

# Grant Successes and Nutrition Innovations that YOU Won't Want to Miss



May 2021



## News & Updates

### OLDER AMERICANS MONTH



COMMUNITIES OF STRENGTH: MAY 2021

#### Celebrating Older Americans in May

Every May, the Administration for Community Living (ACL) leads the Nation's observance of Older Americans Month. This year's theme is "Communities of Strength".

Older adults across the nation have built resilience and strength over their lives through numerous successes, failures, joys, and difficulties. Their stories and contributions to society help to support and inspire others. This year we will celebrate the strength of older adults and the aging network with an emphasis on the power of connections and engagement in building strong communities.

With the pandemic of last year it really brought to everyone's attention meaningful connection. There are many things we can all do for self-care to reinforce our strength and continue to thrive in our communities. Connection is vital and plays an important role in our health and well-being.

Follow the Iowa Department on Aging on [Facebook](#) and [Twitter](#) and share your plans and stories on how you are celebrating your Older American by using #OlderAmericansMonth and tagging the #IowaDepartmentonAging!

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#### FEMA Assistance For Funeral Expenses Due to COVID

In early April, FEMA began providing financial assistance for funeral expenses incurred after January 20, 2020 for deaths related to coronavirus (COVID-19) to help ease some of the financial stress and burden brought on by the pandemic.

To be eligible for funeral assistance, you must meet the following conditions:

- The death must have occurred in the United States
- The death certificate must indicate the death was attributed to COVID-19

The following documentation/information to gather when applying for the funding include items such as:

- An official death certificate
- Funeral expense documents
- Proof of funds received from other sources (specifically for use toward funeral costs)

For more detailed information and to apply for financial assistance click [here](#) or call 844.684.6333 TTY: 800.462.7585



### The Iowa Café

The Iowa Café is a new, innovative nutrition initiative being piloted in select counties across Iowa. The Iowa Café is a partnership between local Area Agencies on Aging and licensed foodservice establishments like restaurants, food trucks, cafés, convenience stores, and grocery stores with hot and cold options to provide high quality meals to older Iowans and concurrently support local economies.

#### Goals:

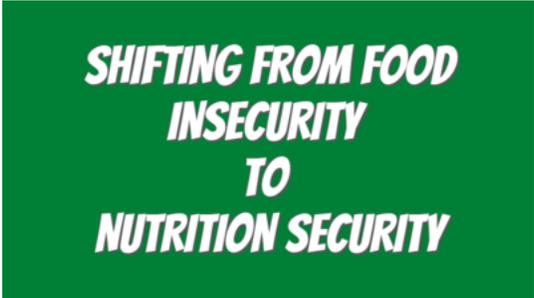
- Provide choice, quality, and nutritious meal options to food insecure, malnourished, and socially isolated older Iowans;
- Diversify meal sites, delivery methods, and food options to meet the needs of an increasingly diverse population and reach communities that lack OAA nutrition services; and;
- Concurrently support local economies struggling due to the COVID-19 pandemic.

**Participant Eligibility** To participate in The Iowa Café, individuals must be 60 years of age or older, or a spouse of an eligible individual regardless of age. Meals are provided on a voluntary contribution basis, and individuals will be given the opportunity to contribute towards the cost of the meal.

**Call for Proposals** Restaurants interested in participating in The Iowa Café will be able to fill out an interest form on the Iowa Department on Aging's website [here](#). The contracted restaurant will agree to provide meals to eligible participants. Restaurants will be loaned tablet technology with software available to track participants and meals via credit-card or keychain style participant cards. Therefore, internet access in the restaurant is required. Restaurants will be reimbursed on a per-meal basis. Contractors will contract directly with their local Area Agency on Aging, and will be provided with a detailed guide to launch their Iowa Café.

For questions and additional information, please contact: Alexandra Bauman, RD, LDN | Nutrition, Health & Wellness Director | [alexandra.bauman@iowa.gov](mailto:alexandra.bauman@iowa.gov)

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**SHIFTING FROM FOOD  
INSECURITY  
TO  
NUTRITION SECURITY**

## Prioritizing Nutrition Security

A recently published research study calls for "a shift in focus and policies from food to healthy, nourishing food", indicating that sufficient calories and quantities of food may not be meeting the mark to address nutrition security.

The author defines nutrition security as having consistent access to and availability and affordability of foods and beverages that promote well-being, while preventing - and, if needed, treating - disease." To read the full study click [here](#).

### SNAP Benefits Now on Amazon!

Amazon is now accepting SNAP EBT cards to purchase items from Amazon Fresh! For more information see the infographic below or go to [AMAZON EBT FAQ](#) or click [here](#) to view a quick video.

**Use your SNAP EBT card on Amazon**  
No membership required

**BENEFITS**

- FREE ACCESS TO AMAZON FRESH**  
SNAP customers receive access to Amazon Fresh in eligible regions without Prime membership fees. Amazon Fresh delivers perishable, shelf-stable, and household products in everyday package sizes.
- FREE DELIVERY AVAILABLE**  
Customers receive free shipping on orders of \$25 or more on Amazon Grocery and \$35\* or more on Amazon Fresh. Both SNAP-eligible and non-SNAP eligible items in customers' carts will count towards order minimums.
- EXCLUSIVE DEALS**  
EBT customers receive exclusive discounts on produce, grocery staples, and other essential items. We are consistently updating offers from popular brands such as Quaker, Campbells, Kraft, Fresh Brand, and more.
- SNAP EBT PAYMENT**  
Customers can use their SNAP EBT benefits on Amazon Fresh and Amazon Grocery in eligible states.\*\*

**SIGN UP**

- 1** Create an Amazon account
- 2** Visit [Amazon.com/SNAP](#) and add a valid SNAP EBT card
- 3** Start shopping!

**Visit Amazon.com/SNAP**

1. Open your phone's camera
2. Aim it at the code
3. Tap the banner that appears

**DID YOU KNOW EBT CUSTOMERS GET 50% OFF PRIME?**  
Amazon Prime is just ~~\$12.99~~ \$5.99/month for EBT customers. Prime members get FREE delivery on millions of items, Prime-exclusive discounts, access to Prime Video and Amazon Music, and more. Prime membership is not required to take advantage of the benefits above.

\*\$50 in New York City.  
\*\*Alaska, Hawaii, Louisiana, Maine, and Montana SNAP benefits are currently not accepted.



Family Caregiver

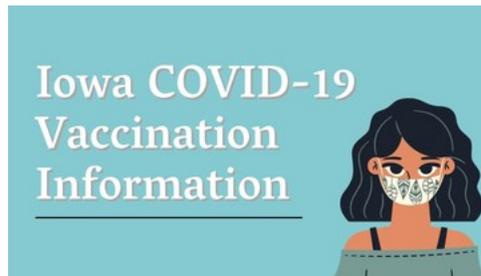


## Unified Caregiving Strategy for Family Caregivers

The National Alliance for Caregiving (NAC) has developed a strategy to support caregivers across the Nation. The *From Momentum to Movement* report is the first reduplication of a living document and compilation of resources to help guide advocated in developing statewide caregiving strategies to address community-level needs. The report provides a strategic process to foster development of actionable goals for state plans and includes policy recommendations to coordinate alignment across key global, national, and state-level priorities to help strengthen movement toward a robust and unified caregiving strategy for all caregivers.



## Disease Prevention/ Health Promotion



### COVID-19 Vaccine Information

The Iowa Department of Public Health is coordinating the COVID-19 vaccine distribution effort in Iowa. For more information on eligibility in Iowa and to schedule a vaccine appointment click [here](#). If you have general questions about the vaccine, call 211. Resource specialists are available 24 hours a day to answer basic questions. Check with your health care provider with questions specific to your health situation.



## Falls Prevention



## Iowa CAPABLE Grant in NY Times

The Iowa Department on Aging received grant funding in Fall, 2020 to partner with community partners and pilot CAPABLE in Dallas, Mills, and Pottawattamie Counties. CAPABLE is an evidence-based program that combines Occupational Therapist visits, Nurse visits, and a day's work from a handy worker to provide simple home modifications to keep older individuals safe in their home. CAPABLE was recently featured in the New York Times.

The article describes one participant's experience in Baltimore, Maryland, "I feel safe and I feel secure," he said recently. "I don't have to call somebody to help me. I feel independent, and I've been independent all my life." Click [here](#) to read the full article.



## Elder Abuse Prevention



## Celebrate World Elder Abuse Awareness Day

June 15th, 2021 is bringing recognition to elder abuse, neglect, and exploitation and is serving as a call-to-action for all individuals, organizations, and communities. The Administration on Community Living and the National Center on Elder Abuse are excited to share new and updated tools that were designed to help individuals generate awareness about elder abuse. Click [here](#) for more information and follow the Iowa Department on Aging on [Facebook](#) and [Twitter](#) for more ways to celebrate during the month of June.



## Upcoming Events

Older Americans Month - May 2021

World Elder Abuse Awareness Day - June 15th, 2021

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**Iowa Department on Aging**

510 E 12th Street Ste. 2

Des Moines, Iowa 50319

515.725.3333 | 800.532.3213

[www.iowaaging.gov](http://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.