



The Link - Dec. 5, 2016



WEEK OF DECEMBER 5, 2016



NEWS & RESOURCES

- Iowa Rideshare, a new program by the DOT, is an online ridematching system that helps users quickly and securely find viable commute options, including carpool routes, transit routes and more: <https://www.iowarideshare.org/Public/Home.aspx>
- A new report by Gallup and Healthways called The State of American Well-Being: 2015 State Well-Being Rankings for Older Americans lists Iowa 14th in the nation in terms of being the best place for someone 55 or older to live: <http://www.well-beingindex.com/2016-older-americans>
- In November, n4a, in collaboration with the AARP Foundation, launched a public awareness campaign called "Home for the Holidays" to spread the word about the growing problem of social isolation and loneliness affecting millions of older Americans. Consumer brochures and outreach materials are available: <http://www.n4a.org/h4h2016>
- For many disadvantaged older adults, the path to economic security begins with basic money management. With support from the Bank of America Charitable Foundation, NCOA developed the Savvy Saving Seniors® financial education program to help professionals educate older adults about good money skills: <https://www.ncoa.org/economic-security/money-management/budgeting/savvy-saving-seniors-financial-education/>



FAMILY CAREGIVER

- In an article entitled, "6 S's to Help You Survive the Holidays," AgingCare.com shares tips that can help family caregivers relieve stress during the holiday season: <https://www.agingcare.com/Articles/survive-the-holidays-175214.htm>



DISEASE PREVENTION/ HEALTH PROMOTION

- A study published in the journal Neurology found that stroke patients can be up to twice as likely to commit suicide compared with the rest of the population, and the risk of attempted suicide is highest within the first two years after a stroke: <https://www.sciencedaily.com/releases/2015/04/150408085858.htm>
- According to a study recently published in Molecular Psychiatry, patients with OCD are 10 times more likely to commit suicide, but because the main predictor of suicide among these individuals is a previous suicide attempt, opportunities for prevention exist: <https://www.sciencedaily.com/releases/2016/07/160719094234.htm>



FALLS PREVENTION

- The NCOA Falls Prevention initiative developed an infographic called "Evidence-Based Falls Prevention Programs: Saving Lives, Saving Money" that illustrates the impact of falls among older adults and the benefits and return on investment of evidence-based falls prevention programs: <https://www.ncoa.org/resources/falls-prevention-programs-saving-lives-saving-money-infographic-3/>



UPCOMING EVENTS

Workshop: Work for Yourself@50+

Tuesday, Jan. 10, 2017 (6-7:30 p.m.)

Iowa Center for Economic Success (8345 University Blvd, Suite F, Clive, IA 50325)

[More Information](#) | Register by calling (888) 339-5617

Webinar: Facilitating Transportation to Evidence-Based Programs

Tuesday, Jan. 24, 2017 (2-3:30 p.m.)

[More Information](#) | [Register](#)



Iowa Department on

AGING

Jessie Parker Building
510 E 12th Street, Ste. 2
Des Moines, IA 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.

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