

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

September UPCOMING EVENTS

MONTH OF

SEPTEMBER Healthy Aging Month

09/04 Labor Day—
Elderbridge Offices Closed

09/09-09/17 Clay
County Fair

09/10 Grandparents Day

09/13 Carroll Co. Senior
Fun Day

9/23 First Day of Fall

October

UPCOMING EVENTS

10/31 Halloween

November

UPCOMING EVENTS

11/10 Elderbridge Offices
closed in observance of
Veteran's Day

11/11 Veteran's Day

11/23 Thanksgiving

11/23-11/24 Elderbridge
Offices Closed



FEATURED ARTICLE: VITAMIN D—THE SUNSHINE VITAMIN

Learn the benefits of Vitamin D and its affects on our bodies on page 4.



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

Thank you!

An amazing Elderbridge Volunteer chose us when their employer, Principal Financial Group, offered their employees who volunteer in the community a donation to the organization of their choice. This was a donation of \$25 for each hour of volunteer time up to a maximum of \$1,000. Many people in our Service Area find themselves food insecure, meaning they may not have enough money to buy the food that they need, perhaps due to the rising costs of food and medication along with any number of other factors. Also, people not be able to get out like they used to and find

themselves socially isolated. Thanks to this volunteer's commitment to Elderbridge and Principal's commitment to their employees, this donation of \$1,000 will help provide meals and Happy Mail for those in need.

-Laura Allen, Volunteer Coordinator for Elderbridge



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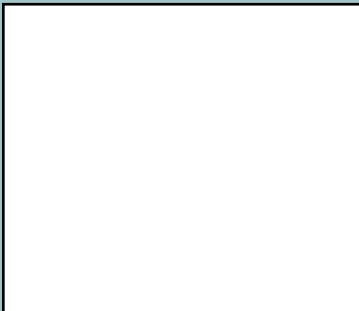
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Elderbridge Receives USAging Award

Spencer, Iowa — Elderbridge Agency on Aging is thrilled to announce that its CommUNITY Kindness Project received a 2023 Aging Achievement Award from USAging, one of the highest honors presented by USAging to its members. CommUNITY Kindness Project, which is a volunteer project that does outdoor chores for seniors, was among 50 local aging programs to receive honors during USAging's 48th Annual Conference and Tradeshow, July 16-19 in Salt Lake City, UT.

The 2023 USAging Aging Innovations & Achievement Awards, supported by Caregiving.com and Cumulus, recognizes USAging's Area Agency on Aging and Title VI Native

American Aging Program members that have found new and innovative ways to support older adults, people with disabilities and caregivers as they live in their homes and communities.

The CommUNITY Kindness Project is dedicated to helping aging adults, served by Elderbridge, to receive outdoor chore services from volunteers. Staff members recognized a significant need for individuals to receive assistance with yard work, beyond available funding. The program launched in the fall of 2021. 16 aging adults were provided yard work by Elderbridge volunteers, individuals from a local bank, along with students from a local community

college. Community and intergenerational involvement have resulted in approximately 75 volunteers assisting with raking, cleaning up debris, trimming, weeding, laying mulch, edging, etc.

Pictured below is Elderbridge CEO, Shelly Sindt, accepting the 2023 Aging Achievement Award.




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- Library Assistant, Museum Assistant,
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Program Eligibility Requirements:

- Must be age 55 or above.
- Must reside in one of the above counties.
- 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

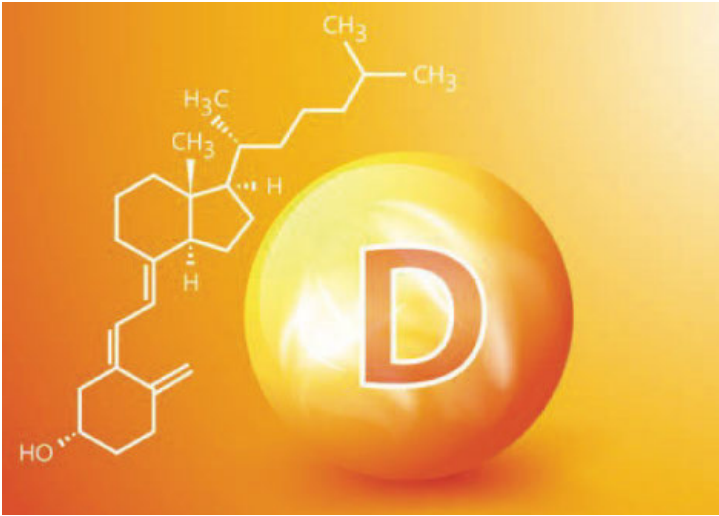
AARP Foundation SCSEP is funded by a \$46,889,529 grant from the U.S. Department of Labor. This funding provides 90% of the support for SCSEP, with AARP Foundation matching 10%.

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Vitamin D - The Sunshine Vitamin

Sunshine - there's just something about it that makes you feel better. Sunshine has a positive effect on most of us. Aside from the mental boost, sunshine also provides us with an essential vitamin - Vitamin D.

Vitamin D, also known as the “sunshine” vitamin, is an essential Vitamin that your body needs to thrive and survive. But Vitamin D can be difficult to get in proper amounts through your diet and sun exposure. Like all essential nutrients, when your body does not get enough, it doesn't function properly. Vitamin D has many functions in your body including maintaining good bone health along with brain and heart health. Low Vitamin D levels can cause your bones to become brittle or thin. A Vitamin D deficiency also increases your risk of falling and may cause difficulty walking, bone pain, and muscle weakness.

Studies have also shown that lower levels of Vitamin D may increase your risk of depression. Depression is a common disease affecting more than 264 million people worldwide. It is still unknown whether Vitamin D deficiency may cause depression or if depression may lower your Vitamin D levels. The science is still out, but studies have shown the benefits of adequate Vitamin D and an improvement in depression symptoms.

Depression can happen at any age. It is more than just feeling sad or blue. It is a common but serious mood condition. Depression is a real illness; it is not a sign of a person's weakness or a character flaw, but it is also not a normal part of aging.

Signs and symptoms of depression include loss of interest in activities you once enjoyed; lethargy; excessive weight gain or weight loss; insomnia; problems concentrating; overwhelming feelings of sadness and hopelessness; anxiety; and loss of appetite.

There are things you can do to lower your risk of depression like: Try to prepare for major changes in life, such as retirement or moving from your home. Be sure to stay in touch with family. Let someone know when you feel sad. Be physically active (find something you enjoy!) Eat a balanced diet.

According to the CDC, 41% of adults in the U.S. are Vitamin D deficient, so how do you know if you are deficient? It's important to know how much Vitamin D is circulating in your body. Ask your doctor if you'd like your Vitamin D to be checked. Medicare may cover this if your physician deems it medically necessary. Spring is a good time to measure your Vitamin D status. This is because most people spend the winter indoors or covered in more clothing. In addition, the sun rays are not very strong in northern states. If your blood level is low, your doctor may prescribe a supplement. It's best not to guess the amount. Be sure to consult with your doctor before starting a supplement. It is important to remember that a Vitamin D deficiency is not reversed overnight. It could take weeks to months for levels to normalize.

One of the best things about being active outdoors is getting to enjoy nature! The fresh clean air you breathe in, the warm sun on your skin, and the beautiful colors our eyes take in. Seeing the sun shining, the green grass, the flowers blooming, it just puts you in a good mood! Spending some time outside walking in the sunshine can be a double mood enhancer. Both sunlight exposure and physical activity cause your brain to release feel-good hormones. Even better, sunlight exposure helps your body make Vitamin D. That's triple the reason to get moving!

Adapted from Iowa Department of Public Health – Fresh Conversations

**Jody Applegate
Healthy Aging Director**

Thank You Donors

Bertha Stebens Charitable Foundation

Bertha Stebens Charitable Foundation awarded Elderbridge Agency on Aging a \$5,000 grant on May 19, 2023, to be used for Congregate and Home Delivered Meals. Funding will be used to buy meals for Iowans 60 and older who are in the greatest social and economic need.

Emmet County Community Foundation

Emmet County Community Foundation awarded Elderbridge Agency on Aging a \$5,000 grant for Congregate and Home Delivered Meals. On June 28, 2023, Shelly Sindt, Elderbridge CEO and Jessica Carlson, Elderbridge Advisory Council member attended an awards ceremony in Estherville at the VFW Hall. Funding from the Foundation will be used to provide 500 hot meals for older individuals who have the greatest economic need residing in Emmet County.

Winnebago County Community Foundation

Winnebago County Community Foundation awarded Elderbridge Agency on Aging a \$5,000 grant for Congregate and Home Delivered Meals. On June 27, 2023, Shelly Sindt, Elderbridge CEO and Linda Vaudt, Elderbridge Board Member attended an awards ceremony in Buffalo Center at the Heritage Town Center. Funding from the Foundation will be used to provide 500 hot meals for lower-income older adults living in Winnebago County.

Hanson Family Foundation

The Hanson Family Foundation awarded Elderbridge Agency on Aging a \$5,000 grant award for Congregate and Home Delivered Meals. Funding from the Foundation will be used to provide 500 hot meals for older individuals living in the North Iowa area who have the greatest economic need.

Alliant Energy

Alliant Energy awarded Elderbridge Agency on Aging a \$2,500 sponsorship for Congregate and Home-Delivered Meals. Funding will be used to provide 250 hot meals for older adults who are in the greatest social and economic need.

First Citizens Bank

First Citizens Bank Charitable Foundation awarded Elderbridge Agency on Aging a \$5,000 grant for Congregate and Home Delivered Meals. On July 12, 2023, Gina Cole, Healthy Aging Coordinator, accepted a check from Wendy Rish, VP Retail Manager, and Leah Meinders, Personal Banker with First Citizens Bank. Funding from the Foundation will be used to provide 500 hot meals for older individuals who have the greatest economic need and reside in counties where First Citizens Banks are located.

*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.

10 Steps to Prevent Slips, Trips, and Falls

Some of the most serious injuries among older adults, age 65 and older, are caused by falling. More than 1.6 million older Americans end up in the emergency room or hospital because of a fall, according to the National Institutes of Health. Seniors who have broken a hip by falling can have trouble recovering and regaining mobility.

The good news is many falls are preventable. One of the first things you can do if you take prescription medication is have your health care team review your medication. “Some prescription medicines and over-the-counter drugs, or a combination of them, can make you dizzy or sleepy. Either can lead to a fall,” said Jaza Marina, M.D., a geriatrician at Kaiser Permanente in Atlanta. “If you fall, be sure to let your doctor know, even if you aren’t hurt. Sometimes falls are a sign of a new medical problem that needs attention.”

Many underlying causes of falls can be treated or corrected. Dr. Marina recommends these 10 proactive steps to reduce the risk of falling.

Make your home safe:

1. Remove clutter, throw rugs, and electrical cords that might cause you to trip.
2. Store items on bottom shelves.
3. Add grab bars where necessary, in hallways, stairways and bathtubs.
4. Add a rubber bath mat in the shower or tub.
5. Make sure your home is well lit. Use night lights in hallways and bathrooms.
6. Keep a phone and flashlight by your bed.

Take care of yourself:

7. Stay as physically active as you can.
8. Wear comfortable shoes with good support.
9. Have your vision and hearing checked.
10. Use a cane or walker if you feel unsteady.

For more information on how to prevent falls, visit share.kp.org/preventing-falls. Also check out everybodywalk.org for tips on walking as an exercise. For questions or advice about a specific condition, talk to your physician.

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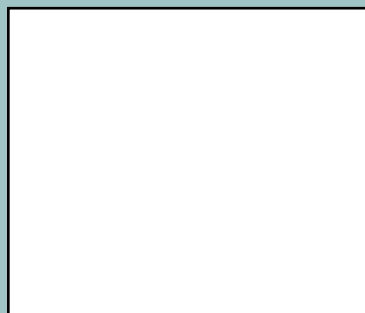
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For more information on upcoming events please visit our website Elderbridge.com, click the Resource tab, and select “Elderbridge Events.”

FRESH CONVERSATIONS

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

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

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

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

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

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

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

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

Eagle Grove Senior Center, 310 W. Broadway St.—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

MASON CITY CAREGIVER SUPPORT GROUP

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

COON RAPIDS CAREGIVER SUPPORT GROUP

Coon Rapids United Methodist Church, 119 4th Ave. – 1st Tuesday of every month at 3:00pm

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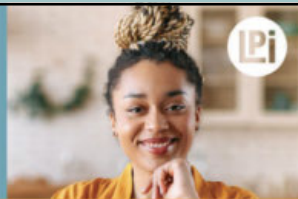
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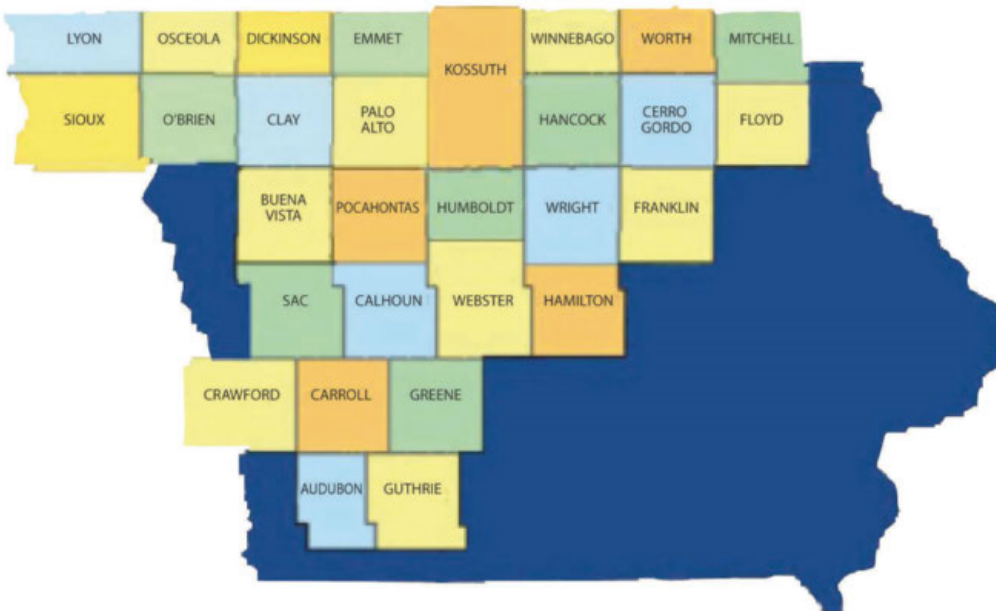
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