

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

December

UPCOMING EVENTS

12/21 Winter Solstice

12/24 Christmas Eve

12/25 Christmas Day–
Elderbridge offices closed

12/26 Elderbridge offices
closed– Observance of
Christmas Eve

12/31 New Year's Eve

January

UPCOMING EVENTS

01/01 New Year's Day-
Elderbridge offices closed

01/15 Martin Luther King
Jr. Day- Elderbridge offices
closed

February

UPCOMING EVENTS

02/02 Groundhog Day

02/14 Valentine's Day

02/19 Presidents Day-
Elderbridge Office closed

2/29 Leap Day



**FEATURED ARTICLE:
CAREGIVING DURING
THE HOLIDAYS
PAGE 4**

The holidays are often a time of joy, family, and giving, but for family caregivers this could be a time of extra stress, frustration, and isolation. Learn how to combat these common feelings on page 4.



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

Elderbridge Awarded Volunteer Grant

In October 2023, the volunteer program, lead by Laura Allen, was awarded a \$50,000 grant from Community Care Corps. The application process was highly competitive, and many applications were submitted from across the country. This grant will be utilized to grow the volunteer program in Elderbridge’s 29-county service area. The volunteer program currently has 57 volunteers, and continues to grow.

If you are interested in becoming an Elderbridge volunteer, please reach out to Laura Allen, at 800-243-0678

-Laura Allen, Volunteer Coordinator for Elderbridge Agency on Aging

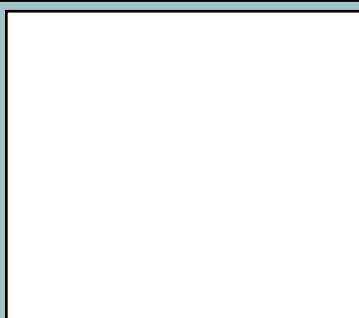


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Tips for Winter Wellness

There are a number of techniques that can help keep your immunity high and your body in good condition to support wellness all season long so that you can enjoy the chillier months.

1. Get Up & Moving

Winter brings fewer hours of sunlight during the day, and per the National Sleep Foundation, darkness naturally causes the brain to release melatonin, a hormone that triggers sleepiness. Exercise can counteract this drowsiness.

2. Add Herbal Supplements

Herbal supplements can help support overall health. For example, the supplement turmeric, derived from root extracts of the *Curcuma longa* plant, is widely regarded to have numerous positive health implications.

3. Get Ample Rest

The National Sleep Foundation recommends older adults get at least 7-8 hours of sleep each night for optimal health.

4. Boost Immunity

During the winter months, when fresh fruit can be harder to find, supplements like Echinacea & Vitamin C from Nature's Way can be another source of vitamin C.

5. Maintain Skin Health

You can take steps to minimize painful redness and flakiness or cracking by regularly moisturizing your skin with fragrance-free lotions and herbal oils.

Note: Always consult your healthcare provider when contemplating new ideas to promote better health.

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- Must meet Federal Poverty Income Limit Guidelines and show proof of income.
- Must be willing to seek permanent full-time or part-time employment.
- Must be unemployed.

For more information, please contact:
AARP Foundation, 641-243-8873
or email cmalotte@aarp.org

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Caregiving During the Holidays

The holidays are often a time of joy, family, and giving, but for family caregivers this could be a time of extra stress, frustration, loneliness, and isolation.

Holidays may look different now

Depending on the level of care your loved one needs, your holidays may not look the same as they did in the past. Simplifying your festivities may make things easier for you as a caregiver and your care recipient. It's important to keep their schedule, and in some cases their environment, relatively the same as well. You may have to allow another family member to host more time-intensive festivities. Hosting festivities in your home where your care recipient lives, may be too much for them. If you do host holiday gatherings be sure to give your care recipient a space to get away from the excess people and noises.

You may have to choose which events to attend based on what would be the simplest, least exhausting, and most enjoyable for both you and your care recipient.

Elderbridge Family Caregiver Program

If you have questions about caregiving, are looking for caregiver support groups, or would like to know about other resources to help you in your role as a caregiver, please call Elderbridge Agency on Aging at 800-243-0678.

Let this be an opportunity for communication

Let family members know that your caregiving duties are keeping you very busy and that you only have so much energy for holiday preparation and hosting duties.

Although it is understandable to have reservations about discussing a loved one's impairments, honest communication about the realities of the caregiving situation offers others the opportunity to respond with assistance. Sharing the truths of your situation may help reduce some of the feelings of isolation and lack of appreciation common in caregivers.

Reflect on the positive

Reflect on the rewards of caregiving and know that you are appreciated and doing a great job.

For those that are not direct family caregivers, please be mindful of those who are. Perhaps this year you can give the gift of respite, self-care, or cleaning services, to the family caregiver in your life.

Please contact your local Elderbridge Agency on Aging for more information on how we can help you, and those you love, with caregiving during this holiday season.

-Emily Winker, Family Caregiver Specialist

“Slam Dunk” Against Hunger Online Madness

Did you know that one out of every two older adults are at risk of malnutrition? This is why we are asking you to support Elderbridge’s 2024 Nutrition Fundraiser to fight hunger in older adults.

Your donation will:

- Help fund meals in over 60 locations within Elderbridge’s 29 county service area
- Reduce hunger, food insecurity, and malnutrition.
- Improve health and well-being of clients through nutrition education



Scan the QR code, or visit <https://www.32auctions.com/elderbridgenutrition> to view auction items. Or for more information call: 800-243-0678



Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

7			3	2	8	9		
	6	1				8		
					7			3
		3	7				9	
9						2		1
		8	2	6			4	
				8		1		
		9		4				



Riddle me this...

1. What 5-letter word typed in all capital letters can be read the same upside down?
2. The more you take, the more you leave behind. What am I?
3. What has hands but cannot clap?
4. What gets broken without being held?
5. They come out at night without being called, and are lost in the day without being stolen. What are they?

Answers

1. A promise, 2. Footsteps, 3. A clock, 4. A swimmer, 5. Stars

Crock-Pot Chicken and Dumplings

Directions

Step 1

Scatter onion in the bottom of a large slow cooker then top with chicken. Season with oregano, salt, and pepper.

Step 2

Pour soup and broth over chicken, then add thyme and bay leaf.

Cover and cook on High until the chicken is cooked through, about 3 hours.

Step 3

Discard thyme and bay leaf, then shred chicken with two forks. Stir in celery, carrots, peas, and garlic. Cut or tear biscuits into small bite-sized pieces then stir into chicken mixture. Spoon liquid over any biscuits at the top.

Step 4

Cook on High until vegetables are tender and biscuits are cooked through, stirring every 30 minutes, about 1 hour to 1 hour 30 minutes more.

Recipe curtesy of Delish.com



Ingredients

- 1 onion, chopped
- 1/4 lb. boneless skinless chicken breasts
- 1 tsp dried oregano, Kosher salt, freshly ground black pepper
- 2 (10.5-oz.) cans cream of chicken soup
- 2 c. low-sodium chicken broth
- 4 sprigs fresh thyme
- 1 bay leaf
- 2 stalks celery, chopped
- 2 large carrots, peeled and chopped
- 1 c. frozen peas, thawed
- 3 cloves Garlic, minced
- 1 (16.3-oz.) can refrigerated biscuits



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For more information on upcoming events please visit our website Elderbridge.com, click the Resource tab, and select “Elderbridge Events”

FRESH CONVERSATIONS

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

Greenwood Community Center, 401 W. Greenwood Rd., Jefferson—2nd Thursday at 11:15am

Northwood Senior Center, 720 Central Ave., Northwood—3rd Tuesday at 12:15pm

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

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

Osage Senior Center, 615 State St., Osage—3rd Wednesday at 11:00am

Manly Senior Center, 137 E. Main St., Manly—2nd Tuesday at 12:30pm

Eagle Grove Senior Center, 310 W. Broadway St., Eagle Grove—3rd Thursday at 11:30am

Athen Wood Estates, 1250 Hwy. 175, Stratford—4th Thursday at 11:00am

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

CAREGIVER SUPPORT GROUPS

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

Call for link

MASON CITY CAREGIVER SUPPORT GROUP

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

Call for link



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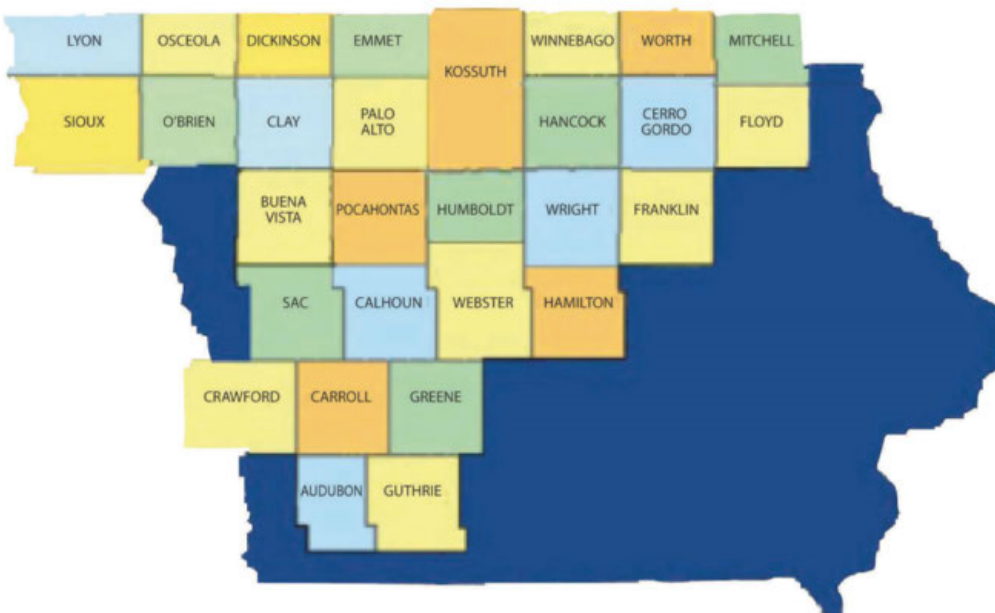
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ELDERBRIDGE AGENCY ON AGING

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.

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