



The Link - October 2016



Week of Oct. 17, 2016



NEWS & RESOURCES

As Election Day approaches, the following links offer good information for voters:

- Voting in Iowa: <https://sos.iowa.gov/elections/voterinformation/index.html>
- Voters with disabilities: https://www.ada.gov/ada_voting/ada_voting_ta.htm
- Voting by absentee ballot: <https://www.agingcare.com/Articles/absentee-ballot-seniors-who-cant-get-to-polls-152486.htm>
- ADA Checklist for Polling Places: <https://www.ada.gov/votingchecklist.htm>

The Senate Judiciary Committee recently approved S. 3270, The Elder Abuse Prevention and Prosecution Act, by unanimous voice vote. The legislation would improve the Department of Justice's and Federal Trade Commission's responses to victims in elder abuse and exploitation cases:

<https://www.judiciary.senate.gov/imo/media/doc/S.%203270%20Substitute%20Amendment%20-%20ALB16846.pdf>

PBS NewsHour recently featured an article about how medical providers are turning to companies like Uber and Lyft to assist patients who lack transportation:

<http://www.pbs.org/newshour/rundown/uber-lyft-health-patients-transportation-options/>



FAMILY CAREGIVER

In the September issue of *STAT*, a national publication focused on finding and telling compelling stories about health, medicine and scientific discovery, reporter Judith Graham discusses the ethical dilemma she faced in fulfilling her sister's end-of-life wishes following her diagnosis of frontotemporal dementia: <https://www.statnews.com/2016/09/16/dementia-last-wishes/>

GoGoGrandparent is a new service that connects seniors to Uber to provide on-demand transportation and delivery options: <https://techcrunch.com/2016/08/02/gogograndparent-lets-people-without-smartphones-use-on-demand-services-like-uber/>



DISEASE PREVENTION/ HEALTH PROMOTION

A recent study by the Centers for Disease Control and Prevention (CDC) found that 28 percent of Americans aged 50 or older get no physical activity beyond basic movement from daily life activities: https://www.cdc.gov/mmwr/volumes/65/wr/mm6536a3.htm?s_cid=mm6536a3_w

The Substance Abuse and Mental Health Services Administration (SAMHSA) has published information about the Eight Dimensions of Wellness, which can be beneficial to those working with or caring for persons who may experience seasonal depression or seasonal affective disorder (SAD): <http://www.samhsa.gov/wellness-initiative/eight-dimensions-wellness>

In the wake of recent natural disasters, providers in the aging and disability network may be interested in a bulletin by the Substance Abuse and Mental Health Services Administration (SAMHSA) that discusses how such disasters can lead to traumatic stress and suicide: http://www.samhsa.gov/sites/default/files/dtac/srb_sept2015.pdf



ELDER ABUSE PREVENTION

Mail scammers use any means they can to get money, credit card details and sensitive personal information from their victims. To help warn older consumers, the Consumer Financial Protection Bureau is working with Meals on Wheels America and other meal service providers to deliver new mail fraud alert placemats to seniors receiving meals nationwide: <http://pueblo.gpo.gov/CFPBPubs/CFPBPubs.php?PubID=13236>



UPCOMING EVENTS

Linking Iowa Veterans to Resources

Wednesday, Oct. 19 (10 a.m. - 3:30 p.m.)

Camp Dodge Gold Star Museum (7105 NW 70th Ave., Johnston, IA 50131)

This full-day meeting will focus on the benefits and resources available to Iowa veterans and the many ways veterans and their families and caregivers can access those services. The event is free to attend and open to the public. Long-term care professionals and members of the aging and disability networks are encouraged to attend. To register, send an email to Danika.Welsch@iowa.gov with the name, address and phone number of your organization and the names of individuals who will be attending.



The mission of the Iowa Department on Aging is to develop a comprehensive, coordinated and cost-effective system of long-term living and community support services that helps older Iowans maintain health and independence in their homes and communities.

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