

What is an Agency on Aging

In 1973, Congress passed the Older Americans Act (OAA) to promote the well-being of older individuals by providing services and programs designed to help them live independently in their homes and communities. The Administration on Aging (AoA) was established to carry out all provisions of this legislation.

One central part of the OAA was establishing a nationwide network of Area Agencies on Aging. An Area Agency on Aging (AAA) is a public or private nonprofit agency designated by a state to address the needs and concerns of all older persons at the regional and local levels. All Area Agencies on Aging receive federal funding under the Older Americans Act and most receive supplemental funding from state and local revenues. Note that AAA is a general term—the name of your local AAA may vary.

Regional Elder Care Resources

AAAs help seniors locate community resources available to assist in remaining independent and safely aging in place. In addition to seniors, Area Agencies on Aging also help disabled individuals, people with chronic illnesses, veterans, and caregivers, regardless of age. AAAs support family members and caregivers by offering respite resources, counseling, support groups, education and training, referrals to local care providers, and other elder care services.

Area Agencies on Aging are identified by geographic area, also known as a planning and service area (PSA). PSAs usually cover a city, a single county or a multi-county district. For this reason, they are able to provide expert information about specific resources available to a senior in the area where they live. They also help seniors understand and access federal, state and local public benefits, including Medicare and Medicaid.

Services Provided by Area Agencies on Aging:

- Caregiver training and support
- Nutrition counseling services and information regarding home meal delivery
- Elder rights education
- Health and wellness information
- Supportive services, such as information about in-home care services, homemaker and companion services, transportation referrals, case management, home modification referrals, and legal services
- Insurance counseling thru SHIP Volunteers
- Respite care resources
- Information on long-term care options
- Assessment for care planning and long-term care service eligibility
- Linkage to Long-Term Ombudsmen

source cited www.agingCare.com

March/April 2020

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Thank YOU

Farmers Bank recently notified Elderbridge Agency of a \$500 donation to put towards our Replacement Windows Project in our Spencer office.

Windows that open will improve safety for staff and consumers by allowing an avenue to exit the building.

Thank you Farmers Bank



First Citizens Charitable Foundation staff member Joyce Walker awarded Elderbridge Agency on Aging, Amy Simpson a \$5,000 grant to put towards our main entrance

automatics and reception area furnishing project. Funding will help pay for automatics to make the Mason City office more accessible to lowans with physical limitations and will provide furniture for our reception area. On behalf of our Board, staff, and consumers we serve. Thank you First Citizens Charitable Foundation for your generosity in meeting this need and supporting our mission.



Worth County Community Foundation awarded Elderbridge Agency a \$5,000 grant to put towards our Material Aid Program. Material aid helps low-income consumers with food, equipment, medication co-pays, utilities and more. Lionel Foster and Sherri Boedeker attended a grant award ceremony on January 9, 2020 at Fertile City Hall. On behalf of our Board, staff, and consumers we serve. Thank you, Worth County Community Foundation for your generosity in meeting the needs of Worth County residents

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Claiming a Parent on Your Taxes

If you are caring for your mother or father, you may be able to claim your parent as a dependent on your income taxes.

Question: I am a caregiver for my aging parent who lives in my home. May I claim my parent as a dependent on my tax return?

Answer: Generally, to claim your parent as a dependent you must meet the following tests:

- You (and your spouse if filing jointly) are not a dependent of another taxpayer.
- Your parent, if married, doesn't file a joint return, unless your parent and his or her spouse file a joint return only to claim a refund of income tax withheld or estimated tax paid.
- Your parent is a U.S. citizen, U.S. national, U.S. resident alien, or a resident of Canada or Mexico.
- You paid more than half of your parent's support for the calendar year.
- Your parent's gross income for the calendar year was less than \$4200.
- Your parent isn't a qualifying child of another taxpayer.
- If your parent is your foster parent, they must have lived with you all year as a member of your household.

For answers to FAQ's for caregivers, visit (www.irs.gov/faqs/irs-procedures/for-caregivers).



2020 POLICY PRIORITIES

RETURN TO COMMUNITY

The aging network requests an increase of \$400,000 in appropriations for Return to Community expansion. Current pilot programs have successfully transitioned older Iowans from long-term care and hospital environments to their preferred, less restrictive communities. Expanding this program will help older Iowans who can utilize supports and services to live as independently as possible in their communities of choice.

DIFFERENTIATE ELDER ABUSE IN IOWA

Elder Abuse is broader than Dependent Adult Abuse and it is time to enhance protection and services for older Iowans vulnerable to elder abuse. Elder Abuse follows civil proceedings for legal relief. Unless otherwise determined in different criminal aspects of Iowa law, elder abuse itself does not have criminal relief. I4A supports the establishment of specific penalties for acts of elder abuse including assault, theft, financial exploitation, consumer frauds, and dependent adult abuse.

(see page 5 for differences)

The Iowa Return to Community (IRTC) Program is a collaborative effort with a variety of partners including hospitals, long-term care facilities, Elderbridge Agency on Aging, home and community based service providers, Iowa Legal Aid, etc. that assists non-Medicaid individuals age 60 or older, return to their community following a long-term care facility or hospital stay. There is no fee charged to the participant to be enrolled in the program and there is some available funding to assist with short-term services and material aid costs, such as home delivered meals, transportation, home modification devices. This program is being piloted currently in Spencer and a 50 mile radius of Spencer. The long term goal would be to expand into other areas of our Elderbridge region. This is dependent on there be funding made available to sustain and expand the program.

The Elderbridge Transition Coach initially meets with the consumer at the facility/hospital to introduce the program, identify potential needs and barriers to begin person centered discharge planning discussions. They will work along with social workers at the facility. The consumer will define their goals as they look to return to their community setting. When the consumer is dismissed from the long-term care facility or hospital, the implementation of the person centered care plan begins. The consumer and Elderbridge Transition Coach will meet at the home setting, and coordinate non-medical services needed in the home. A consumer is active in the program until supports and services are no longer needed from the IRTC program, after 90 days.

Goals:

- Help seniors to maintain their independence by keeping them in their homes with a comprehensive set of non-medical wrap around services and supports.
- Achieve person-centered planning by enabling seniors to have the information and assistance they need to stay in their homes if they so choose.
- Integrate services through care coordination and management.
- Increase access to primary and preventative care.
- Reduce unnecessary facility placement, unnecessary hospital admissions and readmission, emergency department use.
- Improve health outcomes
- Eligibility for the Return to Community program
 - must be 60 years old or older
 - Resident of Iowa
 - within 50 miles of Spencer
 - In the process of being discharged from hospital to the community or a long term care facility skilled rehab stay
 - Have Medicare or Private Pay Insurance

If you have questions about this program, please call Elderbridge Agency on Aging at 800-243-0678

The Iowa Association of Area Agencies on Aging (i4a) released its 2020 policy priorities with its top agenda item focused on differentiating elder abuse from dependent adult abuse. The distinction is being made because Iowa's system of elder justice needs additional clarity and systemic change to address elder abuse when dependent adult abuse is not applicable.

Dependent Adult Abuse -Requires that any adult be dependent upon the care of the person alleged to be committing abuse.

- Physical Abuse Causing pain or injury to dependent adult.
- Emotional Abuse Personal degradation or humiliation to a dependent adult.
- Sexual Abuse Sexual exploitation by a caregiver.
- Neglect Deprivation of food, shelter, clothing, medical care.
- Exploitation Caregiver deliberately endeavors to misuse funds, assets, medication or property.

Elder Abuse -Does not require that the vulnerable older adult to be dependent upon the care of another for abuse to occur.

- Physical Abuse -Pain or injury caused by someone other than a caregiver.
- Emotional Abuse - Not defined in Iowa.
- Sexual abuse defined in Section 726.2 of Iowa Code. Includes non-consensual sexual contact and coercion.
- Neglect - Definition is the same and requires a caregiver.
- Exploitation - When a person of trust endeavors to deceive, coerce, fraud, or extort benefits, property, resources, belongings or assets.

COUNTY CONNECTIONS



Food Insecurity in Clay County

Nationally, 9.5% of households with seniors face food insecurity. In Iowa, 11.8% of households with seniors face food insecurity. Clay County is just slightly higher than the state percentage at 11.9%. If you are experiencing food insecurity call Elderbridge at 1-800-243-0678. We can provide you with resources or assist you in signing up for SNAP benefits.

You can also call Iowa's SNAP customer service number directly at 1-800-359-5802. If you would rather apply in person, call your local office or the Iowa SNAP hotline (1-877-347-5678) to find out how. The Senior Nutrition Program offered in Clay County is located at the Spencer Activity Center (712-262-1782). Call today to register.

Known as "The World's Greatest County Fair" since 1917, the Clay County Fair attracts more than 300,000 guests each September for nine-days of world-class entertainment, competition, food, fun, and the largest farm machinery show at any fair in the United States.

SERVICES FUNDED BY ELDERBRIDGE

Congregate Meals

- Provider: Spencer Dinner Date
- Provider: Sunset Apartments Dinner Date

Home Delivered Meals

- Provider: Spencer Dinner Date
- Provider: Sunset Apartments Dinner Date

Legal Assistance

- Provider: Iowa Legal Aid

Transportation

- Provider: Northwest IA RSVP
- Provider: Regional Transit Authority /RIDES

Services Directly Provided by Elderbridge:

- Benefit Enrollment Checkups
- Caregiver Access Assistance
- Caregiver Counseling/Options Counseling
- Case Management
- Chore Purchase of Service
- Elder Abuse Awareness & Prevention
- Emergency Meals
- Evidence Based Health Activities
- Fresh Conversations
- Information & Assistance
- Material Aid
- Nutrition Counseling
- Nutrition Education
- Older Workers Employment Program
- Options Counseling
- Training & Ed/Information Services

SHARE A LAUGH

Caring for a loved one can be an exhausting and often thankless job. It takes time, energy, compassion, and strength. It's important to recognize just how far a good laugh can go and how important companion care is, especially for seniors.

As we celebrate National Humor Month, here are a few interesting facts about the power of a good smile or laugh and just how much that can benefit seniors. After all, laughter is the best medicine!

- Laughter can boost your immune system. Thanks right, a good laugh can make you less susceptible to illness. Laughter can decrease stress hormones while increasing antibodies that fight off illness.
- Laughing triggers endorphins which naturally make you feel good.



- A good laugh can actually help you sleep! Laughing reduces tension which can bring about a better night's sleep and leave you feeling more energized.

Laughter is a great natural combatant for depression. Approximately 15% of adults over 60 suffer from a mental disorder. Depression is often overlooked disease in the elderly. If you feel that you or your loved one may be depressed, be sure to speak with a doctor about any systems.

Laughing can quite literally be good for your heart by increasing blood flow, lowering stress hormones, and boosting antibodies.

These are just a few of the health benefits of enjoying a good laugh. If you are caring for a friend or family member, keep in mind the power of companionship and how it can make a measurable impact in the life of others. On that same note, keep in mind the power of a good laugh each and every day as you never know how much of an impact you can make.



March is National Nutrition Month®. The theme this year is Eat Right, Bite by Bite. This newsletter is based off the “20 Health Tips for 2020” provided by the Academy of Nutrition and Dietetics. I have chosen a tip for each month for the remainder of the year however, picking any of the tips to follow at any time will help you on your journey to Eat Right, Bite by Bite.

March: Drink more water.

- Although there are various factors that can contribute to how much water you need each day, the average woman needs about 78 ounces and the average man about 100 ounces per day. If you find it difficult to drink cold water during the winter months, unsweetened, herbal tea is a warm alternative.

April: Fix Healthy Snacks.

- Try to have a snack that includes a combination of protein and carbohydrates. Try raw veggies with cottage cheese, or a tablespoon of peanut butter with an apple or a pear. Keeping fruits and veggies on hand, along with a lean protein, instead of bags of chips and cookies will help you make a better choice when it comes to snacking.

May: Be Active.

- Adults should get at least 2 hours and 30 minutes of physical activity per week. If you are just starting out, try breaking up the 30 minutes per day into three 10-minute sessions. As the ice melts and the weather gets warmer, walking is a great way to get your physical activity. As with any exercise routine, consult your doctor before you begin.

June: Make Half Your Plate Fruits & Vegetables.

- As the farmer’s markets begin to open for the season, make a trip to your local market and pick up some fresh fruits and veggies. If you don’t have access to a farmer’s market or when fresh produce is not in season, frozen or canned are just as good. Make sure your canned fruits are in 100% juice and your canned vegetables have no added salt.

July: Experiment with Plant-Based Meals.

- Pick a day of the week to go meatless. Many of the recipes you make using meat and poultry can be made without. You can also substitute vegetables, beans, and lentils to put a new spin on an old recipe.

August: Get Cooking.

- If you struggled with July’s tip because you are not comfortable in the kitchen, now is the time to conquer your fear! If your idea of cooking is warming up a frozen dinner, choose a simple recipe for a homemade version of your favorite frozen meal. Not only will eating at home help you control things like the amount of salt added to your food, it is also more cost-effective than dining out.

September: Get to Know Food Labels.

- Next time you are at the grocery store, make it a point to look at the Nutrition Facts panel of the foods you buy most often. Are you able to find the number of servings? Can you calculate the total amount of sodium/fiber/calories in a package or a can based on the serving size?

October: Make an Effort to Reduce Food Waste.

- Make a list when you go to the grocery store and only include the things you need. Plan your meals around what you already have on hand. With the fall weather comes cooler temperatures and soups are always a great way to use up leftover meats or vegetables that are about to go bad.

November: Slow Down at Mealtime.

- If you are habitually eating on the run, make it a point this month to sit down and enjoy most meals. It is important to dedicate time to enjoy the tastes and textures of the foods you are consuming to have the most satisfying food experience possible.

December: Eat Breakfast.

- Start every morning with a balanced breakfast that includes lean protein, whole grains, fruits, and vegetables. A simple, affordable breakfast that includes all of these food groups would be a Black Bean Breakfast Burrito. Scramble an egg, warm up a serving of black beans, and add a few tablespoons of cheese to a whole grain tortilla. Add salsa and a side of fruit and you have a well-balanced breakfast!

Changing your habits can take time so be patient with yourself. Choose one tip to focus on to create better habits at a time.

Elderbridge has a registered dietitian on staff who can meet with you one-on-one to answer any questions you may have regarding any of the tips listed above or any food or nutrition related questions in general. Call 1-800-243-0678 and ask for Danielle Crail.

https://www.eatright.org/-/media/eatright-files/nationalnutrition-month/handoutsandtipsheets/nutritiontipsheets/2020/20healthtipsfor2020_nnm20_final.pdf



Caregiver Support Groups

Webster County - 4th Thursday of every month
4:30 pm - 5:30 pm - Fort Dodge Office

Clay County - 4th Wednesday of every month
3:00 pm - 4:00 pm - Spencer Office

Mason City - 4th Tuesday of every month
9:30 am - 10:00 am Trinity Lutheran Church

Medicare Savings Programs

We can check eligibility and assist you with
applying for Medicare Savings Programs

March 3rd - 9:00 am
Summit House Assisted Living Britt, IA

March 18th - 12:45 pm
Senior Saints Center, St. Ansgar, IA



Upcoming Events

Spring Caregiver Conference

Wednesday May 12th

Carrollton Hotel and Event Center, Carroll, IA

Speakers ~ Vendors ~ Lunch

Contact Jenn Lappegard at 800-243-0678 / jleppeward@elderbridge.org for more information

MARCH/APRIL 2020 MENUS				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Veggie & Ham Egg Bake Strawberries & Bananas Orange Juice Creamer Roll	3 Salisbury Ground Beef Mashed Potatoes w/Gravy Asparagus Bread Pudding	4 Apple Pork Chops & Stuffing Roasted Red Potatoes Cilly Camels Applesauce J&M-C	5 Oven Fried Chicken Baked Potatoes Harvard Beets Pears	6 Crunchy Pullover or Baked Cod Filet Potato Salad Broccoli, Potatoes
8 Swedish Meatballs Egg Noodles Asparagus Ice Box Cookies	9 Ham & Bean Soup Choice of Bread Copper Penny Carrots Mixed Fruit	10 BBQ Chicken Potato Wedges Broccoli Salad Blackberries or Royal Biscuits	11 Philly Sloppy Joe WW Bun Sweet Potato Fries Mixed Vegetables Peanut Butter Cookies	12 COOK'S CHOICE
15 Creamed Chicken Buttermilk Biscuits Mixed Vegetables Orange Wedges	16 Tater Tot Casserole Lettuce or Spinach Salad Peaches WW Roll	17 Hot Pork Sandwich Mashed Potatoes w/Gravy Asparagus Choice of Juice	18 Roast Beef Roasted Red Potatoes Broccoli Sprouts Mixed Fruit or Hot Mix Cake w/Berry Mix	19 Salmon Loaf Creamed Potatoes w/Pears Lettuce or Spinach Salad Pears
22 COOK'S CHOICE	23 Spaghetti w/Meat Sauce Breadstick broccoli Apricots	24 Taco Soup WW Roll Steamed Carrots Apple Crisp	25 Chicken & Mushrooms Mashed Potatoes Creamed Peas Banana Split	26 Tuna & Vegetable Pasta Lettuce or Spinach Salad Mixed Fruit Ice Box Cookies
29 Baked Pork Chop Baked Potatoes Broccoli Sprouts Blackberries	30 Taco Casserole Mexican Rice Mandarin Oranges Peanut Butter Cookies	1-Apr Ham Loaf Roasted Red Potatoes Green Beans Apple Slices Rice Pudding	2 Chef's Salad Cup of Minestrone Soup Peaches WW Roll	3 Baked Cod Potato Salad Steamed Carrots Pears Chocolate Chip Cookies
6 Mushroom & Swiss Burger on WW Bun Baked Beans Baby Carrots Mixed Fruit	7 Brown Sugar Glazed Pork Chop Roasted Sweet Potato Broccoli Banana Molasses Cookie	8 Meatloaf Mashed Potatoes w/ Beef Gravy Mixed Vegetables Applesauce	9 Crispy Baked Chicken Potato Wedges Green Beans Strawberries or Strawberry Rhubarb Crisp	10 COOK'S CHOICE
13 Hearty Chicken Bow Breadstick Coleslaw Apricots Ice Box Cookies	14 Salisbury Ground Beef Mashed Potatoes w/ Beef Gravy Steamed Carrots Bread Pudding	15 Herb-Crusted Pork Loin w/Carrots & Onions Roasted Red Potatoes Broccoli Pears	16 Roast Beef sandwich w/Provolone Cheese on a Kaiser Roll Potato Wedges green Beans Mandarin Oranges	17 Chicken, Orange, & Almond Salad WW Roll Strawberries 4 oz. Orange Juice
20 Honey Baked Chicken Sweet Potato Fries Mixed Vegetables Banana Half Peanut Butter Cookies	21 Ham Salad Sandwich Baby Carrots Pineapple Chocolate Pudding	22 COOK'S CHOICE	23 Liver & Onions or Beef Pot Pie Mashed Potatoes w/Gravy Asparagus Mixed Fruit	24 Philly Sloppy Joe WW Bun Potato Wedges Broccoli & Cauliflower Apricots
27 Salmon Loaf Roasted Red Potatoes Green Beans Strawberries & Pineapple Chocolate Chip Cookies	28 Baked Chicken Parmesan w/Spaghetti Casserole Side Salad Pears Breadstick	29 Turkey Roast Mashed Potatoes w/Gravy Rice or Bread Lettuce or Spinach Salad Apple Slices	30 Taco Salad Mexican Rice Mixed Vegetables Berry Mix w/Angel Food Cake	31 <i>Don't Forget April 1st</i>

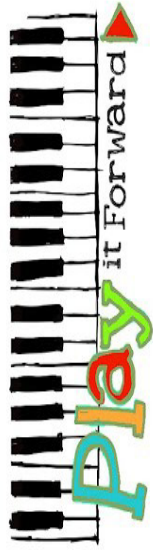
Elderbridge Agency on Aging Annual Fundraiser

PLAY IT FORWARD

April 30th 4:00 pm - 6:30 pm

The Waterfront

641 Linden Drive, Arnolds Park, IA



MUSIC 🎵 **FOOD** 🎵 **DRINKS** 🎵 **AUCTION**

Funds raised will go to support

~ Home delivered meals ~

~ Home modifications such as ramps, railings ~

~ Assistive devices such as wheel chairs, canes, and walkers ~

Call SueAnne Stoermer at 800-243-0678 for more information on tickets, reservations and sponsorship opportunities.

Make a note and save the date!



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, Suite 3
(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.