

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

July

UPCOMING EVENTS

7/3- Elderbridge offices closed in observance of the 4th of July Holiday

7/4- Independence Day

August

UPCOMING EVENTS

8/21- Senior Citizens Day

September

UPCOMING EVENTS

Healthy Aging Month

9/7- Labor Day

Elderbridge Offices Closed

9/13- Grandparent's Day

9/16- Carroll County

Senior Fun Day

9/12-20- Clay County Fair

9/21- World Alzheimer's Day



**FEATURED ARTICLE:
THE POWER OF
HEALTHY AGING-
PAGE 4**

Healthy aging starts with simple everyday choices that support physical, mental, and social well-being. Discover ways to stay active, connected, and independent while enjoying the things that bring you happiness. Read helpful tips for healthy aging in our feature article.

Healthy Steps for Older Adults (HSOA)

Elderbridge offers an evidence-based falls prevention class entitled *Healthy Steps for Older Adults* (HSOA), which provides education, screening, and assessment to reduce the risk of falls. It is a 4-hour workshop that includes a facilitator-led discussion and a fall risk assessment/screening. This is not a lecture format.

The discussion includes various aspects of fall prevention, including home safety modifications, safe footwear, nutrition for bone health, exercise, medication management, and communication with a physician about fall prevention. As part of the workshop, certified instructors discuss the results of the screening questionnaire and physical assessments with participants, then give suggestions for an appropriate exercise program for each fitness level. Each participant receives a 64-page document, *A Guide for Preventing Falls*.

Each participant will leave with a notification for their physician that conveys the screening was done and describes the older adult's fall risk and any other reported risk factors for falls.

Healthy Steps for Older Adults is offered free of charge to anyone 60 and older.



If you are interested in having one of these workshops in your area, please contact Carol or Gina at 800-243-0678.



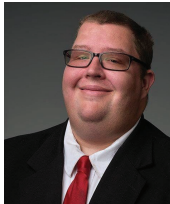
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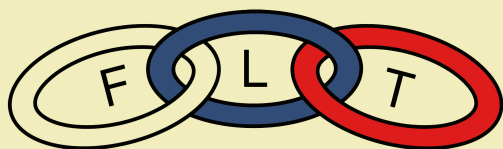
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Elderbridge Area Agency on Aging, Mason City, IA

02-1018

Spencer CommUNITY Kindness

The Spencer CommUNITY Kindness Project took place on Wednesday, April 29, 2026 in Spencer, Iowa. Elderbridge Volunteers (Stan Nissen, and Tim & Bonnie Tielbur) and Spencer High School National Honor Society students cleaned up yards for older adults. Three older adults were able benefit from this intergenerational outdoor chore project. Volunteers trimmed, raked, collected branches, and beautified the outside of homes.



Our grantor, Community Care Corps, had previously funded outdoor chore tools needed to complete the project. Water was donated by Culligan Water of Spencer, Iowa. Snacks were donated by Walmart and Hy-Vee of Spencer, Iowa. We would like to thank them for all of their hard work!

If you or your business would be interested in volunteering at Elderbridge's next CommUNITY Kindness event, please reach out to Laura Allen at 800-243-0678, or lallen@elderbridge.org.

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The Power of Healthy Aging

September is Healthy Aging Month, a time to focus on ways we can stay healthy, active, and connected as we age. At Elderbridge Agency on Aging, we are proud to support aging Iowans as they continue to live independently and remain involved in their communities.

Healthy aging doesn't mean being perfect. It means making small choices each day that support your overall well-being. This could be taking a short walk, eating a balanced meal, spending time with friends and family, attending a community event, or trying a new hobby. Even small changes can make a positive impact on your health.

Staying connected to others is just as important as staying physically active. Social connections can help reduce feelings of loneliness and improve overall quality of life. Whether it's volunteering, joining a local group, attending a senior center activity, or simply calling a friend, staying engaged helps keep both the mind and body healthy.

Elderbridge offers programs and services that help aging Iowans remain healthy and independent. From nutrition services and caregiver support to wellness programs and benefits assistance, our staff is here to help individuals find the resources they need.

Healthy Aging Month is also a great reminder to check in on the older adults in your life. A visit, phone call, or simple conversation can go a long way.

This September, we encourage everyone to take a step toward healthy aging. No matter your age, it's never too late to focus on your health, stay connected, and enjoy the things that bring you happiness.



Healthy Aging Tips for This Summer

- **Stay active:** Take a daily walk, garden, swim, or participate in outdoor activities during the cooler parts of the day.
 - **Stay hydrated:** Drink plenty of water throughout the day, especially during hot weather.
 - **Eat nutritious foods:** Enjoy fresh fruits, vegetables, whole grains, and lean proteins to support overall health.
 - **Stay connected:** Spend time with family and friends, attend community events, or join local activities to maintain social connections.
 - **Protect yourself from the sun:** Wear sunscreen, a hat, and lightweight clothing when spending time outdoors.
 - **Keep your mind engaged:** Read, do puzzles, learn a new skill, or explore a new hobby.
 - **Check in on others:** A phone call, visit, or friendly conversation can help reduce loneliness and strengthen community connections.
 - **Take advantage of local resources:** Explore programs and services available through Elderbridge to support healthy, independent living.
- Healthy aging is about making small, positive choices each day. Every step toward staying active, connected, and engaged can help improve your quality of life.



To learn more about Elderbridge's Healthy Aging programs and services, call 800-243-0678 or visit [Elderbridge.org](https://elderbridge.org).

Carroll County Senior Fun Day 2026

The Carroll County Senior Fun Day will return for its 11th year on Tuesday, September 16, 2026, from 9:00 a.m. to 12:00 p.m. at the Carrollton Event Center in Carroll.

Senior Fun Day is an annual event designed to connect older adults with valuable services, supports, and resources available throughout Carroll County and the surrounding area. The event also provides a fun social opportunity for seniors to connect with friends, community members, and local organizations.

More than 30 agencies are expected to participate, offering information about programs and services that help older adults remain healthy, active, and independent. Attendees can visit booths, collect resources, enjoy entertainment, participate in games, and have opportunities to win prizes throughout the morning.

This year's theme is "Holidays." Each participating agency will decorate its table to represent a different holiday, creating a festive atmosphere for attendees. Seniors will have the opportunity to vote for their favorite themed table, with the winning agency earning free participation in next year's event.

Attendance at Senior Fun Day is free, and all area seniors are encouraged to attend. Organizers anticipate welcoming 150 to 175 participants for a morning filled with fun, fellowship, and valuable community connections.

Mark your calendars and join us as we celebrate 11 years of Carroll County Senior Fun Day!



Exercise Your Brain! "At the Pool" Word Twist



The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words.

Hint: Each word follows a common theme!

lggoges _____

swiuitms _____

oeltw _____

ressceunn _____

werat _____

cksnas _____

osfatl _____

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tsoy _____

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 **Word Twist**
Answers

Toys

Floats
Kickboard
Sunglasses

Sunscreen
Water
Snacks

Goggles
Swimsuit
Towel

S'mores Bars

Directions:

Step 1: Preheat oven to 350 degrees

Step 2: Cookie Base: Cream butter and sugars. Mix in egg and vanilla, then add flour, baking powder, salt, and graham cracker crumbs.

Step 3: Make a top layer: Line an 8×8-inch pan with parchment and press in half the dough. Lift out with the parchment and set aside.

Step 4: Assembly: Re-line the pan and press in the remaining dough. Add chocolate, peanut butter, and marshmallow creme. Place the reserved dough layer on top and remove the parchment.

Step 5: Bake for 30 minutes until the top is golden brown.

Step 6: For clean slices, let the bars cool for 4–6 hours or chill briefly in the fridge before cutting. See notes for details.



Ingredients

- 1/2 cup unsalted butter, softened
- 1/2 cup white sugar
- 1/4 cup packed brown sugar
- 1 egg
- 1 teaspoon vanilla
- 1 teaspoon baking powder
- 1 1/4 cup all purpose flour
- 1 teaspoon salt
- 1 cup crushed graham crackers
- 1/2 cup peanut butter
- Two 4-ounce Hershey's XL Milk Chocolate bars
- One 7-ounce jar of marshmallow creme

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Thanking the Stars Who Make a Difference

On April 21, 2026, Elderbridge hosted a Volunteer Appreciation event (A Day With the Stars) at the Iowa Lakes Community College in Algona to recognize and celebrate the dedication and service of our volunteers. During the event, CEO, Stacia Timmer, provided organizational updates and shared her gratitude for the many volunteers who support Elderbridge's mission. Healthy Aging Director, Jody Applegate led the volunteers in a Tai Chi class and thanked them for their service. Public Relations Coordinator, Sue Anne Stoermer, expressed appreciation to volunteers for their dedication.

This event was funded by our grantor, Community Care Corps. The event was led by Volunteer Coordinator, Laura Allen, who thanked volunteers for their countless hours, dedication, and passion. Volunteers spent the day playing games, learning new things, eating a delicious lunch, and connecting with each other. The appreciation event provided an opportunity to celebrate accomplishments, build relationships, and recognize the positive impact volunteers make every day in the lives of older adults.



Interested in volunteering with Elderbridge?
Contact Laura Allen at 800-243-0678 or
llallen@elderbridge.org to learn more.



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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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