



# THE BRIDGE

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

## September

### UPCOMING EVENTS

#### MONTH OF SEPTEMBER

Healthy Aging Month

**09/02** Labor Day–  
Elderbridge Offices Closed

**09/07-09/15** Clay County  
Fair

**09/08** Grandparents Day

**09/18** Carroll County Senior  
Fun Day

**9/22** First Day of Fall

## October

### UPCOMING EVENTS

## November

### UPCOMING EVENTS

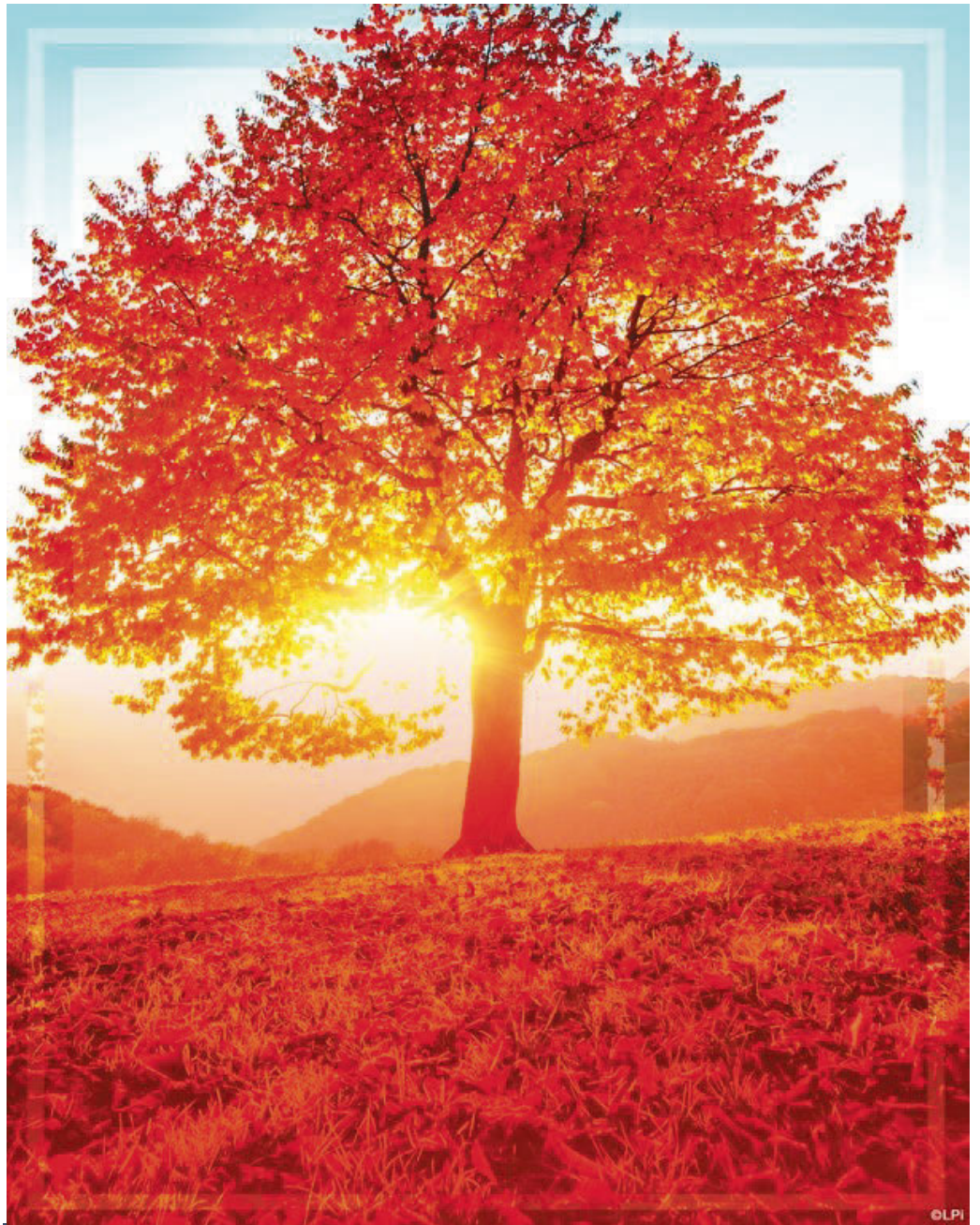
**11/11** Veteran's Day–  
Elderbridge Offices Closed

**11/14** Fort Dodge Caregiver  
Appreciation Event

**11/20** Spencer Caregiver  
Conference

**11/28** Thanksgiving

**11/28-11/29** Elderbridge  
Offices Closed



### FEATURED ARTICLE: FAMILY CAREGIVER

November is national family caregiver month. Learn more about caring for your loved one, and yourself on page 4.

# Volunteer Appreciation


Elderbridge Agency on Aging recently held five volunteer appreciation events throughout our 29-county area to honor the hard work and dedication of our volunteers. Events featured lunch, fun games that encouraged teamwork and laughter and gave volunteers a chance to win prizes, along with a gift as a token of appreciation for their invaluable contributions. “You Bake the World a Better Place” gift sets.

To cap off the events, a special speaker was invited to share inspiring stories and insights, further motivating volunteers and highlighting the importance of their service. Overall, these events not only celebrated volunteers but also fostered a sense of community and gratitude. These events were funded by the volunteer grant, Community Care Corps.


A message from Volunteer Coordinator, Laura Allen, to our volunteers, “Thank you from the bottom of my heart for your unwavering dedication and selfless service. Your commitment to making a difference in our community is truly inspiring. The time you spend volunteering not only

enriches the lives of those you help but also strengthens the bond within our community. I appreciate the time you take out of your day, the talents you share, and the positive energy you display. You have touched countless lives, and your impact is immeasurable. Thank you for being the heart and soul of our organization and helping fulfill the Elderbridge mission, we could not do it without you! I am grateful for each and every one of you and feel so fortunate to have such a great team! Thank you!!”

*-Laura Allen,  
Volunteer  
Coordinator for  
Elderbridge  
Agency on  
Aging*

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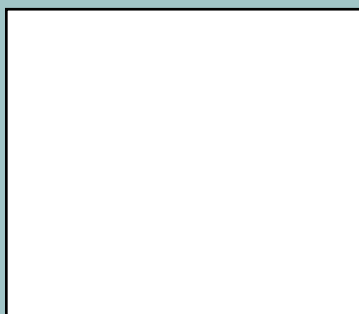
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# Caregiver Events

## Spencer Caregiver Conference:

On November 20th, 2024, from 9:00am- 3:30pm at the Clay County Events Center in Spencer, IA, Elderbridge Agency on Aging will be hosting a Caregiver Conference. This conference will cover a wide range of topics including, role confusion, grief, dementia, Elderbridge services, compassion fatigue, and caregiver burnout. The event is open to the public and free to caregivers, with CEUs being offered at an additional cost through Iowa Lakes Community College. A light breakfast and lunch will be provided.

If you, or someone you know, is interested in the event, please contact Ally Schwartzkopf, 800-243-0678 or

email at [aschwartzkopf@elderbridge.org](mailto:aschwartzkopf@elderbridge.org). Respite services will be provided.

## Fort Dodge Caregiver Appreciation Event:

Being a caregiver can be stressful, often thankless and time consuming. We at Elderbridge Agency on Aging understand this, and believe that you as the caregiver need to be pampered too. November 14th, Elderbridge Agency on Aging will be hosting a Caregiver Appreciation Event in Fort Dodge. At the come and go event from 10:00am-2:00pm caregivers will enjoy mini manicures, massages, acupressure, essential oils, a free gift, a chance at more prizes and lunch.

If you, or someone you know, is interested in the event, please contact Angie Martens, 800-243-0678 or email at [amertens@elderbridge.org](mailto:amertens@elderbridge.org). Respite services will be provided.



### SPENCER CAREGIVER CONFERENCE

Clay County Event Center, 800 W. 18th St. Spencer, IA 51301— November 20th, 2024 from 9:00am-3:30pm

### FORT DODGE CAREGIVER APPRECIATION EVENT

The Laramar Ballroom, 710 1st Ave North, Fort Dodge, IA – November 14th, from 10:00am-2:00pm

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- 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%.

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# Caring for Caregivers: How to Prevent Caregiver Burnout

While caring for an older family member — whether it be a spouse, parent or grandparent — can be a rewarding experience, it can also be a difficult and overwhelming task. This is especially true if your loved one lives with Alzheimer's disease or other dementia-related illnesses.

Whether it's out of love or obligation, caring for a chronically ill or disabled family member (and potentially his or her financial and legal interests) can come at the expense of the caregiver's quality of life. In addition to maintaining a healthy, active lifestyle outside of caregiving responsibilities, it is important for those caring for a loved one to learn ways to avoid health hazards and stay well-informed of any changes in their loved one's condition. Add work and children to care for to the equation and it's a formula that can lead to stress, exhaustion, and even potential health issues.

The additional duties often required to provide care for a loved one can lead to physical or emotional fatigue, often referred to as "caregiver burnout." If you're caring for an older adult, the Alzheimer's Foundation of America recommends these tips to help manage stress before caregiving leads to burnout.

## **Know the signs of burnout**

By the time many caregivers suspect signs of burnout, they're likely already suffering symptoms related to their responsibilities. Being aware of some of the warning signs can help caregivers properly manage stress and protect themselves. Warning signs include:

- Overwhelming fatigue or lack of energy
- Experiencing sleep issues
- Significant changes in eating habits or weight
- Losing interest in activities you once enjoyed
- Neglecting personal physical and emotional needs
- Becoming unusually impatient, irritable or argumentative
- Having anxiety about the future or a feeling of hopelessness
- Suffering from headaches, stomachaches or other physical ailments
- Experiencing depression or mood swings
- Having difficulty coping with everyday tasks
- Lower resistance to illnesses

## **Educate yourself about the disease**

It's likely the loved one you care for has several health problems, takes multiple medications and sees multiple health care providers to manage his or her conditions. As a first step in learning more about Alzheimer's disease and other dementia-related illnesses, visit [alzfdn.org](http://alzfdn.org) or [nia.nih.gov/alzheimers](http://nia.nih.gov/alzheimers) for information. Support groups, educational workshops, community resources and professionals can also help increase your understanding of the disease and what to expect so you can be a better-informed and prepared caregiver.

## **Be prepared for important decisions**

Take care of financial, legal, and long-term care planning issues early on to help reduce stress later. Try to involve the individual in decision-making if he or she is capable and consider personal wishes regarding future care and end-of-life issues.

## **Build your care skills**

Key skills for any caregiver include communication, understanding safety considerations and behaviors, and managing activities of daily living such as bathing, toileting, and dressing. Some organizations and local hospitals may even offer classes specific to your loved one's disease that can aid you in the process.

## **Develop empathy**

Try to understand what it is like to be a person living with Alzheimer's or dementia. Put yourself in the affected person's shoes while also recognizing your own losses. Manage your expectations of your loved one and remain patient.

## **Ask for help when you need it**

Reach out to medical and mental health professionals as well as family and friends. They can assist you when things get tough. In addition, there are typically programs, agencies, and organizations in your community that can help manage the challenges of caring for older parents, grandparents, spouses, and other older adults.

## **Advocate for and connect with your loved one**

Take an active role in the individual's medical care. Get to know the care team, ask questions, express concerns, and discuss treatment options.

## **Think positive**

Focus on the capabilities and strengths that are still intact and enjoy your relationship with your loved one while you are still together. Look for ways to include him or her in your daily routines and gatherings to make as many memories as possible.

*Find more caregiver resources and tips at [alzfdn.org](http://alzfdn.org).*

**Continued on page 5**

# Caring for Caregivers: How to Prevent Caregiver Burnout Continued:

## Tips for Managing Caregiver Stress

Stress can affect anyone, and caregivers may find themselves faced with additional stressors. To help manage stress and avoid caregiver burnout, keep these tips from the Alzheimer's Foundation of America in mind:

- Maintain a positive attitude
- Be flexible and accept the circumstances
- Be honest and open about your feelings
- Take it one day at a time
- Get a good night's sleep
- Incorporate stress management techniques, such as meditation or deep breathing, as well as exercise into your daily routine
- Drink plenty of water and eat a healthful diet full of fruits and vegetables
- Set realistic goals and go slow

## Getting Help with Caregiving

Everyone needs a break from time to time, even caregivers. Look into respite programs for a chance to care for yourself. Types of respite include:

### Home Care

- Home care is often initiated by a doctor's order or hospital stay and administered by medical professionals who come into the home and help with personal care and housekeeping functions. Medicare covers some home health services.

## Adult Day Programs

- Social-model programs offer stimulation, socialization and therapeutic activities in a community-based group setting and often include meals.
- Medical-model programs (adult day health care programs), offer health-based services as well as social activities in a group setting.
- Some programs include assistance with activities of daily living and transportation.
- Adult day services charge per hour and may be covered under some long-term care insurance policies.
- Medicaid covers some adult day health programs.

## Facility-Based Respite

- Provide a short stay for your loved one in a nursing home or another facility.
- Facilities typically charge for each day your loved one is in their care.
- Medicare or Medicaid may cover some costs of an inpatient facility.

## Family and Friends

- Identify responsible family members and friends who can lend a hand in providing supervision for your loved one and create a rotating care schedule, if possible.
- Enlist the help of family members living in different states by assigning them tasks such as legal or financial paperwork.

Source: Alzheimer's Foundation of America  
(Courtesy of Family Features)

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# Ways to Avoid a Life-Changing Fall

Advances in healthcare and other technology are increasingly allowing aging Americans to live longer at home. However, many are unable to continue to do so once they take a serious fall at home. The following steps can be taken to prevent debilitating falls from ever taking place:

## Recognize Your Risk

Various health issues, medications, alcohol, or dehydration may increase

your risk for a fall. Being aware helps you prepare.

## Optimize Your Health

Take responsibility for staying as healthy and fit as possible by remaining active, drinking enough water, limiting alcohol, avoiding smoking, and eating a healthy diet with plenty of calcium and vitamin D

## Fall-Proof Your Home

Walk through your home to identify and fix any possible dangers. You can find great resources for this in the AAOS and Orthopaedic Trauma

Association Falls Awareness and Prevention Guide (<https://www.orthoinfo.org/globalassets/pdfs/aaosfallprevention.pdf>).

## Wear the Right Shoes.

Limit footwear to well-fitting, low-heeled shoes or slippers with rubber or other non-skid soles. Also watch for untied shoelaces.

(Courtesy of BPT)  
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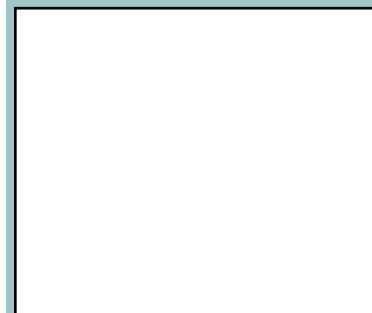
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# No Bake Pumpkin Cheesecake

## Directions

**Step One-** In a large bowl whip cream cheese, pumpkin, vanilla, cinnamon, pumpkin pie spice, and brown sugar for a few minutes until fluffy. A hand mixer or spatula both work fine.

**Step Two-** Add whipped cream and whip until smooth.

**Step Three-** In medium bowl, beat cream cheese and sugar until smooth. Juice lemon into mixture, continue mixing until blended.

**Step Four-** Spoon mixture into pie crust and chill for a few hours until firm.



## Ingredients

- 8 oz 1/3 less fat Cream Cheese
- 1/2 C pureed pumpkin
- 1 tsp Vanilla
- 1 tsp Cinnamon
- 1 tsp Pumpkin pie spice
- 1/4 C brown sugar—unpacked
- 4 oz whipped cream, thawed
- 9 inch Graham Cracker crust



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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.

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