

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.



AGING UNBOUND: MAY 2023

Every May, the 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.

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 2022, living accessed 10 February 2023, <https://acl.gov/oam/history>

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Elderbridge Agency on Aging, Mason City, IA

A 4C 02-1018

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.



SPENCER CAREGIVER CONFERENCE

Clay County Regional Events Center,
800 W. 18th St. Spencer, IA

April 20th from 9:00am-3:30pm

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



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Elderbridge Agency on Aging, Mason City, IA

B 4C 02-1018



11 Volunteers from Metalcraft of Mason City, Iowa donated their time providing snow removal services for seven Elderbridge clients in Mason City.

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

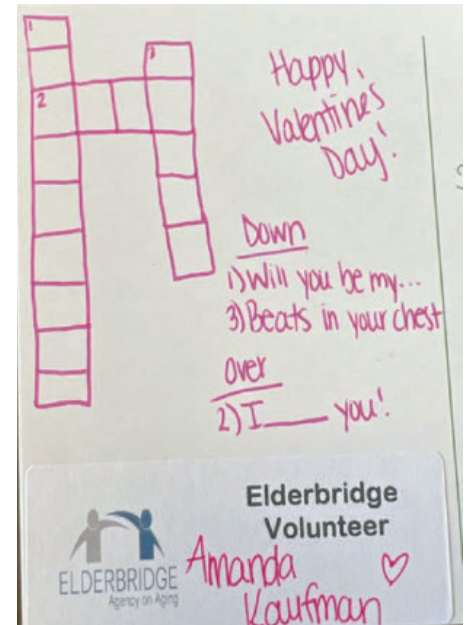
Elderbridge Agency on Aging Happy Mail

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

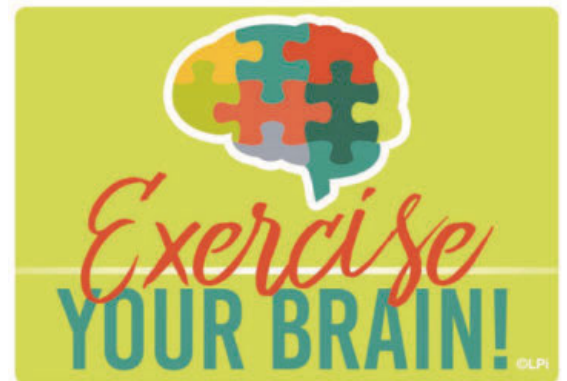
to make this project a success! Pictured is the front of a post card that went out in February, along with the backside of a fun crossword puzzle idea from Volunteer, Amanda Kaufman of Mason City, Iowa.

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



Think Spring

H C S F L O W E R S S E H S O L A G
S B S P R I N G T I M E K I T E S H
I A C R O C U S B L O S S O M S A L
R S U M B R E L L A D U B T L T A K
I K R E A R I T C L O V E R C W S S
E E O A B E Y B G G R P T H E R S P
N T B K I L Z U N N F L I N E A S I
I B I C R H E T I I I N E W T L N L
H A N O D C E T M M G R O L R L U U
S L S R S R R E R O O H E D G I A T
N L E M A A B R A O S M A N B P H G
U N E A A M T F W L N F I U N R C N
S I O H R E G L I B F T N N E E E I
E A M S U R I Y I O U N S N E T R P
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E S U S T R L I R E I T N N G C E I
E O S N E W L P S O O T T H A W L H
B C H I C K S P U D D L E S C H S C



Word List:

ARIES	BASKETBALL	BIRDS	BLOOMING
BLOSSOM	BOUQUET	BREEZY	BUD
BUNNIES	BUTTERFLY	CATERPILLAR	CHICKS
CHIRPING	CLOVER	CROCUS	DAFFODIL
FLOWERS	GALOSHES	GRASS	GREEN
HATCHING	IRISH	KITES	LEPRECHAUNS
MARCH	MELT	NEW	PUDDLES
RAIN	RENEWAL	ROBINS	SHAMROCK
SHOWERS	SPRINGTIME	SPROUTING	SUNSHINE
THAW	TULIPS	UMBRELLA	WARMING



Directions

1. Preheat oven to 350 degrees F. Spray a 9-inch by 5-inch loaf 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.
4. Add liquid ingredients to dry ingredients. Stir together just until combined. Gently stir in diced apple.
5. Pour the batter into the loaf 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.

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)

Serves: 16

Serving Size: 1 slice

Cost per Serving: \$0.15



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**WEALTH
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FIRST CITIZENS

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

MASON 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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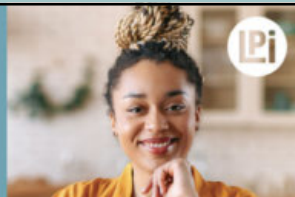
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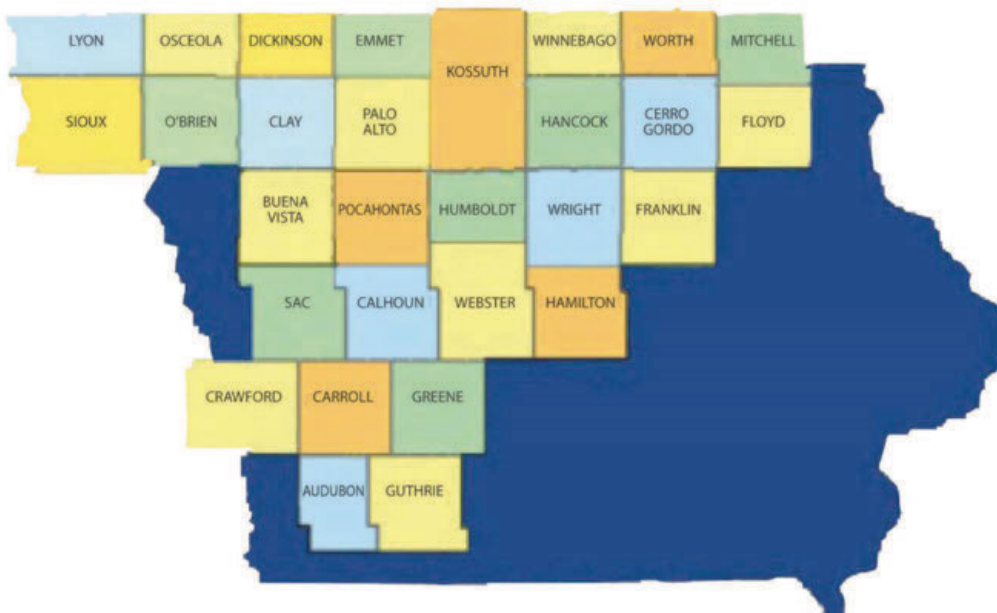


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CHOICES TODAY | OPTIONS TOMORROW



SERVING

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