



# The Bridge

Choices Today • Options Tomorrow

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## COVID-19 and INFLUENZA

### *Frequently Asked Questions*

#### **What is the difference between Influenza (Flu) and COVID-19?**

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with influenza viruses.

There are some key differences between flu and COVID-19. COVID-19 seems to spread more easily than flu and causes more serious illnesses in some people. It can also take longer before people show symptoms and people can be contagious for longer. Another important difference is there is a vaccine to protect against flu. There is currently no vaccine to prevent COVID-19. The best way to prevent infection is to avoid being exposed to the virus.

#### **Will there be flu along with COVID this fall and winter?**

While it's not possible to say with certainty what will happen in the fall and winter, CDC believes it's likely that flu viruses and the virus that causes COVID-19 will both be spreading. In this context, getting a flu vaccine will be more important than ever. CDC recommends that all people 6 months and older get a yearly flu vaccine.

#### **Can I have the flu and COVID at the same time?**

Yes. It is possible to have the flu, as well as other respiratory illnesses, and COVID-19 at the same time. Health experts are still studying how common this can be.

Some of the symptoms of flu and COVID-19 are similar, making it hard to tell the difference between them based on symptoms alone. Diagnostic testing can help determine if you are sick with flu or COVID-19.

#### **Will the flu vaccine protect me against COVID?**

Getting a flu vaccine will not protect against COVID-19, however flu vaccination has many other important benefits. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization and death. Getting a flu vaccine this fall will be more important than ever, not only to reduce your risk from flu, but also to help conserve potentially scarce health care resources.

#### **Should a flu vaccine be given to someone with confirmed or suspected COVID-19?**

No. Vaccination should be deferred (postponed) for people with suspected or confirmed COVID-19, regardless of whether they have symptoms, until they have met the criteria to discontinue their isolation. While mild illness is not a contraindication to flu vaccination, vaccination visits for these people should be postponed to avoid exposing healthcare personnel and other patients to the virus that causes COVID-19. When scheduling or confirming appointments for vaccination, patients should be instructed to notify the provider's office or clinic in advance if they currently have or develop any symptoms of COVID-19.

Additionally, a prior infection with suspected or confirmed COVID-19 or flu does not protect someone from future flu infections. The best way to prevent seasonal flu is to get vaccinated every year.

For more information or answers to FAQ's on flu and COVID-19 visit [www.cdc.gov/flu/season/faq](http://www.cdc.gov/flu/season/faq)

## November/December 2020

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## Tips for Family Caregivers During the Holidays

### November is National Family Caregivers Month

Being a caregiver for a loved one is stressful any time of year, but during the hustle, bustle and additional demands of the holidays, many caregivers become overwhelmed physically and emotionally. Worry over the potential for this to be the last holiday with their loved one may compound the stress.

Jane Felczak, R.N., a Henry Ford family caregiving expert, offers these practical tips to help caregivers make it through the holidays without losing their twinkle:

1. Keep it realistic. "Pare down your expectations," advises Felczak. "Make a list of what you think you can accomplish, and then cut it in half!"
2. Take shortcuts. "Go to the bakery for cookies and breads. Give gift cards. Order pizzas. And say no. Just because you always did something in the past, doesn't mean you have to do it this year," she says.
3. Accept help. If someone offers to help – accept their offer and give them a job – then let them do it without interference.
4. Take care of yourself. "Take 10 minutes every day to sit and just be. Go outside if you can. Clear your brain, and don't do anything. It's amazing what this mental break can do for you," says Felczak. Don't skimp on sleep, and keep alcohol and caffeine to a minimum.
5. Get support. Support groups, like Henry Ford's C.A.R.E. Program, offer sessions in December and January. Elderbridge offers Cares Community, an

online support group for Iowa Caregivers. Talk to trusted friends and family about what you're going through.

#### Advice for caring for a loved one with Alzheimer's disease or dementia:

- Focus on the joy and interaction.
- Be mindful of the present, and don't focus on the future.
- Play your loved one's favorite holiday music.
- Connect over memories of the past and tell stories.

#### Setting Realistic Expectations

- Don't expect the holiday season to be perfect, says Felczak. "Sometimes things don't go as planned, but those moments can make the best memories, too," she says.
- After the holidays are over, you may feel let down or disappointed. "Take a look back. Think about what happened that was good and the fun moments here and there," recommends Felczak.
- At any time of year, Felczak suggests ending your day by taking a minute to think of three positive things that happened: "Thinking about these things at the end of the day means you go into sleep with a more positive outlook. And when you go into sleep that way, chances are good you'll wake up that way, too. It's a simple technique worth trying." source cited: <https://www.henryford.c>

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## Holiday Gift Suggestions for the Homebound

'Tis the season for giving. Here are some practical and thoughtful ideas to help with your Christmas shopping for those who live alone or are housebound. When you are thinking of a holiday gift for a homebound person, try to think of ways to bring the world to them or things that will entertain them.

Here are some ideas:

- **Magazine Subscription:** This is a wonderful gift for a homebound person. A magazine subscription can provide a homebound person with a link to the world and something to look forward to each month.
- **Puzzles:** There are a wide variety of puzzles ranging from jigsaw puzzles to puzzle books that include crosswords, Sudoku, word finders and other word and number puzzles. Puzzles come at various levels of difficulty and provide homebound people with a way to exercise their mind and entertain themselves.
- **Meals:** Preparing meals can be difficult for the homebound. Making arrangements for a weekly delivery of meals that only need to be heated up can take a lot of stress away from a homebound person.
- **Computer with internet connection:** If money is not a problem, then setting up a homebound person with a computer and internet connection can really open up a whole new world and make a huge difference to the quality of their life.
- **DVDs/Music CDs:** Most people love DVDs or music CDs and they are excellent gifts for a homebound person.
- **Time:** It goes without saying that being stuck at home all the time can be lonely and isolating. Taking the time to visit a homebound person can be one of the best gifts they receive. Or maybe you could provide a ride to the doctor's office or sit with them in the waiting room. An outing to view Christmas lights at night may be greatly enjoyed this holiday season. Giving the gift of your time to the homebound may be the most precious gift you can give a homebound person and it doesn't have to cost a penny.

# JUMP START YOUR EXERCISE GOALS

Perhaps you tell yourself that a couple of walks from the TV to the kitchen for another handful of chips is enough exercise for one evening. Then you watch with envy at the wiry neighbor who rises early every day to run five miles before work. Face it: Deep down, everyone knows that more exercise is important for better health.

Regular exercise, or even an increased level of daily physical activity, will lead to

- An improved physique
- An improved sense of well-being
- A reduction in stress and fatigue
- Greater capacity for staving off life-threatening or debilitating diseases
- A body less prone to aging and injury

However, despite good intentions, many people find it difficult to follow a serious exercise regimen. While it is easy to consider beginning an exercise program, it is not always easy to make it past the first few workouts. Often, people may give up when it feels as though the exercise routine is too much. If that's happened to you, it may well be because you weren't armed with the right information. You may have chosen the wrong program, or set up unrealistic and unfair goals for yourself. You might even have suffered an injury. But with the right information and expectations, you can make a difference.

## Start by setting realistic goals.

What do you want to do? Lose 10 pounds? Perhaps you'd just plain like to feel healthier. Decide what your goal is first, and then write it down. But don't set yourself up to fail. What you're shooting for, remember, are realistic goals.

Determine how much time and energy you can give to exercising and how much time you're prepared to dedicate. Decide what goals will work for you, and then start to think about how to reach them. Every time you make a decision about the kind of exercise you want to do, the time you can give it, or what you're aiming for, write it down.

## Make a commitment to your goals.

One thing you can do to help yourself is to start small. You won't want to plunge into the whole program on day one. Your body probably won't be ready for it, anyway. Build slowly to that exercise peak you have in mind.

## Anticipate your objections.

Comedian George Burns once said, "If I knew that I was going to live this long, I would have taken better care of myself." More and more people are living to what used to be unattainable ages, wouldn't you rather be healthy and mobile in your 90s? Then why not take better care of yourself? Oh, sure, there are obstacles. We all have obstacles—some might call them excuses—for not exercising. Some of them may even be legitimate. But each obstacle can be overcome.

## You may think you're

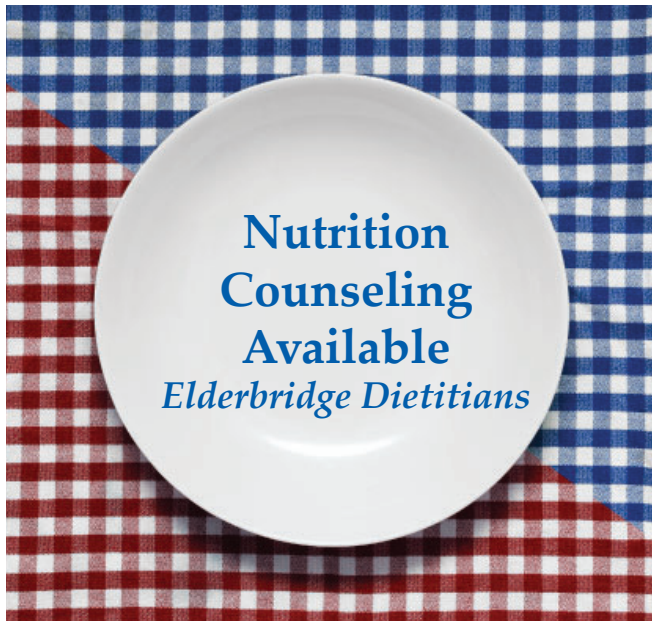
- Too pressed for time
- Too tired
- Too old
- Too injury-prone

## But what you can tell yourself instead is

- If I'm pressed for time, I'll do mini-exercises while I'm on the phone or talking with a colleague or sitting at my computer.
- If I'm too tired it's probably because I'm stressed out and not exercising enough. Exercising is a proven rejuvenator of energy and spirits.
- It's not possible to be too old to exercise—I'll plan my exercising to fit my needs. I may not run the Boston Marathon but I can walk briskly around my street several times a week.
- If I start exercising I'll be in better shape—so I'll be less injury-prone.

Focus on the positive side and stop wasting energy constructing obstacles. Doesn't it make more sense to put that energy into exercise?

- Exercise is the most effective stress reducer known to science. When you exercise, your body releases natural chemicals that restore your body to its normal equilibrium.
- Exercise slows the aging process. It helps boost your circulation, fights osteoporosis, and increases your resistance to many serious illnesses. It even helps fight "middle-age spread."
- Exercise is an extremely effective antidepressant. Even a walk or some stretching exercises will improve your mood. If you're dealing with serious depression, a more regular exercise program can supplement the treatment you may already be receiving.



Do you have questions about nutrition and healthy eating? Registered, licensed dietitian Danielle Crail and licensed dietitian Sharla Kuyper are full-time staff members at Elderbridge who provide nutrition counseling to individuals 60 and over. Here are just a few examples of topics that can be covered.

- Healthy eating
- Meal planning
- Weight management
- Digestive concerns
- Nutrition for chronic disease

While there is no hourly charge, a contribution is suggested. Contact Danielle or Sharla to schedule an appointment by calling 800-243-0678 or email [dcrail@elderbridge.org](mailto:dcrail@elderbridge.org) or [skuyper@elderbridge.org](mailto:skuyper@elderbridge.org).

## DON'T FALL VICTIM THIS HOLIDAY SEASON..

The newness and excitement of retirement have since worn off. I retired about 10 years ago and most days I find myself bored and lonesome. My husband of 45 years passed away last year and I live at an assisted living facility, so most of my needs are taken care of.

I often don't feel like participating in the activities here and my neighbors only like to gossip most of the time. My son and his family stopped coming around as much because I don't need the assistance I once required when living at home.

I know this isn't the most fun place to visit, especially for my grandkids but I sure would enjoy seeing them more; even just a phone call now and then would suffice. I did receive a call a few days ago from The American Red Cross requesting a donation in response to the many different relief efforts they were working on. I don't have a lot to spend my spare change on nowadays, so I agreed to donate. The person I spoke with was very pleasant and for a short time, I was able to forget my loneliness. I provided them with my card information and felt good about what I was doing to help others. I gave it a second thought and could not think of a reason to say no.

A few weeks later, the assisted living director stopped by my apartment to discuss payment for the month's rent. I usually don't have to worry about this as I set up the payments to come out automatically. She stated she had not received payment for the current month. I called the bank and inquired about the missed payment. The banker told me my account was currently over-drafted and I was negative \$500. I found this shocking since I have always been good at budgeting my money and keeping some in the bank, especially to cover my essential needs.

To make a long story short, I spent the next several months changing my bank account and card numbers as well as working with local authorities to try and get my money back. My money was never going to anyone in need, much less The American Red Cross. I was a victim, targeted due to my loneliness and caring heart. Please heed my warning and never give out your personal information over the phone, no matter how convincing it sounds! Scammers lurk where you least expect and their damage can have lasting and sometimes devastating results.



Each year, many older Americans fall victim to some type of financial fraud. Please do not be embarrassed if this happens to you; there are resources available to assist you.

Article provided by Elderbridge Service Specialists MaryBeth McMulin and Amanda Billingsley.

Elderbridge can aid in situations by providing education and developing strategies to help resolve the issues.

Elderbridge can also make referrals to appropriate service agencies if needed.

Give Elderbridge a call if you are a victim or need more information at 800-243-2678.

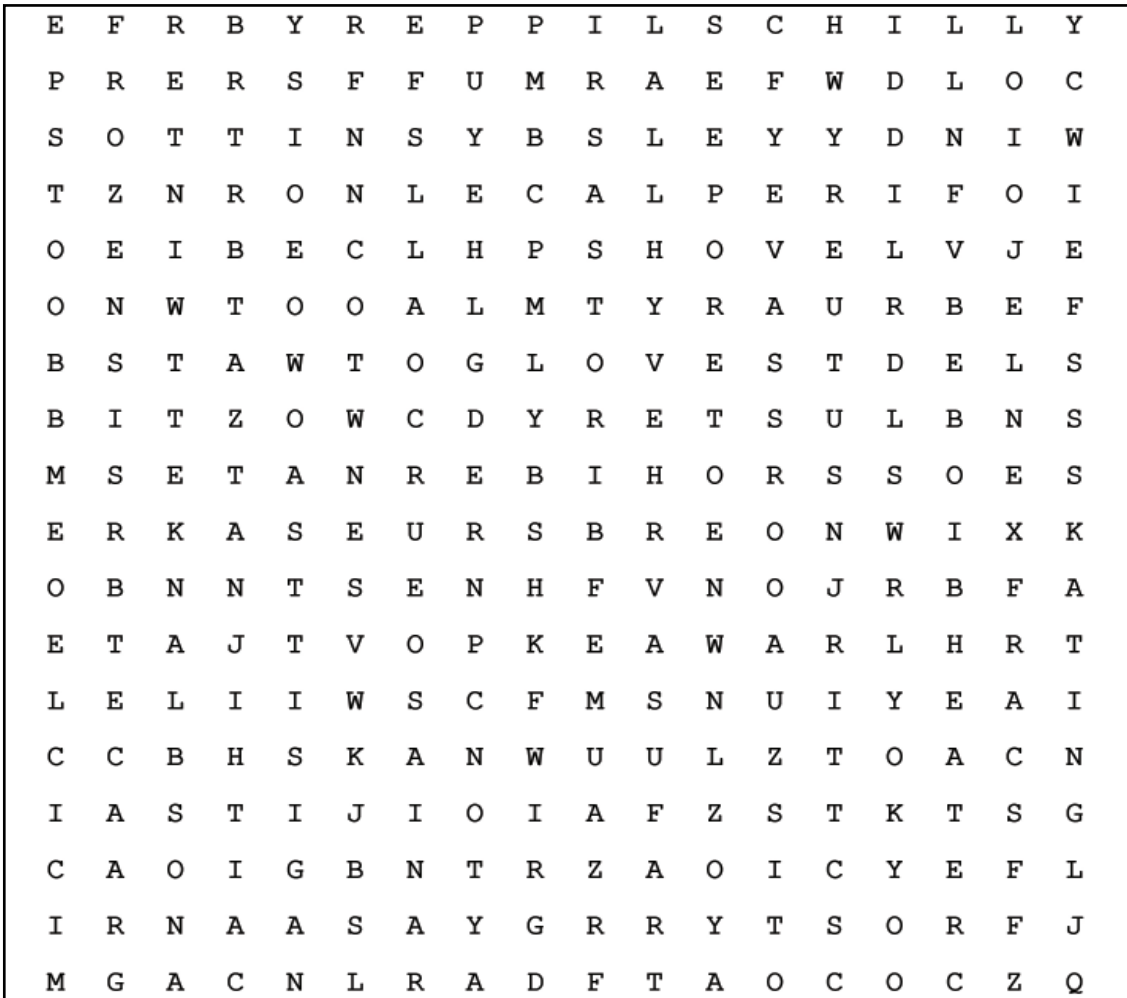
## ... OR ANYTIME



Examples of frightening scams frequently reported to the AARP Fraud Watch Network these days:

- The Fake Utility Company—You're behind on your bill, and you'll lose power if you don't provide cash now.
- The Social Security Impostor —Your SSN has been used in crimes, and you're going to be arrested unless ...
- The Dreaded Computer Virus —You're about to lose all your info and photos, and only we can fix the problem.
- DNA Cancer Screening —People like you have died because they didn't take the DNA test we're offering.
- Missed Jury Duty Scam —There's a warrant for your arrest because you didn't show up for your jury duty assignment
- The IRS Warrant —You made criminal mistakes in your past tax filings and will be arrested shortly.

Source cited: [www.aarp.org/money/scams-fraud/info-2019/scammers-fear-threats.html](http://www.aarp.org/money/scams-fraud/info-2019/scammers-fear-threats.html)



W<sup>inter</sup>

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BELOW ZERO  
BLANKET  
BLIZZARD  
BLISS  
BOOTS  
CABIN FEVER  
CHILLY  
COAT

COCOA  
COLD  
EARMUFFS  
FEBRUARY  
FIREPLACE  
FLURRIES  
FROSTY  
FROSTY

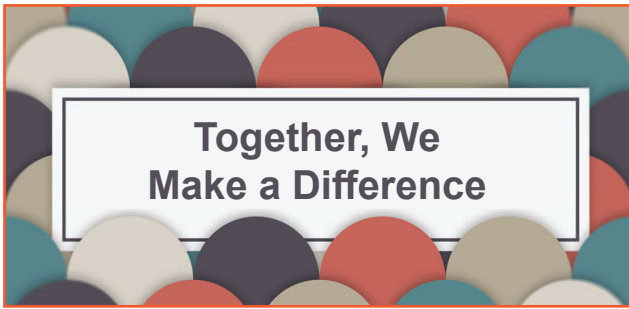
FROZEN  
GLOVES  
HAT  
HEATER  
HIBERNATE  
ICICLE  
ICY  
JANUARY

JACK FROST  
MITTENS  
PLOW  
SCARF  
SHIVER  
SHOVEL  
SKATING  
SKIING

SLED  
SLIPPERY  
SNOW  
SNOWMAN  
SNOW STORM  
SNOWSUIT  
WINDY  
WINTER











Elderbridge was notified by First State Bank of a grant award for \$1,500 from the William Morrison Trust to support our Material Aid Program in Webster City and Hamilton County. Material aid is last resort funding to help low-income seniors and adults with disabilities pay for unmet needs such as emergency shelter, food, transportation, medical equipment, and more.

The Hanson Family Foundation awarded Elderbridge Agency on Aging a \$10,000 grant to be used for our Material Aid Program. Material aid provides funding for unmet needs for low-income older Iowans and adults with disabilities. Funds used may provide food, transportation, a Lifeline, and other medical equipment not covered by insurance or other resources, and more. The Hanson Family Foundation was established in 1971 as a way for the Hanson family to give back to their community and to enhance the quality of life in North Central Iowa through activities involving youth, parks, recreation, and other programs affecting the greater community.

NOVEMBER 2020 MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Roast Turkey Mashed Potatoes w/Gravy Broccoli Hot Milk Cake w/Berry Mix	Goulash Lettuce or Spinach Salad Garlic Parmesan Green Beans Mixed Fruit	Hearty Chicken Stew Corn Bread Coleslaw Chocolate Pudding	Herb-Rubbed Roast Beef Mashed Potatoes w/Gravy Steamed Carrots Pears	Brown Sugar Glazed Pork Roasted Sweet Potato Green Beans Banana
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Chicken Lasagna Bake Breadstick Asparagus Peaches	<b>COOK'S CHOICE</b>	Half Turkey Sandwich Cup of Potato Soup Mixed Fruit Soft Molasses Cookie	Salmon Loaf Baked Potato Creamed Peas Apricots	Chili Mac Casserole Corn Bread Mixed Vegetables Baked Apples
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Chicken, Orange, & Almond Salad Breadstick Steamed Carrots Mixed Fruit	BBQ Pulled Pork Sandwich Potato Salad Mixed Vegetables Strawberries	Taco Casserole Mexican Rice Mandarin Oranges Peanut Butter Cookie	Scalloped Potatoes w/Ham Mixed Vegetables Applesauce Whole Wheat Roll	Crunchy Pollock or Baked Cod Fillet Potato Wedges Broccoli Berry Fluff Jell-O Salad
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Apple Pork Chops Roasted Red Potatoes Creamed Peas Chocolate Chip Cookies	Chicken a la King Biscuit Mixed Vegetables Peaches	<b>COOK'S CHOICE</b>		Chili Cinnamon Roll Coleslaw Pears
<b>30</b>				
Ground Beef Stroganoff Egg Noodles Green Beans Mandarin Oranges				<i>DM Crail, RD, LD</i>

DECEMBER 2020 MENUS				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Greek Marinated Chicken Roasted Red Potatoes Zucchini & Summer Squash Rice Pudding	Hearty Veg Beef Soup Breadstick Lettuce/Spinach Salad Mandarin Oranges Ice Box Cookie	Oven Fried Chicken Baked Sweet Potatoes Beets Apple Slices	Meatloaf Baked Potato Asparagus Pears
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Stuffed Pork Loin Roasted Red Potatoes Steamed Carrots Molasses Cookie	Hot Beef w/Gravy Mashed Potatoes Mixed Vegetables Mandarin Oranges Whole Wheat Roll	Baked Honey Chicken Sweet Potato Fries Green Beans Banana	<b>COOK'S CHOICE</b>	Ham & Bean Soup Corn Bread Broccoli & Cauliflower Apple Crisp
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Mushroom & Swiss Burger WW Bun Potato Salad Baby Carrots Strawberries & Pineapple	Baked Chicken Parmesan w/Spaghetti Zucchini & Summer Squash Pears	Ham Loaf Sweet Potatoes Cauliflower Mixed Fruit Peanut Butter Cookie	Liver & Onions -OR- Beef Patty Mashed Potatoes w/Gravy Mixed Vegetables Whole Wheat Roll	Chicken & Mushrooms Roasted Red Potatoes Creamed Peas Banana Half
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Roast Turkey Mashed Potatoes w/Gravy Broccoli Hot Milk Cake w/Berry Mix	<b>COOK'S CHOICE</b>	Philly Sloppy Joe WW Bun Sweet Potato Fries Mixed Vegetables Apple Slices	Hearty Chicken Stew Corn Bread Coleslaw Chocolate Pudding	
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Taco Casserole Mexican Rice Mandarin Oranges Peanut Butter Cookie	Goulash Lettuce or Spinach Salad Garlic Parmesan Green Beans Mandarin Oranges	Brown Sugar Glazed Pork Baked Sweet Potatoes Broccoli Banana Molasses Cookie	Salisbury Steak Mashed Potatoes w/Gravy Asparagus Strawberries & Pineapple	<i>DM Crail, RD, LD</i>

## Greek Salsa

It is simple, fresh, healthy and festive! This simple Greek salsa is great with pita chips or served with chicken, fish, or lamb. If you like the traditional Greek salad, you will love this salsa.

### Ingredients:

- 1 Tablespoon white balsamic vinegar
- 1 garlic clove, minced
- 1 Tablespoons olive oil
- 1-1/2 teaspoons Greek seasoning
- 1 cup grape tomatoes quartered
- 3/4 cup chopped cucumber
- 1/2 cup crumbled feta cheese
- 1/2 cup chopped red onion
- 1 can (2-1/4 ounces sliced ripe olives, drained)
- Salt and pepper to taste
- Pita chips for serving



### Instructions:

- In a small bowl, combine vinegar, garlic, olive oil and greek seasoning; set aside.
- In a large bowl, combine the tomatoes, cucumber, feta cheese, onion and olives.
- Drizzle with vinegar mixture and toss to coat. Chill until serving.



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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](http://www.elderbridge.org).

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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.