



December 2022



# News & Updates

## Medicaid 101 for Caregivers

Heritage Agency on Aging (AAA) is hosting a FREE event on January 23, 2023 from 9:30am-11:00am. A speaker from Iowa Legal Aid will be presenting on common caregiver legal issues. Please feel free to spread the word and show up (in person or remotely) with questions ready! For more information see flyer below. RSVP to Heritage AAA at [heritage.agency@kirkwood.edu](mailto:heritage.agency@kirkwood.edu) or 319-398-5559.

Free Event!



## MEDICAID 101 FOR CAREGIVERS

**January 23, 2023**  
**9:30 am - 11 am**

In-Person  
Kirkwood Community College  
Horticulture Hall, Room 141

Satellite Sites  
Wayne Zion Lutheran Church  
15531 Co. Rd. E17, Monticello

Williamsburg Public Library  
300 W. State St., Williamsburg

Via Zoom  
Meeting ID # 279 402 6845  
Call-in # 305-224-1968  
Link available on Heritage website



**RSVP to Heritage AAA**  
[heritage.agency@kirkwood.edu](mailto:heritage.agency@kirkwood.edu)  
 or  
 319-398-5559

### You'll learn about...

- Medicaid eligibility and benefits
- Common legal questions and concerns
- Developing a plan for when Medicaid is needed for long-term care

Lisa Gavin, Managing Attorney at Iowa Legal Aid, will lead the program. Heritage AAA staff will be at each site to answer questions and provide more information about caregiver support services.

## HHS Launches Naloxone Program for Iowa Organizations, Businesses and Schools

16% of deaths in Iowa from Opioid overdose are 55+. To help address the issue of opioid misuse, the Iowa Department of Health of Human Services (HHS) is expanding their initiative to provide naloxone (the opioid overdose reversal medication) to Iowa organizations, businesses and schools, which may be in a position to render aid to a person at risk of experiencing an opioid overdose. HHS' State Opioid Response office was recently awarded \$9,083,075 per year for two years to provide treatment and recovery programs for an estimated 1,100 people.



## Nutrition Services

### Protect Yourself and Loved Ones from Foodborne Illness

Did you know that older adults are at a higher risk for hospitalization and death from foodborne illness? Changes in organs and body systems as we age, including the gastrointestinal tract, liver, kidneys and stomach, as well as underlying chronic conditions, may increase risk of foodborne illness.

Help protect yourself and your loved ones from foodborne illness with these four basic food safety steps:

1. CLEAN: Wash hands and surfaces often,
2. SEPARATE: Don't cross-contaminate,
3. COOK: Cook to safe temperatures, and
4. CHILL: Refrigerate promptly.

To learn more about these steps, why older adults are at greater risk and how to protect yourself, review this booklet from the United States Department of Agriculture [here](#).

### Food Benefits May Slow Cognitive Aging, Study Finds

A new study published in the journal *Neurology* indicates that eligible older adults who utilized the Supplemental Food Assistance Program (SNAP) experienced slower age-related cognitive decline than those adults who did not. The study reviewed data from the Health and Retirement Study, supported by the National Institute on Aging and the Social Security Administration, and findings suggested that eligible SNAP participants experienced about 2 fewer years of cognitive aging over a 10-year period. Read about the study [here](#).



## Family Caregiver

### *The President declares November National Family Caregivers Month*

On the 31st of October, President Biden declared November National Family Caregivers Month. See the link [here](#).

### **Advancing Healthcare for Rural, Tribal and Geographically Isolated Communities**

In November the Centers for Medicare & Medicaid Services (CMS) published a framework that highlights their 6 priorities for advancing health care for rural, tribal and geographically isolated communities. The priorities can be found [here](#).



**Iowa Department on Aging**

510 E 12th Street Ste. 2  
Des Moines, Iowa 50319  
515.725.3333 | 800.532.3213  
[www.iowaaging.gov](http://www.iowaaging.gov)

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 service that helps older Iowans maintain health and independence in their homes and communities.