

NEI Aging Today

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 on Aging**

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We made it to the new year! It's hard to imagine any other New Year's that has inspired so much hope for a brighter future. Nine months ago, we all learned a new normal when the words COVID -19, pandemic, social distance, face mask, and quarantine became part of our daily conversations. Self-care became one of the many buzz words we used to describe our routines, and we all became much more tech-savvy.

While the pandemic presented many challenges to us throughout the year, it also introduced new opportunities. We have explored partnerships to expand our meal program and incorporated more technology to allow us to take our programs into your homes. Most importantly, through these changes, we have been able to reach out and serve more individuals.

We also want to thank everyone who has supported our mission throughout this past year. Thank you to our dedicated volunteers, our partner businesses

and organizations, and those individuals and organizations who have provided funding to help us continue to provide valuable services to older individuals. We are grateful for your support!

As we enter the new year, the pandemic remains a major health issue. Our senior centers will remain closed until it is safe to reopen. That being said, we do have some exciting new programs! More information can be found in this newsletter.

The new year brings new changes for NEI3A as well. We are welcoming a new CEO! Turn the page for a more formal introduction to Mike Donohue.

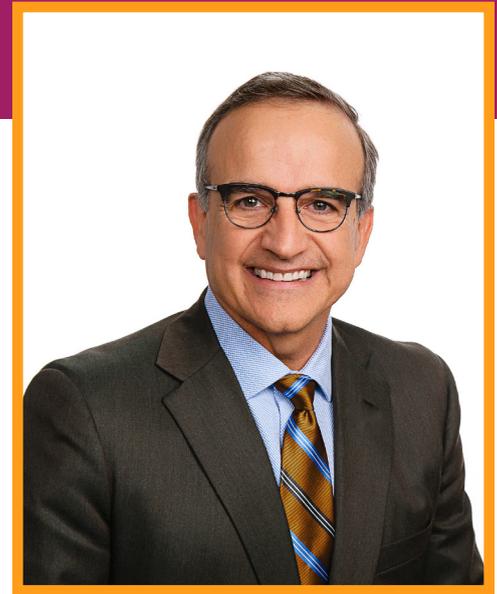
Most importantly of all this new year, we want to remind you to take the time to take care of yourself. 2020 was a crazy year, and while the pandemic isn't over yet, there is hope on the horizon with the vaccine's distribution. And we will be here to continue to help you remain independent and age with dignity and respect!

Meet NEI3A's New CEO - *Mike Donohue*

We would like to introduce you to Mike Donohue, the new CEO of Northeast Iowa Area Agency on Aging.

Mike joins NEI3A after a 35-year career in banking, most recently as President of U.S. Bank's Northeast Iowa/Northern Illinois Region based in Dubuque, Iowa. Mike also has extensive experience in the non-profit sector, serving as Board Chair/President for Unity Point Finley Hospital, Dubuque Community School Board, National Mississippi River Museum & Aquarium, Hills & Dales Child Development, and Hillcrest Family Services.

"It is a privilege to be a part of an organization with a tremendous reputation for helping older individuals remain independent and age with dignity and respect. I'm looking forward to building on this great foundation." - Mike Donohue



Mike Donohue, NEI3A CEO

NEI3A Board of Directors Elects New Officers and Members

NEI3A's Board of Directors includes individuals representing the agency's 18 county service area. Each year, new officers are elected, and new members join to replace members going off the board.

The new officers for 2021 are as follows:

- Patrick Murray - President (Howard County)
- Joyce Denczek - Vice President (Dubuque County)
- Jacob Bates - Secretary (Black Hawk County)
- Dan Byrnes - Treasurer (Allamakee County)

In addition, three new members were appointed to the Board of Directors. Joining NEI3A's Board of Directors are:

- Valerie Schwager (Black Hawk County)
- Michael Holmen (Fayette County)
- Sally Davies (Jackson County)

These three will join the remaining board members, which include:

- Dan Anderson (Tama County)
- Kathy Babcock (Chickasaw County)
- Jacob Bates (Black Hawk County)
- Dan Byrnes (Allamakee County)
- Diana Dawley (Poweshiek County)
- Joyce Denczek (Dubuque County)
- Elaine Eshbaugh (Black Hawk County)
- Shirley Helmrichs (Delaware County)
- Jessica Ledtje (Grundy County)
- Jean Maddux (Black Hawk County)
- Marna Mitchell-Butler (Marshall County)
- Patrick Murray (Howard County)
- Greg Orwoll (Dubuque County)
- Connie Perry (Hardin County)
- Dean Thompson (Winneshiek County)

Make Positive Changes in 2021

Now that we are starting a new year let's take a moment to think about what we would like to do differently to help us be happier and healthier in 2021.

The words "self-care" can be used to describe the activities that we all do that make our lives and our health better. Some simple acts of self-care can include working to change the messages that we send ourselves every time we talk in our heads. Try to be gentler when a mistake is made. Think more positive thoughts

daily. Plan and look forward to opportunities to enjoy life.

While we don't know yet what 2021 will bring, we know that many of us will need to remain physically distanced from those we care about and love. But that doesn't mean we should allow feelings of isolation and loneliness to take over. Use those messages you are sending yourself to promote feelings of connectedness and health. We believe that we will have the opportunity to come together and celebrate life events over the next few

months. Maintaining a positive attitude can help this time to pass more quickly.

Please join us virtually as we continue to connect with consumers through our Nutrition Education programs like Fresh Conversations, health promotion programs like Tai Chi and Seniors In Motion (SIMs), and our Facebook Live events on a variety of topics. Visit our virtual Senior Center and enjoy spending time with your friends. We encourage you to participate in these opportunities while staying safe and well!

Virtual Senior Centers

Do you miss going to the Senior Center and visiting friends? Your wait is over!



Don't head out the door just yet!

Our Senior Center locations are still closed as we evaluate the safety of getting back together. Instead, we are bringing the Senior Center to you!

What is a Virtual Senior Center?

The Virtual Senior Centers will have many similar activities as when you attended the Senior Centers in-person - including special programs and visiting with friends. We even

encourage you to have your meal warmed up and ready to enjoy!

How do you attend?

If you have a computer, tablet, or smartphone with an internet connection, you can join through a link that we will provide to you. Don't have the internet at home? You're in luck! We have GrandPads available to check out. The GrandPad is an easy to use tablet designed for older individuals.

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

Social Isolation and Mental Health

For many of us, engaging in activities that connect us to each other and to our communities can enrich our lives and help us stay healthy. Unfortunately, the COVID-19 pandemic has caused Iowans of all ages to adjust to lives with fewer in-person social connections than ever before. Unaddressed social isolation can lead to loneliness and impact our physical and mental health leading to a significant increase in clinical anxiety and depression. Older adults

have been especially impacted because they are at higher risk of serious illness if infected with COVID-19. They are also more likely to live alone and may have limited access to technology.

Current public health guidelines recommend that older adults limit in-person social interactions as much as possible. But when we can't see our friends or family members or attend our usual community activities, we can lose our sense of connection and purpose. While these measures effectively limit exposure to the virus, they have also had the unintended consequence of increasing social isolation and worsening symptoms of anxiety and depression. People must be familiar with some of these conditions' signs and symptoms to get help, either for themselves or a loved one. Left untreated, anxiety, and depression significantly reduce a person's quality of life and increase their chance

of developing a whole host of serious physical health conditions.

Anxiety Disorders:

We all get anxious from time to time, but these feelings usually go away once the situation causing the nervousness is resolved. These feelings don't go away for people with anxiety disorders. They feel intense and persistent anxiety about everyday situations. These feelings are difficult to control, and they interfere with daily functioning. People with anxiety may have a sense of impending danger or doom and have difficulty concentrating or thinking about anything other than their worries. They often have trouble sleeping, and many experience physical symptoms such as increased heart rate, hyperventilation, sweating, and stomach problems.

Depression:

Depression is a mood disorder that causes a persistent feelings of sadness that interferes with day-to-day activities and may cause a person to feel that life is not worth living. Depression is more than just feeling down or feeling appropriately sad due to a loss, and it's not something that people can just snap out of. It's common for those experiencing depression to lose interest in activities that are enjoyable



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and have feelings of emptiness or hopelessness. Changes in sleep and eating behaviors are also typical. It's difficult for those experiencing depression to concentrate and make decisions. Depression can also manifest itself physically in the form of unexplained physical problems such as back pain or headaches. The most frighten-

ing symptom of depression is frequent or recurrent thoughts of death or suicidal thoughts.

What should people do if they are experiencing any of these symptoms or noticing them in others?

Talk about it and get help! If you are experiencing these symptoms, tell a friend or fam-

ily member what is going on. If you are the one noticing it in someone else, ask about it. Tell them what you are seeing and why you are concerned. Then reach out for help. Look on our website at www.nei3a.org for several national crisis hotlines as well as additional mental health resources located in NEI3A's 18 county service area.

Ways to Stay Connected During Covid-19

The need for physical distance leads many of us to feel socially isolated in these challenging times. People who take part in meaningful, productive and social activities generally live longer, have a sense of purpose and maintain a better mood. Here are some ideas to help with feeling isolated:

- Reach out to others. Call a friend or family member. Or send a letter to a loved one.
- Engage in physical activity. Try an online exercise or Tai Chi class. Exercise can boost your endorphins and reduce feeling of loneliness.
- Learn new online skills. Connect with family through video calls or reach out to old friends through social media. Or take a trip, a virtual trip that is. There are various sites to allow you to get away on a virtual vacation. One example takes you on a trip to national parks to help you get outside while staying at home. (<https://artsandculture.google.com/project/national-park-service>)
- Being creative. Engaging in art, whether joining a (virtual) singing group, or taking an online painting or dance class, can offer your brain and body an outlet for expression and engagement.

For more ideas visit
www.engagingolderadults.org.



Get Moving in 2021

It is important to find ways to incorporate movement and exercise into your daily life. Any kind of movement can help you manage stress and help improve your general health. Also, the more you move and keep your muscles active, the more you may be able to avoid falling and getting injured. Here are a couple of virtual options we have to offer to help you get moving!

Seniors-in-Motion:

Get moving with this fun exercise class offered in partnership with the YWCA!

Seniors-In-Motion offers something for everyone, regardless of fitness level. Meeting twice a week, Seniors-In-Motion incorporates simple exercises to improve overall strength, flexibility, and balance. For seated and standing support and stretching, a chair may be used.

Seniors-in-Motion meet Mondays and Wednesdays from 9:00 to 9:30 a.m. through Zoom. Anyone interested can email Syd Wille at swille@ywcabhc.org.

Tai Chi for Arthritis and Fall Prevention:

Tai Chi is an ancient Chinese exercise program that promotes strength, flexibility, and balance. This is a low-impact, relaxing form of exercise. Tai Chi focuses on the mental and spiritual aspects of Chinese martial arts integrated into the movement. Modifications can be made for those who need to remain seated.

Tai Chi is offered through Zoom. If you are interested in attending, call 1-800-779-8707



FRESH
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New Topics Each Month

Events held on Zoom and Conference Call monthly. There is no cost to participate. For information on joining call Kayla Brincks at 563-422-1014.

HomeMeds Medication Management

Are your medications putting you at risk?

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

Bringing a complete list of your medications to your doctor appointments will help your physician!

How HomeMeds Works:

NEI3A staff provides a virtual visit for medication inventory and assessment



NEI3A staff enters medication information 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 the consumer's physician for review and discussion

NEI3A staff 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 1-866-468-7887.

Dementia Friendly Business/ Organization Training Program

Dementia Friendly Cedar Valley has launched the Dementia Friendly Business/Organization Training Program. The training goal is to help the staff of businesses and organizations become more dementia friendly, creating a safe, informed, and respectful environment for their clients who live with dementia. In return for more than 50% of the staff (with a goal of 100%) attending the training, the business or organization receives a “We are Dementia Friendly” window decal, a certificate, and recognition on the Dementia Friendly Cedar Valley social media. The standard one-hour training is offered via Zoom and tailored towards the business or organization’s specific sector.

The training is being provided on a donation basis and presented by a Dementia Friendly Cedar Valley team member.

A dementia friendly business/organization is one in which:

- Educates management and staff about dementia to better serve customers
- Recognizes signs of dementia in customers or clients
- Prepares workforce to communicate effectively with patience and understanding
- Works to develop and maintain business practices that keep people with dementia in mind.

NEI3A staffs and supports Dementia Friendly Cedar Valley. The movement is part of the



national campaign, Dementia Friendly America. The Dementia Friendly Cedar Valley action team is comprised of professionals, community members, and people living with dementia from across community sectors.

To become part of Dementia Friendly Cedar Valley or to schedule a training for your business or organization, visit <http://www.nei3a.org/our-services/dementia-friendly-communities.aspx> or the Dementia Friendly Cedar Valley Facebook page. If you have questions, please call 319-287-1182.

RSVP

Program of the Volunteer Center of Cedar Valley

Offering one-on-one placement services to individuals age 55+ with volunteer opportunities to use their experience, skills, and talents to meet the needs of the community

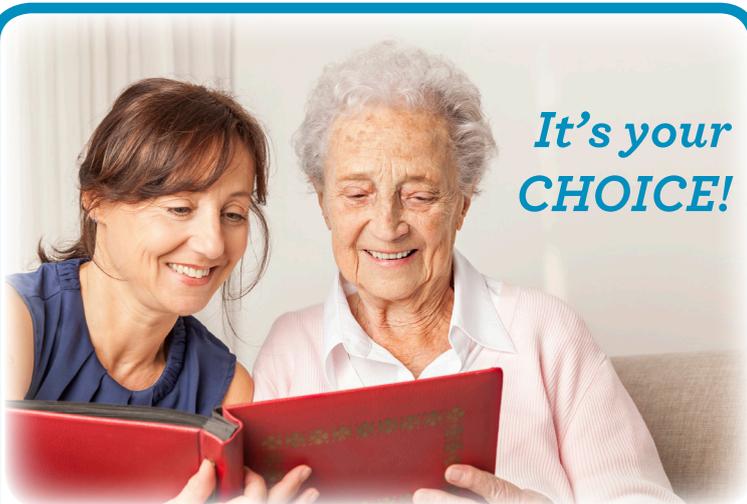


Sally Timmer - RSVP Coordinator

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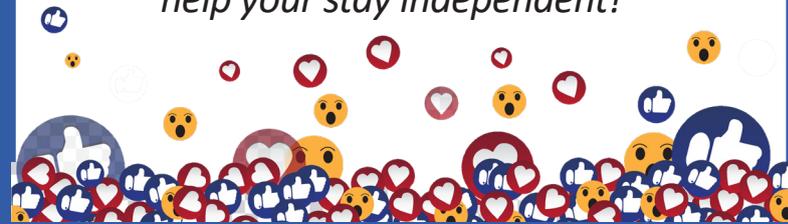
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Sudoku Puzzle

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

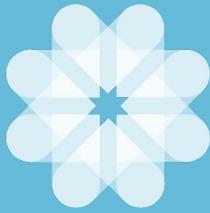
Winter Word Find

Find and circle all of the Winter related words that are hidden in the grid. The remaining letters spell a Japanese proverb.

- | | | |
|-------------|----------------|-------------|
| Black ice | Holidays | Snow castle |
| Blizzard | Ice fishing | Snow plow |
| Boots | Icicles | Snow shovel |
| Carnival | Knit cap | Snow tires |
| Christmas | Long underwear | Snowball |
| Cold | Mittens | Snowboard |
| Egg nog | Olympics | Snowflake |
| Fireplace | Parka | Snowman |
| Firewood | Scarf | Snowshoes |
| Fog | Season | Solstice |
| Freeze | Skates | Soup |
| Frost | Ski doo | Stew |
| Gloves | Ski pants | Storm |
| Hail | Skiing | Sweatshirt |
| Headband | Sled | Toboggan |
| Hibernation | Sleet | Vacation |
| Hockey | Slippery | |

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

Source: *Livewire Puzzles*



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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.



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For questions call 1-800-779-8707



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