

NATIONAL SENIOR CITIZENS DAY

After a lifetime of changing diapers, wiping noses, baking cookies, coaching sports, refereeing squabbles, working, serving in the military, and contributing to the success of the U.S. in a myriad of ways, seniors deserve at least one day for themselves!

In 1988, President Ronald Reagan signed a proclamation declaring August 21st as National Senior Citizens Day in the U.S. It was created to support, honor, and show appreciation to older adult. The day was also created to recognize their achievements and contributions to society.

In his proclamation, Reagan said, "Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land."

National Senior Citizens Day is a great reminder not to let age stand in the way of success or happiness! Some notable Americans found both in their later years. Take Colonel Sanders, the founder of Kentucky Fried Chicken. He founded the company at age 65 and went on to become a multimillionaire. Famed painter Grandma Moses picked up a brush at 75 and painted until she died at 101. Laura Ingalls Wilder, author of the Little House Books, published "Little House in the Big Woods" when she was 64 and published her last book, "These Happy Golden Years," when she was 76.

This year, be sure to take advantage of National Senior Citizen's Day and celebrate either on your own, or better yet, with family and friends.

Here are a few ideas to get started:

- Check into Local Senior Events
- Start Writing Your Memoirs
- Take a Class
- Take advantage of senior discounts
- Volunteer Your Time

With the extra time retirement brings, many older adults enjoy helping others. See if there are opportunities to volunteer at your senior center. Hospitals often need volunteers to rock babies in the neonatal wings or knit hats for newborns. Schools often welcome grandparents to read stories to young students.

Enjoy Yourself

Take a leisurely walk at the park, go bowling with a buddy, read a book by the lake, go golfing, take in a movie. Whatever sounds good, do it, and have fun!

“By the time you’re eighty years old you’ve learned everything. You only have to remember it.”
~ George Burns

July/August 2021

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THE HEALTH BENEFITS OF WATERMELON

As the weather heats up, so does our need for hydration and healthy snacks. A ripe, juicy watermelon satisfies your thirst and goes the extra mile toward helping maintain a healthy diet. But did you know that not only does this picnic staple taste sweet and delicious, but it's also rich in lycopene and Vitamin C?

Lycopene, an antioxidant, can be found mostly in red fruits and vegetables, such as tomatoes, watermelons, red oranges, pink grapefruits. You may be surprised to learn this health-boosting nutrient can also be found in apricots, red cabbage, and asparagus. Watermelon has more of this nutrient than any other fruit or veggie — even tomatoes. To load up on lycopene, choose a ripe melon with bright red flesh and opt for the seedless variety as it has more lycopene than those with seeds.

Try Watermelon to Protect Your Cells

Antioxidants play a significant role in protecting your cells against free radicals (natural and environmental occurring), which may play a role in heart disease, cancer, and other diseases.

For most adults, their body consists of 60% water, and to function optimally; it needs proper hydration. Drinking enough water each day is vital for regulating body temperature, keeping joints lubricated, preventing infections, delivering nutrients to cells, and keeping organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood. As the thermometer rises, so does our need for more water.

Sneak in Water Through This Tasty Treat

If you struggle to meet the recommended 6 - 8 glasses of water a day, fresh fruits, like watermelon, which is 92% water (probably could have guessed that from the name), can be a delicious solution for adding more water into your diet. This health-conscious melon is a versatile food, try cutting it up and add to a summer beverage or a salad, or freeze and use as ice cubes in your favorite lemonade. Want something a little more filling? Blend watermelon, strawberries, yogurt, and a drizzle of honey, for a delicious breakfast smoothie.

While watermelon can be consumed any time of the year, summer seems to be its sweet spot offering the perfect combination of refreshment and nutrition. Maybe you'll experience one more unexpected benefit, as this summertime classic invokes memories that will bring a smile to your face.

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Want to kick up your watermelon consumption, without raising the temperature in the kitchen?

Try this simple salad:

Watermelon Salad with Cucumber & Feta

- Watermelon
- Feta cheese (squares or crumbles)
- Mini cucumbers
- Fresh herbs such as basil or mint
- Lemon or balsamic vinegar

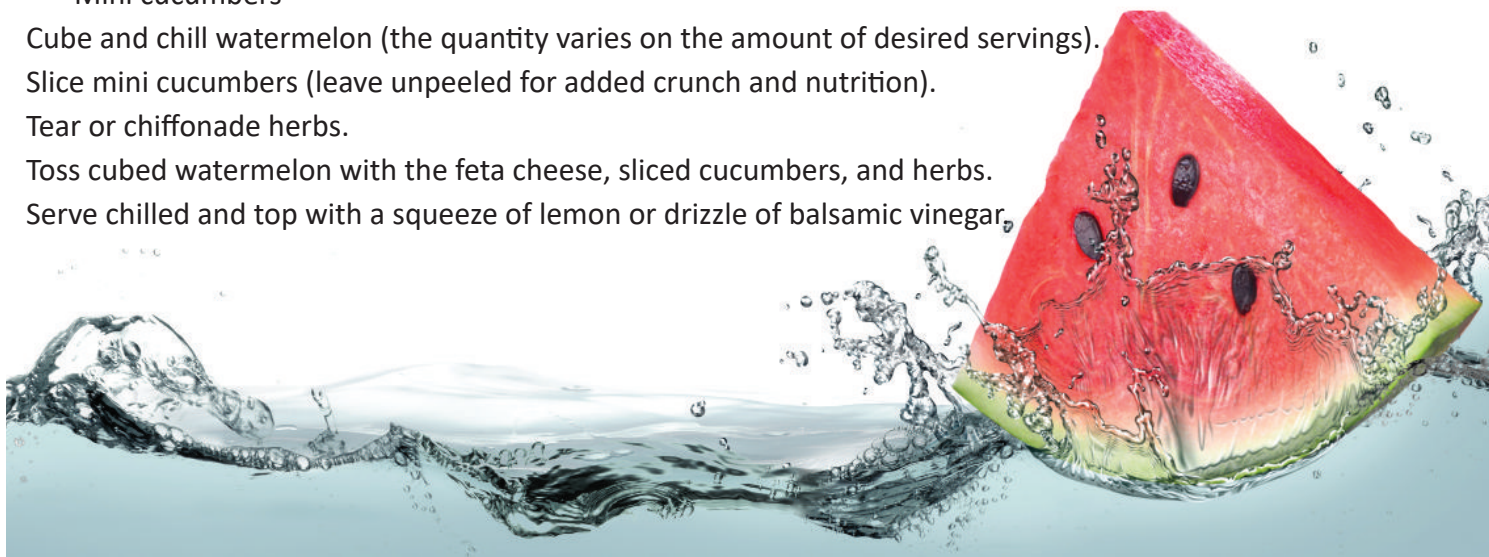
Cube and chill watermelon (the quantity varies on the amount of desired servings).

Slice mini cucumbers (leave unpeeled for added crunch and nutrition).

Tear or chiffonade herbs.

Toss cubed watermelon with the feta cheese, sliced cucumbers, and herbs.

Serve chilled and top with a squeeze of lemon or drizzle of balsamic vinegar.



AN ELDER LAW ATTORNEY HELPS SENIORS AND FAMILIES

Having the essential legal documents in place gives you the necessary tools to provide the best care for your older adult, now and at the end of life. That's why it's so important to find an expert lawyer that you trust to draw up the right documents.

What does an elder law attorney do?

Elder law is a specialized legal area focused on older adults and their adult children. This legal specialty focuses on specific needs, including:

- Power of attorney
- Important legal documents
- Long term care planning and paying for care
- Medicare and Medicaid planning
- Veterans benefits
- Estate planning
- Disability planning
- Elder abuse

Plan for the future and protect assets.

An elder law attorney has the expertise to make recommendations on how to plan for future care needs. They often answer questions like:

- How can I qualify for Medicaid so it will pay for nursing home care?
- How do I protect mom's house and assets, but still afford the care she needs?
- How do I make sure my wife will have money left after all my care expenses are paid?
- What to do if I need to become dad's guardian or conservator?
- After I pass away, will Medicaid try to get money from my estate for the medical bills they paid and cause problems for my spouse or kids?

These are complicated questions and the answers will be different for each person.

A reputable elder law attorney helps protect your senior's legal and financial situation and helps you figure out how to pay for the care they'll need.

The fees are well worth it if they can save your

family thousands of dollars and avoid future legal headaches.

Ensure all the legal documents are correct for your state. Laws are different (and very specific) for each state, so it's important that the documents are prepared correctly.

How to find an elder law attorney

- Get a referral from someone you know. Getting a referral from family or a friend is a great way to find a lawyer.
- Similarly, financial advisors, accountants, and fiduciaries (someone legally appointed to manage money) are professionals who often work with elder law attorneys.
- Check the National Academy of Elder Law Attorneys The National Academy of Elder Law Attorneys (NAELA) is the professional organization for attorneys who specialize in elder law and special needs planning.

Don't make up your mind about hiring a lawyer until you've met them, discussed your older adult's needs, and checked their credentials.

Look up the attorney's name or bar number to make sure they're actively licensed to practice law in your state. This will also show if they've ever been publicly disciplined.



Benefits of Getting the COVID-19 Vaccine

Although the Coronavirus infections have slowed significantly, we are not out of the woods yet. In Iowa, currently 44.5% of the eligible population are fully vaccinated which is far below the target of 60-70% for herd immunity. Please be part of the fully vaccinated to help protect you and your loved ones!

Vaccines are safe, effective and were developed after years of scientific study and rigorous testing and monitoring. There were no shortcuts taken in assuring safety and effectiveness before the emergency use authorization. Although some people incur some mild to moderate side effects, they resolve within a few days. This is your body building protection against the virus.

After you are fully vaccinated, you can resume most activities safely without masking or physically distancing. As Brad Paisley, Country Music Superstar says "Be a Fan, Take the Shot", see his YouTube video at <https://youtu.be/BIg1LeVS2tg>.

I, for one, am so happy to be able to safely spend time with family and friends since becoming fully vaccinated. Get the vaccine and help us to put this terrible virus behind us! Go to vaccinefinder.org to find a location to get your vaccine or call your medical provider for assistance.

Shelly Sindt, CEO

Fourth of July

Find and circle all the words that are hidden in the grid. The remaining letters spell an Abraham Lincoln quotation

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L B C E L G A E D L A B N T H L O D S
A E S E F E W P A T R I O T I C E N T
V N H O L D E S N E A Y G B I C O H R
I F S F O E R T K T E A E N O O O E E
N R T E A Y B A I D L R C R L M E Y C
R A R S T R C R O F T I A L A M C T N
A N E U S O B S A Y P T A S F A N O O
C K A O M T H A O T I B J T R H E D C
E L M H A S O N I O I E R C E B D O B
B I E E D I T D N H F O O P E A N O E
A N R T A H D S S F P M N A D S E H T
R G S I N D O T E E E L S R O E P N S
B Y E H H E G R R D V E E A M B E O Y
E A I W O I S I Y T R A P D T A D I R
C D N N J O A P O T F O R E A L N T O
U I O T N S R E G R U B M A H L I A S
E L L H U E M S K R O W E R I F I N S
S O O R E D W H I T E B L U E E L H V
E H C M E H T N A L A N O I T A N S P
  
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The hidden quote is: THOSE WHO DENY FREEDOM TO OTHERS, DESERVE IT
NOT FOR THEMSELVES. www.puzzles.ca/wordsearch

BALD EAGLE
BALLOONS
BARBECUE
BASEBALL
BEN FRANKLIN
BETSY ROSS
CAKE
CARNIVAL
CELEBRATION
COLONIES
CONCERTS
DECORATIONS
DEMOCRACY

FIREWORKS
FLAG
FLOATS
FREEDOM
GREAT BRITAIN
HAMBURGERS
HISTORY
HOLIDAY
HOT DOGS
INDEPENDENCE
JOHN ADAMS
LIBERTY
NATIONAL ANTHEM

NATIONHOOD
PARADE
PARTY
PATRIOTIC
PHILADELPHIA
PICNIC
RED WHITE BLUE
STARS AND STRIPES
STREAMERS
THOMAS JEFFERSON
USA
WHITE HOUSE



NUTRITION PROGRAM UPDATES

The Iowa Café is an exciting Nutrition program that started this year and continues to grow. The Iowa Café is a new, innovative partnership between local Area Agencies on Aging and licensed food service establishments like restaurants, food trucks, cafés, convenience stores, and grocery stores with hot and cold food options. It is not replacing the Congregate Meal Program but provides another way for older individuals to congregate and receive nutritious meals. We currently have 10 active Iowa Café sites.

Elderbridge Congregate Meals Sites were able to open for congregating June 1, 2021 and have begun transitioning back to offering meals in-person. Check with your local meal site if you have a questions or need further information.

Fresh Conversations in-person meetings will begin in July. Fresh Conversations is a free discussion group for adults age 60 years & older, focused on improving nutrition, wellness, and independence. While each Fresh Conversations meeting will feature nutritional facts and advice, all attendees are encouraged to share their tips and experience. This program is designed to be interactive so we want to hear from you! We plan to offer Fresh Conversations programs in a few of our Iowa Café sites starting this summer too.

Coming this fall we will have classes such as **Matter of Balance, Walk with Ease, and Tai Chi**. If you have any questions about any of these programs, contact any of the Healthy Aging Coordinators at 800-243-0678.

Our Healthy Aging Coordinators are looking forward to being able to see everyone soon!

HAPPY FRIENDSHIP DAY

Rebuilding Your Social Circle Later in Life

August 1, 2021 is National Friendship Day. Thanks to advancements in technology, it is easier to get in touch with friends, to share, and to be thankful for them.

Maintaining a close circle of friends can have a positive impact on well-being, especially as you grow older. From encouraging you to make better health choices, to supporting you on difficult days, friends play a role in determining how long and how well we live.

One challenge older adults face however, is how to maintain a social circle during retirement. Friends might move away to live closer to their adult children and grandchildren. Work relationships may fizzle after retirement. Late-life divorce, a growing trend, can cause a senior to be alone.

Here's what you should know about senior friendships and the steps you can take to rebuild your social circle.

THE VALUE OF FRIENDSHIPS

Research shows that when older adults have close friends, they are more likely to avoid some of the dangers associated with isolation. Those include diabetes, obesity, depression, and even early mortality.

Having friends helps you stay engaged with life and the world around you. From attending local events to exercising and volunteering, social networks give mental and physical well-being a boost.

If you are an older adult who is struggling to make new friends during retirement, we have some ideas you might find helpful.

MAKING NEW FRIENDS DURING RETIREMENT

- Take a class. Tackling a new hobby gives your brain a healthy workout. It also provides you with an opportunity to meet new people. Think about something you've always wanted to learn, and then find a place that offers classes. Maybe it's learning to play the guitar or the drums or how to speak French. Community centers, libraries, parks, art museums, and community colleges usually offer inexpensive classes and programs.
- Volunteer work. Another great way to meet like-minded people is by volunteering. Choose an organization or cause you believe in and volunteer to

help. You'll likely find you enjoy the opportunity to share your time and talent.

- Find a fitness group. Friends can influence how well you live. So, connecting with a group of fitness-conscious individuals will likely help you improve your overall well-being. Many health clubs, such as the YMCA, offer family, military and senior discounts.
- Join a club. Shared interests and hobbies can also help friendships grow. If you are a gardener, for example, find a local garden club you can join. Think about your favorite pastimes and explore the clubs available in your area.
- Spiritual organizations. People may find themselves more interested in activities that nurture their spiritual side as they move through different stages of life. Establish or reestablish a relationship with a church or synagogue. It can provide you with an opportunity to meet new people.
- Join a community center. Most local communities have activity or fitness centers. These organizations offer a wide variety of programs and activities every day. Many also offer meals, and the cost is very reasonable. Getting involved can help you expand your social network and make new friends.

Have you struggled with maintaining a social circle as you've gotten older? What have you done to build new friendships?

Contact Elderbridge Agency on Aging at 800-243-0678 to see if we can help you get started on rebuilding your social circle.



REPRESENT THE VOICE OF OLDER ADULTS IN YOUR COUNTY

Elderbridge Agency on Aging has an Advisory Council that provides recommendations to the Agency on matters related to older adults. Advisory Council member's dedication and leadership is a vital component of the agency's vision for the communities we serve. The Council gives input on things such as what focus the Agency's area plan should take for service delivery and funding.

Our Advisory Council consists of one member from each of the counties served by Elderbridge. The members serve a three-year term and meet four times a year. We are currently looking for individuals who might be interested in volunteering to represent the interests of older adults in the following counties:

Audubon – Vacant

Buena Vista – Vacant

Emmet – Vacant

Greene – Vacant

Guthrie – Vacant

Hancock – Vacant

Mitchell – Vacant

Sac – Vacant

If you are interested in applying, please call Elderbridge at 800-243-0678, and request additional information and/or an application form.

JULY/AUGUST 2021 MENU

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

DEMENTIA FRIENDS USA

Dementia Friends is a program that was developed by the Alzheimer's Society in the UK and has since moved to the US. It is now a worldwide movement that is changing the way people think, act, and talk about dementia. The goal of Dementia Friends is for everyone to understand what dementia is and how it affects people, thus making a difference for the people touched by dementia.

To become a Dementia Friend, a live session must be attended. These sessions are offered by a local Dementia Friends Champion. During these sessions, a deeper understanding of dementia, and what it is like to live with, will be gained. This then turns that understanding into action. From telling friends and family about Dementia Friends, to visiting someone with dementia, every action counts. All these actions lead us to become Dementia Friendly Communities.

DEMENTIA FRIENDLY COMMUNITIES

"Dementia Friendly American is a national network of communities, organizations and individuals seeking to ensure that communities across the U.S. are equipped to support people living with dementia and their caregivers. Dementia friendly communities foster the ability of people living with dementia to remain in community and engage and thrive in day to day living." (dfamerica.org)

A dementia friendly community is a town or city that is informed, safe, and respectful of those with any form of dementia, their families, and caregivers. Joining the DFA means that your community is engaged in a process to become more dementia friendly.

If you are interested in learning more about Dementia Friends USA or Dementia Friendly Communities, please contact Emily Winker at Elderbridge Agency on Aging at 800-243-0678.



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.