

Receive Updates



The Link Digital Digest - May 9, 2016



WEEK OF MAY 9, 2016



NEWS & RESOURCES

Nearly five years after it expired, legislation to reauthorize the Older Americans Act was passed by Congress with unanimous, bipartisan support and signed into law in April: <https://www.whitehouse.gov/blog/2016/04/21/reauthorizing-older-americans-act-protect-our-citizens>

To celebrate Older Americans Month, the Administration on Community Living offers tip sheets on a number of topics: <http://oam.acl.gov/2016/tipsheets.html>

DOL issues "Paying Minimum Wage and Overtime to Home Care Workers: A Guide for Consumers and their Families to the Fair Labor Standards Act": https://www.dol.gov/whd/homecare/homecare_guide.htm



NUTRITION SERVICES

Eating a variety of foods from all food groups can help supply the nutrients a person needs as they age: <http://www.eatright.org/resource/food/nutrition/dietary-guidelines-and-myplate/healthy-eating-for-older-adults>

A registered dietitian nutritionist can help older adults make positive life changes: <http://www.eatright.org/resources/for-seniors>



FAMILY CAREGIVER

Dual responsibilities of work and family caregiving impact 60 percent of caregivers:

<http://www.aarp.org/content/dam/aarp/ppi/2016-03/The-Dual-Pressures-off-Family-Caregiving-and-Employment.pdf>

Iowa Senator Joni Ernst introduces Credit for Caring Act:

<http://www.ernst.senate.gov/public/index.cfm/2016/4/ernst-bennet-ayotte-and-warren-introduce-tax-credit-for-family-caregivers>

Tax credits and deductions every caregiver should know about:

https://www.agingcare.com/Articles/tax-credits-deductions-for-caregivers-171010.htm?utm_source=Newsletter&utm_medium=Email&utm_campaign=Newsletter%20-%20February%2027,%202016



DISEASE PREVENTION/ HEALTH PROMOTION

Evidence links Alzheimer's to periodontitis:

http://www.dentistrytoday.com/news/industrynews/item/795-more-evidence-links-alzheimer-s-to-periodontitis?hq_e=el&hq_m=995899&hq_l=2&hq_v=b857cffb89

Consumer Focus: What consumers should know about dietary supplements:

<https://www.iowaattorneygeneral.gov/newsletter-preview/45/24B25BCAFD95055AB4D8BD584443A013/>



FALLS PREVENTION

CDC finds severe vision impairment increases number of falls sustained by U.S.

seniors: http://www.cdc.gov/mmwr/volumes/65/wr/mm6517a2.htm?s_cid=mm6517a2_w

Links to related media coverage:

- [CBS News](#)
- [HealthDay](#)



ELDER ABUSE PREVENTION

Iowa Attorney General requests individuals to consider completing a brief survey to inform elder abuse prevention policy: <https://www.surveymonkey.com/r/IndivOver50>



UPCOMING EVENTS

Governor's Conference on Aging & Disabilities (May 23-26, 2016, Iowa Events Center, Des Moines, IA)

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

A-Z Guide to Simplify and Optimize Dementia Care: A Medical Education Conference on Dementia (June 4, 2016, Des Moines University, Des Moines, IA)

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



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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.

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