



The Bridge

Choices Today • Options Tomorrow

Iowa's Area Agencies on Aging are at the front line of meeting the needs of older Iowans, adults with disabilities, and family caregivers during the COVID-19 pandemic. Older adults are at the highest risk for serious COVID-19 illness due to age-related changes in immune systems and, for some, underlying health conditions. According to the Centers for Disease Control and Prevention (CDC), 80% of deaths associated with COVID-19 are adults over the age of 65.

On March 18, 2020 the CDC COVID-19 Response Team stated in its report that "The risk for serious disease and death in COVID-19 cases among persons in the United States increases with age." The CDC recommends that older adults maintain a supply of nonperishable foods and a 30-day supply of medications. In some cases, a 90-day medication supply may be available. Older Iowans should discuss this possibility with their pharmacist to determine availability and appropriateness of securing a 90-day supply of medications to reduce trips to the pharmacy and to maintain social distancing.

Social distancing, which includes maintaining at least six-feet of space between you and another individual and keeping to small gatherings of no more than 10 people. However, it is most effective to stay home as much as possible at this time. For

older adults, social distancing creates additional challenges related to social isolation and limited access to supports and services. You are encouraged to reach out to others with available technology to reduce social isolation (e.g., phone calls, video calls).

Iowa's aging network was established under the Older Americans Act of 1965 and consists of the Iowa Department on Aging, six Area Agencies on Aging, and a provider network throughout the state. Iowa's Area Agencies on Aging provide access to information and community-based supports and services to Iowans 60+, adults with disabilities, and family caregivers. In FY19, Iowa's aging network served over 2 million meals and provided information to over 18,000 individuals. During the COVID-19 pandemic, Iowa's aging network is working to respond to the increased needs of Iowans.

If you or your loved one needs assistance, you can call 1-866-468-7887 to access LifeLong Links, where an Iowa-based professional will assist you in finding the resources you need in your community.

For medication concerns, you are encouraged to connect with your medical provider or pharmacist to discuss your options.



May/June 2020

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No Returns

A fellow bought a new Mercedes and was out on an interstate road for a nice evening drive. The top was down, the breeze was blowing through his hair, and he decided to open her up. As the needle jumped up to 80 m.p.h., he suddenly saw a flashing red and blue light behind him.

"There ain't no way they can catch a Mercedes," he thought to himself and opened her up further. The needle hit 90, 100 110, and finally 120 with the lights still behind him.

"What am I doing?" he thought. Coming to his senses, he pulled over.

The cop came up to him, took his license without a word, and examined it and the car. "I've had a tough shift, and this is my last pullover. I don't feel like more paperwork, so if you can give me an excuse for your driving that I haven't heard before, you can go."

The man thought for a while and finally said, "Last week my wife ran off with a cop, and I was afraid you were trying to give her back!"

Ticket Collection

Jasper was speeding along the highway when he was pulled over by a state trooper. The officer wrote out the ticket.

"What am I supposed to do with this?" grumbled Jasper, as the policeman handed him the ticket.

"Pay it and keep it," said the officer. "When you collect four of them, you get a bicycle."



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parents, mentors, and advocates. They offer their time, talents, and experience to the benefit of our communities.

For 57 years, Older Americans Month (OAM) has been a special time to recognize these contributions. Led by the Administration for Community Living (ACL) each May, OAM also provides resources to help older Americans stay healthy and independent, and materials to help communities support and celebrate their citizens.

This year's OAM theme, Make Your Mark, highlights older adults' unique and lasting contributions to their communities—everything from sharing a story with grandchildren to leaving a legacy of community action. In the spirit of this theme, here are a few ways to make your mark this May and all year long:

Around the nation, older adults make their marks every day as volunteers, employees, employers, parents, grand-

- Volunteer your time. Local schools, shelters, food kitchens, and hospitals always need support. Help a neighbor by prepping a meal, picking up groceries, or giving them a ride. Or, take time to pass on your knowledge. Why not tutor a student who could use extra help in math, music, or science?
- Share your story. There are so many ways to do this, from showing your grandkids around your old neighborhood to writing a book. Take a class and learn how to express yourself with the arts! Or, assemble a photo album of important moments in your life.
- Get involved in your neighborhood. Join a homeowner or resident association, organize a block party, or sign up for a book club or other social group. Have a green thumb? Small projects like planting flowers in your yard or cleaning up the community park have a big impact.

Communities that support and include all their members are stronger! Please join Elderbridge Agency on Aging in strengthening our community.

Summer Picnics

S I B A I D N U O R G Y A L P B E E R L
 E C H O L P E L N K C O M M A H S W Z A
 M E A I N U Y S N O O L L A B R E T A W
 A P D S B F T S U N S H I N E H C K B R
 G A L R O T I A S L I S N E T U E K E I
 N C A E T E L R P Y A R P S G U B P E O
 W K W W T C G C E S D N E I R F Y V S T
 A S N O L I N S E C T R E P E L L E N T
 L R C H E N I F R M H F P S N A C K S D
 E E H S D C L T E K S A B C I N C I P A
 E L A N W I L U P T P H R E L O O C J L
 C B I I A P I Y N E A S G O D T O H Q A
 I A R A T N R A R M G N E E R C S N U S
 D T S R E S G P B B E V E R A G E S H O
 N C J S R C L U B E U C E B R A B X E T
 W I A R O A R F R I E D C H I C K E N A
 A N R I T G N D L F L Y S W A T T E R T
 L C T E E B A D M I N T O N E I E C A O
 A I S R F A M I L Y B T E U Q O R C R P
 R P S S U M M E R B B L A N K E T G C N

Word List:

ANTS
 BEES
 BOTTLEDWATER
 FAMILY
 GRILLING
 ICEPACKS
 LAWN DICE
 PICNIC BASKET
 RAIN SHOWERS
 SUNSCREEN

BADMINTON
 BEVERAGES
 BUGSPRAY
 FLYSWATTER
 HAMBURGERS
 INSECT REPELLENT
 LAWN GAMES
 PICNIC TABLE
 SNACKS
 SUNSHINE

BARBECUE
 BLANKET
 COOLER
 FRIED CHICKEN
 HAMMOCK
 JARTS
 PAPER PLATES
 PLAYGROUND
 SPATULA
 UTENSILS

BEER
 BONFIRE
 CROQUET
 FRIENDS
 HOT DOGS
 LAWN CHAIRS
 PICNIC
 POTATO SALAD
 SUMMER
 WATER BALLOONS

								4
	5	9		4	1			8
				8	3			2
			9				2	1
				5	4		3	
	4	3				6	5	
6		1		2				
3		2			9			

The Wrong Way

As a senior citizen was driving down the freeway, his car phone rang. Answering, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's a car going the wrong way on Highway 401. Please be careful!"

"Ruth," said Herman in disbelief. "It's not just one car. It's hundreds of them!"

SUDOKU

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9. Answers on page 11

Using Technology to Connect and Combat Loneliness

For better or worse, technology is here to stay. Nearly extinct are letters written between family and friends or lengthy phone conversations while tethered to a coiled phone cord. In its place are emoticons, text messages, emails, Messenger, Twitter, Facebook, video chatting, and a plethora of other avenues to connect.

While older adults are the fastest growing segment of the online population (and utilizing Facebook, Google, YouTube and Instagram), nearly a third of adults ages 65 and older say they've never used the internet and half don't have internet access at home. And that number grows exponentially after age 75.

This digital divide increases social isolation among older adults. Research demonstrates that chronic loneliness is as hazardous to the health as smoking. Those who experience chronic loneliness are 50 percent more likely to die prematurely due to cardiovascular disease, stroke, and dementia than those with healthy social relationships.

Technology for Seniors

Thankfully, connecting with family and friends is not as overwhelming as it may appear. There is help. Senior centers, local Eldercare Centers, and public libraries often offer computer labs and technology classes that encourage active aging. These are a great means to gather stress-free support in learning to safely navigate cell phones and computers as well as understanding the ins and outs of search engines, news sites, email, and social media.

Various forms of technology can help seniors combat isolation by easily connecting them to friends and family.

- **Cell phones:** Several phone manufacturers offer phones with seniors in mind, such as Jitterbug. The Jitterbug line of phones features large text, oversized buttons, easy-to-navigate menus, and quick access to emergency contacts. These providers also offer more advanced options for seniors who desire added features.
- **Smartphones:** Smartphones can serve as a useful part of the senior's daily life. Apps such as Google Maps, travel and transportation reservation apps, grocery and other retail shopping apps, Medisafe, Airbnb, and gaming apps such as Luminosity can keep seniors informed, boost cognitive function, and make it easier to get out.



- **Video Chat:** With a larger geographical distance between families, busy schedules, and job requirements, visiting in person might be difficult on a regular basis. Video chat is the next best option to a face-to-face conversation because it allows users to hold conversations with and to see each other in real time. This is a great option for grandparents wanting to visit with grandchildren. This feature comes standard on many phones, tablets, and laptops. Skype, FaceTime, or Messenger are very popular and user friendly.
- **Social Networking:** Facebook remains the top social networking site and is easy for older adults to stay connected with family and friends. This medium allows seniors to see photos of loved ones as well as comment on posts and exchange messages privately through Messenger. Instagram is another medium where seniors can share and comment on photos with loved ones, as well as send private messages. Groups are available for seniors to share on a variety of topics, especially age-related issues. AARP offers resources through a Facebook community for seniors to share and exchange information.

Whether it's emailing, texting, or talking, making use of technology has a positive impact on the lives of seniors because they communicate more frequently with family, reconnect with loved ones, combat loneliness, keep up with community developments, and manage health issues. ©LPI

Stay Safe

June is National Dairy Month

Dairy provides a unique combination of nutrients that play a role in preventing chronic diseases such as heart disease, obesity, high blood pressure, diabetes, and osteoporosis. Dairy foods provide three of the four nutrients that are typically lacking in American diets: calcium, potassium, and vitamin D.

The Academy of Nutrition and Dietetics shares these tips to ensure safety when purchasing and storing dairy products.

- Store milk in the refrigerator below 40 degrees; never store milk in the door as it is susceptible to warmer air from opening and closing the door.
- Discard milk after one week of opening, no matter the "sell-by" date.
- Purchase milk in cardboard cartons or non-translucent jugs.
- Tightly wrap hard cheese such as cheddar and Swiss and they can last three to four weeks in the refrigerator after opening.



- Remove mold from hard cheeses by cutting a one-inch square around it; the rest is safe to eat if only a small area were moldy.
- Processed cheese spread can keep for three to four weeks in the refrigerator after being opened.
- The softer the cheese, the shorter the shelf life:
 - Cream cheese can last for two weeks.
 - Cottage cheese can last for one week.
 - Ricotta cheese can last for one week.

Here are a few interesting facts to ponder. There are about 300 different types of cheese sold in the United States. Cows can drink over fifty gallons of water each day. The average cow can produce up to nine gallons of milk each day, which is about 128 glasses!



Nuts for Pistachios

For the roughly 75 million Americans who make up the baby boom generation, a healthy diet and lifestyle are the best weapons against age-related diseases.

“It’s vital at any age to adopt good habits to live a strong, fit and healthy life,” says Dr. Mike Roussell, a nationally recognized nutrition consultant and nutrition adviser to Men’s Health and Shape. “Fueling your life with tasty and nutrient-rich foods while making sure to be active every single day are essential components to keeping your body young and vibrant.”

Roussell’s recommendation? Nuts. In particular, pistachios. “Pistachios are a multitasking nut with fiber, healthy fats, and three specific types of antioxidants that may help fight the onset of age-related conditions that lead to poor health in these 10 ways.”

1. Heart health

Large population studies show that people who regularly eat nuts, such as pistachios, have a lower risk of dying from heart disease or suffering a heart attack. Pistachios provide 360-degree cardiovascular support in that they can promote improvements in cholesterol levels, blood pressure and blood vessel function.

2. Anti-inflammatory

Excessive inflammation is one of the root causes of age-related conditions, such as arthritis. Pistachios contain a special form of vitamin E called gamma tocopherol, which has unique anti-inflammatory properties. Gamma tocopherol levels have also been shown to decrease as we age.

3. Weight loss

Being overweight can also contribute to a number of age-related illnesses. Studies show pistachios positively promote weight maintenance as the dietary fiber, fat and protein all work together to make us feel fuller and satiated longer, plus removing them from the shell slows down eating. Pistachios are also the lowest-fat nut.

4. Digestion

The fiber in pistachios also can help with digestion. Research shows that the fiber in pistachios works as a pre-biotic and feeds the good bacteria in our digestive tract to improve the health of our digestive system. A single serving of pistachios contains as much as 3 grams of dietary fiber.

5. Blood glucose level

Developing adult onset diabetes, or Type 2 diabetes, is a common fear for boomers. The American Diabetes Association praises the health benefits of nuts, including pistachios, calling them a diabetes superfood because they improve how the body’s cells use glucose and how insulin responds to a carbohydrate-containing meal, namely, stabilizing blood glucose levels.

6. Skin health and appearance

UV light from the sun promotes damage and accelerates the aging of our skin. Pistachios contain two carotenoid antioxidants that are concentrated in the skin and work to filter out and protect it against the damaging effects of UV light.

7. Eyesight

Pistachios contain lutein, a nutrient known to help improve eye health, especially in older individuals. Lutein has been shown to prevent and slow down macular degeneration by providing more pigment for the eye, thereby reflecting more of the sun’s light, preventing damage to the retina.

8. Memory

Preliminary research shows that the fatty acids and antioxidants found in pistachios can help support brain health. The antioxidants in pistachios can help ward off excessive inflammation in the brain, a major cause of accelerated cognitive decline. Another study found that eating pistachios stimulated brain waves that aid the formation of ideas and memory processing.

9. Sleep

Nuts, including pistachios, are rich in minerals such as magnesium. One benefit of magnesium is that it may aid sleep because it assists in helping the muscles relax and quiet activity in the brain by working as an inhibitory neurotransmitter.

10. Energy

Pistachios have been shown to promote energy, which is why so many professional athletes consume them while training. More energy means we’ll commit to getting enough exercise.

But what is Dr. Mike’s main reason for having his clients eat pistachios? “They taste good. People are much more likely to stick to a healthy diet when the food is tasty and fun to eat.”

(Courtesy of BPT) ©LPi

Iowa farmers markets will begin serving their local communities soon. The Senior Farmers Market Nutrition Program vouchers (checks) should be available June 1, 2020. These vouchers may be used at authorized farmers markets, roadside stands or vendors to purchase fresh fruits and vegetables, herbs, and honey.



Eligible participant must 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.

Apply for your vouchers at your local meal site center, or contact Elderbridge Agency on Aging office. Each eligible participant will receive 10 vouchers for a total value of \$30.00 or \$60.00 per couple. The Senior Farmers Market Nutrition Program is an equal opportunity program.

***Vouchers availability date to distribute to the public is subject to change



Health Tip

A good night's sleep is important for your well-being, and a lack of sleep or poor quality sleep can increase your risk of several health problems. The National Institute on Aging has created an infographic about the importance of getting seven to nine hours of sleep every night, and included the following tips about how to do this:

- Go to bed and wake up at the same time every day, even on weekends.
- Find ways to relax before bedtime each night.
- Avoid distractions such as cell phones, computers, and televisions in your bedroom.
- Don't eat large meals or drink caffeine or alcohol late in the day.
- Exercise at regular times each day, but not within three hours of your bedtime.
- Avoid long naps (over 30 minutes) in the late afternoon or evening.

To view the infographic visit; <https://www.nia.nih.gov/health/infographics/getting-good-nights-sleep>

Answer to Sudoku

2	3	8	5	9	6	1	7	4
7	5	9	2	4	1	3	6	8
4	1	6	7	8	3	5	9	2
8	6	5	9	3	7	4	2	1
1	2	7	6	5	4	8	3	9
9	4	3	8	1	2	6	5	7
6	7	1	4	2	5	9	8	3
5	9	4	3	7	8	2	1	6
3	8	2	1	6	9	7	4	5



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.