crisp	Baked Cod or Crunchy Pollock Sweet Potato Fries Mixed Vegetables Apple Slices	Liver and Onions/Beef Patty Mashed Potatoes w/Gravy Creamed Peas Banana Half WW Roll	Goulash Garlic Parmesan Green Beans Mandarin Oranges Royal Brownie	Baked Honey Chicken Potato Salad Broccoli Hot Milk Cake w/ Strawberries
24	25	26	27	28
Baked Potato Bar Toppings: Chili Pulled Chicken Broccoli Shredded Cheese Apricots	Meatloaf Potatoes w/Gravy Green Beans Banana Half WW Roll	Tuna & Vegetable Noodles Corn Bread Steamed Carrots Pears Ice Box Cookie	Hot Pork Sandwich Potato Wedges Asparagus Orange Wedges	Taco Salad Refried Beans Berry Mix w/Angel Food Cake

Fresh Fruit Flavors

When it comes to fresh fruit, watermelon is a top pick in many households.

It's available year-round and makes for a nutritious snack, but its great taste is the reason most people buy watermelon, according to research from the National Watermelon Promotion Board.

Not only is watermelon a tasty snack by itself, it's a great complement to other flavors, making it easy to create flavorful pairings. This sweet take on pizza combines watermelon with a host of other good-for-you ingredients for a delicious treat.

Healthy enough for breakfast and sweet enough for dessert, this pizza can make its way into your weekly meal rotation.

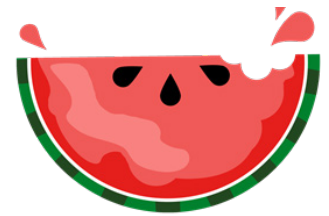
Watermelon travels well, so this recipe makes for an ideal take-along snack when you're on the go.

Sweet Watermelon Pizza

- Greek yogurt
- Watermelon, cut to 1-inch thick round slice
- Shredded coconut
- Mint
- Berries, such as blueberries, strawberries, or blackberries
- Slivered almonds

Spread yogurt to cover fleshy part of watermelon, leaving room to hold rind. Sprinkle with coconut, mint, berries, and almonds, or other toppings, as desired.

Find more recipes at watermelon.org.
(Courtesy of Family Features) ©LPI





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
Mason City IA 50401

☐ Change of Address

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.