

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

June

UPCOMING EVENTS

06/15 World Elder Abuse Awareness Day

06/15 Father's Day

06/19 Juneteenth—
Elderbridge offices closed

06/21 First day of Summer

06/21 Clear Lake 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.

July

UPCOMING EVENTS

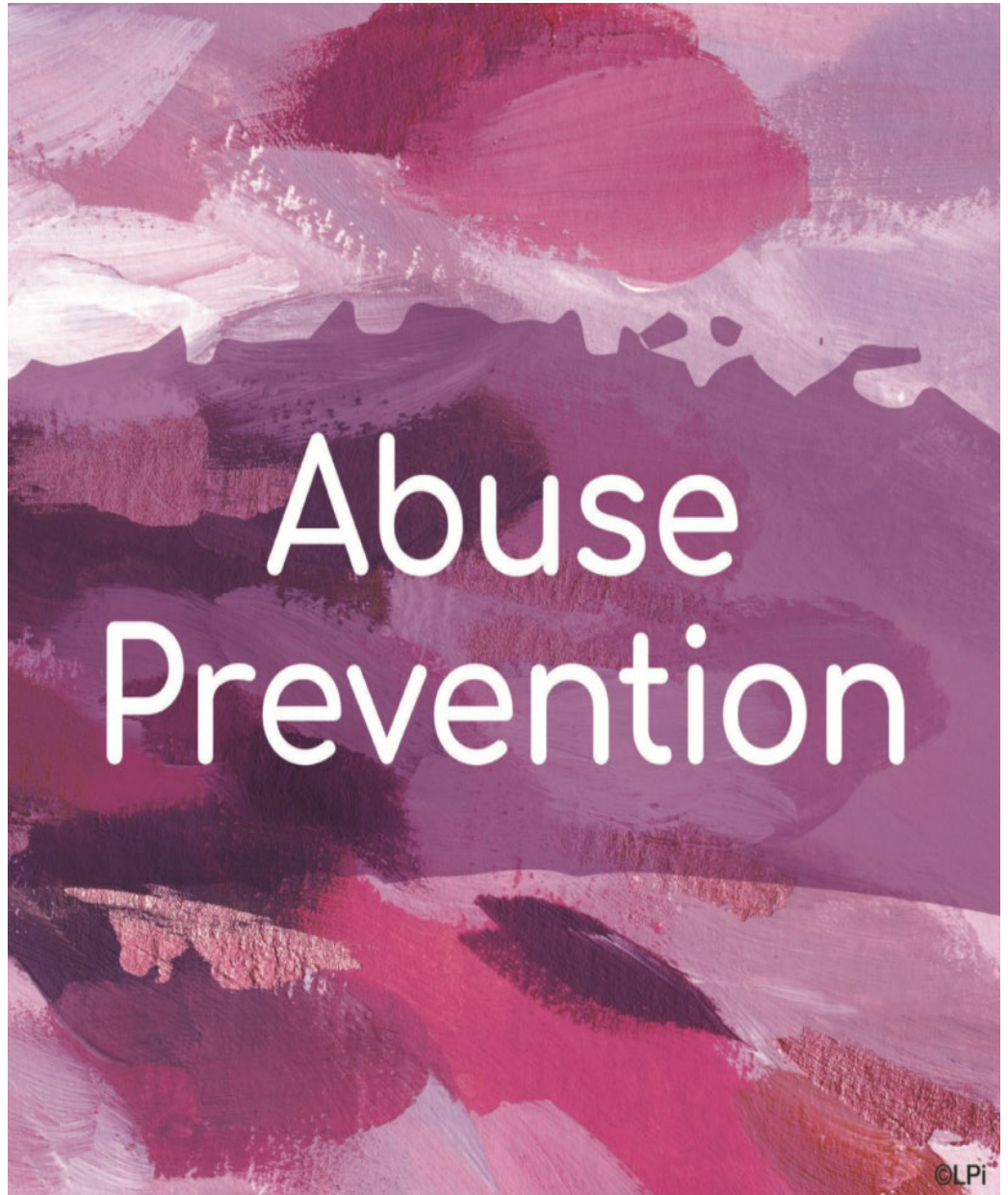
07/4 Fourth of July—
Elderbridge offices are closed

August

UPCOMING EVENTS

08/10-8/20 Iowa State Fair

08/21 National Senior Citizens Day



**FEATURED ARTICLE:
ELDER ABUSE
AWARENESS
PAGE 4**

June 15th is World Elder Abuse Awareness Day. Learn how you can prevent elder abuse.



For more information on how to become a volunteer please contact Laura Allen at 800-243-0678

Volunteer Appreciation Event

On April 24, 2023, Elderbridge Agency on Aging held a Volunteer Appreciation Event at the Surf Ballroom in Clear Lake, Iowa. Volunteers were recognized for their commitment to Elderbridge clients and the agency's mission. Volunteers provide transportation, companionship, help run errands, and so much more. Funding from generous donors such as the Farrer Endowment Foundation, First Citizens Charitable Foundation, and the Kinney

Lindstrom Foundation made this event possible. The day included lunch from local vendors, participating in an activity, a motivational speaker, a tour of the Surf Ballroom, and the C.L.A.S.S. Car Club sharing their vintage and antique cars.

-Laura Allen, Volunteer Coordinator for Elderbridge



NEVER MISS OUR NEWSLETTER!

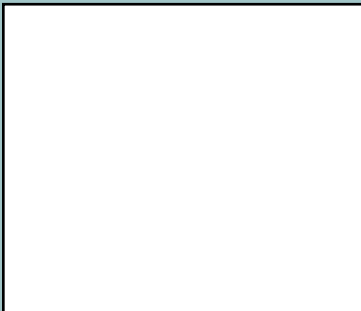
SUBSCRIBE

Have our newsletter emailed to you.

Visit www.mycommunityonline.com

3300 9th St. SW Mason City
55 and older 48 2 Bedroom Apartments. All units have full size washer and dryer, Community Room, Beauty/Barber Shop, Library, Computer Center, 24 Hour Fitness Room.
Tenant pays gas and electric. Handicapped units available. Income guidelines.

Call 641-424-4556
www.legacymanorseniors.com
We are an Equal Housing Opportunity Provider and Employer



LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Ben Allrich

ballrich@lpicommunities.com

(800) 950-9952 x2757

IOOF HOME
AND COMMUNITY THERAPY CENTER

- SKILLED TO HOME SUITES
- Out-patient Therapy Services
- Memory-Care Units
- Long-term Care

1037 19th St SW • Mason City, IA 50401
Office: 423-0428 Therapy Center: 424-5716
www.ioofhome.net

Caregiver Corner Benefits to Attending Caregiver Support Groups:

A chance to share common experiences and build friendships.

You will meet individuals who experience very similar situations day in and day out. Talking to them can give you piece of mind and can lead to you being a better caregiver, plus validate any feelings you might be having.

Learn coping strategies.

Support groups offer a way to learn new coping strategies by

talking to others. Even when you feel like you're doing just fine, caregiving duties can ultimately begin to take a toll. You will be able to discuss what worked for others and find solutions to common issues.

Receiving affirmation that attending to your own needs is vital.

Caregivers can often feel guilty about leaving their loved one for any length of time; often times taking on the full burden of their loved one's care needs. However, support groups can reaffirm the importance of taking care of yourself; that it's not selfish to attend to your own needs.

What topics are discussed?

Coping strategies, resources in the area, loneliness, respite care, safety, behavior changes, strategies to connect with your care recipient, ways to ease frustration, role reversal, and many more!

For a list of Elderbridge Agency on Aging Caregiver Support Groups, please see page 7.




FOREST PLAZA
ASSISTED LIVING

635 Hwy 9 E
Forest City, IA

641-585-1555

www.forestplaza.biz



**ADT-Monitored
Home Security**

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



ADT Authorized Provider | SafeStreets | 833-287-3502

WE'RE HIRING!

AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers



Protecting Seniors from Elder Abuse

World Elder Abuse Prevention Day will be recognized on June 15th to raise awareness of this health problem that is a largely unreported and often neglected issue in the United States. Reports show that one out of ten people over the age of 60 has experienced this form of abuse. Since many cases of elder abuse go unreported, researchers say the actual numbers are probably much higher.

Why do so many cases go unreported? One reason is that the abuser is often a family member or close friend. The senior being abused might also be afraid or unable to seek help. While most of us don't want to think an older adult we know is being abused, there are steps you can take to protect them.

Four Ways You Can Help Prevent Elder Abuse

According to the American Psychological Association (APA), there are four ways we can help prevent elder abuse in our communities.

1. Learn the types of elder abuse

The APA says the first step in preventing elder abuse is education. Not all signs of elder abuse are easy to see. The term "elder abuse" can be used to describe a variety of mistreatment and maltreatment including:

- Physical abuse or intimidation
- Emotional and verbal abuse
- Neglect or abandonment
- Financial abuse, including fraud and scams
- Sexual assault or abuse

Elderbridge Elder Rights Program

The goal of the Elderbridge Elder Rights Program is to address and focus on prevention, intervention, detection and reporting elder abuse, neglect and exploitation by presenting the senior consumer with options to enhance and protect their life and independence.

2. Raise awareness about senior care solutions

People who abuse an elder sometimes do so because the stress and frustration of being a family caregiver overwhelms them. They have no one to turn to for help or support. This is especially true for those caring for a loved one with Alzheimer's disease.

That's why it's important for family caregivers to find ways to take routine breaks. If there isn't a friend or family member who can pitch in, respite care might be a solution to consider.

Home care agencies and assisted living communities offer short-term care options designed to give weary caregivers a break. If finances are tight, your local agency on aging might have funds available to help pay for respite care. Call your local chapter to learn more.

3. Encourage caregivers to connect with a support group

When a caregiver has a strong network of support, difficult days are easier to navigate. For some caregivers, that means finding ways to stay connected with family and friends. A good laugh can help make a stressful day more manageable. Caregivers can also benefit from connecting with an online support group. The Family Caregiver Alliance has a variety of online support groups to consider.

4. Help raise community awareness

The more people know about this national problem, the better. You can help raise awareness in your own community. It might be by sharing this article in your center's newsletter or with your local media. The more we shine a spotlight on elder abuse, the more likely it is people will recognize the warning signs in someone they know.

If you'd like to learn more about elder abuse, we encourage you to visit the National Center on Elder Abuse. You'll find resources on topics ranging from education to advocacy.

©LPi

Thank You Donors

David and Phyllis Murphy Foundation

The David and Phyllis Murphy Foundation awarded Elderbridge Agency on Aging a \$10,000 grant on December 30, 2022, to be used for Elderbridge's Client Assistance Program. Funds will be used to help income-qualified older Iowans and adults with disabilities living in Cerro Gordo County. Funds will be used for food, shelter, utilities, medical equipment, minor home modification such as the installation of safety bars to prevent falls, and ramps, repairs and more. Thank you, David and Phyllis Murphy Foundation.

Worth County Community Foundation

The establishment of the Jaspers Family Foundation Fund of Worth County, with the Community Foundation of Northeast Iowa, was made possible by the Jaspers family. Maynard and Marjory Jaspers were long-time successful business owners in Worth County. Proceeds from their combined estates provide charitable support for Worth County residents and local nonprofits. On Thursday, January 12, 2023, Elderbridge staff member, Amy Simpson, accepted a \$3,119 grant from Foundation staff Terry Gaumer. This grant will go towards Elderbridge's Client Assistance Program. Funds will be used for food, shelter, utilities, medical equipment, minor home modification such as the installation of safety bars to prevent falls, and ramps, repairs and more. Thank you, Jaspers Family Foundation for your generosity.

Floyd County Community Foundation

The Floyd County Community Foundation held an awards ceremony at the Youth Enrichment Center, at the Floyd County Fairgrounds on Wednesday, January 11, 2023. Lionel Foster, Volunteer Elderbridge Board Vice President, accepted a \$5,000 check from a Foundation committee member. Funds will be used for the Client Assistance Program and will help income-qualified older Iowans and adults with disabilities living in Floyd County with food, shelter, utilities, and more. Thank you, Floyd County Community Foundation for the grant, and supporting the Elderbridge mission.

On behalf of the Elderbridge Board, management, staff members, and consumers we serve, thank you!

If you are interested in donating to Elderbridge Agency on Aging, please visit our website at [Elderbridge.org](https://elderbridge.org) to find out the many ways you can donate to our programs.

Senior Farmer's Market Nutrition Program (SFMNP)

The SFMNP is administered by the Department of Agriculture and Land Stewardship. This program provides eligible older adults with a booklet of checks 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. The program runs June 1 - October 31, 2023. An individual must meet age and income requirements and complete the required paperwork and application to receive SFMNP benefits. Watch our website for further information as it becomes available, or call 800-243-067 after June 1, 2023.



Country Meadow Place
Assisted Living & Memory Care

Memory Care • Respite Room
17396 Kingbird Ave., Mason City • 641-423-7722
manager@countrymeadowplace.com
www.countrymeadowplace.com

**THRIVE
LOCALLY**

Pilgrim Place
An RHF Community

*More than a
Place to Live*

741 S. Illinois Ave.
Mason City, IA 50401
Tel: 641-423-1215
Fax: 641-423-4341
E-mail: pilgrimplace@rhf.org

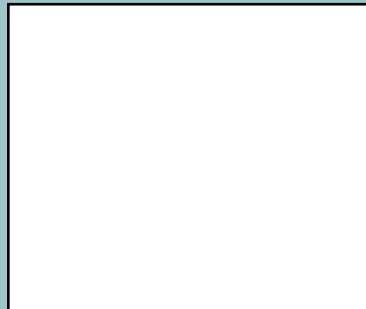
A Retirement Housing Foundation
Affordable Housing
Community for Older Adults

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

**CONTACT ME
Ben Allrich**

ballrich@lpicommunities.com

(800) 950-9952 x2757



TRUST US WITH THE ONES YOU CARE ABOUT MOST.

We can help you plan, grow and protect your legacy across generations. Call us at 641-422-1600 to learn more about our trust, investment management and financial planning services.

First Citizens Wealth Management | 2601 4th St SW • Mason City | myfcb.bank

Products provided by First Citizens Wealth Management are not FDIC insured, are not deposits of the bank and are not guaranteed by this institution; and, are subject to investment risks, including possible loss of principal invested. Please note that neither First Citizens Bank nor the First Citizens Wealth Management Department provide tax or legal advice. You should always consult an attorney along with a tax professional to determine how to prepare the best estate plan for your situation.

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. – 1st Tuesday of every month at 3:00pm

FRESH CONVERSATIONS

Charles City Senior Center, 900 Hulin Ave. —2nd Wednesday of the Month at 11:00am

FRESH CONVERSATIONS

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

FRESH CONVERSATIONS

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

FRESH CONVERSATIONS

Deercreek Apartments, 700 S. 17th St. Fort Dodge—3rd Wednesday at 11:30am

WEBSTER COUNTY CAREGIVER SUPPORT GROUP

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

VIRTUAL CAREGIVER SUPPORT GROUP

Online—3rd Tuesday of every month at 10:00am

MASON CITY CAREGIVER SUPPORT GROUP

Online—4th Tuesday of every month at 9:30am

MASON CITY/ CLEAR LAKE CAREGIVER APPRECIATION EVENT

The surf Ballroom and Museum – June 21, 2023 from 9:30-3:30pm

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

ROCKWELL COMMUNITY NURSING HOME, INC.

707 Elm Street
Rockwell, IA 50469

Phone: 641-822-3203



“Where Community-Owned Truly Makes a Difference”

A Small Home-Like Environment providing:
Rehab-to-Home • Skilled & Long-term Care
Out-Patient Therapy • Respite • Meals on Wheels Services

rockwellnursinghome.com

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.

Visit www.mycommunityonline.com



Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



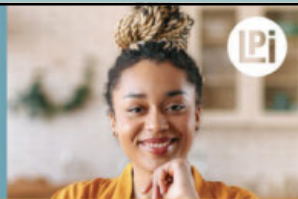
lpicomunities.com/adcreator

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Elderbridge Agency on Aging, Mason City, IA

D 4C 02-1018

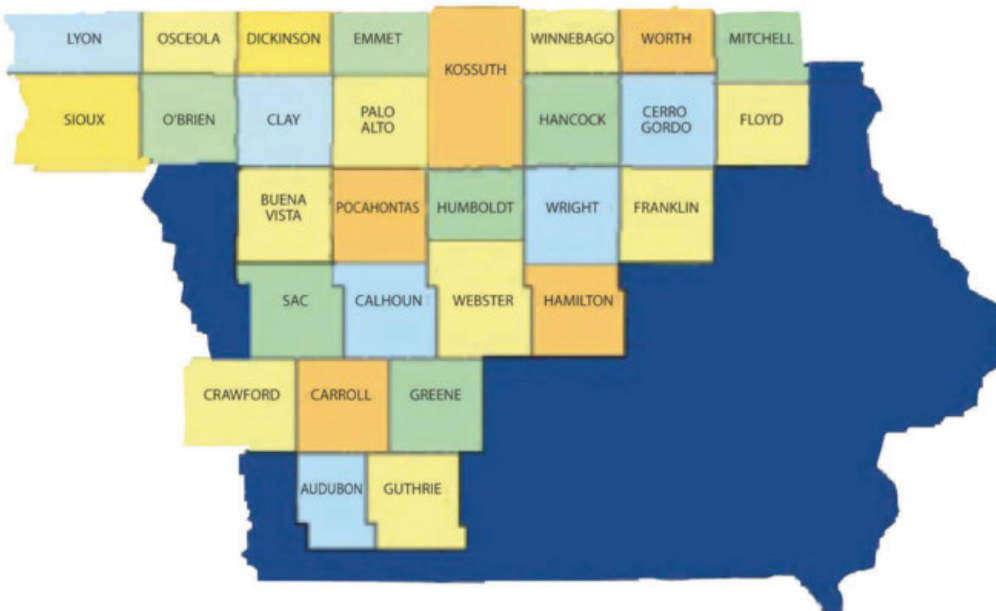
ELDERBRIDGE AGENCY ON AGING

1190 Briarstone Dr., Ste. 3
Mason City, IA 50401

Return Service Requested

ELDERBRIDGE AGENCY ON AGING

CHOICES TODAY | OPTIONS TOMORROW



SERVING

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.

Mason City

1190 Briarstone Dr., Ste 3
Mason City, IA 50401

Spencer

714 10th Ave. E, Ste 1
Spencer, IA 51301

Fort Dodge

308 Central Ave.
Fort Dodge, IA 50501

Carroll

603 N. West St.
Carroll, IA 51401