

# THE LINK

A Digital Digest for Iowa's Aging Network



IDA IOWA  
DEPARTMENT  
ON AGING

SEPTEMBER 2022



## News & Updates

### New On-Demand Transportation Service

**Who is eligible?  
What is HIRTA?**

HIRTA Public Transit will be offering a new on-demand transportation service starting September 12, 2022 in Boone, Dallas, Jasper, Madison, Marion, Story and Warren counties. This new feature is in addition to HIRTA's existing service and is available with the new HIRTA On Demand smartphone app. Download the HIRTA On Demand app on the App Store or Google Play. Riders who do not wish to use the app can still schedule by calling 1 (877) 686-0029 or by emailing [erides@ridehirta.com](mailto:erides@ridehirta.com). See more information [here!](#)



## Nutrition Services

### Malnutrition Awareness Week (9/19-9/23)

**What is Malnutrition?**

Malnutrition is the deficiency, excess or imbalance of a person's intake of energy and/or nutrients.

Did you know that disease-associated [malnutrition in older adults](#) is estimated to cost \$51.3 billion annually in the US? Up to 50% of older adults are at risk for malnutrition, with those 85 and older at greatest risk. Malnutrition leads to more complications, falls, hospital readmissions and longer hospital stays.

Older adults who participate in [congregate nutrition services](#), like those available through Iowa's Area Agencies on Aging, experience fewer hospital admissions and studies have shown that malnutrition in older adults decreased substantially (from 34% to 6%) and the rate of older adults reporting "well-nourished" nutritional status more than tripled (from 8% to 29%) after just 2 months of home-delivered meals.

Do you think you or someone you know may be at risk for malnutrition? Connect with your Area Agency on Aging to learn more about meals, nutrition education and nutrition counseling services by calling 866-468-7887.



## Disease Prevention/ Health Promotion

### Preparing for Changes in Medicaid Eligibility

The national public health emergency (PHE) for COVID-19 required Iowa Medicaid to implement flexibilities to assist Iowans during the pandemic. Some of those flexibilities include waiving monthly premiums and expanding access to select services. When the PHE ends, some of the flexibilities will end. Contact your local Area Agency on Aging for more information on the assistance and services you are eligible for.

Call your local Area Agency on Aging at 866-468-7887.



## Falls Prevention

### Falls Prevention Awareness Week (9/18-9/24)

Talking is one of the easiest ways to create awareness and spark action. You don't have to be a falls expert to talk with an older adult and their health care providers about falls prevention. It also shouldn't deter you from speaking with other family, friends, and neighbors. Falls are serious but talking about them doesn't have to be. Use these four tips to talk about falls

- 1. Be open and kind:** Ask questions, share a fact, or share your own experience.
- 2. Avoid blame:** Nobody is at fault for a fall. Provide solutions that do not make the person feel judged.
- 3. Be assertive:** Show that you care by how you deliver your message. Use "I" statements to let others know how you are thinking and feeling.
- 4. Listen:** Sometimes no solution will make an older adult feel better about falling. Be there and listen to their concerns and give support when they are ready for the next step in reducing falls.

See [here](#) for information on the 8th Annual Iowa Falls Prevention Coalition Symposium.



# Retired & Senior Volunteer Program

## In Remembrance of September 11

On September 11th and throughout the year, volunteer projects honor those who serve our country and join with them to address the needs of their local communities and rekindle the spirit of unity and service that swept the nation after that tragic day.

“As Americans and the world struggled to reconcile with the pain and grief of 9/11, there was a clearer understanding that those things that divided us were so much smaller than what united us,” said Michael D. Smith, AmeriCorps CEO. “After September 11, 2001, Americans took action to ensure the words 'United We Stand' had real life meaning. This year, we invite Americans to once again join in service that has the power to unite. Differences fade away, conversations spark, and relationships are created when we roll up our sleeves to make a difference for our communities together.”



## Upcoming Events

### Iowa Caregivers Conference

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

# Conference 2022 REGISTER NOW!

## October 10 and 11, 2022



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

**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.

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