



August 2022



## Nutrition Services

### Iowa Cafés Partner with Health & Wellness 365

Northeast Iowa Area Agency on Aging and their Iowa Café partners are now collaborating to offer opportunities onsite at Iowa Café restaurants for Older Iowans to discuss nutrition and health topics, and discover new ways to stay active and independent!

The Iowa Café is a new, innovative partnership between local Area Agencies on Aging and licensed restaurants, food trucks, cafés, convenience stores, and grocery stores to provide older Iowans with hot and cold food options. Health and Wellness 365 is a free nutrition education program designed to support healthy aging and help with healthy eating and staying active.

For this month's schedule, visit [here!](#)



## Family Caregiver

### Caregiver Resources

As a caregiver, it is important to have resources available when they are most needed to make taking care of your family member easier. AARP has done a great job at compiling a list of resources to be aware of no matter where you are in your caregiving journey. You can also locate your local Area Agency on Aging here for more

information and guidance on ways to support your own individual needs while in your caregiving role.

Find the AARP list of resources [here!](#)



## Retired & Senior Volunteer Program

### Calling Good Neighbors!

The Iowa Department on Aging Retired and Senior Volunteer Program (RSVP) is actively recruiting volunteers and participants for the Neighbor to Neighbor Call Program! This program connects local RSVP volunteers with older lowans who may benefit from a regularly scheduled social call.

**Do you know an older adult or caregiver who could benefit from friendly conversation? Would you like to be a friendly caller?**

For more information about the program and to see if it's available in your area, visit [here!](#)



## Upcoming Events

### 2022 Iowa Caregivers Conference

Register now for the 2022 Iowa Caregivers Conference!  
October 10 and 11 2022

Visit [here](#) to register, see the agenda and more!

# Conference 2022 REGISTER NOW!

## October 10 and 11, 2022



**Pam Biklen**  
Program Director,  
Iowa CareGivers

### New location:

FFA Enrichment Center, Ankeny, IA

Our plan is to hold an in-person event, however we will adjust as needed. If we've learned anything over the past few years, it is flexibility and persistence. We hope to see you then!



Visit: <https://bit.ly/iowacaregivers> to register, see the agenda and learn more!

- Outstanding Keynote Speakers
- Networking With Fellow Caregivers
- COVID Prevention Kits
- Agenda Tailored to Topics for Those in Direct Care and Family Caregivers
- Fun Photo Booth
- Recognition Reception to Honor YOU!
- Exhibitors with Lots of Resources

**THANKS TO OUR AMAZING SPONSORS, THE FIRST 275 DIRECT CARE WORKERS AND FAMILY CAREGIVERS TO REGISTER CAN ATTEND AT NO COST!**



### 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.