

# Home for the Holidays?



November 2020



## News & Updates



### National Family Caregivers Month!

November is National Family Caregivers Month, the Department on Aging will be posting often with tips and resources for caregivers. As well as taking time to honor and recognize all family caregivers in our state. For more information on this month long celebration click [Here](#).



## Nutrition Services

### Talking Turkey Nutrition

1 in 6 Americans will get a foodborne illness this year. Older adults are especially vulnerable, so food safety needs to be a top priority. With the holiday's right around the corner, brush up on your food safety skills and knowledge with this "Talking Turkey" infographic. Click [Here](#) to see the graphic.



## Family Caregiver

### Caring for an Aging America

From 2018-2020, the Center for Health Care Strategies [CHCS] launched a multi-state learning collaborative called *Helping States Support Families Caring for an Aging America*. Iowa was chosen to participate in this initiative focused on developing policies or programs to support family caregivers and address the challenges of caring for an aging population. On October 1, 2020, Julie Bergeson, Family Caregiver & Support Services Manager, presented on a national webinar to highlight Iowa's initiative to implement an assessment tool for family caregivers and how states can use data to improve statewide services. You can watch the recorded webinar [Here](#) or read



the brief outlining the innovative elements states used to strengthen family caregiving programs in their respective states [Here](#).



## Disease Prevention/ Health Promotion

### You Are Not Alone

The Holidays can be stressful and depressing times. Studies say that 64% of people with mental illness report holidays make their conditions worse. If you or a loved one are facing a problem with alcohol, drugs, gambling, mental health or suicidal thoughts, you're not alone. That is why the Iowa Department of Public Health has created YourLifelowa.org so Iowans can chat live, text, or call and get reliable information and treatment options, and find nearby help. Click [Here](#) for more information.



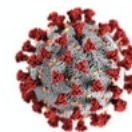
### Who Needs a Flu Shot and When

It is expected to be a crazy flu season. Now more than ever it is important to protect yourself, loved ones, and those around you by getting a flu shot.

To read about who should get vaccinated this season click [Here](#).

### Free Virtual Counseling and Assistance for Iowans Affected by COVID-19

COVID Recovery Iowa Assistance is now available! After receiving federal funding from FEMA Iowa residents affected by COVID now have access to emotional support/basic crisis counseling, virtual activities, referrals and help to find other resources available 24/7. Click [Here](#) for more information.



## Falls Prevention

## Holiday Home Safety

The holidays are all about spending time with family and loved ones. If you have an aging parent or loved one staying with or visiting you in the next few weeks this article has great simple modifications you can make to make your home safer for your guests. Click [Here](#) to read the article.



## Legal Protections

### Guardianship and Conservatorship in Iowa



Jennifer Donovan, Public Guardian for the state of Iowa, will be hosting a webinar to provide attendees an overview of guardianship and conservatorship in Iowa. Register to learn more about defining guardianship and conservatorship and how to tell if they are necessary and appropriate, identifying responsibilities of a guardian, and common myths and misconceptions about this topic.

See "Upcoming Events" at the bottom of this email for more information.

## Helping You this Holiday Season

The Consumer Finance and Protection Bureau has many tools to help you with everything from Mortgages to Payday Loans. They also have advice about online interactions and scam avoidance. Following the advice from CFPB may help reduce or prevent legal issues down the road. Check them out [Here](#).



## Elder Abuse Prevention

### Insight into Elder Mistreatment of Latinx Older Adults

The research brief found [Here](#) synthesizes the latest available information and research

relating to the mistreatment of Latinx older adults, providing insight into general cultural beliefs, views, norms, of Latinx communities and how they relate to and influence elder mistreatment.





## Upcoming Events

### Caregiver's Rest Conference

Date: November 11, 2020

Location: This will be held via Zoom

More Information | Register at <https://caregiversrespite.com/event/crc2020/>

### Medicaid Supports for Family Caregivers

Date: November 12, 2020

Location: This will be held via Zoom

More Information | Register at <https://www.nashp.org/webinar-medicaid-supports-for-family-caregivers/>

### Accessing Services and Supports During a Pandemic

Date: November 12, 2020

Location: This will be held via Zoom

More Information | Register at <https://sageusa.zoom.us/meeting/register/tJMpd-morToiEtyPcmLARil0rnJ1IAT8aonk>

### Avoiding Caregiving Burnout During COVID-19

Date: November 13, 2020

Location: This will be held via Zoom

More Information | Register at <https://www.eventbrite.com/e/avoiding-caregiving-burnout-during-covid-19-tickets-118374843343>

### Caregiving and the Holidays: Stress Reducing Tips & Tools

Date: November 16, 2020

Location: This will be held via Zoom

More Information | Register at <https://docs.google.com/forms/d/e/1FAIpQLSdYtBzHBB00OCcYDRUcOXqIKL1AtGM-kwmPqW71akfyCick7w/viewform>

### Guardianship in Iowa Webinar

Date: November 17, 2020

Location: This will be held via Zoom

More Information | Register at <https://forms.gle/VFkqb34CCPQR21R6>

### Why Health Bones Matter

Date: November 17, 2020 and December 7th, 2020

Location: This will be held via Zoom

More Information | Register at <https://files.constantcontact.com/8b968750201/78285c8f-cb63-4229-89fb-2c93effd1819.pdf>

### Flattening the Caregiver Crisis Curve

Date: November 18, 2020

Location: This will be held via Zoom

More Information | Register at [https://www.torchlight.care/webinar-flattening-the-caregiving-crisis-curve?hs\\_preview=SbUtSyqf-36524844593](https://www.torchlight.care/webinar-flattening-the-caregiving-crisis-curve?hs_preview=SbUtSyqf-36524844593)



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