

ELDERBRIDGE AGENCY ON AGING

Aging in Place Fundraiser Silent & Live Auction's

**Silent Auction
April 19 - 25**



**Live Auction
April 22, 2021
7:00 pm - 8:30 pm**



Please join us in our journey to raise funds to assist those in our communities. Your generous donation will enhance our ability to provide home delivered meals, emergency meals, assistive devices such as ramps, wheelchairs, canes and walkers, and other individual support needs.

**TURN TO PAGE 2 FOR MORE INFORMATION
ON OUR LIVE AND ZOOM AUCTIONS**

March/April 2021

Aging in Place Fundraiser.....	page 2
Thank You's.....	page 3
St Patrick's Day Puzzle	page 4
Recipe for Irish Stew	page 5
Turn Your Compassion/Volunteer.....	page 6

Why Do Seniors Fall?	page 7
Dear Marci.....	page 8
Aging and Your Eyes	page 9
Menus	page 10
Power Up with Breakfast	page 11

Aging In Place Fundraiser April 19-25

Elderbridge Agency on Aging's mission is to advocate for and empower older adults, caregivers, and individuals with disabilities to pursue independent, healthy lives. To support our mission, we are holding a virtual fundraiser on April 22, with a live zoom auction. A silent auction with amazing and fun items to bid on will be held online April 19-25. We have observed and witnessed that individuals' needs are increasing, however, our funds to provide them with the things they need to remain independent are not increasing at the same rate. The support of you and others will make a difference in the lives of older adults, caregivers, and individuals with disabilities in your communities.

Funds raised in April will help support so many vital programs for our consumers. A few examples of how funds can be utilized are:

- **Home modifications**
- **Assistive devices**
- **Technology to prevent social isolation and depression**
- **Home delivered meals**
- **Emergency meals**

Your generous support is what will make it possible for those less fortunate to live and thrive in their community. Our hope is that you will join us on this journey to make a difference. Your donation and/ or participation would be such great support to the individuals we serve in our communities. No gift is too big or too small and we sincerely appreciate anything.

We want to reach those in our community who need our services, if you know of anyone, please have them call 800-243-0678.

For any questions about the "Aging in Place" fundraiser contact Sue Anne Stoermer at 800.243.0678 or 641-243-6301 or by email to ssstoermer@elderbridge.org.

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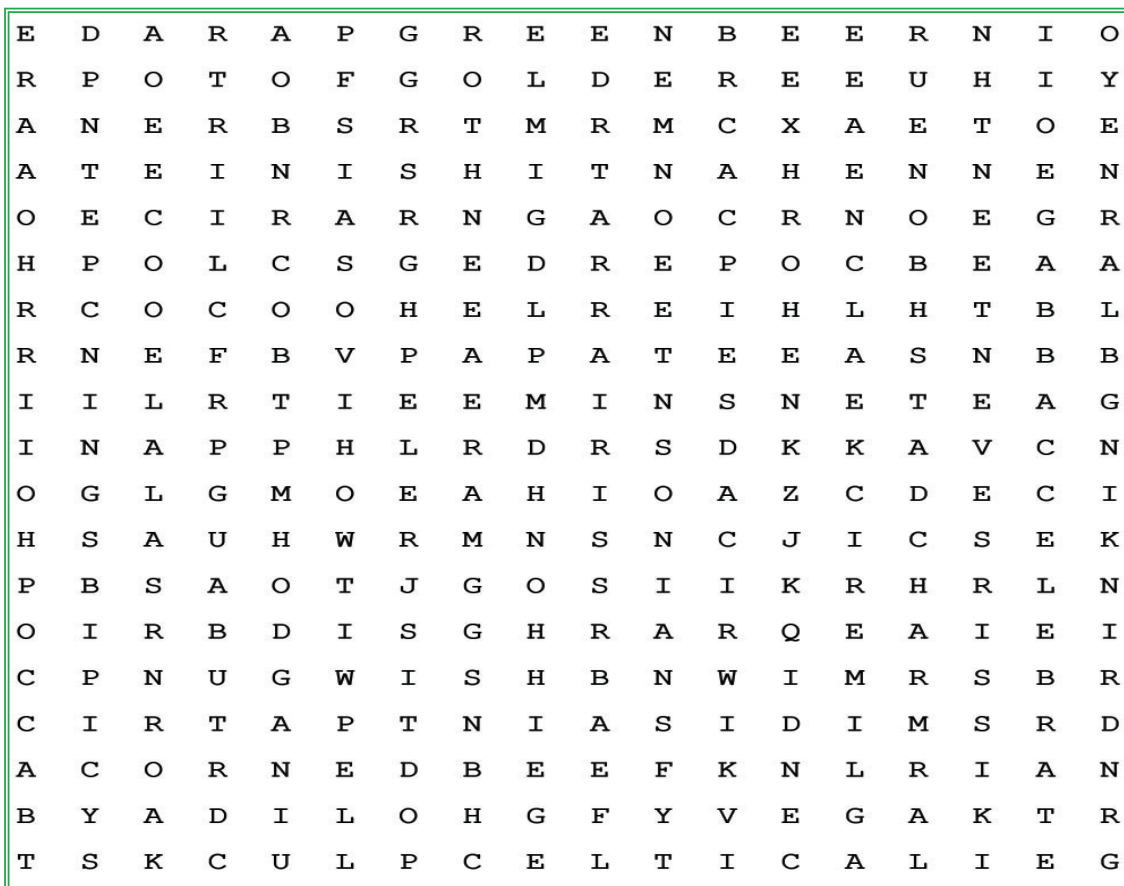
The Community Foundation of Osceola County awarded Elderbridge Agency on Aging a \$1,390 grant award for emergency shelf-stable meals for consumers in Osceola County. Emergency meals provide nutrition when seniors and adults with disabilities are homebound or when a meal site closes due to weather and no volunteers are available or other conditions.

The Farrer Endowment Foundation awarded Elderbridge Agency on Aging a \$5,000 grant award for client assistance specifically to help low-income seniors and adults with disabilities with electric and heating bills to avoid disconnection. The Endowment was created in 1983 by Lloyd J. Farrer and Georgetta V. Farrer for charitable purposes.

Elizabeth Muse Norris Charitable Fund awarded Elderbridge a grant of \$2,500 for Client Assistance. Client assistance provides emergency food, shelter, transportation, medical equipment, supplies, and more for low-income consumers living in North Iowa.

The Sioux Rivers Regional Mental Health and Disabilities Services (MHDS) awarded Elderbridge Agency on Aging a \$5,040 grant to be used towards Emergency Shelf-Stable Meals. Each year Elderbridge tries to provide emergency meals to homebound seniors and adults with disabilities when grant funding is available before severe winter weather arrives.

HAPPY ST. PATRICK'S DAY



Word List:

BAGPIPE
CASTLE
CHEER
DANCE
GREEN
IRELAND
LEPRECHAUN
MUSIC
SAINTPATRICK
TOPHAT

BLARNEY
CELEBRATE
CLOVER
DRINKING
GREENBEER
IRISH
LIMERICK
PARADE
SEVENTEENTH
TOPOFTHEMORNING

BLESSINGS
CELTIC
COINS
ERINGOBAGH
HARP
JIG
LUCK
POTOFGOLD
SHAMROCK
TRADITION

CABBAGE
CHARM
CORNEDBEEF
FOLKLORE
HOLIDAY
KISS
MARCH
RAINBOW
SNAKES
WISH



AMERICAN IRISH STEW

1 tablespoon extra-virgin olive oil
1-1/4 pounds beef, top round, cut into 3/4-inch pieces
3 cloves garlic, minced
Salt, to taste
Pepper, to taste
1 medium onion, coarsely chopped
3 medium carrots, peeled and cut into 3/4-inch pieces
2 medium parsnips, cut into large chunks (optional)
3 cups low-fat, reduced-sodium beef broth
4 medium russet potatoes, peeled and cut into large chunks
1 tablespoon chopped fresh rosemary
1 leek, coarsely chopped
2 tablespoons chopped fresh parsley



In large pot over medium-high heat, heat oil. Add beef and garlic. Cook, gently stirring until meat is evenly browned. Season with salt and pepper. Add onion, carrots and parsnips. Cook 3-4 minutes. Stir in broth and bring to a boil. Reduce heat to low and simmer about 75 minutes, or until meat is tender.

Stir in potatoes and simmer another 30 minutes. Add rosemary and leeks. Continue to simmer, uncovered, until potatoes are tender. To avoid potatoes falling apart, do not overcook. Serve hot and garnish with parsley, if desired.

(Courtesy of Family Features. Reprinted with permission from the American Institute for Cancer Research)

TURN YOUR COMPASSION INTO ACTION and VOLUNTEER

About Me: My name is Laura Allen. I am the Volunteer Coordinator for Elderbridge Agency on Aging. I have an AA with a Human Services minor. I live in Clear Lake. I have 3 children, a son Joseph, and twin daughters Larissa and Maliyah, who are the light of my life. I have a cat named Jake. In my time outside of work I like to spend time with my friends and family. I enjoy taking candid pictures of my kids, going to the beach, going bowling, etc. I love holidays, especially 4th of July, Halloween, and Christmas.

Personal Story: What attracted me to Elderbridge: In 2008, my mom fell at the YMCA and had sustained a brain injury. My mom was in the nursing home for 2 years. My goal was to get her back into her home, as she was really missing it and we were missing her being closer to us. Elderbridge strives to keep individuals in their homes. We have used Elderbridge programs to help her maintain her independence and enjoy her life at home. I really believe in Elderbridge and it has been a blessing to watch people be able to get the assistance they need to stay in their homes for as long as possible.

Elderbridge's Mission: "Our mission is to advocate for and empower older adults, caregivers and individuals with disabilities to pursue independent, healthy lives."

Why Volunteer: Volunteering is important in many different aspects. People choose to volunteer for a variety of reasons. Have you ever noticed the more you give, the happier you may feel? Knowing that you are helping those who need assistance can be fulfilling! It's an opportunity to give back to your community without having to make a financial contribution. Our time is a very important part of lives and giving your time is something you can't get back, that's why we treasure our volunteers so much! The work they put in never goes unnoticed.

Volunteer Opportunities: We have a wide variety of volunteer opportunities throughout our agency. Currently, we even have contactless volunteer opportunities where you don't even have to leave your home. We have telephone reassurance which is where the volunteer would contact the client and check in with them and see how they are doing. This helps with all the isolation during COVID-19. Other opportunities include senior center office assistant, meal site volunteer, home delivered meals delivery, medical transportation driver, facility services/grounds keeper, errand buddy, fresh conversations facilitator, farmers market volunteer, internship, food bank runner, volunteer chore services, volunteer companion/telephone reassurance, board member, relocation volunteer services (mover), advisory council, translator/interpreter, organizer/declutter and cleanup volunteer, educational technology volunteer, and VOCA Volunteer. You can choose one position or play multiple roles, whatever you feel comfortable with!

How to Begin the Volunteer Adventure: To volunteer, please contact Laura Allen, Volunteer Coordinator at 800-243-0678 or llallen@elderbridge.org. To begin you will fill out an application, criminal background check, and a dependent adult abuse background check. After you are cleared through the background check, Laura will let you know, and you will go through orientation (currently though Zoom or over the phone due to COVID-19). You will be provided with a tracking sheet to track your hours you provide for our agency.

Appreciate: We appreciate all our volunteers! The time and effort they put in is priceless. Please join our team today. Check out about website at www.elderbridge.org.



WHY DO SENIORS FALL?

The number one cause of senior stumbles? Loss of balance. 41 percent of falls occurred when a movement unexpectedly shifted a senior's center of gravity, causing them to lose their stability and topple over.

Trips and stumbles accounted for 21 percent of tumbles. While slips (i.e. in the bathtub) only caused 3 percent of senior spills.

Most falls happened when a senior was doing one of three activities: walking forward (24 percent), standing (13 percent) or sitting (12 percent).

Falling poses a significant threat to a senior's health.

Among the aging population, falls are the primary cause of hospitalization and death from an injury. About one out of every three elders takes a tumble each year.

Fall Prevention Planning

There are some steps you can take to keep your loved one steady on their feet:

Encourage physical activity: According to the National Institutes of Health, muscle weakness and inflexibility are two key factors that can increase an elder's risk of

falling. Exercise programs that focus on increasing a loved one's strength, endurance and flexibility can cut their chances of experiencing a serious stumble.

Get their medications checked: Certain medications (or medication combinations) can make a senior more prone to feelings of dizziness or disorientation. If you feel your loved one's prescriptions are upping their odds for a fall, check-in with their doctor to see what can be done.

Remove obstacles: Whenever possible, make sure to clear a path for your loved one by removing tripping hazards such as area rugs, low-lying furniture and loose electrical cords.

Encourage mobility devices: Transitions from sitting to standing and walking forward are made safer with the use of canes, walkers, and rollators. Encourage an aging adult to get properly fitted for mobility assistive equipment and to accept their use as a major contributor to their overall health and wellbeing.

For more information on Evidence Based or Fall Prevention programs offered through Elderbridge please contact Amber Snyder at 800-243-0678.



Dear Marci

I just realized my new Part D plan doesn't cover one of my prescriptions. I have an appointment with my doctor in a few weeks to discuss switching to a similar drug that is covered by my plan, but what should I do about my prescription until then? Am I eligible for a transition refill? -Ruth

Dear Ruth,

Yes, it sounds like you are likely eligible for a transition refill! Let's discuss why:

A transition refill, also known as a transition fill, is typically a one-time, 30-day supply of a drug that you were taking:

- Before switching to a different Part D plan (either stand-alone or through a Medicare Advantage Plan)
- Or, before your current plan changed its coverage at the start of a new calendar year.

Transition refills let you get temporary coverage for drugs that are not on your plan's formulary or that have certain coverage restrictions (such as prior authorization or step therapy).

Transition refills are not for new prescriptions. You can only get transition fills for drugs you were already taking before switching plans or before your existing plan changed its coverage.

The following situations describe when you can get a transition refill if you do not live in a nursing home (there are different rules for transition refills for those living in nursing homes):

1. Your current plan is changing how it covers a Medicare-covered drug you have been taking.
 - If your plan is taking your drug off its formulary or adding a coverage restriction for the next calendar year for reasons other than safety, the plan must either:
 -

- Help you switch to a similar drug that is on your plan's formulary before January 1
 - Or, help you file an exception request before January 1
 - Or, give you a 30-day transition fill within the first 90 days of the new calendar year along with a notice about the new coverage policy.
2. Your new plan does not cover a Medicare-covered drug you have been taking.
 - If a drug you have been taking is not on your new plan's formulary, this plan must give you a 30-day transition refill within the first 90 days of your enrollment. It must also give you a notice explaining that your transition refill is temporary and informing you of your appeal rights.
 - If a drug you have been taking is on your new plan's formulary but with a coverage restriction, this plan must give you a 30-day transition refill free from any restriction within the first 90 days of your enrollment. It must also give you a notice explaining that your transition refill is temporary and informing you of your appeal rights.
 - In both of the above cases, if a drug you have been taking is not on your new plan's formulary, be sure to see whether there is a similar drug that is covered by your plan (check with your doctor about possible alternatives) and, if not, to file an exception request. (If your request is denied, you have the right to appeal.)

Note: If you file an exception request and your plan does not process it by the end of your 90-day transition refill period, your plan must provide additional temporary refills until the exception is completed.

Remember: All stand-alone Part D plans and Medicare Advantage Plans that offer drug coverage must provide transition fills in the above cases. When you use your transition fill, your plan must send you a written notice within three business days. The notice will tell you that the supply was temporary and that you should either change to a covered drug or file an exception request with the plan.

Best of luck with your transition refill! - Marci



Health Tip

According to WebMD, "research has shown social support and good health are connected." Yesterday was Valentine's Day, a reminder to us to strengthen our connections and reach out to those we love. Whether the people you love are near or far, take a moment to let them know you care about them. Give them a call, write a letter, send a text, order them flowers, or plan something to do together. Mayo Clinic gives us additional reminders, like to focus on the quality of our friendships rather than the quantity. For tips on nurturing friendships, creating new ones, and thinking about technology's role, visit Mayo Clinic's page on Friendships: Enrich your life and improve your health.

Aging and Your Eyes

Are you holding the newspaper farther away from your eyes than you used to? Join the crowd—age can bring changes that affect your eyesight. Some changes are more serious than others, but for many problems, there are things you can do to protect your vision. The key is to have regular eye exams so you can spot problems early.

Steps to Protect Your Eyesight

Have your eyes checked regularly by an eye care professional—either an ophthalmologist or optometrist. People over age 65 should have yearly eye exams. During this exam, the eye care professional should put drops in your eyes that will dilate your pupils so that he or she can look at the back of each eye. This is the only way to find some common eye diseases that have no early signs or symptoms. If you wear glasses, your prescription should be checked too.

See your doctor regularly to check for diseases like diabetes and high blood pressure. These diseases can cause eye problems if not treated.

See an eye care professional right away if you

- Suddenly cannot see or everything looks blurry
- See flashes of light
- Have eye pain
- Experience double vision
- Have redness or swelling of your eye or eyelid

Protect your eyes from too much sunlight by wearing sunglasses that block ultraviolet (UV) radiation and a hat with a wide brim when you are outside.



MARCH & APRIL 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Chicken Broccoli w/Pasta Casserole Beets Peaches Applesauce Jell-O	Ham Loaf Sweet Potatoes Cauliflower Mixed Fruit	COOK'S CHOICE	Mushroom & Swiss Burger on WW Bun Potato Wedges Mixed Vegetables Strawberries & Pineapple	Crunchy Pollock or Baked Cod Fillet Roasted Red Potatoes Corn Berry Fluff Jell-O Salad
8	9	10	11	12
Half Ham Sandwich Cup of Potato Soup Mixed Fruit Ice Box Cookies	Chicken Salad on Bed of Lettuce Baby Carrots Banana	Herb-Rubbed Roast Beef Mashed Potatoes w/Gravy Asparagus Pears	Baked Honey Chicken Sweet Potato Fries Broccoli Banana Molasses Cookie	Salmon Loaf Baked Potato Green Beans Apricots
15	16	17	18	19
Oven Fried Chicken Baked Sweet Potatoes Green Beans Apple Slices Chocolate Chip Cookie	Hot Beef w/Gravy Mashed Potatoes Broccoli Mandarin Oranges	Chicken, Orange, & Almond Salad WW Roll Steamed Carrots Mixed Berry Crisp	COOK'S CHOICE	Tuna Macaroni Salad Breadstick Mixed Vegetables Peaches
22	23	24	25	26
Creamy Dijon Chicken Roasted Red Potatoes Green Beans Strawberries & Bananas	Ground Beef Stroganoff Egg Noodles Steamed Carrots Baked Apples	Half of a Turkey Sandwich Cup of Minestrone Soup Banana Molasses Cookie	Liver & Onions -OR- Beef Patty Mashed Potatoes w/Gravy Mixed Vegetables Peaches	Tuna Salad or Crab Salad Sandwich Potato Salad Beets Mixed Fruit
29	30	31	1	2
Roast Turkey Mashed Potatoes w/Gravy Broccoli Mandarin Oranges Whole Wheat Roll	Philly Sloppy Joe WW Bun Potato Wedges Mixed Vegetables Apple Slices	Chef's Salad Breadstick Apricots Hot Milk Cake w/Berry Mix	Taco Casserole Mexican Rice Pears Peanut Butter Cookie	COOK'S CHOICE
5	6	7	8	9
Goulash Lettuce or Spinach Salad Garlic Parmesan Green Beans Mandarin Oranges	Salisbury Steak Mashed Potatoes w/Gravy Asparagus Strawberries & Pineapple Molasses Cookie	Brown Sugar Glazed Pork Baked Sweet Potatoes Broccoli Banana	Crispy Parmesan Chicken Roasted Red Potatoes Steamed Carrots Rice Pudding	Hot Beef w/Gravy Mashed Potatoes Mixed Vegetables Pears Peanut Butter Cookie
12	13	14	15	16
Swedish Meatballs over Rice Mixed Vegetables Apple Slices Chocolate Chip Cookie	BBQ Pulled Pork Sandwich Sweet Potato Fries Corn Strawberries	COOK'S CHOICE	Meatloaf Mashed Potatoes w/Gravy Asparagus Apricots	Half of a Turkey Sandwich Cup of Potato Soup Baby Carrots Mixed Fruit
19	20	21	22	23
Ham & Bean Soup Corn Bread Coleslaw Banana	Sloppy Joe Whole Wheat Bun Potato Salad Green Beans Strawberries & Pineapple	Hearty Chicken Stew Breadstick Mandarin Oranges Chocolate Pudding	Herb-Crusted Pork Loin Roasted Red Potatoes Broccoli Apricots	Crunchy Pollock or Baked Cod Fillet Roasted Red Potatoes Corn Berry Fluff Jell-O Salad
26	27	28	29	30
COOK'S CHOICE	Ham Loaf Sweet Potatoes Cauliflower Mixed Fruit Molasses Cookie	Chicken Salad on Whole Wheat Bun Baby Carrots Banana	Baked Honey Chicken Roasted Red Potatoes Broccoli Hot Milk Cake w/Berry Mix	Half Chef's Choice Sandwich Cup of Potato Soup Green Beans Apple Slices

SMART TIPS TO POWER UP WITH BREAKFAST

Breakfast gives you energy to start the day. A healthy breakfast is important for everyone. Get the morning nutrition you need with these quick breakfast ideas.

- Make instant oatmeal with low-fat milk instead of water. Toss in raisins or dried cranberries and chopped walnuts.
- Layer low-fat plain yogurt with your favorite crunchy whole grain cereal and blueberries.
- Blend a breakfast smoothie with low-fat milk, frozen strawberries and a banana.
- Grits topped with a sprinkle of low-fat cheese and spinach or tomatoes. Add a cooked egg on the side.
- Top a toaster waffle with low-fat yogurt and peach slices.
- Stuff a whole-wheat pita with a sliced, hard-

cooked egg and low-fat shredded cheese.

- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
- Spread low-fat cream cheese on a whole-grain toasted bagel. Top with sliced strawberries.
- Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin.

If your taste buds just don't crave traditional breakfast foods, try these choices:

- Hummus spread on a whole-grain toasted bagel with cucumber and tomato slices on top.
- Leftover veggie pizza
- Low-fat cottage cheese with fruit
- Leftover rice mixed with low-fat yogurt, dried fruit and nuts. Sprinkle with cinnamon.
- Corn tortilla with mashed avocado, black beans, salsa, and low-fat shredded Cheddar cheese

Power up with a healthy breakfast and you're off to a great start!



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.