

GETTING VACCINATED?

Answers to Frequently Asked Questions

How many shots of COVID vaccine will be needed?

All but one of the COVID-19 vaccines currently in Phase 3 clinical trials in the United States need two shots to be effective. The other COVID-19 vaccine uses one shot.

Do I need to still wear a face mask when I receive a COVID-19 vaccine?

Yes. CDC recommends that during the pandemic people wear a mask that covers their nose and mouth when in contact with others outside your household, when in healthcare facilities, and when receiving any vaccine, including a COVID-19 vaccine. Anyone who has trouble breathing or is unable to remove a mask without assistance should not wear a mask. For more information, visit considerations for wearing masks.

Who is paying for the COVID-19 vaccine?

Vaccine doses purchased with U.S. taxpayer dollars will be given to the American people at no cost. However, vaccination providers will be able to charge an administration fee for giving the shot to someone. Vaccine providers can get this fee reimbursed by the patient's public or private insurance company or, for uninsured patients, by the Health Resources and Services Administration's Provider Relief Fund.

If I already had COVID-19 and recovered, do I still need get a vaccine?

There is not enough information currently available to say if or for how long after infection someone is protected from getting COVID-19 again; this is called natural immunity. Early evidence suggests natural immunity from COVID-19 may not last very long, but more studies are needed to better understand this. Until we have a vaccine available and the Advisory Committee on Immunization Practices makes recommendations to the

CDC on how to best use COVID-19 vaccines, CDC cannot comment on whether people who had COVID-19 should get a COVID-19 vaccine.

When can I stop wearing a mask and avoiding close contact with others after I have been vaccinated?

There is not enough information currently available to say if or when CDC will stop recommending that people wear masks and avoid close contact with others to help prevent the spread of the virus that causes COVID-19. Experts need to understand more about the protection that COVID-19 vaccines provide before making that decision. Other factors, including how many people get vaccinated and how the virus is spreading in communities, will also affect this decision.

Are there other vaccines that could help prevent me from getting COVID-9?

There are currently no available vaccines that will prevent COVID-19. However, multiple agencies and groups in the United States are working together to make sure that a safe and effective COVID-19 vaccine is available as quickly as possible.

A flu vaccine will not protect you from getting COVID-19, but it can prevent you from getting influenza (flu) at the same time as COVID-19. This can keep you from having a more severe illness. While it's not possible to say with certainty what will happen in the winter, CDC believes it's likely that flu viruses and the virus that causes COVID-19 will both be spreading during that time. That means that getting a flu vaccine is more important than ever.

For the latest information and answers to more questions visit www.cdc.gov/coronavirus/2019-ncov/vaccines/faq. Source cited cdc.gov

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I have been an inpatient at a hospital for a week, and I just received a notice that Medicare will no longer pay for my stay. I will be discharged from the hospital in two days, but I don't think I have recovered enough to leave yet. How can I appeal my discharge from a hospital? —Ruby

Dear Ruby,

If you are receiving care in a hospital and are told that your Medicare will no longer pay for your care (and you will be discharged), you have the right to file a fast appeal if you do not believe your care should end.

If you are a hospital inpatient, you should receive a notice titled Important Message from Medicare within two days of being admitted. This notice explains your patient rights, and you will be asked to sign it. If your inpatient hospital stay lasts three days or longer, you should receive another copy of the same notice up to two days, and no later than four hours, before you are discharged.

If you think you are being discharged too soon, follow instructions on the Important Message from Medicare to file an expedited appeal to the Quality Improvement Organization (QIO). Contact the QIO by midnight of the day of your discharge.

Once you file the appeal, the hospital must give you a Detailed Notice of Discharge, which explains in writing why your hospital care is ending. The QIO should call you with its decision within 24 hours of receiving all the information it needs.

If the QIO decides your care should end, you will be responsible for paying for any care you receive after noon of the day after the QIO makes its decision. If your appeal to the QIO is successful, your care will continue to be covered.

If your appeal is denied at this first level, you can continue to appeal by following instructions on the denial notices you receive. There are five levels of appeal in total; the timing and agency involved depend on whether you have Original Medicare or a Medicare Advantage Plan. You have the right to continue appealing if you are not successful. If you are unable to appeal, a family member or other representative can appeal for you.

Expedited appeals have tight deadlines, so it is important to pay attention to the time frames for appealing at each level. Keep copies of any appeal paperwork you send out, and if you speak to someone on the phone, get their name and write down the date and time that you spoke to them. It is helpful to have all of your appeal documents together in case you run into any problems and need to access documents you already mailed. —Marci

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The Foundation for the Enhancement of Mitchell County (FEMC) awarded Elderbridge Agency on Aging a \$5,000 grant award for client assistance for consumers in Mitchell County. Client assistance funding may be used for food, medical equipment, technology, eyeglasses, shelter, utilities, security devices that support safety, and more.



The Worth County Community Foundation awarded Elderbridge Agency on Aging a \$8,000 grant award for our client assistance program for consumers living in Worth County. Client assistance funding may be used for emergency housing, food, technology, medical equipment and supplies, utilities, installation of safety bars to prevent falling, and more.

The Floyd County Community Foundation awarded Elderbridge Agency on Aging a \$5,000 grant award for client assistance for Floyd County consumers. Client assistance funding may be used for a Grandpad to assist a consumer with social isolation, a lifeline and other technology or medical equipment, food, shelter, dental services, installation of ramps and safety bars to prevent falling, and more.



RECOMMENDED READING LIST FOR CAREGIVERS

Caregivers often feel that there aren't enough resources available on how to provide quality care for their loved ones while also balancing work, relationships and self-care. The truth is that there are a few excellent books out there, it just comes down to weeding out the ones that are truly informative and meaningful.

Every caregiver knows that their role is both physically and emotionally challenging, but a worthwhile book doesn't harp on these facts. Instead, it should provide constructive ideas for improving your care plan, seeking respite, communicating with your care team, managing your emotions in a healthy way and understanding other people's unique perspectives.

If you're looking for a new perspective on aging, tips for communicating with elders, advice on setting boundaries or valuable insights on dementia care, pick up one of these acclaimed books for caregivers.

29: A Novel, by Adena Halpern

This book tells the story of three generations of women: Ellie, a 75-year-old grandmother, her 55-year-old daughter Barbara and her 29-year-old granddaughter Lucy. Ellie strives to remain physically and mentally young, so she feels she has more in common with Lucy than her own daughter. On her 75th birthday, Ellie wishes to be 29 again for just one day as she blows out her candles. As the adage goes, be careful what you wish for!

Still Alice, by Lisa Genova, Ph.D.

Unlike 29, this novel is a difficult and emotional read because it chronicles many of the tough issues surrounding Alzheimer's disease. Main character Alice Howland is a 50-year-old Harvard professor who has built a successful career and family life, but everything changes when she is diagnosed with early-onset Alzheimer's disease.

Your Room at the End: Thoughts About Aging We'd Rather Avoid, by Charlie Hudson

This selection is especially helpful for those at the very beginning of their journey into caregiving or aging. There are two central themes to Hudson's work. First, she stresses the importance of planning ahead for the realities of aging and properly communicating those

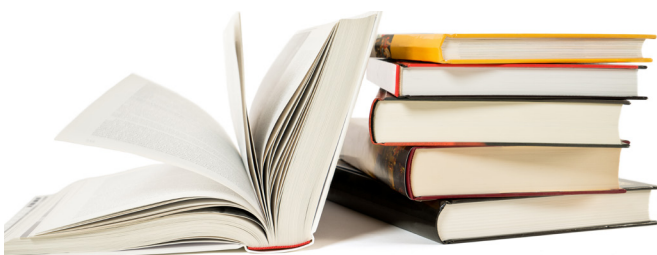
plans to family members. Her second core point is that articulating one's personal definition of quality of life is something that must be done earlier rather than later.

Best Books for Caregivers Suggested by and for Family Caregivers

Below are some book recommendations on topics like dementia care, family dysfunction, caregiver stress, end-of-life issues and self-help.

- Being Mortal: Medicine and What Matters in the End, by Atul Gawande, M.D., MPH
- Can't We Talk About Something More Pleasant?: A Memoir, by Roz Chast
- Trading Places: Becoming my Mother's Mother—A Daughter's Memoir, by Sandra Bullock Smith
- Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress and Grief, by Pauline Boss, Ph.D.
- Passages in Caregiving: Turning Chaos into Confidence, by Gail Sheehy
- Boundaries: When to Say Yes, How to Say No to Take Control of Your Life, by Dr. Henry Cloud and Dr. John Townsend
- Loving Hard-to-Love Parents: A Handbook for Adult Children of Difficult Older Parents, by Paul K. Chafetz, Ph.D.
- The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer's Disease, Related Dementias, and Memory Loss, by Nancy L. Mace, M.A., and Peter V. Rabins, M.D., MPH
- How to Survive Change... You Didn't Ask For: Bounce Back, Find Calm in Chaos, and Reinvent Yourself, by M.J. Ryan
- Alzheimer's: A Caregiver's Guide and Sourcebook, by Howard Gruetzner
- The Mindful Caregiver: Finding Ease in the Caregiving Journey, by Nancy Kriseman, LCSW
- Emotional Blackmail: When the People in Your Life Use Fear, Obligation, and Guilt to Manipulate You, by Susan Forward, Ph.D.
- Surviving Alzheimer's: Practical Tips and Soul-Saving Wisdom for Caregivers, by Paula Spencer Scott
- Adult Children: The Secrets of Dysfunctional Families, by John Friel, Ph.D., and Linda Friel, M.A.

Let other caregivers know what books you've read that have been especially helpful on your caregiving journey



HEARTY VEGETABLE SOUP

Prep Time 15 mins, Cook Time 28 mins

Ingredients

- 1 Tbsp. olive oil
- 1 medium onion chopped
- 2 medium carrots sliced
- 2 cloves garlic, chopped
- 1 cup white corn kernels
- 1 (14.5 oz) can diced tomatoes, no salt added
- 3 cups low-sodium organic vegetable broth
- 1 tsp. dried ground thyme
- 2 bay leaves
- 1 cup broccoli florets (or cauliflower florets)
- 2 medium red or white potatoes, cut into $\frac{3}{4}$ - inch cubes
- 1 medium yellow squash, cut into $\frac{3}{4}$ - inch cubes
- 1 cup medium zucchini, cut into $\frac{3}{4}$ - inch cubes

Instructions

1. Heat oil in large stock pot over medium-high heat. Add onion and carrots; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
2. Add garlic; cook, stirring frequently, for 1 minute. Add corn, tomatoes, broth, thyme, and bay leaves.

Bring to a boil. Reduce heat to medium-low; cook, stirring occasionally, for 10 minutes.

3. Add broccoli and potatoes; cook, stirring occasionally, for 5 to 6 minutes.
4. Add squash and zucchini; cook, stirring occasionally, for 5 to 6 minutes.

Nutrition Facts: Hearty Vegetable Soup

Servings 8 Servings (about $1\frac{1}{2}$ cups each)

Amount Per Serving (12 oz):

Calories 172, Calories from Fat 27; % Daily Value*

Fat 3g 5%; Sodium 182mg 8%; Carbohydrates 33g 11%; Fiber 3g 13%; Sugar 5g 6%; Protein 5g 10%

* Percent Daily Values are based on a 2000 calorie diet.



5 Ways to Improve Your Heart Health



If you have heart disease or even have a heart attack, it's understandable.

Research shows you can lower your risk, particularly if you team up with family, friends or co-workers. This kind of social support may be the key to your success.

To mark American Heart Month, NHLBI, one of the National Institutes of Health, is inviting people across the country to team up and join #OurHearts, a national heart health initiative that encourages people to improve heart health together.

Consider these five tips that can help lower your risk of heart disease:

Risk: Inactivity —Solution: Move more throughout your day. Aim for at least 150 minutes each week of physical activity. Build up to activity that gets your heart beating faster and leaves you a little breathless. If you're busy, try breaking your daily activity into 10-minute chunks.

Stay motivated: Make walking dates. Join a pickup soccer or basketball game. Join a fitness class with your neighbor. Grab a loved one and dance in your kitchen.

Risk: An unhealthy diet —Solution: Consider an option like NHLBI's Dietary Approaches to Stop Hypertension (DASH) eating plan, which is free and scientifically proven to lower high blood pressure and improve cholesterol levels.

Stay motivated: Invite friends to cook up heart healthy recipes together. Start a lunch club at work and trade recipe ideas.

Risk: Smoking, even occasionally —Solution: Quitting can be beneficial to your overall health, even if you've smoked for years. Set a quit date and let those close to you know. If you've tried quitting in the past, consider what helped and what made it harder.

Stay motivated: Ask your family and friends for support or join a support group. Find resources and connect with a trained counselor at 1-800-QUIT-NOW or smoke-free.gov.

Risk: Inadequate or poor-quality sleep —Solution: Sleeping 7-8 hours each night helps improve heart health. Try going to bed and waking up at the same time each day. Getting a 30-minute daily dose of sunlight may also improve sleep.

Stay motivated: Resist that late afternoon nap. Turn off all screens at a set time nightly. Relax by listening to music, reading or taking a bath.

Risk: Uncontrolled stress —Solution: To help manage stress, try relaxation therapy and increase physical activity. Talk to a qualified mental health provider or someone you trust. De-stressing may also help improve sleep.

Stay motivated: Join a friend or family member in a relaxing activity like walking, yoga or meditation every day.

Learn about heart health and heart healthy activities in your community at nhlbi.nih.gov/ourhearts. Use #OurHearts on social media to share how you and your friends, colleagues or family members are being heart healthy together.

Facts About Iowa

January 4th is National Trivia Day. See how well you can do on this quiz about a variety of Iowa topics, people and places.

1. What popular movie site is located in Dyersville?
2. Who painted the famous work of art that depicts a dour looking man and his wife?
3. Who was the only president born in Iowa?
4. What famous screen star was born Marion Morrison in Winterset?
5. Iowa was part of what historic land deal?
6. What is the acronym for the bicycle ride held every summer?

7. Iowa is on the eastern reaches of what weather related region?
8. Iowa was once part of the Underground Railroad? True or False
9. Which Broadway musical is set in Iowa?
10. What is the largest Iowa County?
11. What is the smallest county in Iowa?
12. What former president was also a radio announcer for Iowa's WHO radio station?

Answers on page 7



Answers to Facts About Iowa

1. Field of Dreams. Kevin Costner starred in the magical movie about a man who heard voices telling him to build a baseball diamond out of a cornfield.
2. Grant Wood. The painting is called "American Gothic". You can actually see the farmhouse that was behind the couple in Eldon. Grant Wood had a studio in Stone City.
3. Herbert Hoover. Hoover's presidential museum is located in West Branch.
4. John Wayne. Known as the "Duke", he was a leading movie star of the western genre. Winterset is also home of the famous Bridges of Madison County.
5. Louisiana Purchase. In 1803 Lewis and Clark explored this vast expanse of land. Iowa didn't get statehood until 1846.
6. RAGBRAI. Stands for Registers Annual Great Bike Ride Across Iowa.
7. Tornado Alley. Parts of the movie "Twister" were filmed here in Iowa.
8. True. Some of the houses that led people to freedom were the Lewelling Quaker Shrine in Salem, the Todd House in Tabor and the Jordan House in West Des Moines.
9. State Fair. Another one is "The Pajama Game."
10. Kossuth. It was originally two counties that combined into one.
11. Humboldt. As a favor to Webster County, Humboldt gave the southern portion to their southern neighbor.
12. Reagan. Former President Reagan was the sports announcer for the Iowa Hawkeyes long before politics and acting.



3 SIMPLE STRATEGIES TO HELP YOU FOCUS AND DE-STRESS

Does it seem like you can't complete even the simplest task without being distracted? Texts, emails, social media alerts, noisy colleagues, ringing phones... Friends, you are not alone.

Distracted thinking — aka daydreaming or mind wandering affects everyone. In fact, researchers have found that people think about something other than what they're actually doing or supposed to be doing, almost half of the time. Turns out that a wandering, easily distracted mind is actually the default mode for the human brain.

Succumbing to distraction over and over, though, can build stress, foster unhappiness and even lead to depression. So if you're one of the many looking to figure out how to handle distractions and improve your ability to focus, take comfort in the fact that research has shown a way forward.



One word: **MINDFULNESS**

Mindfulness means maintaining a moment-to-moment awareness of where you are and what you're doing. At work, for instance, it means you're focused on the project in front of you; walking with a friend, it gives you the ability to really focus on your surroundings and your conversation. Scientists have shown that you can actually train your brain to become more mindful. Like anything else, it just takes practice.

Ready to get started? These three practices have all proven useful in building mindfulness.

1. **Mindfulness-based stress reduction (MBSR)**

MBSR training has become a recognized way to help people learn to avoid distractions and increase their attention on the task in front of them. It can also help improve memory, motivation and autonomy — all things likely to make you (and your boss) happier. MBSR programs typically include breathing, stretching and awareness exercises.

2. **Meditation**

Meditation aims to increase your awareness of the present moment and help you develop a gentle, accepting attitude toward yourself. Regular meditation practice has been shown to actually alter the brain, in a good way. One study showed that the area of the brain dedicated to regulating your emotions was significantly larger in meditators. In other words, in a world determined to trip you up with distractions and unpleasant surprises, meditation can help you stay more positive and more focused.

3. **Mindful movement**

The hallmarks of mindful movement, yoga structured breathing, controlled movement, and mental focus make it sound like the perfect antidote to stress and distracted thinking, but does science back that up? Yes, over and over again. Many studies have found that, after beginning a yoga program, people feel less stressed, more focused, even more optimistic. In fact, yoga's been found to be even more beneficial to people who're highly stressed.

In today's so-called attention economy, the world is actually being designed to distract you. Everybody wants your attention, and they want it right now. But you can take back control of your focus, shed that stress, and wake up happier to meet your day.

Ready to commit to becoming more mindful? Great, go for it!

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SEASONAL DEPRESSION

Seasonal affective disorder (SAD) is a type of depression related to changes in seasons. For most, people with SAD feel symptoms begin in late fall or early winter and affect their energy, mood, and behavior through the end of winter.

With fewer hours of sunlight and less socializing with others right now, SAD symptoms may affect many of us this winter. Rather than brush off the “winter blues,” recognize that you are not alone and that you can take steps to steady your mood throughout the year. Lifestyle and home changes (such as making your environment sunnier, getting outside, and exercising) can alleviate milder SAD symptoms. And while it’s normal to have some days where you feel down, you should see your doctor if you feel down for days at a time or you can’t get motivated to do activities you normally enjoy.

To read more about SAD symptoms and treatments, visit Mayo Clinic. For 24/7 treatment referral and information, contact the SAMHSA National Helpline at 800-662-HELP (4357).



January and February 2021 Menus				
4	5	6	7	8
Crispy Baked Chicken Sweet Potato Fries Baked Beans Mixed Fruit	Chicken, Orange, & Almond Salad WW Roll Steamed Carrots Mixed Berry Crumble	COOK'S CHOICE	Half of a Turkey Sandwich Cup of Potato Soup Mixed Fruit Chocolate Chip Cookie	Salmon Loaf Baked Potato Green Beans Apricots
11	12	13	14	15
BBQ Pulled Pork Sandwich Potato Salad Mixed Vegetables Strawberries	Chili Mac Casserole Green Beans Peaches Peanut Butter Cookie	Ground Beef Stroganoff Egg Noodles Steamed Carrots Mandarin Oranges	Scalloped Potatoes w/Ham Broccoli Whole Wheat Roll Applesauce Jell-O	Greek Marinated Chicken Roasted Red Potatoes Zucchini & Summer Squash Rice Pudding
18	19	20	21	22
Ham Loaf Sweet Potatoes Cauliflower Mixed Fruit	Hot Beef w/Gravy Mashed Potatoes Green Beans Mandarin Oranges Whole Wheat Roll	Apple Pork Chops Roasted Red Potatoes Broccoli Chocolate Chip Cookies	COOK'S CHOICE	Chicken a la King Biscuit Mixed Vegetables Peaches
25	26	27	28	29
Herb-Rubbed Roast Beef Mashed Potatoes w/Gravy Asparagus Strawberries	Baked Honey Chicken Sweet Potato Fries Green Beans Banana	Crunchy Pollock or Baked Cod Fillet Potato Wedges Corn Berry Fluff Jell-O Salad	Chicken Lasagna Bake Breadstick Asparagus Mixed Fruit	Stuffed Pork Loin Roasted Red Potatoes Steamed Carrots Strawberries & Bananas Molasses Cookie
1	2	3	4	5
Hot Beef w/Gravy Mashed Potatoes Green Beans Mandarin Oranges	Ham & Bean Soup Corn Bread Broccoli & Cauliflower Apple Crisp	COOK'S CHOICE	Mushroom & Swiss Burger Potato Salad Baby Carrots Strawberries & Pineapple	Baked Chicken Parmesan w/Spaghetti Zucchini & Summer Squash Pears Breadstick
8	9	10	11	12
Ham Loaf Sweet Potatoes Cauliflower Mixed Fruit Peanut Butter Cookie	Liver & Onions -OR- Beef Patty Mashed Potatoes w/Gravy Broccoli	Cup of Veg Beef Soup Half Lunchmeat Sandwich Lettuce/Spinach Salad Mixed Berry Crumble	Chicken & Mushrooms Roasted Red Potatoes Creamed Peas Banana Half	Philly Sloppy Joe WW Bun Sweet Potato Fries Mixed Vegetables Apple Slices
15	16	17	18	19
Roast Turkey Mashed Potatoes w/Gravy Broccoli Hot Milk Cake w/Berries	COOK'S CHOICE	Taco Casserole Mexican Rice Mandarin Oranges Peanut Butter Cookie	Goulash Lettuce/Spinach Salad Garlic Parmesan Green Beans Peaches	Hearty Chicken Stew Corn Bread Coleslaw Apricots Chocolate Pudding
22	23	24	25	26
Salisbury Steak Mashed Potatoes w/Gravy Green Beans Baked Apples	Brown Sugar Glazed Pork Baked Sweet Potatoes Broccoli Banana	Crispy Baked Chicken Sweet Potato Fries Baked Beans Mixed Fruit Molasses Cookie	Meatloaf Baked Potato Asparagus Pears	BBQ Pulled Pork Sandwich Potato Salad Mixed Vegetables Strawberries

Take Steps to Prevent Falls

As the first snowflakes come down, it is important to take the necessary steps to prevent falls and stay safe through this winter season. The Iowa Department on Aging recommends five simple things to prevent serious injury from falls.

Exercise regularly.

Physical activity programs are important to increase strength and improve balance. Ask your doctor or healthcare worker about the best exercise for you.

Eat breakfast and plan meals.

Good nutrition is essential for balance. Ask your healthcare provider whether you need supplements, such as vitamin D, which has proven to be effective in maintaining balance. Supplements may help strengthen your bones and muscles to help prevent falls. They can also help prevent fractures if you do fall.

Maintain your vision.

Have your eyes checked at least once a year. Poor vision can increase your chance of falling.

Review medications with your doctor.

Review medications with your doctor to reduce side effects and interactions that could make you dizzy or unsteady. As we age, the way some medicines work in our bodies can change.

Remove home hazards

- Remove things you can trip over (books, clothes, shoes, etc.) from stairs and floors.
- Remove small throw rugs or use double-sided carpet tape to keep rugs from slipping.
- Keep items you use most in cabinets you can easily reach without a step stool.
- Install grab bars next to your toilet, tub and shower and use non-slip mats in your bathroom.
- Improve the lighting in your home with brighter lights. Reduce glare with lamp shades and frosted bulbs.
- Use handrails and lights on all stairs.
- Wear shoes that give good support and non-slip soles.



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.