To find board meeting minutes, members, and advisory counsel information, please visit elderbridge.org

March
UPCOMING EVENTS
03/12 Daylight Savings–Spring ahead!
03/17 St. Patrick’s Day

April
UPCOMING EVENTS
04/09 Easter
04/20 Spencer Caregiver Conference: Elderbridge will be hosting a conference for community members and caregivers. More information can be found on page 7.
04/22 Earth Day
04/27 Emmetsburg Caregiver Appreciation Event: Elderbridge will be hosting a day of pampering to show our appreciation to family caregivers. More information can be found on page 7.

May
UPCOMING EVENTS
05/01 May Day
05/05 Cinco de Mayo
MAY Older American’s Month
For the entire month of May we will celebrate Older American’s Month. More information can be found on page 2.

FEATURED ARTICLE: SNOW ANGELS
PAGE 4

Local community members teamed up to shovel snow for Mason City residents.
History of Older American’s Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

Administration for Community Living leads the nation’s observance of Older Americans Month (OAM). The 2023 theme is Aging Unbound, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Join us in promoting flexible thinking about aging and how we all benefit when older adults remain engaged, independent, and included.
Caregiver Events

SPENCER CAREGIVER CONFERENCE
On April 20, 2023 from 9:00am-3:30pm at the Clay County Events Center, Elderbridge Agency on Aging will be hosting a Caregiver Conference. This conference will cover a wide range of topics including, guardianship, substitute decision making, dementia, Elderbridge services, compassion fatigue, and caregiver burnout. The event is open to the public and free to caregivers, with CEUs being offered at an additional cost through Iowa Lakes Community College. A light breakfast and lunch will be provided.

If you, or someone you know, is interested in the event, please contact Emily Winker, 800-243-0678. Respite services will be provided.

CAREGIVER APPRECIATION EVENTS
Being a caregiver can be stressful, often thankless and time consuming. We at Elderbridge Agency on Aging understand this, and believe that you as the caregiver need to be pampered too. On April 27, 2023 Elderbridge Agency on Aging will be hosting a Caregiver Appreciation Event in Emmetsburg and on June 21st in Clear Lake. At the come and go events from 9:00am-3:30pm caregivers will enjoy mini manicures, massages, tai chi exercise, a motivational speaker, a free gift, a chance at more prizes and lunch.

If you, or someone you know, is interested in the event, please contact Emily Winker, 800-243-0678. Respite services will be provided.

EMMETSBURG CAREGIVER APPRECIATION EVENT
The Shores, 14 N. Lawler St. Emmetsburg, IA
April 27th from 9:00am-3:30pm

MASON CITY CAREGIVER APPRECIATION EVENT
The Surf Ballroom, 460 N. Shore Dr., Clear Lake, IA
June 21st from 9:00am-3:30pm
Snow Angels

Laura Allen, Volunteer Coordinator for Elderbridge, and Crystal Pischel of Metalcraft teamed up to move forward with our pilot project, “Snow Angels.” After adopting seniors from our Santa for Seniors project, Metalcraft reached out to see how they could make an impact on their community by volunteering. Laura has been hoping to get a project started to help those seniors who aren’t receiving material aide from Elderbridge but fall into the category of not being able to afford snow removal. Metalcraft had recruited volunteers in their company to shovel and/or snow blow for 7 seniors in Mason City. Little did they know, their first task would be a heavy snowfall!

On Thursday, January 19, 2023, Mason City received a heavy wet snowfall that was approximately 10 inches. Metalcraft got out there after the snow stopped falling. There were 11 individuals who helped with this first snow event. Metalcraft is hoping to recruit even more!

“Thank you to our wonderful Snow Angel Volunteers at Metalcraft for the scooping your way into helping others! We are grateful for the volunteer service you provided to seniors in your community!

-LAURA ALLEN, VOLUNTEER COORDINATOR
Happy Mail

Thanks to grant funders that help to fund the volunteer program, Elderbridge is able to purchase cards, post cards and postage to help combat social isolation for seniors in our 29-County service area. Every other month a card or post card will go out to 200 seniors to let them know that they are being thought of! 20 volunteers contribute their time and ideas to make this project a success! Pictured is the front of a post card that went out in February, along with the backside of a fun crossword puzzle idea from Volunteer, Amanda Kaufman of Mason City, Iowa.

If you are interested in donating postage, postcard, or other supplies, please contact volunteer coordinator, Laura Allen, 800-243-0678

Think Spring

Word List:

ARIES
BLOSSOM
BONNIES
CHIRPING
FLOWERS
HATCHING
MARCH
RAIN
SHOWERS
THAW

BASKETBALL
BIRDS
BREEZY
BUTTERFLY
CATERPILLAR
CLOVER
CROCUS
GRASS
KITES
MEET
NEW
RENEWAL
ROBINS
SPROUTING
SUNSHINE
UMBRELLA
WARMING

Exercise
YOUR BRAIN!
Ingredients

Topping:
- 3 tablespoons brown sugar
- 1/2 teaspoon cinnamon

Bread:
- 1/2 cup white sugar
- 1 1/4 cup unsweetened applesauce
- 1/3 cup oil
- 2 eggs
- 1 cup all purpose white flour
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 apple, diced (about 1 cup)

Directions

1. Preheat oven to 350 degrees F. Spray a 9-inch by 5-inch load pan with nonstick cooking spray.
2. In a small bowl, stir together white sugar, applesauce, oil, and eggs until well combined.
3. In a large bowl, stir together flours, baking powder, and the 1 teaspoon of cinnamon.
5. Pour the batter into the load pan. Spread batter evenly through the pan.
6. In a small bowl, stir together the brown sugar and the 1/2 teaspoon of cinnamon. Sprinkle over the top of the batter.
7. Bake for 45-50 minutes until a tester inserted in the center of the loaf comes out clean.

Serves: 16
Serving Size: 1 slice
Cost per Serving: $0.15
For more information on upcoming events please visit our website Elderbridge.com, click the Resource tab, and select “Elderbridge Events”

COON RAPIDS CAREGIVER SUPPORT GROUP
Coon Rapids United Methodist Church, 119 4th Ave., Coon Rapids – 1st Tuesday of the month at 3:00 p.m.

VIRTUAL CAREGIVER SUPPORT GROUP
Online—3rd Tuesday of every month at 10:00am

WEBSTER COUNTY CAREGIVER SUPPORT GROUP
First Baptist Church, 28 N. 10th St. Fort Dodge—3rd Wednesday of the month at 3:00pm

MASSON CITY CAREGIVER SUPPORT GROUP
Online—4th Tuesday of the month at 9:30am

FRESH CONVERSATIONS
Charles City Senior Center, 900 Hulin Ave., Charles City—2nd Wednesday of the Month at 11am

FRESH CONVERSATIONS
Manly Senior Citizen Center, 137 E. Main St., Manly—2nd Tuesday of the month at 11:15am

FRESH CONVERSATIONS
Northwood Sr. Citizen Center, 720 Central Ave., Northwood—3rd Wednesday of the month at 11:15am

FRESH CONVERSATIONS
Rockford Comm. Center, 206 Main Ave.—3rd Wednesday of the month at 11:30am

FRESH CONVERSATIONS
Deercreek Apts., 700 S. 17th St. Fort Dodge—3rd Wednesday of the month at 11:30am

FRESH CONVERSATIONS
The Blue Heron, 1401 N. Federal, Mason city—3rd Tuesday of the month at 11:15am

Please call 800-243-0678 for more information regarding these events.

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Elderbridge Agency on Aging, Mason City, IA
D 4C 02-1018
Our mission is to advocate for and empower older adults, caregivers, and individuals with disabilities to pursue independent healthy lives.

Serving Iowa’s Northwest 29 counties with offices in Mason City, Spencer, Fort Dodge, and Carroll.