

## The Link - March 2018



WEEK OF MARCH 5, 2018



## NEWS & RESOURCES

- Iowa Department on Aging Assistant Director Joel Wulf recently announced his retirement. Joel's last day with the Department will be Friday, March 30, but his passion for older adults, adults with disabilities, veterans and caregivers will continue to make him a familiar face in Iowa's aging and disability network. We wish him the very best as he moves into this next chapter of his life.
- The National Council on Aging recently added 20 new Benefits Enrollment Centers (BECs) to its nationwide network of organizations dedicated to helping low-income Medicare beneficiaries get personalized assistance enrolling in programs that pay for health care, prescriptions, food, utilities and more. One of the new BECs is Iowa's own Elderbridge Agency on Aging, located in Mason City: <https://www.ncoa.org/news/press-releases/ncoa-expands-network-dedicated-connecting-seniors-benefits/>
- The Centers for Medicare & Medicaid Services (CMS) will begin mailing new Medicare cards this spring by geographic region, with Iowa's cards scheduled to be mailed sometime after June. The new cards will have new Medicare Beneficiary Identifiers (MBIs) instead of Social Security Number (SSN)-based Health Insurance Claim Numbers (HICNs) to help protect the identities of people with Medicare. CMS also has several materials for partners and consumers to better understand the new card process: <https://www.cms.gov/Medicare/New-Medicare-Card/Partners-and-Employers/Partners-and-employers.html>



## NUTRITION SERVICES

- March is National Nutrition Month and to help organizations promote the importance of good nutrition, the Academy of Nutrition and Dietetics has developed a toolkit that includes key messages, event ideas, promotional materials and more: <https://www.eatright.org/food/resources/national-nutrition-month/national-nutrition-month-celebration-toolkit>



## DISEASE PREVENTION/ HEALTH PROMOTION

- The Administration for Community Living (ACL) has authored a new issue briefing entitled "The Opioid Public Health Emergency and Older Adults" to address the nationwide epidemic of opioid misuse and addiction. Opioid use disorder can affect people of all ages, including older adults who are often prescribed opioids to cope with painful chronic conditions and surgical procedures. As of 2015, 13 states had educational programs targeted to older adults: <https://www.acl.gov/aging-and-disability-in-america/issue-briefings>
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## FALLS PREVENTION

- The University of Iowa opened enrollment for its 2018 Geriatric Lecture Series on March 1. This online series of monthly lectures is free runs through October (each lecture can be viewed for one month and is accessible exclusively during the month it is scheduled.) Sponsored by the Iowa Geriatric Education Center and the University of Iowa Roy J. and Lucille A. Carver College of Medicine, this year's lectures focus on the theme of Dementia, Mobility and Disability: <https://igec.uiowa.edu/gls/gls-schedule>
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## LEGAL PROTECTIONS

- Iowa Legal Aid's Hotline for Older Iowans is offering a series of five free elder law webinars this spring. Beginning Thursdays in April and running through June, topics will include planning for the future; family law issues for older adults; Medicaid eligibility for nursing facilities; elder abuse prevention and awareness; and living on a fixed income: <https://register.gotowebinar.com/register/2257607823142728194>
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## ELDER ABUSE PREVENTION

- In response to the number of so-called "sweetheart scams" targeting older adults, the Consumer Financial Protection Bureau posted a blog about educating consumers about these scams and added a placemat to its free consumer education placemat series, which can be downloaded or ordered in bulk: <https://www.consumerfinance.gov/about-us/blog/guard-your-wallet-well-your-heart-romance-scams/>
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## UPCOMING EVENTS

Webinar: "Legal Basics: Medicare Part C and Medicare Advantage"

Tuesday, March 13 (1-2 p.m. CT)

[More Information](#) | [Register](#)

**Webinar: "Plan Your Way to Better Inclusion of LGBT Elders"**

Tuesday, March 13 (2-3:30 p.m. CT)

[More Information](#) | [Register](#)

**Webinar: "Let's Stay Upright and Independent: Falls Prevention Across Minnesota"**

Wednesday, March 21, 2018 (noon)

[More Information](#) | [Register](#)

**42nd Annual Conference of the Minnesota Gerontological Society**

Friday, April 27, 2018 (7:30 a.m. - 5 p.m.)

Earle Brown Heritage Center (Brooklyn Center, MN)

[More Information](#) | [Register](#)

**Central Iowa's World Tai Chi Day Celebration**

Saturday, April 28, 2018 (9 a.m. - noon)

Des Moines South Suburban YMCA (Des Moines, IA)

More Information: [janet4health@yahoo.com](mailto:janet4health@yahoo.com)

**National Home and Community-Based Services Conference**

Aug. 27-30, 2018

Baltimore Marriott Waterfront (Baltimore, MD)

[More Information](#) | [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.*