

# THE LINK

A Digital Digest for Iowa's Aging Network



IDA IOWA  
DEPARTMENT  
ON AGING

JANUARY 2022



## News & Updates

### Housing and Services Resource Center

Do you or a loved one know how to maintain your health and independence while aging in place? The Housing and Services Resource Center was created to provide services and support to those who need it. We encourage those who need help as well as those working in organizations that provide services to visit the [Housing and Services Resource Center](#).



**Housing and Services**  
Resource Center

[acl.gov/HousingAndServices](https://acl.gov/HousingAndServices) #HousingResources



## Nutrition Services

### **Iowa Key Trends, Successes, and Challenges for Older Iowans**

The Iowa Department of Public Health highlighted Key Trends, Successes, and Challenges for older Iowans. Iowa's Health Improvement Plan 2017-2021 focuses on falls, nutrition, and oral health for older Iowans. The article highlights the Award-Winning, Innovative Encore Café by the Heritage Area Agency on Aging. To read more on Iowa's Health Improvement Plan 2017-2021 please visit this [website](#).

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## Disease Prevention/ Health Promotion

### **National Plan to Address Alzheimer's Disease**

Health and Human Services [released an update](#) to the National Plan to Address Alzheimer's Disease in December, 2021. The plan includes a new goal to promote healthy aging to reduce the risks that may contribute to the onset of Alzheimer's disease and related dementias. This is the first time healthy aging has been added to the plan. Although these diseases cannot yet be prevented, growing evidence suggests that lowering chronic disease risk through lifestyle changes can lower the chances or delay the onset of developing the disease. Promoting healthy aging is at the core of the Department on Aging's mission.



## Retired & Senior Volunteer Program

### Volunteer Recruitment

Volunteers in Mahaska, Louisa, and Woodbury counties can help homebound or older adults feel more connected during the long days of winter. The Iowa Department on Aging Retired & Senior Volunteer Program (IDA RSVP) has many opportunities including making friendly phone calls, providing transportation to seniors and serving as a facilitator for Fraud Fighters education or a new computer literacy class for older adults. There are many other opportunities to serve as well.

Maykayla Glenn, Jamie Lane, and Ingrid Stukerjurgan are IDA RSVP Coordinators. "Our goal is to recruit volunteers and connect them with volunteer opportunities that help older residents remain in their home and age in place as long as possible. It's really neighbors helping neighbors."

IDA RSVP is looking for volunteers ages 55 and better who want to contribute to their community by helping older Iowans. Do you have some time to give and want to find meaningful volunteer opportunities that match your interests? IDA RVSP can help. Call 515-975-3063 or visit [iowaaging.gov/rsvp](http://iowaaging.gov/rsvp) to volunteer today.



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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.