

COVID Vaccine Information - Find it Here!



March 2021



News & Updates

COVID Recovery Iowa

COVID Recovery Iowa is for Iowans who have been impacted by both the ongoing COVID-19 pandemic and the aftermath of the derecho. In addition, the program offers virtual support groups, activities, and resources and information referral.

Iowans in need of personal support can contact the Iowa Concern Hotline at 800-447-1985 (24x7), go to covidrecoveryiowa.org, or call the Iowa Warm Line 844-775-9276 between the hours of Noon and 10pm. A Spanish line is also available at 531-800-3687.



DHS Contracts with the Iowa Center for Economic Success

The Iowa Department of Human Services (DHS) can help older Iowans and Iowans with disabilities get free tax preparation services at different sites throughout the state. The funding for this initiative comes from the Volunteer Income Tax Assistance (VITA) grant program. To find locations and times for tax preparation assistance go to <https://theiowacenter.org/services/tax-services/> or <https://irs.treasury.gov/freetaxprep/>

For more information and details go to theiowacenter.org/freetaxprep/ or click [here](#).



Iowa Rent and Utility Assistance Program

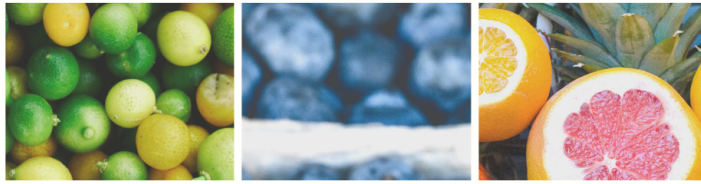
Applications will start to be accepted in March for the new Iowa Rent and Utility Assistance Program. Older Iowans in need of rental or utility assistance related to lost income during the pandemic can go [iowaHousingRecovery.com](https://www.iowahousingrecovery.com) or click [here](#) for more information



Nutrition Services

Workshops to Stay Independent

It is never too early nor late to set goals for eating well and moving more! Iowa State University Extension and Outreach is helping individuals across the state learn the health benefits of eating well and how to strengthen your muscles to stay independent for life. These workshops are designed for adults age 60 or older and topics include: Three Meals a Day, Feast on Fruits and Vegetables, Power Up with Protein, Exercise Your Independence, Cooking for One or Two, and Brain Health. For more information on these courses click [here](#).



IOWA STATE UNIVERSITY

STAY INDEPENDENT

Workshops for adults age 60 or older



National Nutrition Month

National Nutrition Month is an annual campaign created by the Academy of Nutrition and Dietetics. Throughout the month of March all are invited to follow along and learn more about healthful eating and physical activity habits. For example, eating a variety of nutritious foods every day, planning weekly meals, learning skills to create healthy meals, and information about consulting a Registered Dietitian Nutritionist (RDN). There is no one-size-fits-all approach to nutrition and health. A RDN can help tailor a eating plan that can fit each individual uniquely.

For more information and ideas on how to participate click [here](#).



IDA Contracts with The Iowa Food Bank Association and Central Iowa Shelter and Services

The Iowa Department on Aging utilized emergency relief CARES and FFCRA funding to contract with The Iowa Food Bank Association and Central Iowa Shelter and Services to provide meals and supplemental food items to older Iowans. The successful, innovative partnerships provided thousands of Iowans much needed nutritious food. See the documents in the links below for more details and information on the projects.

[The Iowa Food Bank Association](#)
[Central Iowa Shelter and Services](#)



Family Caregiver

Reduce Social Isolation and Loneliness

Social isolation and loneliness can be harmful to the physical, mental, cognitive, and emotional health of older adults. The National Institute on Aging (NIA) has developed an outreach toolkit to help reduce social isolation and loneliness. To find more information click [here](#).

To join the national conversation on social isolation and loneliness use the hashtag #CommitToConnect on social media during the week of March 1-5th.

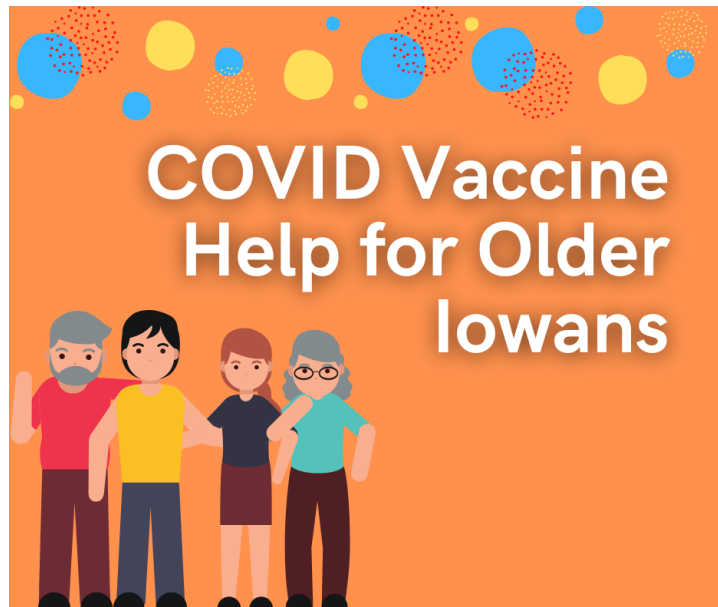
Social Isolation and Loneliness Outreach Toolkit



Disease Prevention/ Health Promotion

COVID Vaccine Assistance

211 Iowa is proud to serve as the state's Vaccine Navigators for eligible Iowans. Starting March 8th, 2021 Iowans who are 65 and older and need help navigating the vaccine process can call 211 for assistance scheduling a vaccine appointment at a Hy-Vee pharmacy.



Upcoming Events

Iowa Department on Aging Public Hearing Conference Call

March 15, 2021 | 2:00-3:00pm

Conference Call (Zoom)

How to obtain a copy of the 2022-2025 State Plan:

Go to <https://iowaaging.gov/> and search State Plan.

All comments of the draft State Plan on Aging must be received by the IDA by 4:30pm on April 5, 2021.



Iowa Department on Aging

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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.