

THE LINK

A Digital Digest for Iowa's Aging Network



JUNE 2022



News & Updates

Affordable Connectivity Program Lowers Cost of Broadband Services for Eligible Households

The Federal Communications Commission (FCC) recently announced a new program that has a long-term benefit to help lower the cost of broadband services for eligible households struggling to afford internet service.

The Affordable Connectivity Program provides discounts for broadband service, one-time discounts of up to \$100 for a laptop, desktop computer, or tablet.

Go to [ACPBenefit.org](https://www.acpbenefit.org) to submit an application or print out a mail-in application, and contact your preferred participating provider to select a plan and have the discount applied to your bill.

For more information and full details, visit <https://www.fcc.gov/acp> or call 877-384-2575. [Check out the Consumer Outreach Toolkit.](#)

World Elder Abuse Awareness Day

June 15, 2022 was World Elder Abuse Awareness Day. Governor Kim Reynolds signed House File 522, creating criminal penalties for elder abuse, on World Elder Abuse Awareness Day. We are thankful to everyone who worked to get this bill passed!



Locating Lost Pensions

The average American changes jobs 12 times over the course of their career, often leaving behind retirement benefits with these ex-employers. Adding to this challenge, many companies merge with other companies, or are bought and sold, making it hard for individuals to find their "lost pensions." Too often individuals work decades to earn retirement income that goes unclaimed as they approach retirement. If you think you may be entitled to money in a pension fund, here are a few best practices to help you track down the benefit:

1. **Gather documents.** You should collect and keep in one place any documents that address your eligibility for a pension.
2. **Contact your former employer or former colleagues.** If you are not successful in reaching your former employer, it may be helpful to reach out to a former colleague that is receiving a retirement benefit from this employer. They may be able to provide insight on how they accessed their retirement benefit.
3. **Contact the Department of Labor's Employee Benefits Security Administration (EBSA).** EBSA may be able to provide the contact information for the pension plan administrator based on federal filings.
4. **Contact the Pension Benefit Guaranty Corporation (PBGC).** PBGC maintains a database of unclaimed pension benefits from some terminated pension plans.

If you are nearing retirement age and need assistance locating your retirement plans, the network of [Pension Counseling and Information Program](#) may be able to help.



Family Caregiver

Alzheimer's and Brain Awareness Month

Caregiver Health

Did you know that there are currently around 11 million unpaid family members and friends caring for those with Alzheimer's Disease and Related Dementia (ADRD) in the United States and of those close to 73,000 are lowans? These caregivers will face special challenges as they navigate the many stages of the disease with their loved ones. Caring for a person with dementia often involves a team of people, but knowing where to find resources is essential to maintaining your health as a caregiver and remaining in your caregiver role longer. For help finding resources, visit the [Iowa Department on Aging's website](#) to find your local Area Agency on Aging, or visit the [Alzheimer's Association](#) for great resources on how to maintain your health as a caregiver.

Creating Care Plans

Caregivers play a crucial role in the lives of those with dementia, yet they are often overlooked. This role can greatly impact the health and well-being of a caregiver. Caregivers of those with dementia are at an increased risk for anxiety, depression and a reduced quality of life.

[Creating a care plan](#) can help both the care recipient and caregiver with alleviating some of the burden felt while adjusting to the diagnosis of dementia.



Falls Prevention

Brain Boosting Foods May Reduce Your Risk of Experiencing a Fall

Did you know someone experiencing Alzheimer's or other dementias is at an increased risk for malnutrition? Did you know someone experiencing malnutrition is at an increased risk of experiencing a fall?

Take steps to boost your brain health and reduce your risk of injury from falling. Eat salmon and walnuts, rich in omega-3 fatty acids - known to prevent or delay the onset of Alzheimer's or other dementias.

[Learn more about brain health and fish!](#)



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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.