

# The Link - March 2019



Week of March 4, 2019



## NEWS & RESOURCES

- The deadline to file 2018 tax returns is April 15. There are two programs offered by the Internal Revenue Service to help senior households make sure their filings are on time and correct. More information about free tax return preparation for older adults can be found here: <https://www.irs.gov/individuals/free-tax-return-preparation-for-you-by-volunteers>
- Centers for Medicare & Medicaid Services (CMS) launched a new app that gives consumers a new Medicare experience with direct access through your mobile device. Read more here: <https://www.cms.gov/newsroom/press-releases/new-app-displays-what-original-medicare-covers>
- Social Security scams are growing at an alarming pace. So far this year, more than 35,000 people have reported being scammed by Social Security Administration impostors. Read more to learn how to protect yourself from these calls here: [https://www.consumer.ftc.gov/blog/2018/12/what-social-security-scam-sounds?utm\\_source=newsletter&utm\\_term=20190205OAnewsltr](https://www.consumer.ftc.gov/blog/2018/12/what-social-security-scam-sounds?utm_source=newsletter&utm_term=20190205OAnewsltr)



## NUTRITION SERVICES

- March is National Nutrition Month, so it is a great time to focus on the importance of making informed food choices and developing sound eating and physical activity habits. Check out some eating right tips for older adults here: <https://www.eatright.org/-/media/files/eatrightdocuments/nnm/eatingrighttipsforolderadults.pdf?la=en&hash=F0D51B0A26E5D6D21EEAD2D1072670C1AD7EB8E5>



## FAMILY CAREGIVER

- MyMobility Plan provides resources and tips for older adults to help manage their health to maintain mobility, make their homes safer to prevent falls, and consider alternative transportation as they age so they can stay safe, mobile, and independent longer. Learn more about MyMobility Plan here: [https://www.cdc.gov/motorvehiclesafety/older\\_adult\\_drivers/mymobility/](https://www.cdc.gov/motorvehiclesafety/older_adult_drivers/mymobility/)
  - A group called "Embracing Carers" conducted a survey of unpaid caregivers in 2017 and found that nearly half of family caregivers suffer from depression and many did not have time to book or attend their own medical appointments due to their caregiving activities. Read more about the growing American crisis: "Who Will Care For the Baby Boomers" here: <http://time.com/5529152/elderly-caregiving-baby-boomers-unpaid-caregivers-crisis/>
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## SENIOR EMPLOYMENT

- As the workforce ages, accommodations may be helpful with assisting individuals with maintaining their employment. Often times, the older worker does not understand that they can ask for assistance. This article provides basic information about two laws that might be helpful to the older worker. Read more here: <https://www.asaging.org/blog/issues-impacts-and-implications-aging-workforce>
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## ELDER ABUSE PREVENTION

- Studies show that about 1-2 million U.S. citizens 65 years of age or older have been exploited, mistreated, or injured by a caregiver. Be more aware of signs of elder abuse here: <https://www.nursinghomeabusecenter.com/elder-abuse/signs/>
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## UPCOMING EVENTS

### **Conference from Des Moines University Medicine & Health Sciences**

April 26, 2019

Iowa Veterans Home

1301 Summit Street (Whitehill Conference Room)

Marshalltown, IA 50158

[Mental Health Issues in Long Term Care](#)

### **Conference from Elderbridge Agency on Aging**

May 16, 2019

Bio Health Science Auditorium

1 Triton Circle, Fort Dodge, IA 50501

[Caregiver Conference](#)

**Webinars from the American Society on Aging**

April 3, 2019

[Older Adults and Opioids](#)

May 8, 2019

[Managing Arthritis in Older Adults](#)



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