

COVID Vaccine Information/Protections & Cupid's Crew - Don't miss This Info!



February 2021



News & Updates

IDPH COVID Vaccine Information

The Iowa Department of Public Health (IDPH) announced the launch of new features on the COVID-19 website. These changes include a vaccine administration dashboard and vaccine provider locator tool. It is noted that not all vaccine providers on the website will have vaccines at this time so please check the facility website before calling as the supply of vaccines is limited. To go to Iowa's COVID-19 Vaccine information page click [here](#).

COVID -19 Vaccine Information



Are You Socially Isolated? Easterseals can help.

Keeping our physical distance from others is key to helping prevent the spread of COVID-19, but it is also important to find ways to connect to others and stay engaged in the world around us. Do you know of an Iowan with a disability over the age of 18 or a person over the age of 60 who is experiencing social isolation? Easterseals Iowa may be able to help by providing an assistive device to support individuals in their home. This service is available to persons in all 99 counties, regardless of their income level; however, funding is limited and time sensitive. Easterseals Iowa team members can assist with determining which device will work best for the individual and provide initial training.

For more information contact easterseals at atinfo@eastersealsia.org or 1.866.866.8782 or 515.289.4069.

Easterseals Iowa

Expanding Assistive Technology



Nutrition Services

Elderly Hunger is on the Rise

Elderly hunger often goes unnoticed as they are tucked away in their homes. The frail may be unable to shop or cook due to physical limitations and depend on meal delivery services for food. Check out a news article [here](#) that shines a spotlight on this ever growing issue.



Family Caregiver

Iowa Selected for National Initiative for Family Caregivers

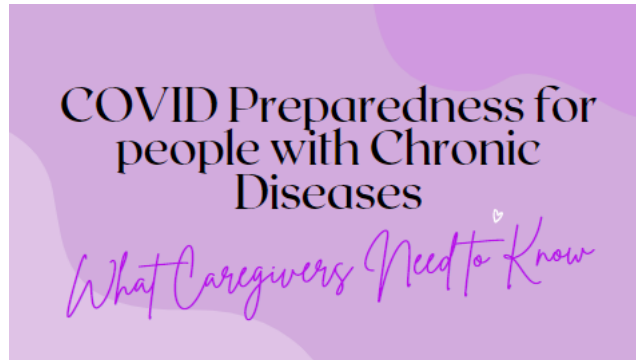
The Center for Health Care Strategies (CHCS) selected Iowa to join the second phase of "Helping States Support Families Caring for an Aging America". For more information on this exciting opportunity click [here](#).

"The number of Americans ages 65 and older is projected to nearly double by 2060"

IOWA SELECTED FOR NATIONAL INITIATIVE TO ADVANCE STRATEGIES FOR SUPPORTING FAMILY CAREGIVERS

Chronic Diseases; What Caregivers Need to Know

COVID-19 is causing concerns all around the world, especially in those with chronic diseases and other conditions. If you are a caregiver and have concerns there is a webinar that was put on by the National Health Council. During this webinar they discussed advice for caregivers, caregiving for older patients, caregiving for children, and federal policies on caregiving. For more information and to watch this webinar click [here](#).



Disease Prevention/ Health Promotion

Medicare and the COVID Vaccine

You will not pay anything for the vaccine if you are on Medicare. Bring your card with you so your health care professional or pharmacy can bill your Medicare insurance.

Be aware for scammers, here is what you need to know:

- You cannot pay to put your name on a list to get the vaccine
- You cannot pay to get early access to a vaccine
- Do NOT share your personal or financial information if someone asks you for it to obtain the vaccine

For more information click [here](#).

To check out the Consumer Financial Protection Bureau's tips to avoid common scams click [here](#).



Falls Prevention

Tai Chi for Arthritis and Falls Prevention

Tai Chi for Arthritis is a safe exercise program designed by Dr. Paul Lam, with a team of medical professionals and tai chi masters. It is easy to learn, safe and effective. Sign up today for the Instructor Training Workshop with Master Trainer Jim Starshak. Register online at <https://tinyurl.com/y57d2t84> or call 319.231.1551.



Legal Protections

Safely At Home; Free Webinar

A webinar addressing the topics of *Organizing, Downsizing, and Estate Sales* is being hosted by Happy at Home Consulting. If you need help, or help others, in navigating a lifetime of possessions or figuring out how much home you want to maintain as you age, this webinar will help provide resources for you. An interview panel of Kim Weeks, Cynthia Letsch, J.D., and Tisa Johnson will discuss key components about decluttering, right sizing a household, and legal aspects of downsizing and estates.

Webinar | Thursday, February 25, 2021, 6:00 pm

Register & Past Webinars | <https://happyathomeconsulting.com/free-webinar-series/>



Join the Cupid Crew and Help Fight Social Isolation

More than 2 million older adults live in residential care settings in the United States and the pandemic has stretched nearing a year. Many have not seen family or friends in a very long time. Loneliness and social isolation have serious health consequences and Cupid Crews can help to combat those issues. Find out more about Cupid's Crews [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.