

Help for COVID-19 Stress for Family Caregivers



June 2021



News & Updates



Need a *Lyft*?

NCOA is partnering with Lyft to provide access to reliable, affordable transportation to older adults who need a ride to get their COVID-19 vaccine.

Lyft has provided ride codes with a value of up to \$25 each to travel to and from COVID-19 vaccination appointments for both the first and second doses. Use promo codes **SENIORVAX1** and **SENIORVAX2** through December 31, 2021.

To read the full article click [here](#).



Nutrition Services



Nutrition Counseling Sessions

The Iowa Department on Aging partnered with Hy-Vee Dietitians and are conducting 60 minute nutrition counseling sessions for the first 400 Iowans of 60 years or older that sign up. Sessions must be conducted prior to July 1st, 2021. Sign up [here](#) for free.



Food For Thought: Role of Nutrition in Healthy Aging

The way we eat throughout our lives impacts the way we age. Without proper nutrition our bodies can't stay healthy, fight off disease, or deal with illnesses that we already have.

The latest Dietary Guidelines from the USDA address nutrition at various life stages and provide important recommendations on achieving a well-rounded diet. We all have the power to maximize and improve our health, add vitality to our years, reduce the risk of disease, and increase our health spans—the number of years we live in good health.

Research shows that it's never too late to make improvements. Click [here](#) to watch this short 6 minute clip to learn more!



Family Caregiver



Stress for Family Caregivers Mounts with the Impact of COVID-19

The number of Americans providing unpaid care for loved ones has been rising in recent years. The coronavirus pandemic and the associated shutdowns have made these difficult roles that much harder, increasing isolation and limiting resources. Click [here](#) to hear some of their stories.



Caregiver Workshop Provides Tools for Success

Participate, learn from, and help other caregivers in a free 6-week online workshop. If you live in a rural area, care for someone with memory loss and provide care for at least 10 hours per week, you may qualify. Convenient access to materials to teach caregivers to reduce stress, manage difficult behaviors and plan for the future.

How can caregivers and others learn more? Interested caregivers can click [here](#) or call the toll-free number 1-833-634-0603 to get more information.



Disease Prevention/ Health Promotion

Make it OK - Community Campaign in Iowa

Part of the Healthiest State Initiative, Make it OK is a community campaign to reduce stigma by starting conversations and increasing understanding about mental illness.

1 in 5 will have some kind of mental illness in a given year.

Make It OK 2020 ANNUAL REPORT

Make It OK is community campaign to reduce stigma by starting conversations and increasing understanding about mental illness. In 2020, Make It OK reached thousands of lowans through messaging efforts, presentations and a network of ambassadors and workplaces.

2020 HIGHLIGHTS:

18 Make It OK Presentations
reaching **2,108** people (in-person and virtual)

203 Registered Workplaces
signed up to end stigma for their employees

366 Make It OK Ambassadors
trained via in-person and virtual sessions



TOOLKITS & RESOURCES:

Make It OK: Employer Toolkit
launched in January 2020

Mental Health Awareness Month
Toolkit, Email Series & Social Media Campaign
launched in May 2020



Find resources, local coalitions and take the pledge to Make it OK on the website. Click [here](#) to go to the website. Click [here](#) to hear from lowans who experience mental illness.



Senior Employment

Trends for the 50+ Work Force

Data shows that mature workers are increasing their workforce participation at a dramatic rate and it is impacting employment trends on a larger scale. The experience and strengths mature workers bring to the workforce cannot be overlooked and neither can their tenacity for work. Read the article from Advisor Prospects to learn more!

Iowa's Senior Community Service Employment Program (SCSEP) is authorized by Title V of the Older American's Act and is funded through the U.S. Department of Labor. The program's objective is to provide job skills training to adults 55 & older to assist them in obtaining and maintaining unsubsidized employment. It meets this goal by placing participants at government or non-profit organizations, where they receive paid training for community service work.



Legal Protections



Guardianship Mediation Training

Attorney/mediator Kristen Boldt of Harmony Law is offering a 16-hour, online training for mediators wishing to practice in the area of guardianship and conservatorship mediation. This class is for mediators that have already taken general or family law mediation training.

Class Dates are
June 24, 25, 28, 29*

8:30a.m.—12:30p.m. each day on Zoom

*The last class will be one hour longer to include the one hour session on external resources required by Iowa Code.

To register click [here](#)
For more information, contact Kristen at Kristen@harmonylawdsm.com



Elder Abuse Prevention



World Elder Abuse Awareness Day - June 15th

World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization. It's purpose is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons. This is done through raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect. Follow the Iowa Department on Aging on [Facebook](#) and [Twitter](#) as we will be posting more about elder abuse prevention during the month of June.

For more information on this day and "Building Strong Support for Elders" click [here](#).



Upcoming Events



Age+Action

2021 Virtual Conference | June 7 – June 10

National Council on Aging Virtual Conference

June 7 - June 10

Join National Council on Aging for a virtual conference where you can connect with colleagues, participate in workshops and visit the virtual expo hall. Age+Action will include more than 150 presentations broadcasted live along with educational sessions. All sessions will be available on demand so you can enjoy them at a time that works for you.

For more information and to register click [here](#).



IOWA
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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.