

# he Link - September 2020



**September 2020**

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## NEWS & RESOURCES

### **New Tool Simplifies Medicare Plan Selection Process**

The National Council on Aging (NCOA) has launched a new version of the My Medicare Matters online tool to help older adults navigate the complexities of choosing a Medicare plan. Visitors can take an assessment to evaluate their health coverage need, review plan options and estimated costs or speak with a Medicare agency partner. Click [here](#) to view My Medicare Matters.

Another great resource when signing up for benefits is the Benefits CheckUp. Click [here](#) to see if you or someone you care for may be eligible to pay for food, medicine, rent and other daily expenses.

**Medicare Open Enrollment runs October 15th - December 7th, 2020.**

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## NUTRITION SERVICES

**National Lieutenant Governor's Association Addresses Malnutrition**

The National Lieutenant Governors Association passed a resolution supporting older adult malnutrition as part of quality healthcare at their recent 2020 annual meeting. Click [here](#) to read the resolution.

## Local Meal Programs Provide Safe RX Disposal Kits

The Iowa Department on Aging recently partnered with the RX Abuse Leadership Initiative of Iowa (RALI) and CHP Community to disseminate drug deactivation disposable kits to communities across Iowa. As a collaborative effort, 5,800 kits will be delivered through the home delivered meals program at four Area Agencies on Aging. Those participating agencies include Milestones Area Agency on Aging, Heritage Area Agency on Aging, Northeast Iowa Area Agency on Aging, and Aging Resources of Central Iowa.

The kits, much like a zip-lock bag, allows an individual to put their medications into the bag, add water, seal it, shake it up, and throw it away. The bag is environmentally safe and everything will degrade. The bag has been created to help with the opioid epidemic nationwide. If interested in learning more, click [here](#).



## FALLS PREVENTION

### Falls Prevention Awareness Week September 21st-25th

Falls are the number one cause of older adult deaths and disabilities. To raise awareness of this preventable injury, September 21-25, 2020 is Falls Prevention Awareness Week in Iowa and across the United States.

Learn what you can do to prevent falls by participating in the Iowa Falls Prevention Coalition's series of webinars offered this month. More information is listed below or by downloading the Falls Prevention Webinar flyer PDF [here](#).

### Virtual Iowa Falls Symposium

The Iowa Falls Prevention Coalition is offering three free webinars during September, Falls Prevention Month.

**Preventing Falls by Deprescribing Opioids** (September 3rd, 2020 at 12:00pm)  
Review polypharmacy, de-escalating therapy, and deprescribing; discuss potential high-risk medications to deprescribe, and work through three case studies focusing on deprescribing tapering schedules and resources for deprescribing (*by Dr. Corey A. Kennelty*).

To register for this webinar click [here](#).

### **Hoarding and Safety** (September 17th, 2020 at 12:00pm)

Understand the causes and treatment of hoarding, be able to identify hoarding, know the resources available to help, and understanding the emotional aspects of and communication regarding hoarding (*by Gary Rasmussen*).

To register for this webinar click [here](#).

### **Solutions for a Safer Home** (September 24th, 2020 at 12:00pm)

Understand how the physical environment can support or hinder safe participation with daily tasks, be able to recognize fall risks factors in and around your home, locate resources for possible funding options to complete home modifications, identify a variety of solutions to reduce the risk of falls in your home, and understand when to seek out the help of professionals (*by Miranda Rouw*)

To register for this webinar click [here](#).

For more information on any of the three webinars contact 571-527-3900.



### **Falls Free Check-Up Tool**

The Falls Free Check-Up assesses the risk of falls and provides a personalized report of the results of the tool to share with a health care provider. To complete the Falls Free Check-Up click [here](#).



## Six Steps to Prevent Falls

Research shows every 11 seconds an older adult visits an emergency room for an injury related to a fall. Click [here](#) to view six easy steps that could save a life!

## Falls Prevention for Caregivers

The National Council on Aging has information available on various topics such as: debunking the myths of older adult falls, osteoarthritis and falls and falls prevention. Please click [here](#) to go to their resources.

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## LEGAL PROTECTIONS

### Housing Insecurity During COVID

Many lowans are facing housing insecurity because of COVID-19 and general economic instability. Below is a Des Moines Register article with some basic advice and resources. If you or someone you know has questions, this article is an excellent starting point. You can also call LifeLong Links with any questions at 866-468-7887. Click [here](#) to see the article.

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## UPCOMING EVENTS

Three Free Webinars for Falls Prevention Awareness Month:

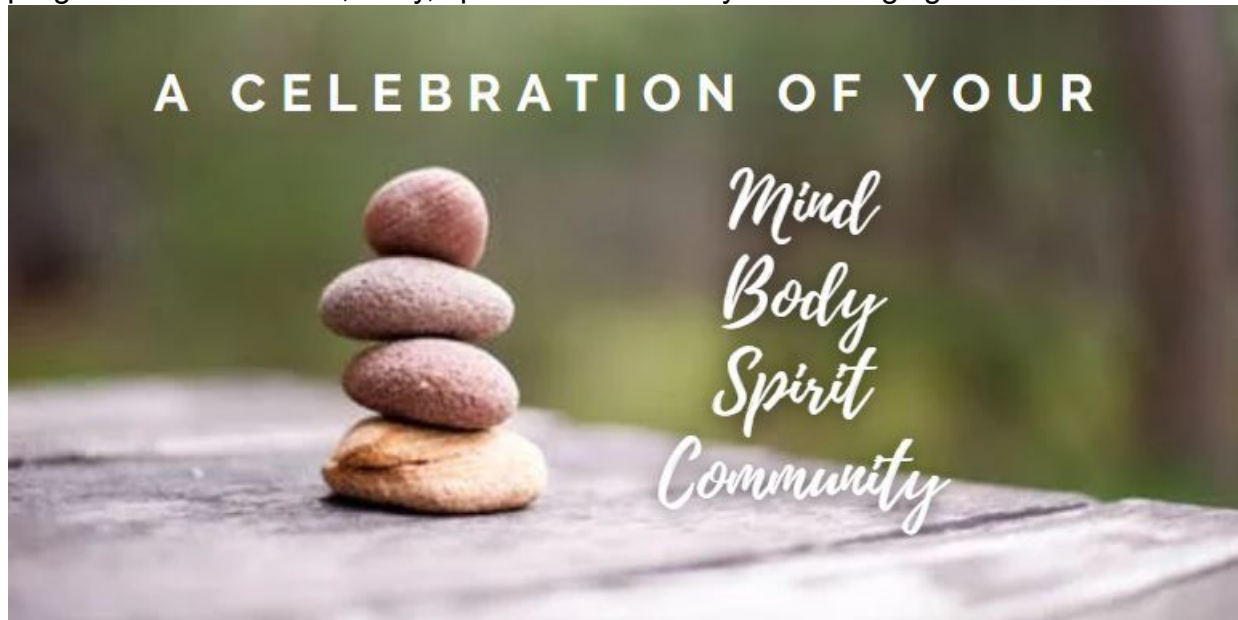
- Preventing Falls by Deprescribing Opioids Webinar - September 3rd, 2020

- Hoarding and Safety - September 17th, 2020
- Solutions for a Safer Home - September 24th, 2020

Click [here](#) to register.

## September is National Senior Center Month

September is National Senior Center Month and this year's theme is "Delivering Vital Connections!" The theme was chosen to highlight how well senior centers are delivering vital connections to support older adults aging well. Preventing social isolation is vital and a core senior center mission. Due to COVID-19 many delivery methods have changed but centers have succeeded in continuously providing knowledge, programming, and resources to their clients. Read more [here](#) about how programs connect mind, body, spirit and community in challenging times.



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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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