

# The Link - February 2019



Week of February 4, 2019



## NEWS & RESOURCES

- Encore Cafe, a twice-weekly pop-up cafe for seniors, will be expanding its services in Marion, IA. "Encore Cafe is impacting lives by taking care of the needs of older adults, making them feel valued, and giving them greater opportunities for education and social engagement." Read the news article here:  
<https://cbs2iowa.com/news/local/marion-state-of-the-city-recognizes-growth-in-jobs-quality-of-life>
- Watch a video on how Marion, IA is impacting lives here:  
<https://www.youtube.com/watch?v=EWvgPtbcLU8>
- The National Alliance for Caregiving is pleased to present Circle of Care: A Guidebook for Mental Health Caregivers. It is designed to guide unpaid friends, family, and neighbors who care for someone with a mental health condition. Read the report here:  
[https://www.caregiving.org/wp-content/uploads/2018/03/CircleOfCareReport\\_0318\\_FINAL.pdf](https://www.caregiving.org/wp-content/uploads/2018/03/CircleOfCareReport_0318_FINAL.pdf)



## NUTRITION SERVICES

- New issue briefs are available on the Nutrition Services Program (NSP): A Look at the Foods Consumed and the Food Sources of Nutrients for NSP Participants and Non Participants
  - [\*Older Americans Act Title III-C Nutrition Services Program: Examining the Types of Foods Older Adults Consumed from Program Meals and Over 24 Hours\*](#) describes the types of foods that participants consumed as part of NSP meals and examines differences between participants and nonparticipants in all foods consumed over 24 hours.
  - [\*Older Americans Act Title III-C Nutrition Services Program: Key Food Sources of Sodium, Saturated Fat, Empty Calories, and Refined Grains in the Diets of Program Participants\*](#) identifies key food sources of sodium, saturated fat, empty calories, and refined grains in the diets of NSP participants and examines differences between participants and nonparticipants.



## FAMILY CAREGIVER

- A recent study by the National Alliance for Caregiving found that a third of caregivers in America do it alone. Rob Lowe tells his story on the stress caregivers face: <https://www.usatoday.com/story/opinion/voices/2019/01/13/rob-lowe-caregivers-social-security-self-care-column/2539450002/>
- The RAISE Family Caregivers Act requires the U.S. Secretary of Health and Human Services (HHS) to develop, maintain and update an integrated national strategy to support family caregivers. Here's what the RAISE Act will do: <https://www.nextavenue.org/raise-family-caregivers-act-will-help-family-caregivers/>
- The Military and Veteran Caregiver Experience Map, developed by the Elizabeth Dole Foundation, is a very valuable tool that caregivers can use to manage the complex process of providing care for military veterans: <https://www.forbes.com/sites/robertmauterstock/2019/01/04/military-caregivers-are-our-hidden-heroes/#35524ffd2b18>



## DISEASE PREVENTION/ HEALTH PROMOTION

- The 2nd edition of Physical Activity Guidelines for Americans, published by the U.S. Department of Health and Human Services, includes a chapter for active older adults: [https://health.gov/paguidelines/second-edition/pdf/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf)



## UPCOMING EVENTS

### Webinar from the National Center on Law & Elder Rights

- February 12  
[Advance Planning Documents](#)

### Webinars from the American Society on Aging

- February 6  
[Caregiving Along the Care Continuum](#)
- February 20  
[Building Age-Friendly Health Systems, One Community at a Time](#)

### Webinars from the Administration for Community Living

- January 29  
[Launch of the National Center on Advancing Person-Centered Practices and Systems](#)
- February 13  
[Resources for integrated Care: Falls Prevention for Older Adults](#)

#### **Webinar from Meals on Wheels**

- February 5  
[Cost-Effective Ways to Manage Cash Flow, People and Risk](#)



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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.*

