



NEWS & RESOURCES

- The Iowa Department of Public Health recently published highlights from all of Iowa's 99 counties' community health needs assessment and health improvement planning (CHNA & HIP) reports, which track progress in achieving improvement goals and strategies. Selections from the reports highlight some of the innovations and partnerships being undertaken across the state: <https://idph.iowa.gov/chnahip/health-improvement-plans>
- The AARP Foundation, in partnership with the Commonwealth Fund, the SCAN Foundation and the AARP Public Policy Institute, recently published the Long-Term Services and Supports State Scorecard. The report showcases measures of state performance for creating a high-quality system of care in order to drive progress toward improvement in services for older adults, people with physical disabilities and their family caregivers: <http://www.longtermscorecard.org/>
- After meeting in legislative session in the House Chamber of the Iowa Capitol on September 25 and 26, 2017, the Older Iowans Legislature enacted three OIL Resolutions and three OIL Priority Bills: <http://www.olderiowans.org/>
- American Custom Publishing (ACP) has introduced three personalized, low-cost "senior-friendly" health reference booklets for older adults. These booklets focus on general wellness, falls prevention and medication management and meet all CMS and National Institute on Aging guidelines for senior health education materials: <https://seniorwellnessguides.com/>



NUTRITION SERVICES

- Millions of older Americans use the Supplemental Nutrition Assistance Program (SNAP) and their local food bank to put healthy food on the table. The National Council on Aging and Feeding America are teaming up to connect older Americans with these food programs in their community: <https://www.benefitscheckup.org/feedingamerica/>



FAMILY CAREGIVER

- BrainLine, a national multimedia project offering information and resources about preventing, treating and living with TBI, recently published an article and accompanying video of what one woman experienced after becoming a caregiver for her

husband: <https://www.brainline.org/blog/reinventing-our-family/not-so-secret-confessions-caregiver>



DISEASE PREVENTION/ HEALTH PROMOTION

- Shingles is a disease that affects the nerves and can cause burning, shooting pain, tingling, itching, a rash and blisters. It is caused by the same virus that causes chickenpox in children and about one in three adults will develop shingles in their lifetime, but a vaccine is available: <https://www.nia.nih.gov/health/shingles>
 - The Dental Lifeline Network (DLN), which operates the Donated Dental Services (DDS) program that helps people with disabilities or who are elderly or medically fragile/compromised and cannot afford needed dental care, is now accepting applications from people needing comprehensive dental treatment: <https://dentallifeline.org/iowa/>
 - Oral health is essential for everyone, but people living with Parkinson's disease need to pay particular attention to their mouth, teeth and gums to limit any problems. According to the National Parkinson's Foundation, Parkinson's disease can affect oral health in a number of ways. As facial muscles become impacted by the condition, it can change the way a person speaks and chews, which can be compounded if the patient also has missing teeth or toothaches: <https://parkinsonsnewstoday.com/2017/08/07/importance-oral-health-parkinsons-disease/>
 - Research suggests chronic periodontitis may be associated with "an increased risk of developing Alzheimer's disease." In an article published in published in *Alzheimer's Research and Therapy*, investigators found people who suffered from periodontitis for 10 or more years were 70 percent more likely than people without periodontitis to develop Alzheimer's disease: <https://alzres.biomedcentral.com/articles/10.1186/s13195-017-0282-6>
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SENIOR EMPLOYMENT

- Every October, National Disability Employment Awareness Month (NDEAM) offers an opportunity to celebrate the many contributions of America's workers with disabilities. The theme for 2017 is "Inclusion Drives Innovation." The Department of Labor's Office of Disability Employment Policy has a variety of resources to help you be a part of NDEAM: <https://www.dol.gov/odep/topics/ndeam/index-2017.htm>
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ELDER ABUSE PREVENTION

- In an effort to prevent Medicare fraud, the Centers for Medicare and Medicaid Services (CMS) will mail new Medicare cards to members beginning in April 2018 and has launched a "Guard Your Card" ad campaign to promote public awareness: <https://www.youtube.com/watch?v=5KZpPrqMqCc&feature=youtu.be>
- As you get older, the decisions you make about your money, including protecting your savings and assets, become increasingly important to your financial security. Whether you're planning for yourself or assisting an aging loved one, the Consumer Financial Protection Bureau has resources to help: <https://www.consumerfinance.gov/practitioner-resources/resources-for-older-adults/>
- The Iowa Department of Justice is highlighting pet scams in its October edition of Consumer Focus. The scams target owners of missing pets and older adults are especially susceptible: <https://www.iowaattorneygeneral.gov/newsletter-preview/62/84842B1968ED367E92AC48EE0D270F04/>



UPCOMING EVENTS

Webinar: Hearing Loss Matters (AKA Hear for the Health of It!)

Tuesday, Oct. 17 (12-1 p.m.)

The Minnesota Gerontological Association presents this webinar, which will feature recent research from John Hopkins that addresses the alarming consequences of untreated age-related hearing loss in seniors; including how it impacts their health, finances, relationships and safety. Learn about the importance of early intervention, identify effective steps to take to address hearing loss and discover ways to strengthen community supports through technology, effective communication strategies and best practice policies. >

[Register](#)

Technology in Aging: Improving the Quality of Life and Care for Older Adults

Wednesday, Oct. 25, 2017 (9 a.m. - 3:45 p.m.)

Supertel Inn & Conference Center | [800 Laurel St.](#) | [Creston, IA 50801](#)

Join the Iowa Department on Aging in Bettendorf on Sept. 13 and/or in Creston on Oct. 25 for the next session in its 2017 Dialogue on Aging Series. The topic for this event is "Technology in Aging: Improving the Quality of Life and Care for Older Adults" and will include thought-provoking presentations by speakers representing the University of Iowa Barbara and Richard Csomay Center for Gerontological Excellence and the Iowa State University Gerontology Program. Lunch is included and will feature the recognition of Iowa's centenarians - those who will be 100 years or older by Dec. 31, 2017! Cost is \$25 per person. > [Register](#)

Advanced Elder Abuse Cross Training: Identifying, Responding to & Preventing Financial Exploitation

Tuesday, Oct. 31 (8:30 a.m. - 12:30 p.m.)

Iowa State Bar Association | [625 E Court Ave.](#) | [Des Moines, IA 50309](#)

This training is presented by the Iowa Attorney General's Office and is free and open to the public. Retired San Francisco District Attorney Candace Heisler will discuss how to help someone who is being financially exploited, from identifying the issue to responding to it and learning how to prevent it from happening again. To register or for more information, contact Cheryl Ritter at cheryl.ritter@iowa.gov or (515) 281-7688.

Webinar: How's Your Posture? Postural Awareness: Chicken and Egg Situation

Wednesday, Nov. 15 (12-1 p.m.)

The Minnesota Gerontological Association presents this webinar, which will discuss poor posture as one of the several etiologic factors linked to shoulder pain in older adults. The cost for treatment of shoulder disorders in the U.S. in the year 2000 was estimated at \$7 billion. With such huge costs to the society, the mechanisms involved in the development of poor posture deserves much attention. [> Register](#)



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.