

THE LINK

A Digital Digest for Iowa's Aging Network



November 2022



News & Updates

National Hospice and Palliative Care

Every November is the National Hospice and Palliative Care Awareness Month. While most are familiar with Hospice Care, fewer people are aware of [Palliative Care](#). Palliative Care is similar to Hospice Care, but focuses on maintaining the highest quality of life while managing treatment and other needs. Hospice care specifically focuses on the period closest to the end of life. Palliative care has a distinct focus on symptom management and quality of life in the home for chronic and life-altering diseases throughout the course of treatment. It is important to keep in the front of your mind what is important to you while navigating treatment, and having appropriate community and social supports in place to reach your goals can make a big difference.

The Iowa Department on Aging wants to take this time to celebrate and show our gratitude to all of the hospice and palliative care workers who serve patients across Iowa. They generously dedicate themselves to selflessly providing care and support for the ones who need it most. They not only commit their time to the demanding schedules and needs of their patients, but also devote their emotions to supporting families who are grieving.

Medicare Open Enrollment

Now is the time for Iowans to review their Medicare coverage options and make a choice that best meets their health care needs. Medicare's Open Enrollment period is now through December 7, 2022. The Senior Health Insurance Information Program (SHIIP) is a free, objective service offered to assist Iowans sort through confusing information about Medicare and health insurance. For more information or to make an appointment, call 1-800-351-4664 or search [here](#) to find a SHIIP site in your local area.

Two Current Beneficiary Surveys are Being Conducted

CMS is contacting beneficiaries directly by phone to conduct the Medicare Current Beneficiary Survey (MCBS).

Beneficiaries may contact your program to verify the MCBS study. To learn more about MCBS, visit the CMS MCBS webpage [here](#) including instructions to verify study participation (pasted below):

If you have been contacted to participate in the Medicare Current Beneficiary Survey (MCBS) and would like to verify your selection in this study, please contact NORC toll free at 1-844-777-2151. If an interviewer has contacted you and you would like to verify them, please visit our respondent care website at NORC Respondent Care Center, call 1 (866) 856 - 6672 (NORC), or email surveyhelp@norc.org. You can also visit our respondent website [here](#).



Nutrition Services

National Strategy on Hunger, Nutrition and Health

The White House recently released the National Strategy on Hunger, Nutrition and Health. The goal is to end hunger and increase healthy eating and physical activity by 2030, so that fewer Americans experience diet-related diseases like diabetes, obesity, and hypertension.

Highlights of the National Strategy include: increasing funding for Older Americans Act (OAA) nutrition services, improving community-clinical referral systems including OAA nutrition and health promotion services, expanding access to nutrition counseling and medically tailored meals, increasing access to diabetes prevention and treatment services, reducing sodium and added sugar in the U.S. food supply, advancing research and innovation in nutrition services for older adults and boosting SNAP awareness and enrollment among older adults.

The Iowa Department on Aging looks forward to working with stakeholders to support implementation of strategies that will empower older Iowans to maintain their independence, dignity, autonomy, health, safety and economic well-being.

Read the National Strategy and Fact Sheet [here](#).



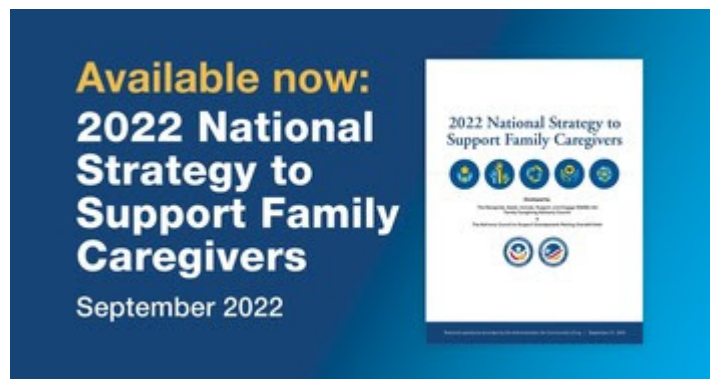
Family Caregiver

#CaregivingHappens

November is National Family Caregivers Month. Each November we take time to celebrate, recognize and honor all family caregivers. The Caregiver Action Network is an organization that chooses the best way to celebrate this month each year. For 2022, they have decided the theme is #CaregivingHappens. This is the true reality of caregiving. Your role as a family caregiver is a journey that is not always convenient or easy. The Iowa Department on Aging would like to take this time to say Thank You to all family caregivers across Iowa!

National Family Caregivers Month

This is just the beginning! The National Strategy to Support Family Caregivers will be updated periodically based on public input and the ongoing efforts of the councils and others working on this crucial issue. [ACL.gov/CaregiverStrategy](https://acl.gov/CaregiverStrategy) #Caregiving



Disease Prevention/ Health Promotion

Brain Injury Training and Education Opportunities

Brain Injury Fundamentals is a training and certificate program that provides families, direct care professionals, first responders and others in the community. Topics include: cognition, guidelines for interacting and building rapport, brain injury and behavior, medical complications, safe medical management, families coping with brain injury. Brain Injury Alliance of Iowa is charging \$20 for the course, workbook and certificate exam through a contract with HHS. Contact Maggie Ferguson with questions. maggie.ferguson@idph.iowa.gov

Brain Injury Specialist training is a course for individuals who have experience working with individuals with brain injury and prepares those professionals to take a national certification exam for Certified Brain Injury Specialist or Certified Brain Injury Specialist Trainer. To sit for the exam, individuals must meet eligibility criteria. Cost of the exam is

separate from the training (around \$300). Training is not required to sit for the exam. Contact Maggie Ferguson with questions. maggie.ferguson@idph.iowa.gov

Click [here](#) for more information on obtaining the Fundamentals Certificate.



Falls Prevention

Have you heard about CAPABLE?

CAPABLE is a program developed at the Johns Hopkins School of Nursing for seniors to safely age in place. The approach teams a nurse, occupational therapist and a home modification specialist to improve conditions of the home environment and uses the strengths of the participating older adult to improve safety and independence.



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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.