



# The Bridge

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## ELDERBRIDGE AGENCY ON AGING FUNDRAISERS 2022

Elderbridge Agency on Aging held two auctions to raise funds for home delivered meals, emergency meals, walkers, wheelchairs, canes, and home modifications such as grab bars, railings, ramps, etc.

On Thursday, August 18, 2022, Elderbridge Agency on Aging held an in-person fundraiser at the Santa Maria Vineyard and Winery, located at 218 W. 6th Street, Carroll, Iowa. The night started off with wine tasting and mouth-watering appetizers served by Lidderdale Catering of Lidderdale, Iowa. Eventgoers were able to socialize, look around and start bidding at the tables full of silent auction items. Sue Anne Stoermer, Public Relations Coordinator/Fundraising Specialist, created and displayed a slideshow for auction participants to view. Our CEO, Shelly Sindt welcomed everyone to the event and gave some heartfelt stories about Elderbridge clients and the impact the donations had on them. Emily Winker, Elderbridge Caregiver Specialist (out of our Carroll office) was the auctioneer for our event and started off the bidding.

There were some fun moments with bidders eagerly trying to win their item of choice! There were also two drawings held for beautiful quilts made by Volunteer Karolyn Hornung of Mason City, Iowa and for one donated by RSVP – Carroll, along with a cookbook. The last item won through the drawing was vase of fresh flowers donated by The Flower Garden of Carroll, Iowa. Elderbridge's Volunteer, Marie Lewis of Carroll, Iowa,

watched the silent auction bid sheets and helped close out the silent. An amazing evening filled with fun, food, and laughter was had by all who were able to join in!

We also held an online auction with our host site 32 Auctions from August 17, 2022 – August 21, 2022. There were over 127 lots listed from all 29 counties that we cover. The variety of items online offered a little something for everyone. Bidders could choose to do exact bids or put a proxy bid on an item in case they got busy. Come Sunday, August 21, 2022, final bids closed at 7:00 pm with extended bidding turned on. With the extended bidding, bidders had 3 additional minutes to get those last-minute bids rolling. This was the perfect event for those who were not able to attend the live auction, those who like to sit at home in their pajamas, and those who like to remain a little more discreet on their bids!

A special thank you to our sponsors, donors, Board, Advisory Council, Volunteers, and community members who contributed to our fundraising efforts! Our fundraisers were successful and we were able to surpass our goal! Thank you for supporting Elderbridge Agency on Aging and helping us fulfill our mission! If you were not able to attend either fundraiser and would like to donate to the cause, please contact 800-243-0678.

Enjoy a few pictures on page 2

### September/October 2022

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Volunteers Tara Anderson and Eileen Paulsen (left) giving bid numbers, taking tickets.



Staff and Board members are enjoying the Annual Fundraiser Auction held at the Santa Maria Vineyard and Winery in Carroll, IA. (left - Sandi Jackson, above - Steve Kruz and Shelly Sindt, right - Emily Winker, Laura Allen, Shelly Sindt, Steve Kruse, Beth Will).



Volunteer, Marie Lewis (above) of Carroll, Iowa watching the silent auction bids.



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# Health Tip

September is National Cholesterol Education Month. According to the Centers for Disease Control and Prevention (CDC), more than 102 million American adults have cholesterol that is above a healthy level, and more than 35 million Americans have cholesterol levels that put them at a higher risk of heart disease. High cholesterol normally does not have any symptoms, but it can be detected through a simple blood test. Speak to your doctor about whether you should check your cholesterol levels.

## MEDICARE D OPEN ENROLLMENT OCTOBER 15-DECEMBER 7

Open Enrollment is fast approaching and you may be giving some thought to your Medicare D prescription plan needs. SHIP appointments for Cerro Gordo County residents will no longer be held at the Elderbridge Mason City location. Appointments can be scheduled by reaching out to MercyOne North IA Medical Center at 641-428-7158.

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## YOUR HEART IS A BEAST!

The human heart is truly amazing! Some fast facts:

- An adult heart pumps 1500-2000 gallons of blood daily.
- On average it beats 72 times per minute (that's 100,000 times each day).
- Each time your heart beats it pushes 1/3 cup of blood through your arteries. By the time you are 70 years old your heart has pumped oxygenated blood throughout your body 2.5 billion times! Wow!

Place your hand on your heart. Did you place your hand on the left side of your chest? Many people do but the heart is actually located almost in the center of the chest between the lungs. It's tipped slightly so that a part of it sticks out and taps against the left side of the chest which is what makes it seem as though it is located there.

Make a fist with each of your hands and place one fist on top of the other. That is about the size of your heart.

The cardiovascular system is made up of your heart, blood vessels (arteries and veins) and blood. Your 6 quarts of blood circulate through your body 3 times every minute! In one day your blood travels a total of 12,000 miles – that's 4 times the distance across the US from coast to coast. Your heart is an animal!

What is the best way to keep your heart healthy and avoid cardiovascular disease (CVD)? Lifestyle risk factors are smoking, stress, inactivity and obesity. Smoking damages blood vessels and raises blood pressure (so much for "relaxing" with a cigarette!). Try to manage stress with a good diet and sleep. Regular exercise increases the heart's capacity to pump and keeps blood pressure in check and can help you lose weight. It is also very important to follow a heart healthy diet. Choose foods low in trans and saturated fats, added sugars and salt. As we get older we become more sen-

sitive to salt which causes swelling in the legs and feet – not a good look! Eat plenty of fruits, vegetables and foods high in fiber, like those made from whole grains.



Did you know you can sleep your way to heart health? There are 5 behaviors that support sleep and CV health. If you are 5 for 5 you are doing great!

1. You get up early and go to bed early.
2. You sleep 7 – 8 hrs. per night.
3. You rarely have trouble with insomnia
4. You don't snore
5. You aren't often sleepy during the day.

To fall asleep quickly have a relaxing bedtime ritual that works for you like reading, deep breathing or listening to soft music. Avoid naps especially in the afternoon. Exercise daily – vigorous exercise is best but even light exercise is better than no activity. Keep your bedroom cool – between 60 – 67 degrees. Avoid caffeine starting early afternoon. One thing I learned that really surprised me is that if you stop drinking caffeinated coffee at noon, one quarter of the caffeine is still circulating in your body at midnight. Who knew!

Take care of yourself and your heart! You will be glad you did!

*Sharla Kuyper, LD, Healthy Aging Coordinator. Information courtesy of the Iowa Fresh Conversations Program which is developed by the Iowa Dept of Public Health and the IA Dept on Aging.*

## CAN TRAVELING HELP SENIORS' MENTAL HEALTH?

Many people like to travel for rest, relaxation and inspiration — but there may be significant cognitive benefits as well.

A study to be published in the October 2022 edition of Tourism Management presents the thoughts of a cross-disciplinary team of experts in both dementia and tourism. Medical News Today's recent article entitled "'Travel therapy' may offer treatment for dementia and benefit mental health" reports that the research hasn't yet been peer-reviewed, but experts think there may be significant benefits of travel for people with

dementia, particularly in the areas of mental health and well-being.

Dementia currently has no cure, but some medications and treatments may help control symptoms.

Care is often supportive, including helping those with dementia do as much as they can on their own and helping them have a better quality of life.

Researchers are still working on how to best help those with dementia. One area of interest is how traveling may benefit people with dementia.

*continued on page 5*

*continued from page 4*

The researchers say that the potential benefits of tourism in treating people with dementia are called “travel therapy.” One definition of tourism the researchers used was “visiting places outside one’s everyday environment for no longer than a full year.” They note that the experience of tourism has four main components to it:

- Affective Experience: how it impacts feelings, emotions and mood
- Cognitive Experience: how it affects thoughts and memories
- Conative Experience: how it impacts behavior; and
- Sensorial Experience: how it impacts the senses.

The authors concluded that tourism may have a potentially positive impact on well-being and quality of life through a variety of components. However, the literature supporting this in the treatment of dementia is limited.

The study authors also noted that focusing on components of positive psychology, such as what people can

do, positive experiences, and well-being may also benefit people with dementia.

They proposed a few options to implement components of tourism to help people with dementia, such as group travel that promotes social interactions or traveling to locations that stimulate the senses.

Reference: Medical News Today (June 30, 2022) “‘Travel therapy’ may offer treatment for dementia and benefit mental health”



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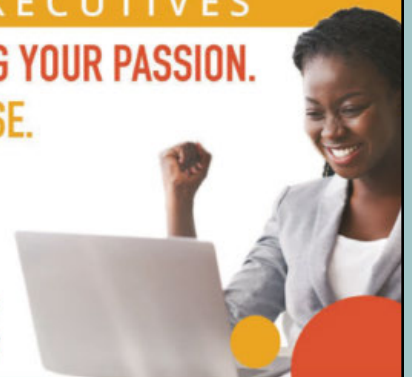


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## LEGAL EASE: MEDICAID PLANNING FOR A SPOUSE

When a spouse enters a nursing home the cost of care can be financially devastating. Many families are simply unable to afford long-term care without applying for Medicaid. To qualify for Medicaid there are limits on the resources that an applicant may have. Resources include both income and assets. In Pennsylvania, the Medical Assistance program is managed by the Department of Human Services (DHS), and through the local County Assistance Office (CAO). One of the most complex requirements for Medicaid is the financial eligibility. The financial eligibility rules for the cost of long-term care are tricky and can be difficult to understand. This is especially true where the Medicaid applicant is married.

Generally, to be eligible for Medicaid for long-term care the applicant may have no more than \$2,400 in countable assets in their name if their gross monthly income is \$2,382 (2021 income limit) or more. An applicant may have no more than \$8,000 in countable assets if their gross monthly income is less than \$2,382 (2021 income limit).

However, Federal law mandates certain protections that are designed to prevent a spouse from becoming impoverished when their spouse enters a nursing home and applies for Medicaid. In 2021, the spouse of a Medicaid recipient living in a nursing home (the Community Spouse) may keep as much as \$126,420 (the maximum Community Spouse Resource Allowance "CSRA") and a minimum of \$26,076 (the minimum CSRA) without jeopardizing the Medicaid eligibility of the spouse who is receiving long-term care. To determine the amount of the CSRA, the countable assets of both the community spouse and the spouse in the nursing home are totaled as of the date of admission to the nursing home. The date of admission is often referred to as the "snapshot" date. The community spouse may keep one-half of the couple's total countable assets up to a maximum and no less than the minimum of. The rest of the assets must be spent-down to qualify for Medicaid.

In addition to the CSRA, there are also Federal rules regarding income for the spouse. In Pennsylvania the community spouse is entitled to retain all of their own income regardless of how much it is. In addition, if the community spouse's income is less than the amount set by Pennsylvania as the minimum amount needed to live on (called the Minimum Monthly Maintenance Needs Allowance, or MMMNA), then some of the applicant spouse's income can be allocated to the community spouse to make up the difference. This allocation is referred to as the Spousal Allowance. The MMMNA is between \$2,155 and \$3,259.50 in Pennsylvania for 2021. The minimum monthly maintenance needs allowance remains \$2,155 until July 1, 2021. In addition, the community spouse can receive more than the MMMNA by way of court order, where expenses justify it. The rules regarding the request for additional income above the MMMNA are very tricky, so make sure to consult with an Elder Law Attorney.

Although the above referenced rules set guidelines for the resources that a community spouse is allowed to retain, as well as the income that an institutionalized spouse must pay to a skilled nursing facility, these guidelines can be modified in certain situations. Federal and state law recognize that the community spouse should not become impoverished when his or her spouse qualifies for Medicaid benefits to pay for long-term care, and the income and resources of both spouses can be examined to determine whether the community spouse is entitled to additional income or resources. Having an experienced Elder Law Attorney represent you for a Medicaid Application has several advantages, including expert advice on how best to qualify for benefits as early as possible and experience in dealing with difficult eligibility issues. It is important to consult with an Elder Law Attorney when dealing with the complex rules regarding the Community Spouse Resource Allowance.

*The legal advice in this column is general in nature, consult your attorney for advice to fit your particular situation. REBECCA A HOBBS | rhobbs@owmlaw.com | PUBLISHED: January 8, 2021 at 10:46 a.m. | UPDATED: September 23, 2021 at 7:08 a.m.*



# PUMPKIN BROWNIES

Fall is quickly approaching, and that means all things pumpkin! Here is a yummy dessert to enjoy with a pumpkin spice latte or coffee!

- 15 oz. can of pumpkin
- 4 eggs
- 2 cups flour
- 1 tsp. baking powder
- 1 cup vegetable oil
- 2 cups sugar
- 1 tsp. baking soda
- 1 tsp. cinnamon
- ½ tsp. salt

Preheat oven to 350 degrees.

Beat eggs, oil, pumpkin and sugar together.

Stir in remaining ingredients until evenly mixed.

Pour into a greased and floured 9 x 13 pan.

Bake for 30minutes or until center springs back when touched.

Serve with whipped topping or a cream cheese frosting. Can toss chopped nuts or pecans on top.

Source: 30th Anniversary Iowa Lakes Electric Cooperative cookbook.



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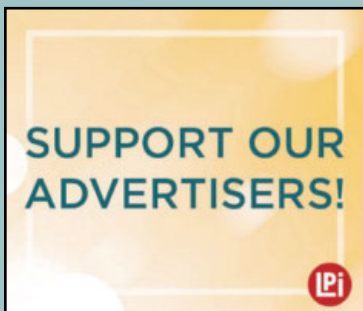
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## HOW MUCH SLEEP DO SENIORS NEED?

Seniors often don't get enough sleep. Learn how much sleep seniors need, the reasons you might not be sleeping enough and some ways to help get a full night's sleep.

Medicare Advantage's recent article entitled "[\*Seniors and Sleep: How Much Sleep You Need and How You Can Get It\*](#)" reports that seniors have different needs when it comes to diet, exercise and other lifestyle habits.

Therefore, it seems logical that you might also need a different amount of sleep as you get older.

The National Sleep Foundation states that older adults (age 65 and older) need between seven and eight hours of sleep per day. This number is about the same as the recommended amount of sleep for adults aged 18 and up (seven to nine hours).

Seniors need the same amount of sleep as other adults, but not many are getting that amount of sleep. Researchers note that half of seniors suffer from insomnia.

The American Academy of Sleep Medicine reports that 13% of men and 36% of women over age 65 take 30 minutes or longer to fall asleep. Falling asleep is only half the battle. Seniors tend to sleep less deeply, with less time spent in REM sleep that is vital to a healthy night's sleep.

Age-related conditions, like restless leg syndrome, arthritis and a more active bladder, can keep a per-

son awake or prevent them from getting comfortable enough to sleep soundly.

Less exercise means seniors aren't exhausted enough to fall asleep easily.

Medications can also cause increased heart rates and alertness, making it hard to doze off.

Snoring, which becomes more prevalent in old age, can also wake up the person snoring or prevent a spouse in the same room from falling asleep.

Napping in the afternoon can also recharge your battery. However, it can also make it harder to fall asleep at night.

Less time spent outside means less exposure to the sunlight, which confuses the body about day and night and disturbs its sleep cycle. Stress related to finances, health, grief, or other issues faced by older adults can make it tough to fall asleep.

One of the biggest changes we go through as we get older is to our circadian rhythm, or body clock. As we age, we gradually shift toward falling asleep earlier and waking up earlier in the morning.

If an older adult doesn't adapt their daily schedule to fit this new "body clock," it may interfere with their sleep.

*Reference: Medicare Advantage (Nov. 17, 2021) "[\*Seniors and Sleep: How Much Sleep You Need and How You Can Get It\*](#)"*





## THE CONSTANTS OF CAREGIVING

Every year there are millions of caregivers providing unpaid care to a loved one, many of those care recipients being seniors or adults with disabilities. While Caregiving itself can be an incredibly rewarding experience, it can also be one of the most challenging things you may ever do. While life, especially as a Caregiver, can have its ups and downs, twists and turns- two things remain constant: love and support. Caregivers typically have a natural ability to unconditionally love and support people; we love that and whole-heartedly want to provide support to Caregivers in that journey! Here is what we want you to know as we approach National Family Caregivers Month, coming up in November. We recognize the need for Family Caregivers and honor those in that role. We strive as an agency to raise awareness of caregiving issues, provide education, and increase support.

If you are helping your parent(s) pay bills, taking your grandparent(s) out to help with shopping, providing meals to a loved one who struggles with cooking, help-

ing transport your dear friend/ neighbor to appointments, or otherwise act as a Caregiver for a loved one, you don't have to do it alone! We can help in a variety of ways, which is not limited to, but including:

- Providing Information, Assistance and Referrals
- Family Caregiver Options Counseling (short-term program with assistance to help meet needs)
- Family Caregiver Case Management (long-term program for additional support / assistance)
- Family Caregiver Support Groups available (virtually and in-person)

There can be many benefits to asking for help, you just need to make the call: 800-243-0678. Whether it's needing respite, application assistance (including Medicaid), navigating through stages of care, etc. We want to help you so you can continue what you do and prevent burn out. Ask us about any upcoming events such as Dementia Friends training, Caregiver appreciation events or Caregiver Conferences. Submitted by Jenn Lappegard, Elderbridge Service Specialist.

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SEPTEMBER/OCTOBER 2021 MENU				
		1	2	3
		COOK'S CHOICE	Scalloped Potatoes w/Ham Breadstick Broccoli & Baked Apples	Salmon Patty Baked Sweet Potatoes Colelaw & Mixed Fruit
6	7	8	9	10
Ground Beef Stroganoff Egg Noodles Steamed Carrots & Fruit	Chef's Salad w/Breadstick Apricots Hot Milk Cake w/Berry Mix	Taco Casserole Mexican Rice Pears & Peanut Butter Cookie	Roast Turkey w/Roll Mashed Potatoes w/Gravy Broccoli & Mandarin Oranges	Philly Sloppy Joe Potato Wedges Mixed Vegetables & Apple
13	14	15	16	17
Goulash Lettuce or Spinach Salad Garlic Parmesan Green Beans Mandarin Oranges	Tuna Salad or Crab Salad Sandwich Potato Salad Beets Mixed Fruit	Salisbury Steak Mashed Potatoes w/Gravy Asparagus & Fruit Molasses Cookie	Brown Sugar Glazed Pork Baked Sweet Potatoes Broccoli Banana	COOK'S CHOICE
20	21	22	23	24
Crispy Parmesan Chicken over Spaghetti Steamed Carrots Rice Pudding	Swedish Meatballs over Rice Mixed Vegetables Apple Slices Chocolate Chip Cookie	BBQ Pulled Pork Sandwich Sweet Potato Fries Corn Strawberries	Creamed Chicken over Biscuit Green Beans & Peaches Mixed Berry Crumble	Meatloaf Mashed Potatoes w/Gravy Asparagus Apricots
27	28	29	30	1
Ham & Bean Soup Corn Bread Coleslaw & Banana	Sloppy Joe Potato Salad Green Beans & Fruit	Half of a Turkey Sandwich Cup of Potato Soup Baby Carrots & Mixed Fruit	Liver & Onions/Beef Patty Mashed Potatoes w/Gravy Mixed Vegetables & Peaches	Roast Turkey Mashed Potatoes & Broccoli Hot Milk Cake w/Berry Mix
4	5	6	7	8
COOK'S CHOICE	Scalloped Potatoes w/Ham Whole Wheat Roll Broccoli Applesauce	Greek Marinated Chicken Roasted Red Potatoes Zucchini & Summer Squash Rice Pudding	Chili Cinnamon Roll Steamed Carrots Pears	Oven Fried Chicken Baked Sweet Potatoes Beets Apple Slices
11	12	13	14	15
Apple Pork Chops Roasted Red Potatoes Broccoli & Cookies	Philly Sloppy Joe Sweet Potato Fries Mixed Vegetables & Apple	Hot Beef w/Gravy & Roll Mashed Potatoes Green Beans & Oranges	Baked Honey Chicken Sweet Potato Fries Carrots & Banana	Crunchy Pollock or Cod Fillet Potato Wedges & Corn Berry Fluff Jell-O Salad
18	19	20	21	22
Ground Beef Stroganoff Egg Noodles Green Beans & Oranges	Chicken a la King Biscuit Mixed Vegetables & Peaches	COOK'S CHOICE	Ham & Bean Soup Corn Bread Broccoli & Apple Crisp	Meatloaf Baked Potato Asparagus & Pears
25	26	27	28	29
Mushroom & Swiss Burger WW Bun Potato Salad Baby Carrots	Liver & Onions -OR- Beef Patty Mashed Potatoes w/Gravy Mixed Vegetables	Ham Loaf Sweet Potatoes Cauliflower Mixed Fruit	Baked Chicken Parmesan w/Spaghetti Zucchini & Summer Squash Pears	Hearty Veg Beef Soup Breadstick Lettuce/Spinach Salad Mandarin Oranges
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		

## BONE AND JOINT AWARENESS WEEK

October 12 - 20 is National Bone and Joint Action Health Awareness Week focuses on arthritis, back pain, osteoporosis, and trauma to increase awareness of prevention, disease management and treatments. Osteoporosis can be prevented by focusing on getting enough calcium, vitamin D, and regular exercise. 10 million Americans are estimated to have osteoporosis. 34 million more have low bone mass. Calcium and vitamin



D are included in the 2010 Dietary Guidelines nutrients of concern list because consumption of dairy foods is lower than the recommended intake.

Good sources of calcium include:

- Dairy products (e.g. Low fat or nonfat milk, cheese, and yogurt)
- Dark green leafy vegetables (e.g. broccoli)

- Calcium fortified foods (e.g. Orange juice, cereal, bread, soy beverages, and tofu products)
- Nuts (Almonds)

Vitamin D is needed in order for your body to absorb calcium. Your body is able to get vitamin D from 3 sources such as sunlight, foods and supplements. The amount of vitamin D made by your skin depends on time of day, season, latitude, and skin pigmentation. Foods that are usually fortified with Vitamin D are milk, some yogurts, breakfast cereals, margarine, orange juice, and soy beverages. Natural sources of vitamin D include fish (e.g. salmon, herring, mackerel, and tuna) and egg yolks.

Recommended daily intake for vitamin D with minimal sun exposure is 600 IU/day for children and most adults and 800 IU for adults older than 70 years. Check out the National Osteoporosis Foundation to find more information about osteoporosis. <http://food.unl.edu>



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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).

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Mason City IA 50401

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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.