

THE LINK

A Digital Digest for Iowa's Aging Network



November, 2021



News & Updates



Protect Yourself Against Scams

Scammers take advantage of people during times of fear and uncertainty — and the COVID-19 pandemic is no different. While federal rental assistance is being rolled out to communities across the country, scammers are actively using this opportunity to prey on consumers in need, by pretending to be someone they're not. Make sure you are protecting yourself and your loved ones. Check out more information on how to spot a [Rental Assistance Scam](#)

Use the [Rental Assistance Finder](#) to locate a program near you.



Lending Library Service

Iowa Department on Aging is collaborating with Easterseals Iowa to expand their lending library service. This collaboration will allow Easterseals to offer additional assistive technology devices for individuals aged 18 and older with disabilities and those aged 60 and older to increase independence, remain in their home and have access to the community. Interested persons must complete an application to verify eligibility. Assistive technology devices in the lending library are available while supplies last.

For more information, visit the [Lending Library Website](#)



Nutrition Services



Nutrition and Aging
Resource Center

IDA Receives National Grant

The Iowa Department on Aging was chosen through a competitive award process to host the National Resource Center on Nutrition and Aging. The grant award is a

cooperative agreement with the Administration for Community Living (ACL). The Iowa Department on Aging is also partnering with Iowa State University for research, evaluation, and subject matter experts. For more information read the [Full Press Release](#).

Learn more about the Nutrition and Aging Resource Center at acl.gov/senior-nutrition.



Disease Prevention/ Health Promotion



Managing the Emotional Impact of COVID-19

According to a new AARP study most older adults say the COVID-19 pandemic has created emotional health challenges such as increased sadness, depression, worry and anxiety. The majority of those ages 50 and older say the pandemic has increased their level of concern about the future (77%) and general worry (76%). Click here to learn more about [Managing the Emotional Impact of COVID-19](#).

Need help now? Call COVID Recovery Iowa for emotional support 1-844-775-9276.

Data.**CMS**.gov
Centers for Medicare & Medicaid Services

CMS Launches New Tool

The Centers for Medicare & Medicaid Services (CMS) is making it easier to check COVID-19 vaccination rates for nursing home staff and residents with a new feature on Medicare.gov.

“CMS wants to empower nursing home residents, their families and caregivers with the information they need when choosing care providers for their loved ones. As we continue to work with our partners to monitor the spread of COVID-19 and keep nursing home residents safe, we want to give people a new tool to visualize this data to help them make informed decisions,” said CMS Administrator Chiquita Brooks-LaSure. “CMS knows that nursing home staff want to protect their residents and is calling on them to get vaccinated now. The COVID-19 vaccine is safe, effective and accessible to all at no out-of-pocket cost.”

For more information, visit the [COVID-19 Nursing Home Data Website](#).



Falls Prevention



Low Income Home Modification Funding Available in IA

The City of Dubuque and the East Central Intergovernmental Association were each awarded \$1.0 million in funding from the US Department of Housing and Urban Development to support aging in place home modifications for low income seniors. The grant allows lowans aged 60+ with limited income to stay in their homes through low-cost home modifications that will reduce older adults' risk of falling. Examples of these home modifications include installation of grab bars, railings, and lever-handle door knobs and faucets, as well as the installation of adaptive equipment, such as non-slip strips for tub/shower or stairs. These investments will enable older adults to remain in their homes – to “age in place” – rather than move to nursing homes or other assisted care facilities.

The programs are in a "pre-application" stage gathering a list of seniors interested in receiving the service. To learn more, go to either:

- [City of Dubuque](#)
- [Delaware, Dubuque, Jackson, Clinton, and Cedar Counties](#)



Upcoming Events

5th Annual
Geriatric Behavioral Health Conference
November 12-13, 2021
Virtual Event

The [5th Annual Geriatric Behavioral Health Conference](#) is scheduled for November 12-13, 2021. Learn virtually from national experts about mental health disorders that occur in older adults. All interested individuals are invited to attend! The conference will cover a variety of behavioral health topics and includes plenary sessions, case presentations, and panel discussions. [View the full agenda and register here.](#)



Iowa Department on Aging

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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.