

The Link - April 2018



WEEK OF APRIL 2, 2018



NEWS & RESOURCES

- May is Older Americans Month, and the Administration for Community Living has created a microsite filled with materials, activity ideas and resources to help promote and celebrate this year's theme, "Engage at Every Age": <https://oam.acl.gov/index.html>
- The Centers for Medicare & Medicaid Services has launched a new page on its website detailing the how, when and why behind the decision to update Medicare cards. Resources include tips for health care providers, information on the mailing phases of new cards by geographic location and an overview of the new Medicare cards: <https://www.cms.gov/medicare/new-medicare-card/nmc-home.html>
- A new brief and interactive map from the Kaiser Family Foundation provides the latest national and state-level estimates from the U.S. Census Bureau of the share of people ages 65 and older who are living in poverty: <http://nasuad.org/hcbs/article/brief-and-interactive-map-examine-poverty-among-seniors-us>
- The National Council on Aging (NCOA) has published a core benefits cheat sheet that provides a quick reference to the core money-saving programs available to low-income Medicare beneficiaries. Information includes details about how the eligibility criteria are set, where the determination is made, how the benefit is funded and where and how individuals can apply: <https://www.ncoa.org/resources/core-benefits-cheat-sheet/>
- Following the 2017 Summit on Business and the Future of Aging, the Milken Institute Center for the Future of Aging, with the collaboration and support of the M Center of Excellence at The American College of Financial Services, published a report that includes commentary from the summit's participants, as well as thoughtful, fact-filled assessments of the growing economic power of older adults; the underutilized resource of mature workers; advances that can dramatically extend lifespan, health and productivity; and a call to action: <http://www.milkeninstitute.org/publications/view/905>
- In a blog last month, the NCOA compiled a list of eight places where aging network professionals can go to request free materials in bulk to use at outreach events, health fairs, communal dining, conferences and more. The sites provide information about everything from scams and health insurance to exercise and safety: <https://www.ncoa.org/blog/free-resources-aging-services-providers/>



NUTRITION SERVICES

- A new data visualization tool from the Urban Institute compares the maximum Supplemental Nutrition Assistance Program (SNAP) benefit per meal with the cost of a low-income meal in every county in the continental U.S. Nationally, the maximum SNAP benefit falls short of meeting monthly low-income meal costs by \$46.50 per person:
<https://www.urban.org/does-snap-cover-cost-meal-your-county>
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FAMILY CAREGIVER

- An article published on Forbes.com discusses the financial and personal toll of family caregiving as discovered through the Northwestern Mutual CARE (Costs, Accountabilities, Realities, Expectations) Study. The article also reports that the survey also uncovered a striking disconnect between what people say about their expectations of incurring caregiving costs and their taking steps to plan for that possibility:
<https://www.forbes.com/sites/nextavenue/2018/03/12/the-financial-and-personal-toll-of-family-caregiving/#15bcb0a058b8>
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DISEASE PREVENTION/ HEALTH PROMOTION

- The National Council on Aging (NCOA) has published a new issue brief about implementing evidence-based programs to address chronic pain. The brief discusses the common and growing problem of chronic pain and opioid use among older adults, provides background on how evidence-based programs can be an important tool for pain management and offers insights into successful strategies for implementation of the Chronic Pain Self-Management Program: <https://www.ncoa.org/resources/issue-brief-implementing-evidence-based-programs-address-chronic-pain/>
 - The Alzheimer's Association has published its 2018 Alzheimer's Disease Facts and Figures report. This annual report details the burden of Alzheimer's and other dementias on individuals, caregivers and the nation's health care system:
https://www.alz.org/documents_custom/2018-facts-and-figures.pdf
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FALLS PREVENTION

- A new infographic by the CDC's STEADI (Stopping Elderly Accidents, Deaths & Injuries) Initiative includes statistics about falls among older Americans and tips for falls prevention: https://www.cdc.gov/steady/pdf/STEADI_ClinicianFactSheet-a.pdf
- Most falls are preventable, but they do still happen. A new article in the *Journal of the American Geriatrics Society* estimates the medical costs of falls at \$50 billion annually. Based on a study of 2015 data, the article explains how much of that money came from government-funded programs such as Medicare and Medicaid and how much was out-



ELDER ABUSE PREVENTION

- The IRS has alerted consumers to be wary of unscrupulous tax return preparers who prey on older Americans, low-income taxpayers and others with promises of big refunds. According to the alert, scam artists pose as tax preparers and use flyers, advertisements, phony storefronts or word of mouth to attract victims:
<https://www.irs.gov/newsroom/taxpayers-alerted-against-falsely-inflated-refunds-in-dirty-dozen-list-seniors-many-others-at-risk>
 - The United States Senate Special Committee on Aging has released a report about fighting fraud and scams that target our nation's older adults. The booklet features the top 10 scams reported to the Committee's Fraud Hotline last year and includes resources for consumers who wish to report scams to state and federal agencies: <https://www.collins.senate.gov/sites/default/files/2018%20Fraud%20Book.pdf>
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UPCOMING EVENTS

Webinar: "No Wrong Door: Supporting Community Living for Veterans"

Tuesday, April 10 (12 p.m. CST)

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

Webinar: "Mouth Care Matters"

Wednesday, April 18 (12-1 p.m. CST)

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

Spiritual and Psychological First Aid with Kevin Ellers

Thursday and Friday, April 19-20 (8:30 a.m. - 4:30 p.m.)

Grimes Community Complex (Grimes, IA)

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

19th Annual Mental Health Issues in Long-Term Care Symposium

Friday, May 4 (T8 a.m. - 3:40 p.m.)

Iowa Veterans Home (Marshalltown, IA)

[More Information](#)

Webinar: "Frauds and Scams Every Guardian Should Watch Out For"

Tuesday, May 15 (12 p.m. CST)

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

Healthy Aging Summit

Monday and Tuesday, July 16-17 (8 a.m. - 6 p.m.)

Omni Shoreham (Washington, DC)

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



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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.