



April 2023



News & Updates

Medicaid Unwinding Begins in Iowa

With the ending of the Public Health Emergency, most Medicaid members will go through a redetermination process during the 12-month unwinding period to determine if they are still eligible for any Medicaid program(s). This includes members who have not had a redetermination in the last 12 months and those who have been deemed ineligible but whose coverage is being maintained. It is critical that Iowa Medicaid members have up-to-date contact information and mailing addresses. Members should expect mail from Iowa HHS and respond to any requests for information in a timely manner. If members do not respond to renewal letters or requests for information, they could lose their Medicaid coverage. It is important to remind Medicaid members and their caregivers to be on the lookout for a postcard from Iowa Medicaid, or to contact Medicaid Member Services or their MCO Case Manager with questions. To read more about Medicaid unwinding click [here](#).



Nutrition Services

Recommendations from The Community Preventive Services Task Force on Nutrition Services

Local Area Agencies on Aging (AAA's) provide home-delivered and congregate nutrition services to reduce hunger, food insecurity and malnutrition; enhance socialization; and promote health and well-being among older Americans. The Community Preventive Services Task Force (CPSTF) recommends AAA home-delivered and congregate nutrition services to reduce malnutrition among older adults living independently. Results of a recent systematic review showed home-delivered nutrition services decreased malnutrition by 15.5 percentage points, and congregate nutrition services decreased malnutrition by 9 percentage points. The CPSTF is an independent, nonfederal panel of public health and prevention experts that provides evidence-based findings and recommendations about community preventive services, programs, and other interventions aimed at improving population health. It is supported by 32 liaison organizations that represent federal agencies, including the Armed Forces, and national organizations invested in America's health. The CPSTF

recommendation can be found at this [link](#).

National Poll on Healthy Aging Shows Decline in Loneliness Among Older Adults

Promoting socialization is a key purpose of the nutrition services provided by Iowa's Area Agencies on Aging. Did you know that about 230 congregate dining sites, including Iowa Cafe sites, have opened or reopened across the state of Iowa since pandemic-related closures? Three years since the onset of the COVID-19 pandemic, measures of loneliness (feelings of social isolation and a lack of companionship) have started to decline among people age 50 to 80, according to new findings from the University of Michigan National Poll on Healthy Aging. In 2023, one in three older adults (34%) reported feeling isolated from others in the past year, representing a marked decline compared with the 56% who felt isolated in 2020, but a greater proportion than the 27% who reported feeling isolated in 2018. Let's do lunch!



Family Caregiver

Ways to Prioritize Yourself

It is important to remember that we must be our best self to effectively help others. Taking the time to identify your own interest and passions is critical to not only maintaining your own identity, but being able to offer your best self as a caregiver. Take a look at this great list of hobbies that can help you discover what best fits your own needs to support your well-being throughout your caregiving journey by clicking [here](#).



Disease Prevention/ Health Promotion

Medication Safety Week April 1-7

Medication safety isn't just about an expiration date. It's about safe storage, and knowing what medications may interact with other medications, food and supplements. Medication errors are the sixth leading cause of death. It's important to know what you're taking, how to take it correctly, and when to discard it.

National Walking Day is April 6th

Sponsored by the American Heart Association, National Walking Day is celebrated on the first Wednesday of April. The annual event is a call-to-action to increase physical activity. Take time to enjoy a walk today!



Falls Prevention

April is Occupational Therapy Month

April is Occupational Therapy month. Did you know an Occupational Therapist is a key member of the CAPABLE program team? Occupational therapists use daily activities as the basis of therapy to ensure individuals can safely do the things they need and want to do. Learn more about CAPABLE [here](#).

Home Modification Toolkit Available

The Fall Prevention Center of Excellence (FPCE) at the Leonard Davis School of Gerontology, University of Southern California has launched a new Home Modification Toolkit as part of a project funded by ACL. This toolkit promotes aging in place by enhancing access to home modifications. It was created with findings from research conducted with the aging network's state units on aging, area agencies on aging, and Title VI Native American aging programs.

Resources in the toolkit include: home modification data briefs, case studies, technical assistance briefs on partnerships and funding, fact sheets and videos tailored for diverse populations, and promising practices for replication. Those visiting the toolkit webpage at this [link](#) can also access the "My Toolkit" feature to create a curated list of resources that can be shared with colleagues. Part of this work also has a Case Study that highlights the efforts being taken by the Iowa Aging Network to enhance home modification service delivery.



Upcoming Events

Guardianship & Conservatorship 101 Training

GAIN is pleased to offer a unique training opportunity on April 20, 2023 from 9:00 am to 4:00 pm for guardians, conservators, family members, volunteers, services providers and others interested in learning more about guardianship and conservatorship and less restrictive alternatives. Both virtual and in-person options are available. Detailed agenda and registration information available at www.iowaguardianship.org Questions? Call 515-412-4969 or email iowaguardians@gmail.com

Mental Health Issues in Long-Term Care Conference

The Iowa Veterans Home and Des Moines University are partnering to host a conference addressing Mental Health Issues in Long-Term Care on Friday, April 21st from 8:00 a.m. - 5:00 p.m. The conference is offered in-person or virtually. Long-term care clinicians can view the agenda and register [here](#).



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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.