

Spring is Here! - Get your COVID Vaccine Information!



April 2021



News & Updates



Help Your Loved One Get Vaccinated

Iowans are ready to return to normal and the COVID-19 vaccine can help! Vaccine supply and appointments are limited and it is important for individuals to be aware of all the options available in their community to get a vaccination. The best place for assistance is to call 211, which is the state call center to assist Iowans with scheduling vaccination appointments statewide. 211 services are available by dialing 211 or 1-800-244-7431. For more information click [Here](#).

For more information on the Vaccinate Iowa efforts click [Here](#).



Nutrition Services



Public Health in Action: Taking on a Pandemic, Health Equity, Natural Disasters and More!

The COVID-19 pandemic amplified the difficulties older adults face in regards to food insecurity, social isolation, and access. Research shows that 10% of older Iowans are threatened by hunger and 27% of older Iowans live alone.

During the last year, The Iowa Department on Aging and the Iowa Food Bank Association have been involved in innovative partnerships and collaborations that arose to meet the needs of older Iowans through the Lieutenant Governor's Feeding Task Force. Services like home delivered meals, congregate meals, and senior food boxes all required changes in service delivery to help the state's most vulnerable.

On April, 6th at 10:30 a.m., IDA's Nutrition, Health, & Wellness Director, Alexandra Bauman, RD, LDN, and Linda Gorkow, Executive Director of the Iowa Food Bank Association, will lead discussion that will delve into the question of feeding vulnerable and homebound Iowans and what this looks like through the COVID-19 pandemic and beyond.

To register for the conference click [Here](#).

To view the conference schedule click on [Here](#).



Falls Prevention



Make Home a Safer and More Supportive Place to Live

Most people want to remain in their homes as they age. However, as abilities change and the risk to falls increases, sometimes our original home configurations don't work as well as they once did.

The Lifetime Home highlights common barriers to safe and supportive aging in the home and features a range of home modifications and universal design features that can address them. Photographs from actual homes demonstrate how design and product changes can support independent living.

Explore the home room by room and visit the Resources page for additional information. Use The Lifetime Home to begin learning how to make the home a safer and more supportive place for a lifetime!

Click [Here](#) to go to this resource.



Senior Employment



New Podcast Series to Communicate with Iowans

Check out *Mission: Employable!* a new podcast from Iowa Workforce Development where you can listen weekly interviews and discussion with leaders in business and industry, economic developers, stakeholders and others. Learn what's trending in workforce programs and initiatives and discover new innovations and resources that are available!

Episodes can be downloaded from the Apple Podcast App, Spotify App or from the Iowa Workforce Development podcast page at <https://www.iowaworkforcedevelopment.gov/podcast>.



Elder Abuse Prevention



Protect Yourself and Loved Ones From Vaccination Scams

Due to the pandemic more people are at home and are alone. There is a lot of confusion on when, how, and where to sign up to get vaccinated. Putting these two situations together and now we get scammers taking advantage and spreading false hope to the hopeful isolated seniors and more. In the article below there are tips and information on how to protect yourself and your loved ones from falling for one of these scams.

Click [Here](#) to view the article.



Upcoming Events

Public Health Conference of Iowa
April 6th, 2021
10:30 a.m.
More Information | [Register Here](#)



Iowa Department on Aging

510 E 12th Street Ste. 2

Des Moines, Iowa 50319

515.725.3333 | 800.532.3213

www.iowaaging.gov

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.