

# The Link - October



October 2020



## NEWS & RESOURCES

### IRTC & Connections AAA National Recognition



The Iowa Return to Community (IRTC) program and the Connections Area Agency on Aging received national recognition during the n4a Annual Conference as an Aging Achievement Award Winner.

IRTC Provides long-term care support planning to non-Medicaid eligible seniors and helps them safely return to their home following a nursing facility or hospital stay. The pilot is currently operating in Cass, Clay, Mills, Pottawatomie, and Woodbury counties.

Call Community Living Director Kenneth Ohms at 515-402-2955 for more information on this innovative and valuable program to see if it is available in your community.



## NUTRITION SERVICES



### Nutrition Programs-Demonstration Grantee

The Iowa Department on Aging is excited to announce that we are a ACL 2020 Innovations in Nutrition Programs-Demonstration Grantee. In partnership with the Elderbridge Area Agency on Aging and other key stakeholders, we will work to improve health outcomes of older Iowans by promoting higher service quality in Nutrition services throughout the three year grant. The goal of the project is to modernize Iowa's congregate nutrition program infrastructure by establishing partnerships with local restaurants to meet the needs of food insecure, socially isolated, and rural older Iowans.

### NANASP Nutrition Webinars

**What's New - During a Pandemic - in Nutrition Innovations Webinar:** Since 2017, the Administration for Community Living (ACL), Administration on Aging (AOA) has funded



pioneering projects to support testing promising practices that look to enhance the quality and effectiveness of nutrition services, programs and outcomes. On October 1st, 2020, Nutrition Health & Wellness Director Alexandra Bauman will be speaking on topics including documents developed in conjunction with ACL during the pandemic, lessons learned from creating a restaurant voucher program and effects of program due to the pandemic, and more. Click [here](#) to register.

**The Congregate Meal Program: Innovation in 2020 and Beyond:** With a 45% decline in nine years for Congregate meal participation, Iowa developed a state-wide strategy to revitalize the Congregate Meal Program. The new generation of older adults have much different needs and wants than in years past; they are living longer, working longer, are more diverse, and are more food insecure. Alexandra Bauman will be speaking on how Iowa developed solutions to increase participation, and how one AAA saw a 50% increase in participation in one year. For more information click [here](#).

## IDA to Present at Upcoming Iowa Hunger Summit

The Iowa Hunger Summit gathers leaders from across Iowa representing community organizations, business and industry, state and local government, social agencies, churches and religious communities, schools and universities, civic and social clubs, and other individuals and groups that lead or participate in projects to confront hunger. The annual Iowa Hunger Summit is attended by between 500 to 700 hunger fighters from across the state.

Nutrition Health and Wellness Director, Alexandra Bauman, will be presenting at the Iowa Hunger Summit on October 21st, 2020. To register for this conference or for Alex's presentation click [here](#) or on the picture below.



## FALLS PREVENTION

### Stopping Elderly Accidents, Deaths & Injuries

FALLS ARE PREVENTABLE - NOT INEVITABLE

**each year 569  
Iowans die from  
fall related  
injuries**

Stopping Elderly Accidents, Deaths & Injuries has put together tools and education materials to help one: identify patients at low, moderate, and high risk for a fall; identify modifiable risk factors; and offer effective interventions. For more information click [here](#) or on the image.



## SENIOR EMPLOYMENT

### Senior Community Service Employment Program

The Senior Community Service Employment Program (SCSEP) is celebrating 55 years of continuous service of making a difference across our nation in both the lives of the older workers in the communities they live in and provide services for.





## LEGAL PROTECTIONS

### Disaster Legal Assistance Mobile App



Iowa Legal Aid has created a mobile app for disaster legal assistance. The app contains information on disaster preparedness, aid availability, and information about legal rights. It is available for Apple and Android devices. For more information on this application click [here](#) or on the image.



## ELDER ABUSE PREVENTION

### Webinar Series

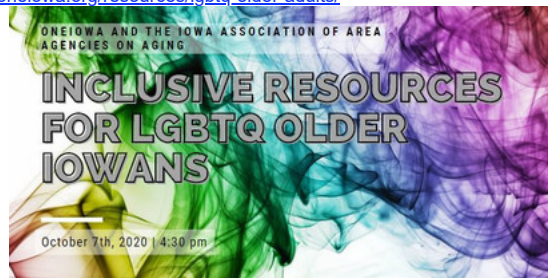
The last half of a five-part webinar series made possible by *ILAST* - Iowa's Abuse in Later Life Coordinated Community Response Team will be available on Thursdays in October and November for viewing. For more information and to register, contact Mary Peterson at [mary.peterson@ag.iowa.gov](mailto:mary.peterson@ag.iowa.gov) or (515)281-7688.



## UPCOMING EVENTS

### LGBTQ Webinar

One Iowa works to advance, empower and improve the lives of LGBTQ Iowans. Join this webinar to learn about resources that are safe and inclusive for LGBTQ older adults and how to access them with the Iowa Association of Area Agencies on Aging Executive Director, Joe Sample. A list of resources for LGBTQ older adults can be found here: <https://oneiowa.org/resources/lgbtq-older-adults/>



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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.*