

The Link - August 2020



August 2020



NEWS & RESOURCES

30th Anniversary!

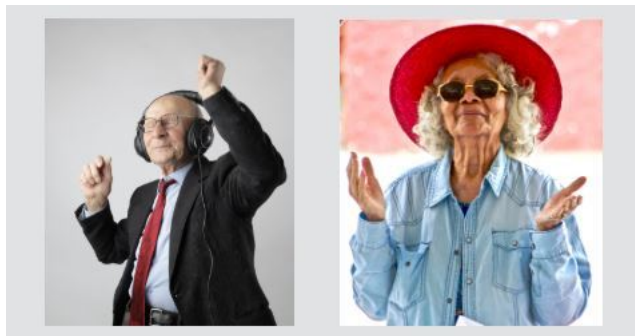
Last month we celebrated the 30th anniversary of the signing of the Americans with Disabilities Act. This legislation protects the rights of people with disabilities of all ages and has helped reshape our nation in ways that benefit all Americans. For more information about the Americans with Disabilities Act (ADA) click [here](#).

Caregiver Wellness Webinar Series



The Caregiver Wellness Webinar Series is hosting a webinar on August 11th, 2020 Caregiver Fatigue & Self-Care with Dr. James Coyle and The Ins & Outs of In-Home Care with Karen Huber. The webinar will begin at 1:00pm. For more information on the Caregiver Wellness Series click [here](#). To register for the webinar click [here](#). To call in and listen, dial 833 548 0276 and use ID # 880 3856 5496.

Engage Virtually!



Stay in touch with family and friends during the uncertain and isolating times of COVID-19. EdX has more than 2,500 free courses available online. Subjects range from computer science to arts and humanities to foreign languages. There is something for everyone! Click [here](#) for more information and resources on engaging with family and friends and click [here](#) for information on edX.

United States Census Bureau



The United States Census Bureau has multiple short articles about various subject areas with recent data and information about COVID-19. Click [here](#) to see featured stories on various topics such as families, housing, employment, business, education, the economy, emergency preparedness, and population. An example of one of the articles is seen above "How Resilient Are Communities to Disasters". To read that article click [here](#).



NUTRITION SERVICES

Feeding Iowans Task Force

The Iowa Department on Aging is a proud partner of Lieutenant Governor Adam Gregg's Feeding Task Force. For more information please see below.



Food Resources
DURING COVID-19

Iowa Department on Aging
Resources for Iowans age 60+

- Home-delivered meals
- Drive-through meals
- Emergency nutrition services

This information is brought to you in partnership with the Governor's Feeding Iowans Task Force



Food Resources

DURING COVID-19
PROGRAM SPOTLIGHT

Iowa Department on Aging
The Area Agencies on Aging provide home delivered meals, drive-through meals, and emergency nutrition services to Iowans age 60+ regardless of income on a voluntary contribution basis.

CALL LIFELONG LINKS:
866-468-7887
ONLINE:
<https://www.iowaaging.gov>



This information is brought to you in partnership with the Governor's Feeding Iowans Task Force



SENIOR EMPLOYMENT

Iowa Able Foundation is pleased to announce
we are expanding! Iowa Able empowers Iowans of all abilities to become financially independent

Iowa Able

Iowa Able assists individuals in achieving and maintaining financial stability to live as independently as the individual can. They offer financial empowerment programs with classes, coaching, and one on one meetings to build skills and understanding. Financial coaching is available as well for those who may need short-term support or situational advising. Their goal is to help provide education, to help build healthy financial habits, and individual skills. For more information click [here](#).



DISEASE PREVENTION/ HEALTH PROMOTION



Fresh Conversations Nutrition Education

Fresh Conversations Nutrition Education is going virtual! Check with ones local Area Agency on Aging about virtual nutrition education options this month. For more information click [here](#).

Social Connectedness for the Homebound

Staying socially connected while physically distancing is extremely important. Social Isolation can contribute to depression and poor health outcomes. Check out these

resources for weekly chat groups and crisis intervention hotlines. For more information click [here](#).

FALLS PREVENTION

Fighting Opioid Addiction

Iowa Department on Aging and Milestones, Heritage, NEI3A, and Aging Resources AAA are coordinating with the Rx Abuse Leadership Initiative (RALI) of Iowa and CHP community to distribute drug disposal kits and safety information to fight opioid addiction.



September 21st - 25th , 2020 is Falls Prevention Awareness Week!

LEGAL PROTECTIONS

National Center on Law and Elder Rights Legal Services and Disaster Assistance for Older Adults

Legal help during a disaster can be invaluable. With summer storms upon us, the National Center on Law and Elder Rights (NCLER) has put together a list of legal resources available. These resources can provide counseling and advice; preparedness toolkits; and even guides to receiving medical care during a disaster. Click [here](#) for more information.

UPCOMING EVENTS

August 11 - Caregiver Fatigue & Self-Care Webinar



Iowa Department on Aging
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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