



The Bridge

Choices Today • Options Tomorrow

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

Silent Auction - August 17 - 21, 2022

www.32auctions.com/Elderbridge



Santa Maria VINEYARD & WINERY



218 W 6th Street, Carroll, IA

Our mission is to advocate for and empower older adults, caregivers and individuals with disabilities to pursue independent, healthy lives.

Your generous donation will help provide home modifications such as ramps, railings, walk-in showers, as well as emergency and home delivered meals.

For more information on purchasing tickets, live and silent auctions, becoming a sponsor or donating**



VISIT
www.elderbridge.org

CALL
800-243-0678



Jul/Aug 2022

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Do you have an elderly person in your life that you love and appreciate? National Senior Citizens Day, August 21, is the day to let them know how much you care and recognize their accomplishments. In 1988, President Ronald Reagan proclaimed this holiday to raise awareness about issues that affect senior citizens and their quality of life.

Today, seniors are still active in their communities as well as continuing to have a strong presence in the workforce. For all they do and have achieved for the good of their communities, senior citizens deserve our thanks!



WHY NATIONAL SENIOR CITIZENS DAY IS IMPORTANT

Seniors give wise and useful advice

Our older family and friends have a lifetime's worth of precious experiences (and stories) to share. For centuries, cultures across the world have looked to the seniors in their communities for wisdom and knowledge. In times of trouble or when we simply don't know what to do, seniors are often the first people we turn to for a different or even, unusual perspective. If we listen, we can learn so much from them.

Seniors give generously

It's widely known that seniors make more charitable donations than any other age group. They have more time to devote to others and volunteer. We appreciate how much they look out for their loved ones and it's a quality we love in our seniors.

Seniors give us goodies!

Perhaps this stems from their generous and charitable nature, but seniors are very good at making us feel

special. Grandparents dote on us when we need it, and sometimes when we don't. To every grandparent or older loved one that has given us a treat or made sure we ate well or spoiled us in some other way, we salute and appreciate you!

NATIONAL SENIOR CITIZENS DAY FAQs

What is the age of senior citizens?

An individual resident is considered a senior citizen if he/she is between the ages of 60 to 80 years.

What are the advantages of turning 60?

There are perks to turning 60. Many benefits are applicable only to senior citizens. Extra coverage is granted to senior citizens for healthcare expenses.

When should I start saving for retirement?

Every individual's circumstances are different, but the general advice is that you should start saving early and to save as often as you can.

HOW TO OBSERVE NATIONAL SENIOR CITIZENS DAY

Donate to a nursing/retirement home

One of the kindest and most rewarding things one can do is to donate essential goods or gifts to a nursing/retirement home. Give your nearest facility a call and ask them whether they have a shortage of anything. Or simply drop off some chocolates, juice boxes, or any other treats. You can really make a difference in someone's life.

Reach out to a senior family member

Do you have a senior family member? Perhaps it's a parent, grandparent, aunt, or uncle. Visit them and spend some time together. If you can't see them in person, don't text — call! Let them hear the warmth in your voice when you tell them how much you appreciate them.

Have fun!

Are you a senior citizen yourself? Well, today is all about you! Live it up and treat yourself. Spend time with your favorite people, go shopping — do whatever you like. This could be the day you finally try that one thing you never have time for or perhaps it's a perfect day to chill at home. You've earned this time, so enjoy it!

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Elderbridge Advisory Council

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It has been challenging to live on a fixed income recently. A friend told me she has the Medicare Savings Program and that it really helps her financially. What should I know about this program? -Sabrina

Dear Sabrina,

Medicare Savings Programs help pay your Medicare costs if you have limited income and savings. Medicare Savings Programs are also called MSPs, Medicare Buy-In programs, or Medicare Premium Payment Programs. There are three main programs, with different benefits and eligibility requirements. *

- **Qualifying Individual (QI) Program:** Pays for Medicare Part B premium. Also reimburses for premiums paid up to three months before your MSP effective date, and within the same year of that effective date.
- **Specified Low-income Medicare Beneficiary (SLMB):** Pays for Medicare Part B premium. Also reimburses for premiums paid up to three months before your MSP effective day, but unlike QI, you may be reimbursed for premiums from the previous calendar year.
- **Qualified Medicare Beneficiary (QMB):** Pays for Medicare Parts A and B premiums. If you have QMB, typically you should not be billed for Medicare-covered services when seeing Medicare providers or providers in your Medicare Advantage Plan's network. This means you should not owe Medicare deductibles, copayments, and coinsurances, as long as you see the right providers.

- There is a fourth MSP called the Qualified Disabled Working Individual (QDWI), which pays for the Medicare Part A premium for certain people who are eligible for Medicare due to disability. Contact your local Medicaid office to learn more.

There are even more benefits to enrolling in an MSP. MSP enrollment:

- Allows you to enroll in Part B outside of the regular enrollment periods
- Eliminates your Part B late enrollment penalty if you have one
- Automatically enrolls you in Extra Help, the federal program that helps pay your Medicare prescription drug (Part D) plan costs

To qualify for an MSP, you must have Medicare Part A and meet income and asset guidelines.

If you do not have Part A but meet QMB eligibility guidelines, your state may have a process to allow you to enroll in Part A and QMB outside of the General Enrollment Period.

It also may be helpful to note that income and asset guidelines vary by state. Certain income and assets may not count and some states do not count assets at all when assessing MSP eligibility. You can contact your State Health Insurance Assistance Program (SHIP) to learn more about MSPs in your state and to receive assistance with the application process.

This really is a great program that helps so many beneficiaries with their Medicare costs! Again, contact your local SHIP to see if you're eligible for an MSP in your state. Best of luck! -Marci



The Bertha Stebens Charitable Foundation awarded Elderbridge a grant award of \$3,000 for the Client Assistance Program. Client assistance serves low to moderate-income lowans 60+ and adults with disabilities ages 18-59. Funding will be used for food, emergency shelter, utilities, transportation, and durable and non-durable supplies, Home modifications include ramps, installation of safety bars, and home repairs to prevent falling. Technology such as a Grandpad tablet, or a robotic pet, to help clients combat loneliness and social isolation are other examples. Thank you Bertha Stebens Charitable Foundation for your generosity and support of the Elderbridge mission.

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 members dedication and leadership are 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, either in person or virtually. 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

Mitchell – Vacant

Crawford – Vacant

Osceola – Vacant

Greene – Vacant

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

WHY ARE FALLS SO DANGEROUS FOR THE ELDERLY?

Conditions like heart disease and cancer are known for their severity, especially for older adults. However, another cause of serious health consequences for seniors that has become more and more common over the past decade: falls. According to the Centers for Disease Control and Prevention (CDC), one in four Americans aged 65 and older falls each year.

In 2018 alone, seniors reported nearly 36 million falls, 8.4 million of which resulted in fall-related injuries. Sadly, more than 32,000 elders died from falling that year. Most falls do not result in serious injuries, so how can such a seemingly innocuous accident be life-threatening for an aging loved one?

Consequences of Falls in the Elderly

The seriousness of a fall often depends on the nature of the accident. For example, how a senior lands when they fall could mean the difference between a broken hip, a traumatic brain injury (TBI), or a few bumps and scrapes. Fractured bones and soft tissue injuries (e.g., bruises, sprains and strains) are the most common fall-related injuries. Unfortunately for seniors, even minor trauma can require hospitalization, and many never regain the level of functionality and confidence they enjoyed before falling.

Why Do Falls Cause Death in the Elderly?

Advanced age, frailty and pre-existing medical conditions decrease the likelihood that older individuals will recover from fall-related injuries. A team of researchers from the University of Rochester Medical Center set out to study how the effects of ground-level falls differ between elderly and non-elderly adults. While ground-level falls (ones that occur when an individual falls from a standing position) do not sound serious, they can cause severe injuries in seniors. The study, published in *The Journal of Trauma: Injury, Infection, and Critical Care*, found that older adults were three times as likely to die following a low-level fall compared to individuals younger than 70.

“There is the potential to minimize what people see as a relatively trivial issue, such as slipping and falling on a wet tile floor,” Julius Cheng, M.D., M.P.H., associate professor in the Department of Surgery at URM and lead author of the study, explained in a news release. “Our research shows that falls from low levels shouldn’t be

underestimated in terms of how bad they can be, especially in older patients.”

Another study conducted by researchers at the CDC’s National Center for Injury Prevention and Control found that nearly half (48.7 percent) of fall-related deaths among people aged 65 and older involved a head injury. However, even with less severe fall-related injuries, such as broken bones, the course of treatment and prognosis are still complicated for the elderly.

For example, hospitalization comes with risks. Even if a senior survives a fall and subsequent medical care, longer recovery times translate to longer hospital stays and increase the likelihood of discharge to a senior rehab facility or a long-term care facility. This increases vulnerability to hospital-acquired infections, such as pneumonia, C. diff and catheter-associated urinary tract infections (UTIs), which can even develop into sepsis. Hip fractures often require surgical procedures involving sedation and further trauma—two things that can jeopardize an older person’s life.

Psychological Effects of a Fall on the Elderly

Many seniors are aware of how dangerous falls can be. Even if an aging loved one has never fallen or suffered a serious fall-related injury, fear of possibly getting hurt or becoming disabled can drive marked behavioral changes. Examples might include changes in activities of daily living (e.g., bathing, cooking, housekeeping), a reluctance to leave home and increased dependence on others for help.

While these lifestyle changes are understandable and meant to reduce the risk of falling, they can inadvertently lead to increased frailty and vulnerability to falls. Furthermore, such changes often result in withdrawal and social isolation that can contribute to depression, delirium or even dementia.

Prevention Is Key

The best way to prevent falls is to address and minimize hazards before they can pose a threat to an aging loved one’s health. Not every accident can be avoided, but taking certain precautions can extend a senior’s independence, help them feel more confident, and greatly reduce their risk of injury, disability and death.

Call Elderbridge at 800-243-0678 and ask about some of our evidence based programs that focus on falls prevention.

10 Warning Signs Your Older Family Member May Need Help

Changes in physical and mental abilities that may occur with age can be difficult to detect—for older adults and their family members, friends, and caregivers too. To help in determining when an older adult may need assistance in the home, the Eldercare Locator has compiled a list of 10 warning signs. Any one of the following behaviors may indicate the need to take action. It is also important to inform the older adult's physician of these physical or psychological behavior changes.

HAS YOUR LOVED ONE:

- Changed eating habits, resulting in losing weight, having no appetite, or missing meals?
- Neglected personal hygiene, including wearing dirty clothes and having body odor, bad breath, neglected nails and teeth, or sores on the skin?
- Neglected their home, with a noticeable change in cleanliness and sanitation?
- Exhibited inappropriate behavior, such as being unusually loud, quiet, paranoid, or agitated, or making phone calls at all hours?
- Changed relationship patterns, causing friends and neighbors to express concerns?
- Had physical problems, such as burns or injury marks, which may result from general weakness, forgetfulness, or misuse of alcohol or prescribed medications?
- Decreased or stopped participating in activities that were once important to them, such as bridge or a book club, dining with friends, or attending religious services?
- Exhibited forgetfulness, resulting in unopened mail, piling of newspapers, not filling their prescriptions, or missing appointments?
- Mishandled finances, such as not paying bills, losing money, paying bills twice or more, or hiding money?
- Made unusual purchases, such as buying more than one subscription to the same magazine, entering an unusually large number of contests, or increasing purchases from television advertisements?

Through the Eldercare Locator, older adults and their loved ones can get connected with information on local aging resources that offer assistance for aging in place, enabling older adults to continue living independently in their homes and communities. Source cited acl.gov

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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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

The hidden quote is: THOSE WHO DENY FREEDOM TO OTHERS, DESERVE IT
NOT FOR THEMSELVES. www.puzzles.ca/wordsearch

FRESH FRUIT FLAVORS

When it comes to fresh fruit, watermelon is a top pick in many households. It's available year-round and makes for a nutritious snack, but its great taste is the reason most people buy watermelon, according to research from the National Watermelon Promotion Board.

Not only is watermelon a tasty snack by itself, it's a great complement to other flavors, making it easy to create flavorful pairings. This sweet take on pizza combines watermelon with a host of other good-for-you ingredients for a delicious treat. Healthy enough for breakfast and sweet enough for dessert, this pizza can make its way into your weekly meal rotation.



Sweet Watermelon Pizza

- Greek yogurt
- Watermelon, cut to 1-inch thick round slice
- Shredded coconut
- Mint
- Berries, such as blueberries, strawberries, or blackberries
- Slivered almonds

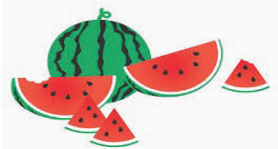

Spread yogurt to cover fleshy part of watermelon, leaving room to hold rind. Sprinkle with coconut, mint, berries, and almonds, or other toppings, as desired.



July 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 				1
4 Independence Day	5	6	7	8
COOK'S CHOICE	Chicken Alfredo Penne Breadstick Lettuce or Spinach Salad Mixed Fruit	Crunchy Pollock or Baked Cod Fillet Potato Wedges Corn Berry Fluff Jell-O Salad	Swedish Meatballs Mashed Potatoes w/Gravy Cucumber/Tomato Salad Frozen Fruit Cup	Crispy Baked Chicken Sweet Potato Fries Baked Beans Mixed Fruit Banana Cream Pudding
11	12	13	14	15
Beef Stew Whole Wheat Roll Coleslaw Strawberries	Tuna Melt Sandwich Potato Salad Peas Royal Chocolate Brownie	Taco Salad w/Lettuce and chips Refried Beans Mexican Rice Pears	Chicken Pot Pie Breadstick Cottage Cheese Peaches and Pineapple	Beef & Noodles Peas & Carrots Mixed Fruit Sugar Cookie
18	19	20	21	22
Philly Sloppy Joe on WW Bun Roasted Sweet Potatoes Green Beans Apple Slices	COOK'S CHOICE	Chicken, orange and Almond Salad Breadstick Corn Apple rhubarb crisp	Brown Sugar Glazed Pork Mashed Potatoes w/Gravy Steamed Carrots Banana Peanut Butter Cookie	Shepherd's Pie Whole Wheat Roll Broccoli Raisin Salad Mandarin Oranges
25	26	27	28	29
Chicken Chow Mein on Rice or Noodles Mixed Vegetables Tropical Fruit Blonde brownie	Apple Pork Chops Roasted Sweet Potatoes Green Beans Peaches	Hot Beef w/Gravy Mashed Potatoes Cooked Carrots Mixed Fruit Roll	Ham Loaf Roasted Sweet Potatoes Lettuce/Spinach Salad Pears Chocolate Pudding	Mushroom & Swiss Burger on WW Bun Potato Wedges Broccoli Mixed Fruit

August 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Baked Honey Chicken Potato Salad Mixed Vegetables Mandarin Oranges	Goulash Breadstick Broccoli Chocolate Pudding	Herb-Rubbed Roast Beef Mashed Potatoes w/Gravy Asparagus Whole Wheat Roll	Liver & Onions -OR- Salisbury Steak Mashed Potatoes w/Gravy Mixed Vegetables Whole Wheat Roll	COOK'S CHOICE
8	9	10	11	12
Tuna Noodle Casserole Mixed Vegetables Peaches Breadstick	Baked Cod w/Lemon Cream Sauce Roasted Red Potatoes Cooked Carrots Pears	Scalloped Potatoes w/Ham Green Beans Banana Bread Pudding	Beef Stew Whole Wheat Roll Coleslaw Strawberries Peanut Butter Cookie	Braised Herb Pork Chop Roasted Red Potatoes Green Beans Mixed Fruit
15	16	17	18	19
Chicken Pot Pie Breadstick Cottage Cheese Peaches and Pineapple	Ham Loaf Roasted Sweet Potatoes Lettuce/Spinach Salad Pears Blueberry Crisp	COOK'S CHOICE	Crispy Baked Fish Baked Potato Green Beans Mandarin Oranges	Swedish Meatballs Mashed Potatoes w/Gravy Cucumber/Tomato Salad Frozen Fruit Cup
22	23	24	25	26
Beef and Noodles Peas and carrots Mixed Fruit Sugar Cookie	Meatloaf Tator Tots Broccoli Peaches	BBQ Pulled Pork Sandwich Potato Wedges Cooked Carrots Banana Cream Pudding	Shepherd's Pie Whole Wheat Roll Broccoli Raisin Salad Mandarin Oranges	Hearty Chicken Stew Corn Bread Coleslaw Apricots
29	30	31	 	
COOK'S CHOICE	Tuna Melt Sandwich Potato Salad Peas Royal Chocolate Brownie	Chicken, orange and Almond Salad Breadstick Corn Apple rhubarb crisp		



Happy Retirement Roxy Thompson

Roxy Thompson has been with Elderbridge for 22 years in a number of different positions. She has currently been working as our Human Resources specialist as well as being the creative mind behind our newsletter. This will be Roxy's last newsletter she will put together with Elderbridge, as she has decided to begin her next adventure into retirement.

Roxy has been such an instrumental piece to this newsletter and we owe her a huge thank you for making it a fun, educational, and important part of Elderbridge. We know many individuals look forward to getting our newsletter, and reading about the variety of topics that it addresses. The newsletter will continue, but Roxy's creative touch will be hard to replace!

Roxy, we thank you for your hard work and behind-the-scenes efforts with the newsletter, as well as within our agency. You are definitely leaving a mark here with our agency, as well as with all the people you have worked with. Best of luck Roxy and thank you!



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.