



January 2023



News & Updates

National Association of People Supporting Employment First Conference

National APSE (Association of People Supporting Employment First) Conference 2023 Early Bird Registration is now open. Learn about employment first programmatic and technological innovations from state and local leaders around the nation by clicking [here](#).

Social Security Scams

Social Security imposter scams are widespread across the United States. Scammers use targeted, sophisticated tactics to deceive you into providing sensitive information or money. If you receive a suspicious letter, text, email, or call, hang up or do not respond. We want you to know how to identify a scammer and avoid becoming victims.

Social Security will **NEVER**:

- Text or email images of an employee's official government identification.
- Suspend your Social Security number.
- Threaten you with arrest or other legal action unless you immediately pay a fine or fee.
- Require payment by retail gift card, wire transfer, internet currency, or cash by mail.
- Promise a benefit increase or other assistance in exchange for payment.
- Send "official" letters or reports containing your personal information via email.

We encourage you to report suspected Social Security imposter scams — and other Social Security fraud — to the Office of Inspector General's website by clicking [here](#). You may read our previous Social Security fraud advisories at oig.ssa.gov/news-releases/. Please share this information with your friends and family to help spread awareness about Social Security imposter scams.

Dementia Care Summit a Success

The Alzheimer's Disease and Related Dementias Program at the Iowa Department of Health and Human Services (HHS) was proud to help host a Dementia Care Summit on December 6. More than 65 people were in attendance at the Summit, which gathered decision makers and stakeholders from across the aging and dementia

gathered decision makers and stakeholders from across the aging and dementia arenas to enhance collaboration for improving care and services for those living with dementia and their caregivers. The group was welcomed by Lieutenant Governor Adam Gregg, and panel discussions featured the Directors of Iowa HHS, Iowa Department on Aging and State Medicaid as well as the Alzheimer's Association, local hospitals, Dementia Friends and more. Attendees heard what statewide resources and programs are available, what is planned for the future and what more is needed. They heard success stories on program creation and implementation from neighboring states and communities across Iowa. Breakout sessions at the end of the day allowed attendees the opportunity to brainstorm solutions and create new partnerships based on the day's conversations.

Volunteer Income Tax Assistance

The Internal Revenue Service (IRS) Volunteer Income Tax Assistance (VITA) program offers free tax preparation and electronic filing for low- to moderate-income Iowans.

Certified community volunteers prepare taxes with computer software and help with special tax credits such as the Earned Income Tax Credit (EITC), Child Tax Credit, and Credit for the Elderly or Disabled.

To find a volunteer site near you, go to this IRS website: <https://irs.treasury.gov/freetaxprep/>



Family Caregiver

Knowing your rights as a Caregiver

It is important for caregivers to know their rights when a loved one is moving into a nursing home. Visit the Consumer Financial Protection Bureau to learn more today by clicking [here](#).

Tips and Tricks to Help a Loved One Maintain Good Personal Hygiene

As a family caregiver you may find yourself worried about your loved one's hygiene. Check out the article from AARP [here](#) to learn more on how you can help assist a loved one with showering, toileting and other intimate tasks as it offers a variety of tips and tricks to help reduce the stress that comes with this part of caregiving.



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