

## AGE MY WAY

### *May is National Older Americans Month*

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is Age My Way.



Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While Age My Way will look different for each person, here are common things everyone can consider:

- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

Diverse communities are strong communities. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone. This year, Elderbridge Agency is excited to celebrate OAM with our partners in the aging community.

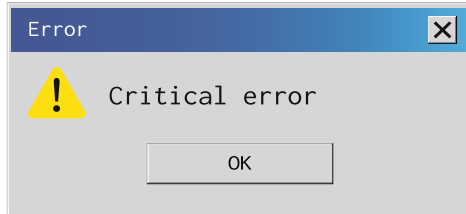
Please join Elderbridge in strengthening our community by visiting [www.elderbridge.org](http://www.elderbridge.org), follow Elderbridge Agency on Aging on Twitter and Facebook.

## May/June 2022

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## TIPS TO KEEP YOUR COMPUTER RUNNING SMOOTHLY



Buying a new computer's is always a thrill, but sooner or later, your fast, new machine will start to act like a clunker. Or will it?

With a few simple tips, you can keep your computer running smoothly. Sammsoft ([www.sammsoft.com](http://www.sammsoft.com)), a company that develops and publishes quality software products designed to secure, protect, maintain, and enhance computer users' experience, provides the following tips:

**Clean out your computer registry.** Every Windows Operating System uses a registry, or a central database that contains all of the settings for low level operating system components, as well as any applications running on the platform. Every time you save something, run a new application or install or uninstall a program, new information is organized into your registry. But occasionally, the registry records something incor-

rectly. Over time, registry errors pile up and can start slowing down your computer. But running a registry cleaner, such as Advanced Registry Optimizer 2010 by Sammsoft, will fix registry errors and remove faulty files, helping your computer run quickly and smoothly.

**Keep viruses under wraps.** Run a virus checker regularly. If you have a high-speed wireless connection, don't use the Internet without a firewall. No antivirus strategy is perfect, so stay away from suspicious looking Web sites and don't click on strange links in e-mails.

**Get rid of unnecessary files.** If you haven't used a program in months or years, delete it to reclaim valuable memory. But always back-up applications in case you want to reinstall them later, and don't delete applications that you don't recognize, as Windows might need them to run. Never remove WINDOWS or HOT FIX applications. Also delete cookies and clear your Internet cache before you sign-off your computer.

**Never turn off your computer before Windows has shut down.** Doing so could harm the hard drive or result in lost data or Windows files.

**Back up your computer.** Hardware problems occur more that you might think, and you don't want to deal with the frustration of losing valuable data. Back up photos, Excel spreadsheets, Word documents — anything that you do not want to lose — on external hard drives or CDs.

For more information, visit [www.sammsoft.com](http://www.sammsoft.com). (Courtesy of NewsUSA)

## How to Avoid Social Media Scams

Don't take the "bait." Never click on pop-up messages or posts that contain content that seem shocking, scandalous, or too good to be true. Links or attachments in unsolicited emails and text messages should be avoided.

1. Create a strong password. This means that it is a minimum of seven characters and contains a mixture of upper and lower case letters, symbols, and numbers. Y
2. Don't provide your information (personal or financial) online unless you know the website you are using is legitimate, secure, and encrypted.
3. Delete unsolicited emails and text messages that request personal or account information. Companies

you do business with already have this information.

4. Contact companies only through trusted channels. If you are concerned about an email or other message you received, call the company immediately at its publically-listed phone number.
5. Verify the person you are dealing with is who they claim to be, and not an imposter. Contact a friend or family member who could confirm the person's story, or try contacting the real person at a phone number you know is correct.
6. Don't be rushed into sending money immediately or secretly. Don't send money by wire transfer, overnight delivery, or reloadable cards unless you are absolutely certain that you are sending money to a real friend or family member.

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*Dear Marci*

Does Medicare cover depression screenings? I've read about how depression is more common in older adults, and I want to be sure I am not missing signs and symptoms. -Sara

Dear Sara,

Yes, Medicare Part B covers an annual depression screening. The annual depression screening includes a questionnaire that you complete yourself or with the help of your doctor. This questionnaire is designed to indicate if you are at risk or have symptoms of depression. If your results show that you may be at risk of depression, your provider will perform a thorough assessment and will refer you for follow-up mental health care if appropriate.

Depression screenings should be conducted by your primary care provider (PCP) or another trusted doctor to ensure that you are correctly diagnosed and treated. In most cases, you should receive your depression screening when you have a scheduled doctor's office visit, often during your annual wellness visit. However, you can also ask your provider to screen you during a separate visit.

You do not need to show signs or symptoms of depression to qualify for screening. However, the screening must take place in a primary care setting, like a doctor's office. This means Medicare will not cover your screening if it takes place in an emergency room, skilled nursing facility (SNF), or hospital.

If you qualify, Original Medicare covers depression screenings at 100% of the Medicare-approved amount when you receive the service from a participating provider. This means you pay nothing (no deductible or coinsurance). Medicare Advantage Plans are required to cover depression screenings without applying deductibles, copayments, or coinsurance when you see an in-network provider and meet Medicare's eligibility requirements for the service.

Finally, if you are having thoughts of suicide or are concerned that someone you know may be having those thoughts you can call the National Suicide Prevention Lifeline at 800-273-8255 (TALK) or go to [SpeakingOfSuicide.com/resources](https://www.speakingofsuicide.com/resources) for a list of additional resources.

Remember that depression screenings are a healthy and important part of everyone's preventive care! You can learn more about Medicare's coverage of behavioral health services here.

-Marci

## HEALTHY LIVING TIPS

### How Do You Know When It's Time to Give Up the Keys?

When it comes to safe driving, it's not age but ability that matters. Be aware of your changing abilities. It may be time to hang up the keys when any of the following occur:

- Familiar places become difficult to locate.
- You feel unsafe on the road.
- Your health care provider has encouraged you to restrict or stop driving.
- You've had several moving violations, near misses or actual crashes.
- You find yourself inadvertently drifting into other lanes.
- You feel anxious or confused by the presence of other drivers.
- You have difficulty reading road signs.
- Medicine you take makes you feel sleepy or dizzy.
- Other drivers honk at you frequently.
- Police, family or friends have expressed concern about your driving.





# SAVE THE DATE

## *Elderbridge Agency on Aging*

Aging in Place Fundraisers

### LIVE EVENT

**Thursday, August 18, 2022**

**5:00 pm - 6:00 pm – Social Hour**

*Appetizers by Lidderdale Catering*

**Auction - 6:00 pm - 7:30 pm**

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## Sleep and .....Fiber?

Aside from toddlers, who doesn't like naps or sleep? For some people sleep can be elusive. Almost 1/3 of adults get less than 6 hours per night, much less than the recommended 7 – 9 hours. It is highly recommended to have a sleep "schedule" – get up and go to sleep at the same time every day. I found the following habits of some famous people interesting – not sure if they are true – but they are interesting:

- Da Vinci (artist, inventor) took 20 minute power naps throughout the day at regular intervals instead of going to sleep at night. This added up to just 2 hours of sleep every 24 hours!
- William Howard Taft had a "screened sleeping porch" built on the roof of the White House to combat his issue of sleeping too hot.
- Churchill had a "bi-phasic" sleep cycle: 5 hours at night and a 2 hour pm nap.
- Reagan and Clinton took regular naps. JFK liked to eat his lunch in bed and then take a nap.
- Donald Trump only sleeps 3 hours each night. He says it helps him keep his competitive edge.
- Michael Phelps, Olympic Champion, used to sleep in a chamber set at a high altitude. This decreases available oxygen and makes his body work harder to get it to his lungs. That was key to his endurance he said.

A poor night's sleep can leave you feeling groggy and unfocused the next day. This sets up a bad cycle as we tend to reach for generous portions of unhealthy high calorie foods when we feel sleepy. Lack of sleep also affects hormones that control hunger and fullness. This also leads to more snacking. When we are tired we do not feel like exercising. Daily exercise helps people sleep better at night. And around it goes. Pretty soon we feel heavier and unenergized and wonder what the heck happened!

Let's get to that fiber connection. Fresh Conversations, a newsletter developed by the IDPH and the IA Dept. on Aging says fiber has many health benefits (lower cholesterol, blood sugar management and helps maintain your weight). Researchers now have found increasing your prebiotic fiber improves your sleep quality as well. They found that when you lose sleep it throws off the balance of good bacteria in your gut. They also found out that eating prebiotic-containing foods helps you

to fall asleep faster and have longer periods of restful sleep. Some examples of prebiotic fiber rich foods are whole grain bread and pasta, walnuts, bananas, beans, onions, garlic and asparagus.

I can't say enough about physical activity and sleep. One of the almost immediate benefits of physical activity is the positive affect it has on your sleep. It makes it easier to fall asleep and sleep more soundly at night. No, you don't need to run a 20K to get the benefits – a 15 – 20 min. walk will do. I sure notice it works for me! I don't exercise right before bed though – for me anyway that doesn't help me fall asleep.



Additional tips from the IDPH to improve both your sleep quality and quantity:

1. Try to have dinner earlier in the evening
2. Avoid caffeine later in the day. Consume coffee, energy drinks, soda or tea by 2 pm.
3. Try to get outdoors for some natural light – this keeps your body in sync.
4. Refrain from using electronic devices such as phones, computers and tablets right before bed.
5. Spend an hour before bed doing something relaxing – reading or watching TV in bed works for me. I taped a documentary on Benjamin Franklin and turn that on – I'm not kidding – works great.
6. Increase fiber in your diet – it also helps you feel full longer and its hard to fall asleep on an empty stomach. Lastly, if I'm worried about something I determine if there is anything I can do at this moment to alleviate the problem. If the answer is no I try to put it out of my head and distract myself with good old Mr. Franklin. Sleep tight everyone!

Submitted by Sharla Kuyper, LD Healthy Aging Coordinator, Elderbridge Agency on Aging



# Thank YOU

On March 14, 2022, The Clay County Community Foundation held an awards ceremony presentation at the Clay County Regional Events Center. Barry Anderson, Volunteer Elderbridge Board Member, Shelly Sindt, CEO, and Sue Anne Stoermer, Public Relations Coordinator/Fundraiser Specialist were present for the ceremony. A \$5,000 grant was presented to Shelly for the Client Assistance Program. Funding will help income-qualified older Iowans and adults with disabilities living in Clay County with emergency food, shelter, co-pays on medication, medical supplies, equipment, and more. Thank you Clay County Community Foundation for your generosity and support of the Elderbridge mission.



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## Senior Farmers Market Nutrition Program



The Senior Farmers Market Nutrition Program (SFM-NP) is administered by the Department of Agriculture and Land Stewardship. This program provides eligible older adults with a booklet of checks (\$30) that can be spent at participating farmer's markets and roadside stands to purchase fresh, Iowa grown fruits, vegetables, herbs and honey. Benefits are distributed by Elderbridge Agency on Aging on a first-come-first served basis and the checks can be picked up and used starting June 1. The program runs until October 31, 2022. An individual must meet age and income requirements and complete the required paperwork and application to receive SFMNP benefits.

To be eligible, an individual must:

- Be 60 years of age or older at the time the application is submitted.
- Live in the Elderbridge 29 county service area
- Have a yearly income that is at or below the following guidelines:

For a single individual, yearly income must be at or below \$25,142.

For a married couple, the combined income must be less than \$33,874.

Where can I apply for the checks?

Applications can be filled out at any of our congregate meal sites, senior housing facilities or any one of Elderbridge's 4 Main Offices. If you live outside of our service area contact your local Agency on Aging. Checks cannot be mailed. For more information contact Elderbridge at (800)-243-0678.

## Fingerling Potato Salad

1-1/2 pounds mixed fingerling potatoes  
2 large lemons, divided  
2 cups water  
2 tablespoons coarse kosher salt  
3 tablespoons white balsamic vinegar  
3 tablespoons extra-virgin olive oil  
1-1/2 teaspoons whole cumin seeds

3/4 teaspoon whole coriander seeds  
Pepper, to taste  
4 green onions, thinly sliced  
1/3 cup chopped fresh dill  
Salt, to taste  
2 cups baby arugula

In large pot of boiling, salted water, cook potatoes until just tender when pierced with fork, about 15 minutes. Drain and cool slightly. Slice one lemon into 1/8-inch-thick rounds. In small saucepan, combine sliced lemon, water and kosher salt; bring to boil. Reduce heat and simmer until lemon slices are tender, about 10 minutes. Drain lemons then coarsely chop. Cut remaining lemon in half and squeeze out 2 tablespoons juice. In small bowl, mix chopped lemons, lemon juice, white balsamic vinegar and oil. Coarsely crush cumin and coriander seeds using mortar and pestle. Mix seeds into lemon dressing. Season, to taste, with pepper.

Cut lukewarm potatoes in half lengthwise. Place in large, shallow bowl. Mix in green onions and dill. Pour lemon dressing over and toss to coat. Season, to taste, with salt and pepper. Add arugula and toss gently. Serve lukewarm or at room temperature.

Find more potato recipes at [eatwisconsinpotatoes.com](http://eatwisconsinpotatoes.com). (Courtesy of Family Features)



## CAREGIVER STRESS RELIEF CALMING TECHNIQUES

Rely on these few calming tips when caregiving gets stressful. Caring for an older adult is a stressful job. What often helps is using a variety of different ways to reduce and manage stress.

- 1. Plan ahead** –Come up with strategies so you'll know what to do if a tough situation comes up. Deciding ahead of time "if X happens, I'll do Y" helps you feel more in control and gives you confidence that you'll be able to handle it.
- 2. Focus on breathing** –When you feel anxious or upset, practice breathing in a slow and controlled manner – like square breathing.
- 3. Exercise** –Physical activity stimulates endorphins and is a great stress reliever. Even a few minutes of getting your blood moving will do a world of good for your mood.
- 4. Avoid asking "what if?"** –The longer you spend worrying about every possible outcome, the more time you'll spend focused on negative thoughts. Instead of speculating endlessly, force yourself to take a break from worry, even for just 10 minutes, to break out of the negative rut.
- 5. Focus on the positives** –Keep a go-to list of positive thoughts and things you're grateful for. That way, in times of stress, you can immediately focus on them. Putting positive thoughts in your head shifts your mindset away from negativity and instantly improves your mood.
- 6. Reject negative self-talk** –When we're stressed, the voice in our head often becomes extra-negative toward ourselves. Notice when this happens and identify those harsh self-criticisms as just thoughts, not facts. Instead, speak to yourself in a neutral or positive way to significantly reduce stress.
- 7. Forgive** –Nobody is perfect and we shouldn't hold on to blame toward ourselves or others. That will only add to our stress and frustration.



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## MAY 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Cinco de Mayo	<b>6</b>
Baked Pork Chop & Stuffing Mashed Potatoes & Gravy Mixed Vegetables Apple Slices	Chicken Alfredo Penne Breadstick Lettuce or Spinach Salad Mixed Fruit	Crunchy Pollock or Baked Cod Fillet Potato Wedges Green Beans Berry Fluff Jell-O Salad	Taco Salad w/Lettuce and chips Refried Beans Mexican Rice Strawberries	Beef Stew Whole Wheat Roll Coleslaw Royal Chocolate Brownie
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Swedish Meatballs Mashed Potatoes w/Gravy Cucumber/Tomato Salad Frozen Fruit Cup	<b>COOK'S CHOICE</b>	Chicken Pot Pie Breadstick Cottage Cheese Peaches and Pineapple	Meatloaf Tator Tots Broccoli Pears	Chicken, orange and Almond Salad Breadstick Corn Apple rhubarb crisp
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Philly Sloppy Joe on WW Bun Roasted Sweet Potatoes Green Beans Apple Slices	Chicken Chow Mein on Rice or Noodles Mixed Vegetables Tropical Fruit Blonde brownie	Shepherd's Pie Whole Wheat Roll Broccoli Raisin Salad Mandarin Oranges	Brown Sugar Glazed Pork Mashed Potatoes w/Gravy Steamed Carrots Banana Peanut Butter Cookie	Hearty Chicken Stew Corn Bread Coleslaw Apricots
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Ground Beef Stroganoff Egg Noodles Green Beans Mixed Berries Hot Milk Cake	Baked Chicken Parmesan w/Spaghetti Breadstick Broccoli Pears	Chili Mac Casserole Mixed Vegetables Peaches Applesauce Jell-O	Taco Casserole Corn Bread Steamed Carrots Banana	<b>COOK'S CHOICE</b>
<b>30</b> Memorial Day	<b>31</b>			
Crispy Baked Fish Baked Potato Asparagus Mandarin Oranges	Herb-Rubbed Roast Beef Mashed Potatoes w/Gravy Coleslaw Whole Wheat Roll Chocolate Pudding			

## June 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b>	<b>2</b>	<b>3</b>
		Baked Honey Chicken Potato Salad Mixed Vegetables Frozen fruit cup	Mushroom & Swiss Burger on WW Bun Potato Wedges Broccoli Mixed Fruit	Ham Loaf Roasted Sweet Potatoes Lettuce/Spinach Salad Pears Blueberry Crisp
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Tuna Noodle Casserole Breadstick Mixed Vegetables Baked Apples	Meatloaf Tator Tots Broccoli Peaches	Roast Turkey Mashed Potatoes w/Gravy Whole Wheat Roll Green Beans	Baked Cod w/Lemon Cream Sauce Roasted Red Potatoes Cooked Carrots Pears	Ground Beef Stroganoff Egg Noodles Peas Mixed Berries Hot Milk Cake
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Scalloped Potatoes w/Ham Lettuce/Spinach Salad Banana Bread Pudding	Liver & Onions -OR- Salisbury Steak Mashed Potatoes w/Gravy Mixed Vegetables Whole Wheat Roll	Beef and Noodles Peas and carrots Mixed Fruit Sugar Cookie	<b>COOK'S CHOICE</b>	Braised Herb Pork Chop Roasted Red Potatoes Green Beans Pears
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Crispy Baked Fish Baked Potato Broccoli Mandarin Oranges	Goulash Breadstick Green Beans Peaches	BBQ Pulled Pork Sandwich Potato Wedges Cooked Carrots Banana Cream Pudding	Hearty Chicken Stew Corn Bread Coleslaw Apricots	Herb-Rubbed Roast Beef Mashed Potatoes w/Gravy Asparagus Whole Wheat Roll
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
Baked Chicken Parmesan w/Spaghetti Breadstick Peas Pears	Chili Mac Casserole Mixed Vegetables Peaches Applesauce Jell-O	<b>COOK'S CHOICE</b>	Taco Casserole Corn Bread Steamed Carrots Banana	

R W J N M E B C X B L G N J A L U D N E L A C J J  
 R K P K T F L L O O L B R H P Y R E T H R U M H P  
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## Herbs for All Word Search

alecost	hyssop
basil	lavender
bergamot	lemon balm
calendula	lovage
caraway	marjoram
catnip	meadowsweet
chamomile	mint
chervil	myrtle
chives	poppy
comfrey	pyrethrum
cotton thistle	savoury
damiana	soapwort
elecampane	sunflower
evening primrose	sweet cicely
fennel	valerian
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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.