

NEI Aging Today

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NORTHEAST IOWA
**Area Agency
 on Aging**

NEI3A helps older persons respond to their evolving needs and choices.

Social Isolation in Older Adults

We live in a time when communicating with a friend or loved one, whether they are across town or across the country, can be as simple as a few clicks of a mouse or taps on a cell phone screen, yet research indicates that we are, as a society, lonelier than we have ever been. This is especially true for the elderly.

Loneliness is defined as a feeling of emptiness, deprivation or sadness. The National Council on Aging reports loneliness impacts 20 million older adults. Lack of social connection can be more harmful to a person's health than smoking 15 cigarettes a day.

Loneliness should not be taken lightly since it can lead to serious consequences such as loss of independence, eating disorders, increased stress/ anxiety, depression, sleep problems, suicidal thoughts, and

higher rates of chronic disease, dementia and death.

There are several reasons or factors that can contribute to loneliness and isolation including, death of a spouse, children moving away, change in living environment, loss of network of friends, fear of becoming a burden, fear of going out and falling, difficulty communicating (language or hearing problems), or illness.

Luckily, there are a number of ways older adults can avoid these risks and complications associated with isolation. Find out how on the next page!



Ideas to Help Alleviate Senior Isolation

Senior Dining Centers and Iowa Cafes:

Yes, it is true. Senior Centers do offer hot, delicious meals. But senior centers are also the perfect way for older adults to connect with members of the community and engage in activities. Local centers often provide educational programs, exercise classes, entertainment, fun activities, games and much more. Senior Centers also serve as the gateway to the nation's aging network - connecting older adults to vital community services that can help them stay healthy and independent.

Iowa Cafe's are a newer dining option being offered in Northeast Iowa. You still get the benefit of socializing along with providing you with more options of when and what you eat.

Join a club or a class:

When alone, people tend to focus on themselves, dwelling on regrets or worries. Being with others turns the focus outward. Joining a club or class can help older adults turn their focus to something they enjoy. There are many options available such as book clubs, gardening clubs, collectors clubs, and quilting clubs as well as exercise classes such as Seniors in Motion and Tai Chi.

Technology:

If it is difficult for older adults to leave their homes on a regular basis to interact with others, today's technological advances offer a variety of opportunities. Whether it is through email, texting, social media or live videos, older adults can engage with family and friends. Technology may be difficult for some older adults to master, but with a little guidance from a family member or friend or getting easy to use tablets such as GrandPads, they can learn how to set up a live video or social media account.

Volunteer:

Having a greater sense of purpose can be an effective way to overcome loneliness and isolation. Volunteering can provide an older adult with this sense of purpose as well as social time with people of all ages. There are many organizations that would welcome the skills, wisdom and work ethic that older adults provide. Some options include local schools, libraries, humane society, churches, Boys & Girls Club, and many more. NEI3A relies on hundreds of volunteers each year to help older adults stay in their homes and communities. Volunteers are always welcome and needed to help deliver meals and assist in the Senior Centers.

Something to Take Care Of:

Over the years older adults have taken care of others but as they get older those things tend to fade. Having a pet can not only give them a companion but also fulfill the need to take care of something. Pets can also lead to more socialization opportunities. When on a walk or visiting a park, pet owners often stop and talk to each other. While having a pet may not be the best option for everyone, studies show that gardening can also fulfill the act of nurturing and have similar results.

No question, it is challenging, but social isolation is preventable. Knowing where the resources are, and using technology to supplement in-person contact, can mitigate loneliness and depression. To get help finding resources in your area give us a call at 1-800-779-8707.



Powerful Tools FOR Caregivers

Feeling stretched caring for a family member or friend?

Powerful Tools for Caregivers is a class designed to provide you—the caregiver—with skills to take care of yourself. The series of six classes, held once each week, offers tools and support to help you reduce stress, solve problems, and communicate confidently when faced with tough decisions. Class participants are given The Caregiver Help book to accompany the class and provide additional caregiver resources.



**When you take care of yourself, everyone benefits.
Join one of the three classes starting soon!**

Waterloo:

Date:

Six Tuesdays
Starting August 2

Time:

10:00 - 11:30 a.m.

Location:

First Presbyterian Church
505 Franklin Street-Waterloo

Register:

Anne Marie Kofta
akofta@nei3a.org

Brittney Brown
bbrown@nei3a.org

Call 319-287-1166

Cost: Contribution

Cresco:

Date:

Six Wednesdays
Starting September 7

Time:

1:00 - 2:30 p.m.

Location:

Iowa State Extension Office
132 1st Avenue W. - Cresco

Register:

Kelly Kuennen
kkuennen@nei3a.org

Kristie Wiltgen
kwiltgen@nei3a.org

Call 563-277-6024

Cost: \$15

Dubuque:

Date:

Six Thursdays
Starting September 29

Time:

1:00 - 3:30 p.m.

Location:

Stonehill Caregiver
Resource Center
3485 Windsor Ave.-Dubuque

Register:

Jolene Koopmann, BSW -
Caregiver Resource Center
Coordinator at Stonehill
Communities

Call 563-690-9679

Cost: Contribution

National Fall Prevention Day is September 22

Here are Some Simple Tips to Prevent Falls

If you or someone you know are 65 years of age or older, you probably know someone who has fallen this past year. In fact, 1 in 4 older adults falls annually. And falls are the leading cause of injuries for older persons. This sounds ominous but the good news is that there are ways to prevent or reduce your risk of falling. And, they don't include expensive treatments or purchases. As a matter of fact, practical lifestyle changes can help you reduce your risk of falling and improve your quality of life.

Here are some things to consider.

- **Are you active?** Do you get physical activity regularly and maintain an active social life? If not, think about starting an exercise program that includes walking, flexibility and resistance training. NEI3A offers exercise programs in many locations and specific fall prevention programs as well.
- **Have you had your vision checked recently?** See your eye doctor annually and more often if you believe your vision has changed. Be sure your glasses are clean and well-adjusted.
- **Do you take multiple medications?** Discuss with your healthcare provider any concerns about falling. Your pharmacist can also provide information about any medications you take that may increase your risk of falls and what you can do to minimize that.
- **Do you think your home is safe for you?** Consider conducting a thorough safety assessment of your living space. If you have rugs, are they non-slip and do they lay flat? Are your stairs well-lit and are there handrails on both sides? Is there clutter in your home that could be removed?
- **Are you eating well and drinking enough fluids?** Poor nutrition can lead

to weaker muscles and dehydration is a risk for dizziness or even low blood pressure- a cause for falls. Protein is a necessary nutrient that we may not eat enough. Often, we don't recognize that we are thirsty so be sure to drink plenty of water throughout the day.

National Fall Prevention Awareness Day is September 22, 2022 and is a great time to think about our fall risk. But don't wait until then to consider what you can do to make your day safer! Fall prevention is important all year long. NEI3A offers several fall prevention programs and would like to help you find what works best for you. If you would like more information, give us a call at 1-800-779-8707.





Tai Chi Offers Fall Prevention Benefits

One way to help prevent falls is to start moving! Tai Chi for Arthritis and Fall Prevention offers a gentle exercise option that can help reduce the risk of falling by improving strength, balance, coordination and flexibility. This low-impact, relaxing form of exercise is ideal for older adults.

In honor of National Fall Prevention Day in September, NEI3A will be starting a Tai Chi class in Waterloo as well as offering a sample Tai Chi class in the park in Decorah.

Waterloo: September 9 - November 4
3:15 - 4:00 p.m.
Hawkeye Adult Learning Center
120 Jefferson Street, Waterloo
To register call Sonya Carlson at
319-296-4274 Ext. 2010

Decorah: Wednesday, September 14
10:30 a.m.
Decorah Fish Hatchery
2321 Siewers Spring Rd., Decorah
The event is open to the public, and anyone can attend. To register call Patty at 563-379-9737.

In the event of inclement weather, the event will be canceled.

HomeMeds Medication Management

Are your medications putting you at risk of falling?

As you get older, the way medications work in your body can change. And while medications are very important in controlling many illnesses, they can also have serious side effects.

Each year, nearly 100,000 older adults go to the ER because of medication-related issues, including falls, dizziness, heart issues, or confusion.

What is HomeMeds?

HomeMeds is a free review of all your medications by a pharmacist. If you answer YES to some or all of these questions, you may benefit from a review:

- You see multiple doctors or fill prescriptions at multiple pharmacies
- You take over-the-counter drugs or supplements
- You have recently experienced a fall, dizziness, or unusual confusion
- You have recently been to the ER or hospital
- You take blood thinners or diabetes medications

Here is how HomeMeds works.

- We will provide a visit for medication inventory and assessment
- Medication information is entered into computerized assessment
- Pharmacists reviews information to find out if any medications taken may cause ill effects.
- If any potential problems occur, the pharmacist will contact your physician for review and discussion
- We will provide you a complete medication list that can be taken to doctor appointments or given to family members

For more information or to schedule a review, call 1-800-779-8707

Iowa Cafe Expands to Waterloo



The Iowa Café is a partnership program between NEI3A and local restaurants to allow you to get out and socialize, enjoy a hot, nutritious meal, all while supporting a local business in your community. We are excited to announce the addition of two new Iowa Cafes in Waterloo. Thanks to a Community Development Block Grant from the City of Waterloo we will be partnering with Hungry Charlies and Restoran Bosna. Space may be limited with the Waterloo restaurants due to funding.

No Fees to Participate - Donations Appreciated!

There are no fees to participate in the program, and no payment is required. However, we will send you a monthly letter offering you a chance to contribute toward the cost – helping us continue to provide this unique service.

Iowa Cafe Participants Can Visit Any of NEI3A Iowa Cafe Partners Listed Below

- Aprils Downtown Diner
- Bents Smokehouse & Pub in Westgate
- Gus & Tony's in West Union
- Hungry Charlie's
- Johnson's Restaurant in Elkader
- Local Bar & Coffee Shop
- Restoran Bosna
- Shep's Riverside Bar & Grill in Lansing
- Sodes Perk Central Coffee House & Café
- Westside Family Restaurant

How to Register

- Scan the QR code
- Call 1-800-779-8707
- Visit our website at www.nei3a.org/iowa-cafe/default.aspx



The top worries of aging, put to rest.

Surveys reveal these top fears of older adults;

Losing Independence

Having to give up their home--Running out of money



Nell Wilson, center, with Fortified Life team of Amanda Lynch & Jacob Bates

Nell Wilson calmed all those fears by joining Fortified Life
"I wanted my adult sons to be assured that I'm taken care of," Nell says. Plus, we worked hard for what we have and I'd like for them to enjoy some of it, rather than running out of money paying for care."



FORTIFIED
LIFE

Presented By:  Western Home
communities

How does it work?

- A personal lifestyle coach supports members to stay as independent as possible in their home, with services they need along the way.
- it caps the cost of long-term care if ever needed protecting assets and allowing you to plan for the future.

For more information please contact

Jacob Bates at 319-260-4267

"We all need to face the realities of aging. We should plan now, not live in denial"

WWW.FORTIFIED-LIFE.COM



Senior Farmers Market Checks

Checks are still available for qualifying seniors to get fresh locally grown produce

The Senior Farmers' Market Nutrition Program provides qualified seniors aged 60 and over with coupons (checks) to use at farmer's markets, roadside stands, and community-supported agriculture programs for unprepared, locally grown fruits, vegetables, herbs, and honey. Ten checks totaling \$30 are given to each eligible participant once each program year. The checks are valid through October 31.

Eligible participants must:

- Be 60 years of age or older, born in or before 1962
- Live in the NEI3A service area
- Gross household income (i.e., before taxes) must be no more than \$25,142 for a single person and \$33,874 for a married couple.

Apply today! To receive an application:

- Print the application by scanning the QR Code to the right.
- Call NEI3A at 1-800-779-8707 to have an application mailed to you.



Once you have filled out both sides of the application mail it to:

NEI3A - Farmers Market Checks
3840 W. 9th Street
Waterloo, IA 50702

Checks will be mailed to you once the application has been processed.



Better Choices Better Health

If you have a condition such as diabetes, arthritis, high blood pressure, heart disease, or chronic pain, this workshop will teach you skill building techniques to help you take a more active role in managing your health.

Learn to:

- Communicate effectively
- Get better sleep
- Get nutrition and exercise
- Problem resolution

Sign up NOW! Classes held:

August 16 - September 20

Tuesdays

1:00 - 3:30 p.m.

Buchanan County Senior Center

400 5th Avenue NE, Independence

To register contact:

- ▶ Colleen Lawler - 319-380-3239
clawler@nei3a.org
- ▶ Elise Bovy - 319-231-6798
ebovy@nei3a.org

A contribution of \$25 to cover the cost of materials is recommended.

Keep Your Picnic Safe

Warmer weather means spending more time outdoors, and what better way to do that than with a fun family picnic! Entertaining outside does present a few challenges, but it's worth it to be out in nature and experiencing the beautiful scenery and fresh air.

Eating outdoors in warm weather increases the chance of food becoming unsafe to eat. Pack only what you need. This will lessen food waste since foods kept out for more than 2 hours (1 hour if 90°+F) should be tossed.

Follow these tips to keep food safe:

- Wash your hands and surfaces before, during, and after handling raw food items. Use paper towels to clean up spills.
- Avoid cross-contamination by keeping raw foods separated from cooked foods. Use separate cutting boards for meats and produce.



- Check temperatures. Use a food thermometer to check the food's temperature before serving.
- Keep cold foods cold. Keep cold foods chilled at 40°F or lower. Keep coolers filled with ice. Frozen bottles of water can serve as ice packs. Replace ice frequently if melted.
- Keep hot foods hot. Keep hot foods hot at 140°F or higher. Wrap and cover foods and place in an insulated warming container until needed.

Orange Dressing with Fruit and Greens

Serving Size:

3 cups salad, 2 tablespoons dressing | Serves: 4

Ingredients:

Dressing:

- 1/4 cup orange juice
- 2 tablespoons vinegar
- 1 1/2 tablespoons white sugar
- 2 tablespoons oil

Salad:

- 8 cups greens (romaine, lettuce, or spinach)
- 2 cups vegetables, chopped (broccoli, cabbage, carrots, cauliflower, etc.)
- 2 cups fruit, chopped (apples, berries, grapes, or oranges)



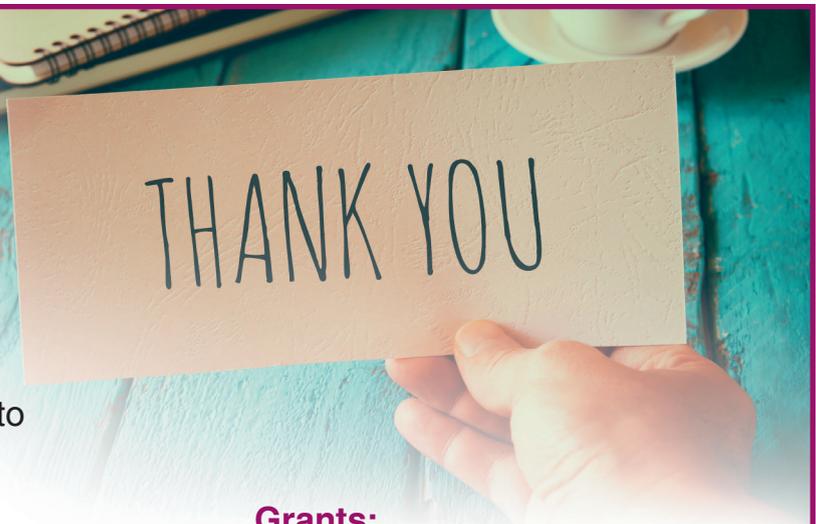
Directions:

1. Combine dressing ingredients in a container with a screw top. Close tightly and shake until combined. Store in the refrigerator until ready to use (up to 1 week).
2. For each salad, top 2 cups of greens with 1/2 cup vegetables and 1/2 cup fruit.
3. Take dressing from the refrigerator and shake hard to combine ingredients again. Drizzle 2 tablespoons of dressing onto each salad.

Nutrition information per serving: 160 calories, 7g total fat, 0.5g saturated fat, 0g trans fat, 0mg cholesterol, 60mg sodium, 21g total carbohydrate, 5g fiber, 14g total sugar, 3g protein.

We Appreciate Your Support!

Northeast Iowa Area Agency on Aging would like to thank our supporters. The donations and grants we receive allow us to live out our mission of helping older persons respond to their evolving needs and choices. Thank you to the following fiscal year 2022 supporters!



Donations:

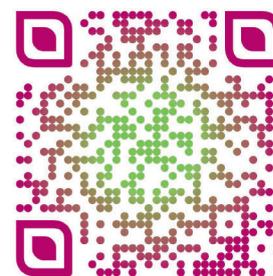
- Alpine Communications
- Robert Baszner Jr
- Debra Berger
- Theresa Britt
- Sidney Bunger
- Cynthia Dunn
- Mary Dutton
- Eye Care Associates
- Lori Fisher
- Frontstream
- Gemini Inc
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- Sonya Grant
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- Dorinda Pounds
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- Susan Ramfjord
- St Edwards Church
- Stanley and Linda Schneider
- David and Lori Sharp
- Sisters of Charity of the Blessed Virgin Mary
- Kelly Wells Sittig
- Waterloo Public Library
- Westminster Presbyterian
- Sandra Yanke

Grants:

- Bremer County Community Foundation
- Buchanan County Community Foundation
- Butler County Community Foundation
- Cedar Valley United Way
- Clayton County Community Foundation
- Dubuque ARPA
- Dubuque UW FEMA EFSP
- ECR Fund
- Gemini Inc
- Grundy County Community Foundation
- Otto Schoitz Foundation
- United Way Dubuque
- Waterloo Housing Trust Fund

If you would like to donate to help provide valuable services to older individuals

- Scan the QR Code
- Visit our website at www.nei3a.org/support-nei3a
- Call Lisa Wetzel at 319-874-6879



BECAUSE GRANDMA TIME IS THE BEST TIME.



**Get Vaccinated.
Get Boosted.**



- COVID-19 vaccines available in the United States are effective at protecting people from getting seriously ill, being hospitalized, and even dying—especially people who are boosted.
- As with vaccines for other diseases, you are protected best when you stay up to date with the recommended number of doses and boosters.
- COVID-19 vaccines even offer protection to people who had COVID-19, including protection against being hospitalized from a new infection.
- Find a vaccine location at [vaccines.gov](https://www.vaccines.gov) or scan the QR Code.

Sudoku Puzzle

1		4	9					
				6		3	9	5
9	2			4				
		6	2				8	
				5	3		6	9
	4	9			5			1
					6			
		7			8			

Home Modification Assistance

Do you want to remain in your home as you age but need some assistance making the proper modifications to your home? NEI3A is looking for individuals in the city of Waterloo aged 60 and over or disabled who need assistance making home modifications.

With this special funding, NEI3A can help with:

- Grab bars
- High rise toilets
- Lift Chairs
- Stairlifts
- Ramps
- Walk-in showers
- Tub cut-outs
- Door widening

Emergency assistance for the Cedar Valley area may be available for:

- Furnace/air conditioning repairs
- Fans
- Utility shut-off prevention

For more information, please call 1-800-779-8707.

60's Songs

Find and circle all of the 1960's song titles that are hidden in the grid. The remaining letters spell the title of an additional 1960's song.

- | | | |
|-------------|---------------|--------------|
| Baby Love | Good Lovin' | Soul Man |
| Blue Moon | Groovin' | Spooky |
| Blue Velvet | Hair | Stay |
| Bus Stop | Heatwave | Surf City |
| Cara Mia | Hey Jude | Teen Angel |
| Chain Gang | Holiday | The Boxer |
| Cherish | Itchycoo Park | The Twist |
| Crazy | Last Kiss | These Eyes |
| Crying | Memphis | Valleri |
| Dizzy | My Girl | Volare |
| Downtown | My Guy | White Rabbit |
| El Paso | People | Wild Thing |
| Elenore | Puppy Love | Windy |
| Fingertips | Respect | Wipeout |
| Fire | Runaway | Words |
| Galveston | Sherry | Yesterday |

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

Source: Livewire Puzzles

NEI Aging Today is published quarterly to entertain, educate, and inform our readers. The opinions expressed in **NEI Aging Today** do not necessarily reflect the opinions of the Agency on Aging, its governing bodies, or Advisory Councils. Articles and other comments are welcome. NEI Aging Today reserves the right to publish all or part of material submitted. Deadline is the 10th of the month prior to printing.

In accordance with the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973 and the Aging Discrimination Act of 1975, it is the policy of Northeast Iowa Area Agency on Aging to provide services to all persons eligible under the provisions of the Older Americans Act of 1965, as amended, without regard to race, creed, color, religion, national origin, sex, sexual orientation, handicap, or age.



3840 W. 9th Street
Waterloo, IA 50702

Supporting You in Your Caregiver Journey

Being a family caregiver can be stressful. We are here to help! Connect with our caregiver professionals and other caregivers to share experiences and learn about available resources at one of our support group options:



3 Options Available!

Join by phone:

- Each Wednesday from 10:00 - 11:00 a.m.
 - Third Monday of each month from 10:00 - 11:00 a.m.
- Dial 1-800-264-8432 and use participant code 961847#.

Attend Virtually:

Meet face to face with other caregivers each Monday from 2:00 - 3:00 p.m. by Zoom. To join, click on the link on our website at www.nei3a.org/our-services/caregiver-resources.

Meet In Person:

- Decorah: 3rd Monday of each month from 10:00 - 11:00 a.m.
NEI3A Office - 607 Washington Street in Decorah.
- Dubuque: Last Monday each month from 2:00 - 3:00 p.m.
NEI3A Office - 2728 Asbury Road in Dubuque



For questions call 1-800-779-8707