

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

March

UPCOMING EVENTS

MARCH- National Nutrition Month

03/03 Elderbridge “Slam Dunk” Against Hunger online auction ends

03/10 Daylight Savings Time (Set your clocks ahead one hour)

03/17 St. Patrick’s Day

03/19 First Day of Spring

April

UPCOMING EVENTS

04/22 Earth Day

May

UPCOMING EVENTS

MAY Older Americans Month For the entire month of May we will celebrate Older Americans Month. More information can be found on page 2.

05/01 May Day

05/05 Cinco de Mayo

05/27 Memorial Day– Elderbridge Offices closed



**FEATURED ARTICLE:
BEYOND THE TABLE
PAGE 4**

March is National Nutrition Month and this year's theme inspires us to look *Beyond the Table* when thinking about our health and the environment. Learn more on page 4.



POWERED BY CONNECTION: MAY 2024

History of Older Americans 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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Staying Socially Active May Enrich Mental Fitness

When you think about exercise, you likely think about the physical health benefits of working out. Many people exercise regularly to lose or maintain weight, improve muscle tone and strength, or increase flexibility.

For seniors, physical activity can help them stay mobile and, as a result, stay independent for longer. However, the benefits of exercise go beyond the physical and can potentially enrich your social life and mental state.

Staying social as you age

Loneliness is a common problem for seniors and can have serious consequences on their overall well-

being. According to the Centers for Disease Control and Prevention (CDC), more than a quarter of adults over 65 are socially isolated. Older adults are more likely to live alone and lose friends and family as they age. The CDC also reports that social isolation in adults 50 or older has been associated with higher risks of dementia, depression, anxiety, and other health problems.

While these facts may be grim, there are many ways to combat loneliness, including group exercise. Health psychologist Kelly McGonigal in her book *The Joy of Movement*, explains that endorphins (the feel-good hormone) released during exercise also help us bond with others. If you've ever played team sports or regularly attended yoga or other group fitness classes, you've probably felt a camaraderie with those around you.

Programs like SilverSneakers by

Tivity Health offer many types of group activities that make a difference in the lives of seniors. The company's 2021 Annual Member Survey revealed that 88% of members said that the program improved their quality of life and 52% made new and valuable friendships by participating.

To further improve seniors' social engagement, the program has partnered with Stitch, the world's largest social community helping older adults create enriching social connections. The platform is now available to SilverSneakers members in participating health plans and allows them to connect around shared interests, like traveling, books, and physical activities, virtually and in person.



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- 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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Beyond the Table

March is National Nutrition Month and this year's theme inspires us to look *Beyond the Table* when thinking about our health and the environment. Choices we make daily, including what we're going to eat and drink, can make a big difference - both now and in the future.

Healthy choices go beyond the foods and drinks we enjoy while sitting at the table for meals. It includes our snacks, meals we take on the go, eating out with friends, and even where foods are grown and how they're prepared.

Try these tips to help you reach Beyond the Table:

Focus on a healthy eating routine

Making healthy food choices may seem difficult at times, especially when eating away from home, but it doesn't have to be. Many restaurants provide nutrition information right on the menu or online to help you choose healthier options. When purchasing food from a store, use a grocery list and pay attention to sales. You also can learn about resources in your community that offer access to healthy foods, such as food banks.

Learn what's involved in growing your food

There are many ways you can learn about how your food is produced. Visit a local farm or farmers market and talk with the people who are growing and harvesting your food. Many farmers and food producers will be happy to answer your questions, let you sample products or provide recipes for foods that are new to you. Some local farms even have tours, so people can see how they operate.

You can also grow your own fruits and vegetables at home. Want to try gardening but have limited space? Grow herbs or lettuce indoors. Tomatoes, peppers, or strawberries may work, too, if you have a patio or porch with enough sunlight. Schools, churches, and other places may offer community gardens where you can participate in the growing process and share in the harvest.

Supporting farmers by buying locally grown and seasonal foods can help you eat with the environment in mind. Other steps include decreasing food waste at home by creating new dishes from leftovers or by composting. You also can add more plant-based foods to your meals and snacks.

Seek the help of a Registered Dietitian Nutritionist (RDN)

Registered dietitian nutritionists, also known as RDNs, are food and nutrition experts who help people live healthier lives. RDNs can help you explore ways *Beyond the Table* to reach your health goals. Make an appointment with an RDN who specializes in your specific needs to jumpstart your plan for personal wellness.

To find a Registered Dietitian Nutritionist in your area and get additional food and nutrition information, visit eatright.org.

Article adapted from a Nutrition Month Article written by RDNs of the Academy of Nutrition and Dietetics.

Jody L. Applegate, RDN, LD

“Slam Dunk” Against Hunger Online Madness

Online auction ends 8:00pm CST, March 3rd, 2024

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

What's in Your Vegetable Garden?

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Word List:

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CORN	CUCUMBER
ONION	POTATO
RHUBARB	KALE
BEANS	PEAS
PUMPKIN	ASPARAGUS
PARSNIP	CAULIFLOWER
EGGPLANT	LETTUCE
RADISH	TURNIP
SORREL	TOMATO

Easy Chicken Pot Pie

Directions

Step 1

Wash hands and any cooking surfaces

Step 2

Pre-heat oven to 400 degrees F.

Step 3

Mix vegetable, chicken, and soup in ungreased, 9-inch pie plate.

Step 4

Stir remaining ingredients in a mixing bowl with fork until blended.

Pour over vegetables and chicken in pie plate.

Step 5

Bake 30 minutes or until golden brown.

Step 6

Let cool for 5 minutes and serve.



Ingredients

- 1 2/3 cups frozen mixed vegetables (thawed)
- 1 cup cooked chicken (cut up)
- 1 can cream of chicken soup
- 1 cup of baking mix, reduced-fat (example: Bisquick)
- 1/2 cup milk (non-fat)
- 1 egg

Makes: 6 Servings

Cook Time: 45 Minutes

Leftover chicken and frozen veggies help this chicken pot pie come together quickly

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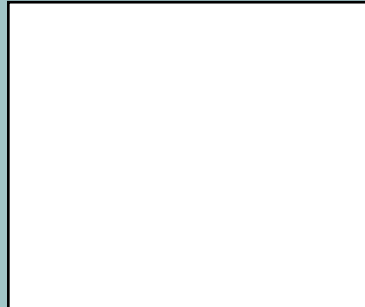
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For more information on upcoming events please visit our website Elderbridge.com, click the Resource tab, and select “Elderbridge Events”

Elderbridge has two different programs available for ongoing nutrition and health information – Fresh Conversations and Words on Wellness. Check out our website and Facebook page for more information on locations, dates, and times.

FRESH CONVERSATIONS

Fresh Conversations is an educational intervention developed by the Iowa Department of Public Health where participants are actively engaged in the learning process with a Facilitator.

This program targets behaviors known to reduce chronic disease burden and promote healthy aging. It is designed to promote healthier food and beverage choices to move closer to Dietary Guidelines for Americans as well as support functional and active aging by promoting affordable

and accessible physical activity strategies.

WORDS ON WELLNESS

(WOW)

Words on Wellness (WOW) promotes a healthy lifestyle based on reliable, research-based information about nutrition, exercise, and food safety. Words on Wellness is developed by Iowa State University Extension and Outreach.

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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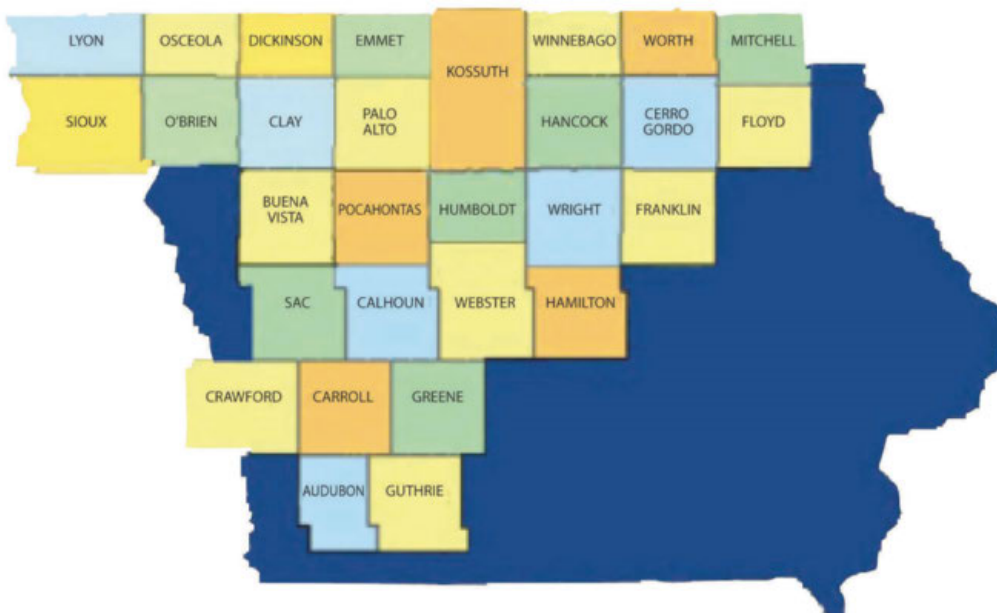
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ELDERBRIDGE AGENCY ON AGING

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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