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.
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

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

635 Hwy 9 E
Forest City, IA
641-585-1555
www.forestplaza.biz
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

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.

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

FRESH CONVERSATIONS
Deer Creek 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

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

MASSON 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.
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.