

The Link - May 2018



Week of May 7, 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>
- Each year, the Administration on Aging (AoA) compiles the latest statistics on the older population sourced primarily from U.S. Census data into a Profile of Older Americans: [2017 Profile of Older Americans](#)
- Financial Literacy Month encourages older adults to review their finances. EconomicCheckUp® gives tips on money management, scams, and more so seniors can reach their goals. <https://www.ncoa.org/blog/financial-counseling-can-help/>
- How livable is your community? The AARP Livability Index scores neighborhoods and communities across the U.S. for the services and amenities that impact your life the most: <https://livabilityindex.aarp.org/>
- Medicaid benefits include dental care. The Dental Wellness Plan (DWP) is for adults enrolled in the Medicaid program and includes two dental carriers and a menu of benefits: <https://dhs.iowa.gov/dental-wellness-plan/resources>
- The Centers for Medicare and Medicaid Services will send beneficiaries new Medicare cards to decrease their vulnerability to identity theft. Here's what beneficiaries should know: <https://www.mymedicarematters.org/2018/03/new-medicare-cards-5-things-need-know-arrive/>
- Personal debt threatens the ability of older adults to age well. Financial counseling from GreenPath Financial Wellness, a nonprofit partner, can help seniors navigate the questions around money and aging: <https://www.ncoa.org/blog/financial-counseling-can-help/>
- A refresher about the basics of core Medicare benefits for low-income Medicare beneficiaries is available. Downloadable PowerPoints may be used to train staff, volunteers, and others on what these important programs do. <https://www.ncoa.org/news/ncoa-news/center-for-benefits-news/benefits-101-series/>

- Grandparents are raising the children of the Opioid crisis. Read more about these silent heroes: <http://www.asaging.org/blog/grandparents-are-raising-children-opioid-crisis>
- Fundamentals of Community-Based Managed Care: A Field Guide
The Spring 2018 issue of Generations is the second in a series of three issues to tackle the managed care partnerships between healthcare and the community, this one focusing on building business acumen: <http://www.asaging.org/blog/fundamentals-community-based-managed-care-field-guide>
- Reframing aging for Hispanic older adults. How we talk about aging matters. It shapes both individual and public perceptions. Dr. Yanira Cruz, President & CEO of the National Hispanic Council on Aging, and Anna Maria Chávez, NCOA Executive Vice President and Chief Growth Officer, share their perspectives on the issue, both as Latinas and as leaders working on behalf of older adults. <https://www.ncoa.org/blog/reframing-aging-hispanic-older-adults/>
- The Retirement Research Foundation awards Direct Service Grants for projects. 501(c)(3)s are eligible. Find more information here: <http://www.rrf.org/grants/responsive-grants/direct-service#eligibility>



NUTRITION SERVICES

- Iowa Department of Public Health (IDPH) Senior Hunger Marketing Project in collaboration with the AAA nutrition programs and LifeLong Links:
 - Radio: The campaign will include a 30-second radio spot featuring a senior woman sharing her experience with food insecurity, and encouragement to call 2-1-1 to find additional food resources. Radio spots will begin playing statewide May 21 and continue for 5 weeks.
 - Print: IDPH ordered posters (8.5 x 11" and 11 x 17") and rack cards, which will be shipped to AAA Nutrition Directors and other key partners mid-May, just prior to launch. The campaign has been primarily funded by a CDC Block Grant, though SNAP-Ed has helped with printing costs.
 - Virtual Training: To prepare for the roll-out of the campaign, 2-1-1, LifeLong Links and the Food Assistance hotline have all contributed to a joint virtual training to explain what they do and who they serve. A link for all three partners to use with their call center staff will be sent out by mid-May.
- Potassium can blunt the effects of dietary sodium and help lower high blood pressure. Reducing hypertension in turn reduces risk of associated diseases such as heart disease, stroke and kidney disease. Potatoes, beans and many fruits and vegetables contain potassium. <https://foodandnutrition.org/from-the-magazine/micronutrients-potassium/>



DISEASE PREVENTION/ HEALTH PROMOTION

- The Iowa Department of Public Health recognized leaders in nutrition and physical activity at the 2018 Iowa Governor's Conference on Public Health. Congratulations to Sonita Oldfield-Carlson, Milestones Area Agency on Aging, who was awarded

"Seasoned Physical Activity Leader," and Jo Ellen Haddad of Whitver Healthy Aging in Cedar Rapids, who was awarded "Seasoned Nutrition and Physical Activity Leader."

- May is National Stroke Awareness Month. Each year, almost 800,000 people in the United States have a stroke. Nearly 1 in 3 adults has high blood pressure, a primary risk factor for stroke: <https://millionhearts.hhs.gov/news-media/events/stroke-bp-month.html>
- Chronic disease self-management education (CDSME) programs developed by Stanford University have been proven to help seniors improve their quality of life and lower health care costs. 80% of older adults have at least one chronic condition: <https://www.ncoa.org/healthy-aging/chronic-disease/chronic-disease-self-management-programs/>
- Ample evidence now exists that regular physical activity is key to preventing and managing major chronic diseases common to older people. Physical activity is also important for preserving physical function and mobility, which can then delay the onset of major disability. Despite the known benefits of physical activity to health and physical function in aging, the proportion of older adults meeting recommended physical activity guidelines remains low (27%), based on data from the 2011-2012 National Health and Nutrition Examination Survey: [data. https://www.cdc.gov/nchs/nhanes/index.htm](https://www.cdc.gov/nchs/nhanes/index.htm)
- Strong evidence demonstrates that participation by community-dwelling older adults in multi-component group or home-based fall prevention physical activity and exercise programs can significantly reduce the risk of injury from falls: <https://health.gov/paguidelines/second-edition/report.aspx>



LEGAL PROTECTIONS

- Durable Medical Equipment (DME) describes the equipment and supports an individual needs to help with health issues. Unfortunately, people commonly face complications in accessing DME, especially if they are dual eligible individuals. From the National Center on Law and Elder Rights, a webcast is available on May 16. <https://register.gotowebinar.com/register/2380698150994709250>
 - The US Department of Housing and Urban Development (HUD) released the "[Making Affordable Housing Work Act](#)," a proposal that would impose rent increases on many individuals and families across HUD affordable housing programs—including millions of low-income seniors. The National Low Income Housing Coalition has issued a [press release](#) and [fact sheet](#).
 - Frauds and scams target everyone. Guardians personally may become victims while having the responsibility to protect their clients from scams. This webinar provides tips on stopping scams from reaching clients and resources to use if they (or you) get trapped. May 15 at noon. \$55 NGA members; \$80 non-members <https://www.guardianship.org/education/webinars/>
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UPCOMING EVENTS

Webinar from the Iowa Department on Aging:

- "Benefit of Iowa's Older Workers" is the second in the 2018 Dialogue on Aging Series. This free webinar will focus on contributions older Iowans make to the Iowa Workforce: <https://www.iowaaging.gov/events-meetings/2018-dialogue-aging-series>

Webinars from the American Society on Aging:

- Reframing Aging webinar series explores the evidence-based strategies for communicating more effectively about aging-related issues, organizational adoption and integration of best practices, public policy implications and the value of reframing within the healthcare sector. Sponsored by Grantmakers in Aging, this web seminar offers complimentary CEUs if completed by May 26. [Reframing Aging: Research-Based Messaging Strategies for Aging Advocates and Communicators](#)
- Tuesday, May 15, 2018
[Nursing Solutions: Non-Pharmacologic, Complementary and Alternative Practices in PD: Quality of Life Impact and Patient Practices](#)
- Thursday, May 17, 2018
[Understanding the Challenges of Solo Aging](#)
- Thursday, May 24, 2018
[Supportive Practices for Grieving Caregivers](#)
- Wednesday, May 30, 2018
[The CHRONIC CARE Act: New Opportunities to Advance Complex Care Through Community-Clinical Partnerships](#)
- Tuesday, June 5, 2018
[Living Alone: Home Safety and Management in PD](#)
- Wednesday, June 6, 2018
[Understanding the Aging Brain](#)

Webinars from the National Council on Aging:

- Thursday, May 17, 2018
[Pet Policies Webinar](#)

Webinars from the National Guardianship Association:

- Tuesday, May 15, 2018
[Frauds and Scams Every Guardian Should Watch Out For](#)
- Thursday, June 21, 2018
[Using One's Social History to Improve the Quality of Care](#)



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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 lowans maintain health and independence in their homes and communities.