

MIND, BODY, AND SOUL STRENGTHENING

Health and Wellness Classes offered thru Elderbridge.

Elderbridge Agency on Aging offers evidence based and health promotion programs to help with strengthening your mind, body and soul. Evidence Based Programs are research supported programs to promote health and mobility. Evidence Based programs have gone through experimental evaluations that have data that supports their effectiveness in the program when completed as taught. These programs include components for behavior change and self-management. These programs are proven to be effective if done properly and continuously. Below are a list of programs, and their descriptions, offered throughout our agency.

Matter of Balance - Matter of Balance is designed to help reduce the fear of falling and increase activity levels in older adults who have concerns about falling. This class can be taught once a week for eight weeks or twice a week for four weeks.

Stepping On - This workshop is facilitated by trained leaders and provides a safe and positive learning experience. The workshop focuses on improving balance, strength, home and environmental safety, vision, and a medication review. Research shows that Stepping On participants have reduced their risk of falls by 31% after completing the class and continue to apply what was taught into their daily life. Stepping On takes place once a week for seven weeks.

Tai Chi for Arthritis - The Tai Chi for Arthritis is suitable for every fitness level and will help to reduce pain and stiffness while increasing strength, flexibility, and stamina. Tai Chi for Arthritis can also help improve balance and decrease the risk of falls along by improving physi-

cal function and mobility. Tai Chi classes are suitable for those with arthritis, and other medical conditions. They also help improve balance and coordination for anyone who is wanting to maintain or improve their mobility. This class can be taught once a week for sixteen weeks or twice a week for eight weeks.

Walk with Ease - Walk with Ease (WWE) is self-directed and combines self-paced walks, provides health education information, stretching and strengthening exercises. It is an individual program that allows participants to work on their own at their own pace to increase their physical activity. This class meets at least 3 times a week for 6 weeks – 45 minutes to 1 hour long classes

Fresh Conversations - Fresh Conversations (FC) is a direct education, newsletter-based class for older adults. The program targets behaviors known to reduce chronic disease burden and promote healthy aging. It promotes healthier food and beverage choices across food groups to move closer to Dietary Guidelines for Americans. Participants meet monthly for 30-45 minute interactive sessions led by a trained facilitator. Each participant receives a 4-page newsletter. Facilitators use a companion facilitator guide with behavioral objectives, key nutrition messages, facilitation dialogue, activities and recipe tasting options. Physical activity demos are part of each meeting. The sessions are designed to be interactive with a group discussion, goal setting, physical activity break, and recipe tasting.

For more details on classes, questions or to see if there are any classes in your area, please call 800-243-0678 and ask for Amber Snyder.

March/April 2022

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Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Eating Right for Older Adults

Healthy eating is recommended throughout life, but as we age certain factors can affect our nutrient needs. Choosing a variety of foods from all the food groups (vegetables, fruits, grains, dairy and protein foods) will help you build a healthy eating routine.

The following tips can help you get started on your way to eating right.

Make half your plate fruits and vegetables.

Eat a variety of different colored vegetables, including ones that are dark-green, red, and orange. Beans, peas, and lentils are also good choices. Fresh, frozen, and canned vegetables can all be healthy options. Look for “reduced sodium” or “no-salt-added” on the labels. Add fruit to meals, snacks or as dessert. Choose fruits that are dried, frozen, or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole.

Choose breads, cereals, crackers, and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth and oats all count as whole grains, too. Also, look for fiber-rich cereals to help stay regular and cereals that are fortified with vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications.

Switch to fat-free or low-fat milk, yogurt and cheese.

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Vary your protein choices.

Eat a variety of foods from the protein food group each week. In addition to lean meat, poultry and eggs, choose seafood, nuts, beans, peas, and lentils when planning your meals. Spread your protein intake throughout the day by including a source with meals and snacks. Protein

foods derived from animal sources also provide vitamin B12, and certain plant-based foods may be fortified. If you’re at risk for low levels of vitamin B12, your doctor may also recommend a supplement.

Limit sodium, saturated fat and added sugars.

Look out for salt, or sodium, in foods you eat. Compare sodium in the foods you buy and choose those with lower amounts. Add spices or herbs to season food without adding salt. Switch from solid fats to oils when preparing foods. Make major sources of saturated fats occasional choices, not everyday foods. Examples of these include desserts, fried foods, pizza, and processed meats like sausages and hot dogs. Select fruit for dessert more often in place of treats with added sugars.

Stay well-hydrated

Drink plenty of water throughout the day to help prevent dehydration and promote good digestion. Other beverages that can help meet fluid needs include unsweetened beverages, like low-fat and fat-free milk, fortified soy beverages, and 100-percent fruit juices. Choose these more often in place of sugary drinks.

Enjoy your food but be mindful of portion sizes.

Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using smaller plates, bowls and glasses.

Cook more often at home, where you are in control of what’s in your food.

When ordering out, look for dishes that include vegetables, fruits and whole grains, along with a lean protein food. When portions are large, share a meal or save half for later.

Consult a registered dietitian nutritionist if you have special dietary needs.

A registered dietitian nutritionist can create a customized eating plan for you.

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Dear Marci

My husband still works, and I am covered by his employer's insurance. I am turning 65 in a few months and wondering if I should enroll in Medicare? -Mariko

Dear Mariko,

It is great that you are looking into this ahead of time and making a plan!

Job-based insurance allows you to delay Medicare enrollment in many cases. There are two questions to consider:

- Will I have an opportunity to enroll in Medicare Part B later without a penalty and without waiting for a specific time of year?
- Will my job-based insurance pay primary on my health care claims?

In other words, before you delay enrollment, you should determine whether you will have a Part B Special Enrollment Period (SEP) and whether your job-based insurance pays primary or secondary.

In most cases, you should only delay Part B if you will have an SEP and your job-based insurance is the primary payer (meaning it pays first for your medical bills) and Medicare is secondary.

Part B Special Enrollment Period

Because you will be eligible for Medicare due to age (meaning you will be 65+) and are covered by your spouse's job-based insurance, you will have a Special Enrollment Period (SEP) to enroll in Part B while you have that coverage from current work up to eight months after the coverage or the work ends (whichever is first). This means that you can enroll in Part B after your Initial Enrollment Period (IEP) ends without facing a penalty and without having to wait for the General Enrollment Period (GEP).

Primary or secondary job-based insurance

Next, consider whether your job-based insurance will be the primary payer.

- Job-based insurance is primary if it is from an employer with 20+ employees. Medicare is secondary in this case, and some people choose not to enroll in Part B because of the additional monthly premium.

- Job-based insurance is secondary if it is from an employer with fewer than 20 employees. Medicare is primary in this case, and if you delay Medicare enrollment, your job-based insurance may provide little or no payment. You should enroll in Part B for coverage when you are first eligible.

Note: There are different rules about the SEP and which insurance is primary if you are Medicare-eligible due to disability or because you have ESRD.

To find out if your job-based insurance is primary or secondary, contact your or your spouse's human resources department for information about your employer's size. If you plan to delay enrollment into Part B and use the SEP later, keep records of your health insurance coverage. You will be required to submit proof of your enrollment in job-based insurance when using the SEP to enroll in Part B later. Proof of enrollment in job-based insurance includes:

Written notice from your employer or plan

- Documents that show health insurance premiums paid, including W-2s, pay stubs, tax returns, and/or receipts
- Health insurance cards with the appropriate effective date

Note: If you have insurance from an employer that is not because of current work, like COBRA or retiree insurance, there are different rules for the SEP and which insurance is primary.

In summary, you should find out if your husband's insurance will be primary to Medicare. If it is primary, then you can delay Medicare enrollment if you'd like, since you would already have primary insurance from your husband's current work.

I hope this helps you decide whether or not to enroll in Medicare during your Initial Enrollment Period. For assistance contact Elderbridge Agency at 800-243-0678 or Iowa SHIP at 800-351-4664.

-Marci



According to Harvard Health Publishing, social connections “not only give us pleasure, they also influence our long-term health in ways every bit as powerful as adequate sleep, a good diet, and not smoking. Dozens of studies have shown that people who have social support from family, friends, and their community are happier, have fewer health problems, and live longer.” Maintaining our ties and connections is not always easy though, and often takes time and effort. Here are some actions you can take to care for your important relationships, whether you are near or far:

- Send a card to someone letting them know you’re thinking of them
- Call a loved one who has been having a tough time to check in
- Mail a small gift to someone who recently accomplished something
- Start a book or movie club with someone you want to spend time with
- Text or email a favorite photo of you and a friend to reminisce about shared memories



Elderbridge Agency on Aging (Elderbridge) Volunteer Program received a \$15,000 grant award from NextFifty Initiative, a Colorado-based foundation that supports efforts to improve the lives of older adults and their caregivers. Funding will allow Elderbridge to recruit, train and retain volunteers to provide non-medical client services and to provide operational support for the Elderbridge 29 County Region. Volunteers will provide transportation, chore, help consumers with errands and shopping, telephone reassurance, relocation assistance, and other activities to help older lowans, caregivers, and adults with disabilities remain safe at home and in their community.

NextFifty Initiative works with community leaders, experts in the field of aging, and front-line professionals to support programs and projects that positively impact aging and longevity. They focus on education, sharing best practices, and supporting innovation that will transform aging for generations to come. To learn more, visit www.Next50Initiative.org. On behalf of the Elderbridge Board, Staff, and consumers we serve, thank you NextFifty Initiative, for your generous support of our mission.



I have been putting together the newsletter for about 15 years and this will be my last issue. I would like to sign off with a huge thank you. Thank you for supporting Elderbridge and being a part of my journey... Roxy Thompson



On Friday, January 7th, 2022, First Citizens Charitable Foundation awarded Elderbridge on Aging a grant award for \$5,000. Wendy Rish of First Citizens Bank presented a check to Laura Allen, Volunteer Program Coordinator.

Funds will be used to recruit, train, and retain volunteers to provide non-medical services such as transportation, homemaker, chore, respite services, and others, as well as agency operational support. On behalf of the Board, Staff and clients served Thank you First Citizens Charitable Foundation for your generous support of the Elderbridge mission.

pictured: Laura Allen, Wendy Rish



APRIL IS VOLUNTEER MONTH

TURN YOUR COMPASSION INTO ACTION and 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, which is what we treasure our volunteers so much! The work they put in never goes unnoticed.

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 call the client and check in with them to see

how they are doing. A few other opportunities are; senior center office assistant, meal site volunteer, home delivered meals delivery, medical transportation driver, farmers market volunteer, board member, advisory council, translator/interpreter.

If you would like to become a volunteer or learn more about our volunteer program contact Laura Allen, Volunteer Coordinator at 800-243-0678 or lallen@elderbridge.org.



ZING UP YOUR MENUS WITH A TASTY SUMMER GARNISH GARDEN

As people are spending more time at home, many are learning new activities and finding simple joy in doing the things they love, such as cultivating their own gardens.

Now is the perfect time to start planning a summer garden that can add fresh flavors to your kitchen all year long. One growing trend is to create delicious and bountiful garnish gardens filled with herbs and produce to serve as the final touch for different food and beverage options. Even experienced gardeners often choose to focus on a few simple, high-in-flavor items that will elevate summer meals and cocktails such as juicy berries, savory herbs, and other seasonal produce.

As a bonus, gardening can provide stress relief and a sense of accomplishment in a fast-paced and challenging world. According to a 2020 study conducted by Fiskars, 46% of people in the U.S. say gardening is beneficial to their overall happiness. In that spirit, here are several tips from Fiskars to prepare and plant a summer garnish garden that will provide all kinds of delicious options for your at-home summer recipes.

Plot your growing area

Evaluate the growing season in your area and consider which of your outdoor spaces may provide enough sunlight for a viable garden. Depending on your ambition and commitment level, your garden could be as vast as your entire backyard or as simple as a few large pots on your patio or balcony. If you go big, be sure to allot extra time for cultivating, weeding, and watering. For your first venture, you may want to start small with a few plants that are easy to shelter, grow and harvest.

Assemble effective tools

Having the right tools on hand is the best way to prepare to garden, especially if this is your first time putting a garden together. In fact, those who have gardened before know just how important this is — according to the same study, 77% of gardeners in the U.S. say having the right tools increases their happiness when gardening. This year, trade in your old tools for newer, ergonomically designed products that are

not only more comfortable but also highly effective. For example, The Fiskars Xact Cultivator is made with deep, curved tines to efficiently loosen and aerate soil and a weighted handle for advanced comfort and control. The Xact Trowel can be comfortably gripped from multiple angles to pry through tough turf and dirt clots, and The Xact Hand Edger offers precision control when removing weeds, moss, and debris from harder-to-reach places. All are equipped with SoftGrip handles and are perfect for planting herbs and fresh produce.

Choose versatile varieties

Consider which herbs, fruits, and veggies will best contribute to the meals and beverages you like to prepare. For example, cucumbers or tomatoes can add a refreshing zing to salads and drinks, while rosemary and basil complement a range of both sweet and savory flavors in cocktails, grilled meats, vegetables, soups, and salads. Other popular and easy-to-grow herbs include thyme, parsley, dill, cilantro, and chives. Berry choices may include strawberries, raspberries, and blackberries — just make sure you have enough room to let these bushy plants grow!

Optimize your harvest

There's nothing as refreshing as the taste of fresh produce and being able to incorporate it into meals and tasty treats is one of the best perks of summer. Consider creative presentation ideas, too — try adding sprigs of rosemary sprinkled into ice cube trays, colorful berries atop summer cocktails or cutting cucumbers or strawberries into multi-petaled roses. You can also set aside ingredients for later, berries can be frozen, tomatoes can be canned, and herbs can be dried to season meals throughout the colder months. Saving some of your hard-earned harvest will be sure to remind you of the simple pleasures derived from your own backyard.

To find more tips on effective gardening as well as DIY inspiration and ideas, visit [Fiskars.com](https://www.fiskars.com).

Happy growing!

SALMON AND ASPARAGUS SHEET PAN

Vitamin D can be especially important when we can't be outside as much as we would like. Salmon is a great source of vitamin D anytime of the year.

Prep time: 5 minutes - Cook time: 15 minutes

- 1 bunch thin spear asparagus
- 1 tablespoon, plus 1/4 teaspoon, extra-virgin olive oil
- 1/8 teaspoon salt, divided
- 2 salmon fillets (4 ounces each), 3/4-inch thick
- 1 pinch black pepper
- 3 tablespoons olive oil-based mayonnaise
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- 1/4 teaspoon minced or pressed garlic
- 1 tablespoon grated Parmesan cheese

Heat oven to 425 F.

Wash asparagus and remove woody ends. Place on rimmed baking sheet and toss with 1 tablespoon olive oil and pinch of salt. Arrange in single layer, leaving space for salmon.

Place salmon skin-side down on sheet. Brush with remaining olive oil and season with remaining salt and pepper. Place in oven and bake 12 minutes.

In small bowl, combine mayonnaise, lemon juice, mustard and garlic.

Remove sheet pan from oven, sprinkle asparagus spears with cheese and cook 3 minutes, or until fish reaches 145 F and asparagus spears are tender and beginning to brown on tips.

Plate one fillet and half the asparagus, drizzle each plate with about 2 tablespoons mayonnaise sauce and serve.



	1	2	3	4
	BBQ Baked Chicken Potato Wedges Green Beans Blueberry Crisp	COOK'S CHOICE	Hearty Chicken Stew Corn Bread Coleslaw Berry Fluff Jell-O Salad	Salmon Loaf Baked Potato Broccoli Mixed Fruit
7	8	9	10	11
Salisbury Steak Mashed Potatoes w/Gravy Green Beans Baked Apples	Chicken Alfredo Penne Breadstick Lettuce or Spinach Salad Mixed Fruit	Ham & Bean Soup Breadstick Broccoli & Cauliflower Peaches	Beef Teriyaki Skillet Steamed Carrots Strawberries Chocolate Chip Cookie	Baked Cod w/Lemon Cream Sauce Roasted Red Potatoes Mixed Vegetables Pears
14	15	16	17	18
Baked Honey Chicken Sweet Potato Fries Mixed Vegetables Banana	Hot Beef w/Gravy Mashed Potatoes Broccoli / Mandarin Oranges Whole Wheat Roll	Apple Pork Chops Roasted Sweet Potatoes Green Beans Chocolate Pudding	Ham & Cheese Egg Bake Hash Browns Mixed Fruit Molasses Cookie	COOK'S CHOICE
21	22	23	24	25
Ground Beef Stroganoff Egg Noodles Green Beans Peaches	Chicken a la King Biscuit Mixed Vegetables Bread Pudding	Taco Casserole Corn Bread Steamed Carrots Banana	Herb-Rubbed Roast Beef Mashed Potatoes w/Gravy Asparagus / Pears Whole Wheat Roll	Crunchy Pollock or Baked Cod Fillet Potato Wedges Mixed Vegetables / Apricots
28	29	30	31	1
COOK'S CHOICE	Chili Mac Casserole Mixed Vegetables Peaches Applesauce Jell-O	Philly Sloppy Joe on WW Bun Roasted Sweet Potatoes Green Beans Apple Slices	Brown Sugar Glazed Pork Mashed Potatoes w/Gravy Steamed Carrots / Banana Peanut Butter Cookie	Tuna Melt Sandwich Potato Salad Peas Mixed Fruit
4	5	6	7	8
Apple Pork Chops Roasted Sweet Potatoes Green Beans Peaches	Chicken & Mushrooms Roasted Red Potatoes Asparagus Baked Apples	Hot Beef w/Gravy Mashed Potatoes Cooked Carrots / Mixed Fruit Roll	BBQ Baked Chicken Potato Salad Mixed Vegetables Apricots	Tuna Noodle Casserole Broccoli Strawberries/Pineapple Breadstick
11	12	13	14	15
Sweet & Sour Meatballs Rice or Noodles Broccoli / Pears Molasses Cookie	Roast Turkey Mashed Potatoes w/Gravy Green Beans Whole Wheat Roll	COOK'S CHOICE	Ham Loaf Roasted Sweet Potatoes Lettuce/Spinach Salad Blueberry Crisp	Baked Cod w/Lemon Cream Sauce Roasted Red Potatoes Mixed Vegetables Pears
18	19	20	21	22
Mushroom & Swiss Burger Potato Wedges Coleslaw / Mixed Fruit Chocolate Pudding	Baked Honey Chicken Potato Salad Mixed Vegetables Mandarin Oranges	Goulash Breadstick Broccoli Peaches	Crispy Baked Chicken Sweet Potato Fries Baked Beans Pears	Scalloped Potatoes w/Ham Green Beans Banana Bread Pudding
25	26	27	28	29
Beef and Noodles Peas and Carrots Mixed Fruit Sugar Cookie	Braised Herb Pork Chop Roasted Red Potatoes Green Beans Pears	Liver & Onions -OR- Salisbury Steak Mashed Potatoes w/Gravy Mixed Vegetables / Roll	COOK'S CHOICE	BBQ Pulled Pork Sandwich Potato Wedges Cooked Carrots Banana Cream Pudding

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
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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



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.