



April 2022



Nutrition Services

The Iowa Café: Nutrition Services for Older Adults Have Come a Long Way in 50 Years!

On March 22, 1972, President Richard Nixon signed the amendment to the Older Americans Act of 1965 that established a national nutrition program for older adults. For 50 years, these nutrition services programs have helped older adults live healthier lives by providing congregate and home delivered meals.

The Iowa Café launched in 2021, modernizing Iowa's congregate meal infrastructure to provide choice, quality, and nutritious meal options to food insecure, malnourished, and socially isolated older Iowans. Area Agencies on Aging are partnering with licensed foodservice establishments like restaurants, food trucks, cafés, convenience stores, and grocery stores -- improving food access and concurrently supporting businesses and local communities. Meals are available to eligible individuals on a voluntary contribution basis -- anyone 60 or better, or their spouse, is eligible.

So far, 47 Iowa Café partners have served over 88,000 meals, and they are just getting started! About two-thirds of these meals are being served in rural Iowa where congregate meal sites are often not available. Consumers are loving it! This recent feedback from Iowa Café consumer Lois H. sums it up: "Good meals. Gets us out and about. Win-win-win." To sign up, find an Iowa Café near you, or inquire about becoming an Iowa Café partner, contact your local Area Agency on Aging or click [here](#).



Family Caregiver

Giving Up The Keys

As a caregiver, one of the hardest topics to discuss with the person you are caring for is when to stop driving. Most older adults are able to continue driving for as long as they feel comfortable. In other cases, such as when a person is living with dementia, the line of when to stop driving is not always clear. Dementia can take years to progress to the point where someone is no longer able to drive. It may also come in stages with no longer driving at night or only driving to familiar places like the grocery store. The best time to have the conversation is while they are still able to drive. You can help make a plan that includes other transportation options to help ease the transition. For more information on how to start this difficult conversation check out this [AARP article](#).



Falls Prevention

Spring Forward, Don't Fall Forward

Warmer weather and more hours of daylight are great for getting back outside and enjoying the sunshine and fresh air. Follow some of [these safety steps](#) from the Falls Prevention Center of Excellence to prevent falls in public spaces that cover staying aware, tips for physical activity, and travel safety.



Retired & Senior Volunteer Program

IDA RSVP would like to thank all of our volunteers and honor them for national volunteer recognition month! It is a privilege to work alongside of you. Thank you for your time, thoughtfulness, and commitment to your communities. To learn more about opportunities to get involved please check out our [website](#) and follow us on Facebook at IDA RSVP.

Our team has put together a new program, we are excited to share with you. The Neighbor to Neighbor Call Program

Sometimes the days get long. It's nice to hear from someone. Neighbor to Neighbor Call Program offers personal contact and an opportunity to socialize for aging adults, caregivers or adults living with disabilities.

The service is FREE of charge to individuals residing in Cass, Fremont, Harrison, Iowa, Keokuk, Louisa, Mahaska, Monona, Montgomery, Poweshiek, Shelby, and Woodbury Counties. This program provides calls and companionship as long as someone needs to reduce isolation social.

CARE TO VOLUNTEER?

You'll be matched with an adult who will look forward to your scheduled weekly check-in call. This opportunity is for volunteers aged 55 and better. Complete the [volunteer enrollment form](#) or call 1-800-532-3213.

WOULD YOU LIKE A CALL?

You'll be matched with a volunteer for a once-a-week check-in. Enrollment is easy! [Sign up](#) to receive a friendly call or call 1-800-532-3213.



From Compassion to Action: A Volunteer's *Why*

Kay Perkins and her family have been residents of Columbus Junction for nearly fifty years. In those fifty years, Kay has been an active member of the community working as the Columbus Junction Elementary Librarian and eventually transitioning to Home Economics teacher. After working in Columbus Junction Schools, Kay identified a new opportunity for helping her community through volunteering. Kay and her son became involved with the Columbus Junction Senior Center back when the Center was located at the old American Legion building. The pair assisted the Center by becoming volunteer delivery drivers bringing hot meals to local seniors in need. Kay stated, "I saw the need in my community and wanted to help." Twenty years and thousands of home-delivered meals later, Kay continues to help her community. Delivering meals on her day each week and filling in for other volunteers keeps Kay engaged with her community and the seniors she serves. "Going to their front door to say hello and checking in when delivering the meal is just as important as the meal itself." Many

older adults feel socially isolated and appreciate the interaction from their meal delivery volunteer.

Volunteers often get as much out of the experience as the person they are helping. It can be incredibly rewarding. What started out as fulfilling a community need has now turned into a devotion and social opportunity for Kay. The Senior Center, now located at 125 Walnut St., is not just a place for older adults to grab a hot meal, but it is a place to participate in the community, engage in comradery, and find volunteer opportunities to help others.

If you or someone you know would like to volunteer with the Senior Center, contact Site Manger Chris Hedrick at 319-728-3148. The time is little, but the impact is large.



Upcoming Events

2022 Mental Health in Older Adults Webinar Series

Join us for a five-part webinar series that will provide Iowa's helping professionals and first responders with a foundational understanding of normative aging issues, COVID-19 considerations, and strategies to promote equity and well-being for older adults. All sessions will be held virtually from 9-11am. This series is made possible through a collaboration between the Iowa Department of Human Services, the Iowa Department on Aging, and Iowa State University. You can register [online](#) for each session:

- Reframing Ageism - May 5th 9-11am
- The Impact of Aging on Cognitive Functioning - June 2nd 9-11am
- The Importance of Social Well-Being for Aging Adults - July 7th 9-11am
- Reframing Care from Caregiving to Care Partnership - August 4th 9-11am
- Living with Dignity: Appropriate Aging Settings and Age-Friendly Communities - September 1st 9-11am



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Continuing education credits available.

Register Today

This series is made possible through a collaboration between



IOWA STATE UNIVERSITY



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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.