

## COMMUNITIES OF STRENGTH

*May 2021 Older Americans Month*



In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is Communities of Strength; recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

This year, Elderbridge will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength and create a stronger future.

Here are some ways to share and connect:

- Look for joy in the everyday: Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.
- Reach out to neighbors: Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a home cooked meal.
- Build new skills: Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.
- Share your story: There's a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

When people of different ages, backgrounds, abilities, and talents share experiences—through action, story, or service—we help build strong communities. That's something to celebrate! Please join Elderbridge in strengthening our community!



**May/June 2021**

COVID Scams .....	page 2
Tai Chi Classes .....	page 3
Fresh Conversations .....	page 4
Farmers Market .....	page 5
Red Flags of Abuse .....	page 6

Puzzle.....	page 7
Staycation/Dear Marci .....	page 8
Dear Marci.....	page 9
Menus .....	page 10
Mothers Day .....	page 11

# PROTECT YOURSELF! AVOID COVID-19 VACCINE SCAMS

*As COVID-19 vaccine distribution begins,  
here are signs of potential scams:*

- You are asked to pay out of pocket to get the vaccine.
- You are asked to pay to put your name on a vaccine waiting list or to get early access.
- Advertisements for vaccines through social media platforms, email, telephone calls, on-line, or from unsolicited/unknown sources.
- Marketers offering to sell or ship doses of the vaccine for payment.

**Protect Yourself. Do not give out your personal  
information to unknown sources.**

If you believe you have been the victim of COVID-19 fraud,  
immediately report it to:

- HHS-OIG Hotline: 1-800-HHS-TIPS | [tips.hhs.gov](https://tips.hhs.gov) COVID-19
- FBI Hotline: 1-800-CALL-FBI | [fbi.gov](https://fbi.gov)
- CMS/Medicare Hotline: 1-800-MEDICARE



## Elderbridge Board Of Directors

Barry Anderson  
Lionel J. Foster  
Lori Hain  
Jill Hawkinson  
Ethan Huizenga  
Steve Kruse  
Ron Newsum  
Tim Nichols  
Larry Pedley  
Tracy Quinones  
Beth Will  
Advisory Rep - Elaine Kelsey

## Elderbridge Advisory Council

Audubon – Brenda Bengard	Lyon – Lisa Rockhill
Buena Vista – Vacant	Mitchell – Vacant
Calhoun – Leane Bodle	O’Brien – Eric Erickson
Carroll – Vacant	Osceola – Vacant
Cerro Gordo – Kathye Gaines	Palo Alto – Diana Elbert
Clay – Randy VanDyke	Pocahontas – Linda Saathoff
Crawford – Sherry Meyer	Sac – Vacant
Dickinson – Carol DeSchepper	Sioux – Merry Landenberger
Emmet – Vacant	Webster – Alison Hauser
Floyd – Pat Gansen	Winnebago – Rick Burke
Franklin – Elaine Kelsey	Worth – Vacant
Greene – Vacant	Wright – Vacant
Guthrie – Vacant	At-Large Rep – Deb Kratochvil
Hamilton – Becky Koppen	At-Large Rep – Carl Legore
Hancock – Vacant	At-Large Rep – Dan Skelton
Humboldt – Jan Olson	Board Rep – Ethan Huizenga
Kossuth – Linda Vaudt	

## TAI CHI FOR ARTHRITIS AND FALL PREVENTION

Over 30 published medical studies have shown that Tai Chi for Arthritis and Fall Prevention brings pain relief, improves balance and significantly reduces falls.

The Centers for Disease Control and Prevention, among many other health organizations, recommend this program for fall prevention and health.

These Tai Chi classes are suitable for every fitness level and for anyone wanting to improve balance and coordination, along with those wanting to maintain or improve mobility.

Tai Chi is also a mind/body exercise and those who practice it often experience less depression and enhanced immunity and improve many aspects of health.

**For more information or to register please contact:**

**Jody Applegate**

**800-243-0678 ext. 7022**

**[japplegate@elderbridge.org](mailto:japplegate@elderbridge.org)**

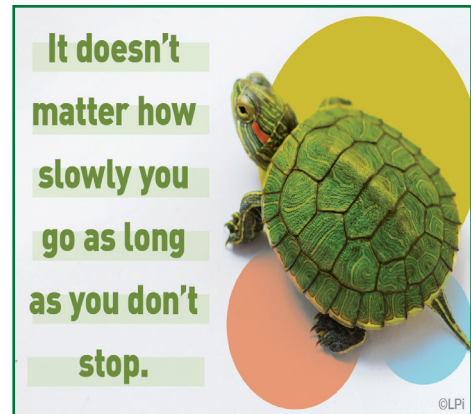
**When: MAY 17 – JULY 8**

**Mondays and Thursdays**

**Time: 9:30 am-10:30 am**

**Where: zoom**

**Cost: Contributions welcome**





Are you someone that likes to be in-the-know on the latest in nutrition and health information? Do you enjoy conversations, exercise tips and new low - cost recipes? If that's a yes and you are a Senior, Fresh Conversations (FC) is for you and your friends!

Each month the Iowa Department of Public Health publishes a brand- new newsletter. Each free issue focuses on a current health topic and offers practical tips and sensible solutions to everyday problems that get in the way of doing what most people want to do: eat well and feel great! Participants meet every month for an interactive session led by a trained facilitator. Currently we offer virtual sessions (via Zoom) and easy to join conference calls. Soon we hope to resume offering these sessions in person (taste testing!) in communities located in our 29 county Elderbridge service area. Each monthly 30 – 45 minute session focuses on the nutrition topic of the newsletter, light physical activity, puzzles and trivia, goal setting, recipe tasting and more. Your card group, church friends and bingo buddies will be impressed with your knowledge of the Dietary Guidelines and the latest on benefits of physical activity.

If you want to feel great, increase your strength, get around easier, have more energy and meet other like-minded people join Fresh Conversations today!

Simply contact Elderbridge or your meal site manager to receive a newsletter and to learn when and where the next session is. You may also learn of upcoming meetings on our Elderbridge web page ([www.elderbridge.org](http://www.elderbridge.org)) or by calling a Healthy Aging Coordinator 800 –243-0678.

**Come and take part in the Fresh Conversations program.**

**You and your body will be glad you did!**

## **JOIN US FOR ONE OF THE UPCOMING ZOOM SESSIONS**

**Wednesday, May 19, 2021, at 1:30 pm.**

**Monday, May 24, 2021, at 10:00, am.**

**Wednesday, June 16, 2021, at 1:30 pm.**

**Monday, June 21, 2021, at 10:00 am.**

**Or**

**Join Us For A Phone Conference Call**

**Thursday, May 20, 2021 at 1:00 pm.**

**Thursday, June 17, 2021, at 1:00 pm.**

For more information contact Sharla Kuyper or Sandi Iwen at 800-243-0678.

Fresh Conversations is developed by the IDPH in partnership with the IDHS and the Department on Aging. The materials are funded by the USDA and SNAP.



Starting June 1, 2021 Farmers Market vouchers will become available. Each participant receives a one-time benefit in the form of checks. Checks can be used to purchase fresh, unprepared, locally grown fruits, vegetables and herbs at authorized farmers markets and farm stands.

Seniors must meet the following requirements to be eligible to receive Farmers Market Nutrition Program benefits:

- be 60 years of age or older at the time of their application
- live in the Elderbridge service area
- have a yearly income of less than \$23,607 (for a single person) have a yearly income of less than \$31,895 (for a married couple)

For specific information please contact Elderbridge at 800-243-0678.

Your local farmers' market is not only a great place to purchase fruits and vegetables that are grown nearby. It's a good opportunity to score other freshly baked and produced goods, from pastries and jams to handmade jewelry and homegrown flowers. A farmers' market is also a fun way to spend a few hours on a summer day.

How can you make the most of your weekly trip to the farmers' market? We have a few tips to help you master the market.

- Bring your own bag
- Wear comfortable shoes
- Bring cash
- Talk with the growers
- Shop early if you can

Remember the health benefits you gain by shopping at a local farmers' market. In addition to providing you with an abundance of healthy foods to use in planning meals, you'll reap the cardiovascular benefits of walking. Those are two of the best steps for avoiding disease and living your best life.

## RED FLAGS OF ABUSE

Our communities are like structures that support people's safety and wellbeing. One of the most important ways we can all contribute to this ongoing construction project is by looking out for warning signs of maltreatment. Does someone you know display any of these signs of abuse? If so, **TAKE ACTION IMMEDIATELY**. Everyone, at every age, deserves justice. Report suspected abuse as soon as possible.

### Emotional & Behavioral Signs

- Unusual changes in behavior or sleep
- Fear or anxiety
- Isolated or not responsive
- Depression

### Physical Signs

- Broken bones, bruises, and welts
- Cuts, sores or burns
- Untreated bed sores
- Torn, stained or bloody underclothing
- Unexplained sexually transmitted diseases
- Dirtiness, poor nutrition or dehydration
- Poor living conditions
- Lack of medical aids (glasses, walker, teeth, hearing aid, medications)

### Financial Signs

- Unusual changes in bank account or money management
- Unusual or sudden changes in a will or other financial documents
- Fraudulent signatures on financial documents
- Unpaid bills

### WHAT IS ELDER ABUSE?

Elder abuse is the mistreatment or harming of an older person. It can include physical, emotional, or sexual abuse, along with neglect and financial exploitation. Many social factors—for example, a lack of support services and community resources—can make conditions ripe for elder abuse. Ageism (biases against or stereotypes about older people that keep them from being fully a part of their community) also plays a role in enabling elder abuse. By changing these contributing factors, we can prevent elder abuse and make sure everyone has the opportunity to thrive as they age.

### TYPES OF ELDER ABUSE

- Physical abuse: Use of force to threaten or physically injure an older person
- Emotional abuse: Verbal attacks, threats, rejection, isolation, or belittling acts that cause or could cause mental anguish, pain, or distress to an older person

- Sexual abuse: Sexual contact that is forced, tricked, threatened, or otherwise coerced upon an older person, including anyone who is unable to grant consent
- Exploitation: Theft, fraud, misuse or neglect of authority, and use of undue influence as a lever to gain control over an older person's money or property
- Neglect: failure or refusal to provide for an older person's safety, physical, or emotional needs

### HOW CAN WE PREVENT AND ADDRESS ELDER ABUSE?

We can lessen the risk of elder abuse by putting supports and foundations in place to prevent abuse. If we think of society as a building that supports our wellbeing, then it makes sense to design the sturdiest building we can—one with the beams and load-bearing walls necessary to keep everyone safe and healthy as we age. For example, constructing community supports and human services for caregivers and older adults can alleviate risk factors tied to elder abuse. Increased funding can support efforts to train practitioners in aging-related care. Identifying ways to empower older adults will reduce the harmful effects of ageism. Leveraging expert knowledge can provide the tools needed to identify, address, and ultimately prevent abuse.



### HOW CAN WE REPORT SUSPECTED ABUSE?

No matter how old we are, justice requires that we be treated as full members of our communities. If you notice any signs of abuse, call Elderbridge Agency at 800-243-0678. It is our duty to report it to the proper authorities.



**Let's Bake! Word Search**

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

**Word List:**

cup	salt
sugar	tablespoon
cream	buttermilk
cake	oven
rolls	cupcake
chocolate	frosting
whip	batter
cookbook	vanilla
crust	yeast
teaspoon	eggs
milk	cookiesheet
butter	bread
cookie	rollingpin
pastry	stir
dough	loaf
bake	pie

# Staycation

Building a strong bond with your grandkids requires spending quality time together. During the school year, when children are busy with homework and extracurricular activities, that can be difficult to do. This is especially true when families are geographically dispersed.

Summer may be ideal for an intergenerational vacation. The good news is you don't have to leave home or spend a lot of money to host the grandkids. You can plan fun days in your own home and neighborhood.

## Building Strong Families

Intergenerational bonds are the backbone of strong families. Research shows both generations benefit from time spent together. The benefits are immediate and long-lasting.

For kids, spending time with family older adults offers many unique benefits. From increased self-esteem to healthier attitudes about aging, these intergenerational relationships are important.

For older adults, the benefits of spending time with children and teens are varied, too. Grandparents find joy when they engage meaningfully with their grandchildren. Then there are the physical benefits of spending time with younger generations: they keep seniors active.

If you aren't sure how to go about planning activities for a staycation with your loved ones, we have a few ideas that will help you get started.

- **Don't overschedule your days**

Don't feel like you must plan every minute of every day. Remember, the grandkids are on summer vacation. They will likely appreciate some time just to hang out and enjoy themselves.

- **Involve the grandkids in planning**

Planning your summer staycation together is another way to bond with the younger generation. If you live far from each other, you can plan via email, phone, or video chat. You'll learn what the kids like doing so you can find places of interest to them.

- **Create a list of options**

Create a list of indoor activities for rainy days and outdoor activities for sunny days. Your local craft store will likely be a treasure trove of ideas and ready-to-make projects.

Then there are tried-and-true activities everyone enjoys: baking cookies, visiting a local park, playing board games, and browsing the toy store.

If the grandkids are staying for a week or more, come up with long-term projects you can engage in together. You could plant and nurture a garden. A container garden or window box can be fun if space is limited.

You could also create a family cookbook together. Type each recipe and add photos of the recipe or clip art. Print enough copies for everyone in the family.

Make plans now for your summer staycation now.



I have Original Medicare, a Part D prescription drug plan, and a Medigap. I am moving from New York to Arizona in a few months. Do I need to change my Medicare coverage? –Hazel

Dear Hazel,

It is great that you are considering this question a few months prior to your move! Moving can affect your Medicare coverage and you may need time to plan and make changes.

Because you have Original Medicare, you will not need

to make changes to your Original Medicare when moving within the U.S. Original Medicare does not have provider networks, so you can visit any doctor or facility in the country that accepts Medicare.

Medicare Advantage Plans and your Part D plan, on the other hand, have coverage areas, so when moving within the U.S. you may need to switch plans. You will have a Special Enrollment Period, or SEP, if you move out of your plan's service area, or if you move to an area that is still covered by your plan but where more plans are also now available to you. To ensure you have coverage in your new place of residence, you should notify your plan in advance and select a new Medicare Advantage or Part D plan if applicable. For help comparing plans, you can use Medicare's Plan Finder tool or call 1-800-MEDICARE.

*continued on page 9*



***continued from page 8***

Whether you have Original Medicare or Medicare Advantage, you should update your information with the Social Security Administration to ensure that you receive important communications.

If you have a supplemental policy known as a Medigap, you do not need to change your plan. Contact the plan see if the premium will change. Note that enrollment rules vary by state, in case you plan to make future changes to your Medigap coverage. To learn more about Medigaps in your new state, call your State Health Insurance Assistance Program (SHIP). To locate your SHIP, call 877-839-2675 or visit [www.shiptacenter.org](http://www.shiptacenter.org).

And finally, let's discuss moving if you are enrolled in any Medicare cost assistance programs. Medicare Savings Program, or MSP, eligibility and enrollment are state-specific, so your MSP will not follow you if you move to another state. You will need to disenroll from your MSP and see if you are eligible for an MSP in the state to which you are moving.

Even when moving to a new state, your Extra Help benefits will not be affected, as eligibility requirements do not differ by state. It is important to note, however, that if you were automatically enrolled in Extra Help because you had Medicaid or an MSP, but then you lose Medicaid coverage or the MSP because of your move to a different state, you will need to enroll in that coverage in your new state or actively enroll in Extra Help to keep those benefits past the end of this year (or next year, depending on when you move).

For help with Medicare cost assistance programs in your state, you can contact your SHIP by calling 877-839-2675 or visiting [www.shiptacenter.org](http://www.shiptacenter.org).

I hope this information helps you think about your Medicare coverage as you plan your upcoming move!

-Marci

## MAY/JUNE 2021 MENU

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



Mother's Day (May 13th) will soon be here and families will celebrate the occasion, remembering the sacrifices their mothers have made over the years. Those with elderly mothers may find it more difficult to find a way to show their appreciation. There are many ways you can celebrate Mother's Day with a senior or elderly mother.

#### Family Meals

Meals together as a family are one of the most appreciated gifts you could give your mother on Mother's Day. Many members of one family may be spread across the country and if possible your mother would love to see you all together at one time. If that isn't possible, take your mother out to lunch at one of her favorite restaurants. The two of you can spend time together and talk

about things that are important to both of you. If the weather is good, a picnic setting would be perfect or an outdoor restaurant.

#### Family Outings

A day out and about could be just what your mother likes, depending on health and mobility. Take into consideration her interests. What does she love to do? If she loves gardening, a day spent at various garden centers around town might be perfect. There are lots of options. Ideas such as a day spent at art galleries, museums, the zoo or another local attraction may be perfect for your mother. If she has mobility issues, bring the entertainment to her if possible.

#### Gifts

Most mothers love flowers and if their diet allows it, chocolates too! Add a gift certificate for something small at a store you know she loves or if you're crafty, make something yourself. Personal gifts made by hand are always welcomed by mothers.

Every mother is different and all like to celebrate in different ways. Put yourself in your mother's place and make it a Mother's Day to remember.



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](http://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.