

To find board meeting minutes, members, and advisory counsel information, please visit [elderbridge.org](http://elderbridge.org)

## December UPCOMING EVENTS

**12/3** Giving Tuesday

**12/5** International Volunteer Day

**12/21** Winter Solstice

**12/24** Christmas Eve  
Elderbridge offices closed

**12/25** Christmas Day—  
Elderbridge offices closed

**12/31** New Year's Eve

## January UPCOMING EVENTS

**01/01** New Year's Day—  
Elderbridge offices closed

**01/20** Martin Luther King Jr. Day- Elderbridge offices closed

## February UPCOMING EVENTS

**02/02** Groundhog Day

**02/14** Valentine's Day

**02/17** Presidents Day-  
Elderbridge Office closed



**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.

# Athletes in Action

On November 7<sup>th</sup>, the NIACC Track and Field Team made a significant impact to the community by volunteering their time and talent to five seniors in Mason City with outdoor chore. The athletes dedicated their day to performing various outdoor chore activities, including but not limited to raking leaves, trimming bushing, weeding, putting an air conditioning cover on, and preparing yards for the winter season. The team's hard work and dedication not only made homes safer and more comfortable but also fostered a sense of community and support. The event was a testament to the positive difference young athletes can make in the lives of older adults, showcasing the spirit of volunteerism and community service. We want to thank the Track and Field Team and Coach for their hard work and dedication!! Great job!

-Laura Allen, Volunteer Coordinator



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

**Knights of Columbus**  
**Brent Graettinger, CLTC, FICF**  
*Field Agent*  
 712-346-7081  
 brent.graettinger@kofc.org

**Life Insurance • Disability Income Insurance  
 Long-Term Care Insurance • Retirement Annuities**

© Knights of Columbus, 1 Columbus Plaza, New Haven CT 06510

## Medicare Questions? Call us today!

Mindy Nicholson  
515-320-3460  
mnicholson@yourhrg.com

**Specializing in:**

- Medicare Supplements • Long-Term Insurance
- Medicare Advantage Plans • Annuities
- Prescriptions Drug Plans • Cancer Plans
- Life Insurance • Dental & Vision Plans

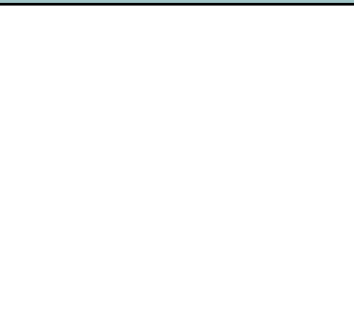
Nicole Skoglund  
712-332-1215  
nskoglund@yourhrg.com

**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



## IF YOU LIVE ALONE

MDMedAlert!™

At HOME and AWAY!

STARTING AT  
\$19<sup>95</sup> /mo.

✓ Ambulance ✓ Police ✓ Family

“STAY SAFE in the HOME YOU LOVE!”

✓ GPS & Fall Alert

CALL NOW!

800.809.3570

\* md-medalert.com

- 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.iooffhome.net



## 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.*

(Courtesy of Family Features)©LPi

TAKE  
care  
OF YOURSELF!  
©LPi

## A Worthwhile Investment In Your Health

Proper nutrition with three daily meals, medications taken as prescribed, help with daily living chores, social interaction and physical movement within our spacious facility all are investment in YOU.

### Apartments Available



**Forest Plaza  
Assisted Living**  
635 Hwy 9 East  
Forest City, IA 50436

Visit us today.

Call Joe at 641-585-1555 • Email: [joe@forestplaza.biz](mailto:joe@forestplaza.biz)  
[www.forestplaza.biz](http://www.forestplaza.biz)



### Paid Training!

**AARP Foundation**  
Senior Community Service Employment Program

**Northern and Northeast Iowa  
Mason City Iowa 50401  
520 S Pierce Ave  
Suite 210**

**The Following Paid Training Positions  
Are Currently Available:**  
Clerical, Custodial,  
Retail, Program Assistant,  
Food Service, Light Maintenance,  
Library Assistant, Museum Assistant,  
Greeter

#### 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](mailto: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%.

SUPPORT OUR  
ADVERTISERS!

THRIVE  
LOCALLY



## 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.

### Let this be an opportunity for communication

Let family members know that your caregiving duties are keeping you very busy and that you only

## 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.

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

Begins: 8:00am CST, March 2, 2025

Ends: 8:00pm CST, March 9, 2025

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 2025 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/elderbridgenutrition2025> to view auction items. Or for more information call: 800-243-0678



## Winter Wonderland

E F R B Y R E P P I L S C H I L L Y  
 P R E R S F F U M R A E F W D L O C  
 S O T T I N S Y B S L E Y Y D N I W  
 T Z N R O N L E C A L P E R I F O I  
 O E I B E C L H P S H O V E L V J E  
 O N W T O O A L M T Y R A U R B E F  
 B S T A W T O G L O V E S T D E L S  
 B I T Z O W C D Y R E T S U L B N S  
 M S E T A N R E B I H O R S S O E S  
 E R K A S E U R S B R E O N W I X K  
 O B N N T S E N H F V N O J R B F A  
 E T A J T V O P K E A W A R L H R T  
 L E L I I W S C F M S N U I Y E A I  
 C C B H S K A N W U U L Z T O A C N  
 I A S T I J I O I A F Z S T K T S G  
 C A O I G B N T R Z A O I C Y E F L  
 I R N A A S A Y G R R Y T S O R F J  
 M G A C N L R A D F T A O C O C Z Q

**Word List:**

- |           |            |
|-----------|------------|
| BELOWZERO | BLANKET    |
| BOOTS     | CABINFEVER |
| COCOA     | COLD       |
| FIREPLACE | FLURRIES   |
| FROZEN    | GLOVES     |
| HIBERNATE | ICICLE     |
| JACKFROST | MITTENS    |
| SHIVER    | SHOVEL     |
| SLED      | SLIPPERY   |
| SNOWSTORM | SNOWSUIT   |
| BLIZZARD  | BLUSTERY   |
| CHILLY    | COATS      |
| EARMUFFS  | FEBRUARY   |
| FROSTY    | FROSTY     |
| HAT       | HEATER     |
| ICY       | JANUARY    |
| PLOW      | SCARF      |
| SKATING   | SKIING     |
| SNOW      | SNOWMAN    |
| WINDY     | WINTER     |



# White Chocolate Puff Corn

## Directions

### Step 1

Line a baking sheet or counter with parchment paper

### Step 2

Melt almond bark— Microwaving at 30 second intervals, stirring after each until it is creamy.

### Step 3

Add puff corn to the melted almond bark and gently fold the puff corn until it is coated

### Step 4

Pour mixture onto parchment paper and let completely cool

### Step 5

Add toppings: sprinkles colored sanding sugar, M&M's Pretzels, festive holiday candies, and/or crushed candy canes



## Ingredients

7 ounces of buttered flavored puffed corn (one package)

16 ounces of almond bark

### Topping Ideas-

Sprinkles

Colored sanding sugar

M&M's

Pretzels

Festive holiday candies

Crushed candy canes



**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



**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



**THRIVE LOCALLY**



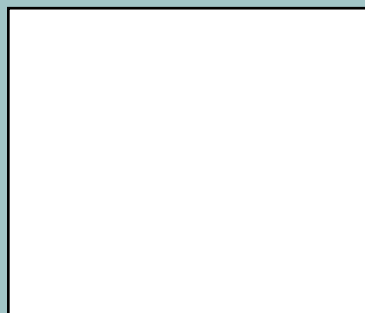
**ROCKWELL COMMUNITY NURSING HOME, INC.**

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*



**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.

## Do You Have a Winter Safety Plan?

Winter can sometimes sneak up on us, especially amid the challenges of the last year. Taking extra steps to identify and create a safety plan to protect yourself from winter hazards is essential.

### Get a flu shot

Seniors are at higher risk for contracting the seasonal flu than younger adults. One of the best ways to protect yourself and those you care about is getting vaccinated.

### Have a snow removal plan

Make certain you have a plan in place for keeping your driveways and sidewalks clear. If your budget is too tight to hire someone, consider connecting with nearby neighbors,



friends, or family. Senior members of the community should contact Elderbridge Agency on Aging, as you may qualify for assistance.

### Prepare for the cold

Take time to check your winter wardrobe to make sure you have everything you need to stay warm. Seniors using a cane or other assistive device to get around should install an ice grip on the tip.

### Stock a storm pantry

Make sure your pantry has enough food and water to last at least 3 or 4 days. Also, make sure you have an extra supply of medications.

### Have the furnace inspected

Carbon monoxide poisoning is another home hazard for which the risk is higher during winter months when the furnace is running.

### Check your vitamin D

Vitamin D deficiencies peak during winter months. This is because the sun, the best source of vitamin D for many people, is often in short supply during the winter. Have your primary physician check your vitamin D levels to determine if supplements are necessary.



**HOMESTEAD**  
ASSISTED LIVING  
A Member of the Midwest Health Family



# HOME SWEET HOMESTEAD

Homestead Assisted Living isn't just a senior community - we're a tight-knit family. Our small building and cozy décor allow seniors to feel at home, so they get to know their neighbors and caregivers. If you or a loved one are looking for care in a place that feels like home, visit Homestead today.

**CALL 641.323.4119 TO SCHEDULE A VISIT!**

HomesteadOfMasonCity.com  
2501 W. State St. Mason City, IA 50401





**ELDERBRIDGE AGENCY ON AGING**

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

NON PROFIT ORG  
US POSTAGE  
**PAID**  
Mason City, IA  
50401

\*Return Service Requested\*

*In the case of inclement weather, Elderbridge offices may be closed to the public. Please tune in to your local broadcasting channel, or call Elderbridge at 800-243-0678 for more information.*

**ELDERBRIDGE AGENCY ON AGING**

CHOICES TODAY | OPTIONS TOMORROW

**Elderbridge Donation/Pledge Card**

We need your help to provide food, emergency meals, transportation, home repairs, and more!



Name: \_\_\_\_\_ Email: \_\_\_\_\_  
Mailing Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_

**Four Convenient Office Locations:**

514 N. Court St. Suite 1, Carroll, IA 51401      308 Central Avenue, Fort Dodge, IA 50501  
714 10th Avenue East, Suite #1, Spencer, IA 51301      1190 Briarstone Drive, Suite #3, Mason City, IA 50401

Elderbridge is a community-based 501(c)(3) non-profit, serving 29 counties in North Central, Northwest, and Central Iowa. Our mission is to advocate for and empower older adults, caregivers, and individuals with disabilities to pursue independent, healthy lives.

**Charitable Giving Options**

- \$100       Monthly       Memorial Gift in Memory of \_\_\_\_\_
- \$250       Quarterly       Endowment Gift
- \$500       Semi-Annually      County \_\_\_\_\_
- 1,000       Annually      Public Recognition: Yes \_\_\_ No \_\_\_
- \_\_\_\_\_ Other       One Time Only

\*\*Your contribution is tax-deductible to the extent allowed by law. A letter of receipt will be sent to you for tax purposes.

**Payment Method**

- Check:** Payable to Elderbridge Agency on Aging
- Credit/Debit Card:** See QR Code or visit [www.elderbridge.org](http://www.elderbridge.org)



Thank you so much for your generous donation and support!  
Elderbridge Agency on Aging  
800-243-0678