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AN IDEA BANK
FOR OLDER IOWANS

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FROM -
COMMISSION ON THE AGING
JEWETT BUILDING - 415 10TH STREET
DES MOINES, IOWA 50319
TELEPHONE: 515-281-5187

State Library Of Iowa
State Documents Center
Miller Building
Des Moines, Iowa

GENERAL PURPOSES*

State of Iowa

Commission on the Aging

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To be a voice for older Iowans.

To help the older citizen achieve his
rightful position in the community.

To support local, state, and national
agencies, private and public, in their
work of serving the aging.

To provide aging information to the
communities of Iowa.

To assist local communities, counties
and areas in developing programs for the
older citizens.

To report and make recommendations to
the general assembly of the activities of
the Commission and improvements and
additional resources needed to promote
the general welfare of the aging in Iowa.

*Adopted by the Executive Committee,
Commission on the Aging, March 25, 1970

SOME COMMON PROBLEMS OF OLDER IOWANS*

1. FAMILY PROBLEMS

- a. No family or relatives
- b. Abandoned by family
- c. Family conflicts and worries
- d. Family at distance, out of touch

2. ECONOMIC PROBLEMS

- a. Inadequate income
- b. Indebtedness
- c. Lack of employment
- d. Lack of transportation
- e. Need for guidance in obtaining public assistance

3. HEALTH PROBLEMS

- a. Chronic illness
- b. Inability to pay for health care
- c. Proneness to accidents - driving, walking, falling
- d. Poor nutrition
- e. Inability to prepare meals, inadequacy of meals
- f. Need for assistance during temporary illness
- g. Need for home health aid
- h. Need for hospitalization, nursing home or other institutional care
- i. Physically or mentally handicapped

4. HOUSING PROBLEMS

- a. Inadequate living quarters
- b. Living alone
- c. Inability to pay rent
- d. Difficulty in paying taxes
- e. Need for semi-protective or retirement housing
- f. Inability to care for home
- g. Living in unsuitable housing

5. SOCIAL PROBLEMS

- a. Loneliness
- b. Lack of love and concern from others
- c. Lack of communication with neighbors and others
- d. Lack of recreation and social life
- e. Racial problem
- f. Language problem
- g. Insecurity
- h. Lack of suitable activity
- i. Difficulty in adjusting to institutional life

6. LEGAL PROBLEMS

- a. Making a will
- b. Tax problems
- c. Arrangements for burial
- d. Incompetency and guardianship
- e. Insurance problems
- f. Disposing of personal property

7. SPIRITUAL PROBLEMS

- a. Inadequate pastoral care
- b. Need for reassurance or counseling
- c. Church takes no interest
- d. Desire to regain a closeness to God and the church

8. YOUR PROBLEMS

*Based on material prepared by Luther Gruenbaum, The American Lutheran Church, Division of Social Service, Minneapolis, Minn.

Q U E S T I O N S S O M E C O M M U N I T Y L E A D E R S

H A V E B E E N A S K I N G ***

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What is it like to live as an older Iowan in our community today?

What will it be like in 1975? 1980? 1990? 2000?

What do I want it to be like? For myself? For everyone?

What solutions does the community offer for the problems of the elderly?

In income matters? Health? Housing? Employment?

Retirement activity? Nutrition? Transportation? Spiritual well-being?

What guidance is there in the community for retirement planning?

What programs and services of all kinds do we actually have for older persons?

What other programs and services are needed?

Can we improve our existing programs and services?

Should we develop new ones?

How can state and federal agencies help us do a better job with the elderly?

What can we recommend in the interests of older Iowans to local officials?

To the Commission on the Aging, Jewett Building - 415 10th Street, Des Moines, Iowa 50319?

The Administration on Aging, SRS, HEW, Washington, D.C. 20201?

To our U.S. senators and representatives?

Our state legislators?

ABOVE ALL, WHAT CAN WE DO OURSELVES, IN OUR OWN COMMUNITY, THROUGH OUR OWN RESOURCES AND OUR LOCAL GOVERNMENT AND PRIVATE AND VOLUNTARY ORGANIZATIONS, TO INSURE A GOOD LIFE IN THE LATER YEARS HERE?

We can't expect the federal and state governments to find our answers. Our older neighbors don't live in Washington or Des Moines. They live here ... with us. Their problems are ours, too, and we must lead in the search for solutions?

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ARE WE DEMONSTRATING REAL LEADERSHIP?

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*** Additional copies available in limited quantities for community distribution.

Write Commission on the Aging, Jewett Building, 415 10th Street,
Des Moines, Iowa 50319

For seniors ... primarily

A N I D E A B A N K

Borrowing freely, but gratefully, from a variety of sources, we have assembled these "ides." We hope that you in turn will borrow as freely and use the ideas to stimulate action for the aging in your community, center, club, or class. The listing is not considered to be complete. If you have additions to suggest, pass them along to us, will you ... and thanks.

Commission on the Aging
Jewett Building - 415 10th Street
Des Moines, Iowa 50319
Telephone: 515-281-5187

What services are available for older persons in your community? What is needed? With your stimulus and help, what could be done or what more could be done through local governmental support, private support, and paid or volunteer workers? Check the services older persons of your community could use.

- Book delivery
- for shut-ins
- Centers for
- seniors (social, informational, recreational)
- Clubs for seniors
- Church classes
- for seniors
- Counseling services
- Dial-A-Listener telephoning
- Driver retraining courses
- Education classes on subjects of interest to elderly
- Employment services
- Food stamp program
- Foster care and home placement programs
- Foster grandparent programs
- Hand-man service
- Health Aide service
- Homemaker service
- Housing programs for all income groups

- Legislative activity in behalf of older persons
- Library services, large print books, records, tapes
- Low rent housing for elderly
- Meal services (meals-on-wheels, restaurant programs, others)
- Money management (income maintenance) courses
- Personal services for elderly by volunteers - letter writing, reading, shopping, etc.
- Pre-retirement training
- Public health nursing programs
- Reassurance of well-being of elderly by regularly scheduled telephone calls or visits
- Removal of architectural barriers (steps, high curbs, narrow doors, etc.)

- Surveys - to determine needs of community's elderly and community's needs in reference to elderly
- Talking and Braille books for those who can't see
- Transportation services (volunteer, other)
- Visiting programs to older persons in their homes and institutions
- Volunteer opportunities
- Waiting rooms in business areas
- Youth volunteer work

Other (write in) _____

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What subjects for programs at meetings of seniors are of interest to you: Check these

On what subjects would you speak yourself at senior meetings?

Mark these

ECONOMICS: program subjects

- | | | |
|--|--|--|
| <input type="checkbox"/> Annuities | <input type="checkbox"/> Job opportunities | <input type="checkbox"/> Wills |
| <input type="checkbox"/> Consumer matters | <input type="checkbox"/> Medicare, Medicaid | <input type="checkbox"/> Other (write subject or subjects on line below) |
| <input type="checkbox"/> Food costs | <input type="checkbox"/> Money management | |
| <input type="checkbox"/> Frauds, swindles | <input type="checkbox"/> Old Age Assistance | |
| <input type="checkbox"/> Health care costs | <input type="checkbox"/> Pensions | |
| <input type="checkbox"/> Housing needs | <input type="checkbox"/> Social Security | |
| <input type="checkbox"/> Inflation | <input type="checkbox"/> Taxes (estate) | |
| <input type="checkbox"/> Insurance | <input type="checkbox"/> (Income) (property) | |
| <input type="checkbox"/> Investments | <input type="checkbox"/> (sales) (school) | |

Other (write in) _____

HEALTH: program subjects

- | | | |
|---|--|--|
| <input type="checkbox"/> Well-being through nutrition | <input type="checkbox"/> Positive outlook | <input type="checkbox"/> Other (write subject or subjects on line below) |
| <input type="checkbox"/> Well-being through exercise | <input type="checkbox"/> Physical examinations | |

Other (write in) _____

MISCELLANEOUS: program subjects

- | | | |
|---|---|--|
| <input type="checkbox"/> Book reviews | <input type="checkbox"/> Films (write preferred subjects below) | <input type="checkbox"/> Religious trends |
| <input type="checkbox"/> Current events | <input type="checkbox"/> Legislation | <input type="checkbox"/> Safety (driving) (walking) (other) |
| <input type="checkbox"/> Community affairs | <input type="checkbox"/> Political interests | <input type="checkbox"/> Other (write subject or subjects on line below) |
| <input type="checkbox"/> Family relationships | <input type="checkbox"/> Problems of older persons | |
| <input type="checkbox"/> Group study courses | | |

Film subject preferred (write in) _____

Other (write in) _____

Seniors have much to contribute to community life. Communities have much to gain by their contributions. Would you offer your services in - (check which)

- | | |
|---|---|
| <input type="checkbox"/> Studying needs of community's elderly | <input type="checkbox"/> Serving on volunteer organization drives |
| <input type="checkbox"/> Studying living conditions in (single dwellings) (nursing homes) (retirement homes) (government housing) | <input type="checkbox"/> Working in hospital auxiliary |

(continued on page 3)

- Helping with improvement projects (city planning) (park beautification) (vote campaigns) (public school needs)
- Making scrapbooks for hospitalized children
- Preparing Christmas packages for service clubs
- Assisting at hospital gift shop
- Supporting war orphan
- Filling overseas packages
- Working with patients at state hospital
- Purchasing wheel chair for hospital
- Providing cards for residents of nursing homes
- Entertaining residents of county home, nursing homes, retirement homes, custodial homes

- Hosting teas for benefits
- Sewing for orphan homes
- Adopting a ward at state hospital
- Addressing envelopes for social agencies
- Making toys for orphan homes
- Adopting a family for Christmas through an agency
- Providing equipment for children's day care center
- Writing community history
- Preparing toys and favors for hospitals
- Holding bazaars for hospital fund
- Soliciting for ambulance fund
- Collecting clothing for children's agencies
- Raising plants for distribution to sick

Other (write in) _____

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What do you enjoy? What activities would you wish your senior club, class, center, nursing home, retirement home, etc. to have? Circle which you would prefer.

ARTS AND CRAFTS - oil and water painting ... sketching ... ceramics ... wood-working ... sculpture ... weaving ... needlepoint ... model construction ... whittling ... leather work ... basketry ... clothing making ... rug-making ... quilt-making ... jewelry making ... other (write in) _____

NATURE, SCIENCE, AND OUTDOOR LIFE - fishing ... gardening ... hunting ... hiking ... animal and bird study ... star-gazing ... camping trips ... picnics ... other (write in) _____

DRAMA - writing and/or performing plays ... skits ... or musical dramas ... other (write in) _____

PHYSICAL ACTIVITY - shuffleboard ... croquet ... swimming ... bowling ... golf ... team games ... exercise groups ... walking ... other (write in) _____

MUSIC - group singing ... quartets ... orchestras ... choruses ...
bands ... music appreciation groups ... recording sessions ...
other (write in) _____

DANCE - modern ... social ... folk ... square ... country
other (write in) _____

TABLE GAMES - chess ... checkers ... canasta ... anagrams ...
scrabble ... pinochle ... bridge ... monopoly ... mahjongg
other (write in) _____

SPECIAL SOCIAL ACTIVITIES - holiday parties ... birthdays ...
anniversaries ... teas ... dinners ... pot-luck suppers ...
covered dish suppers ... luncheons for friends, children, grand-
children ... other (write in) _____

LITERARY ACTIVITIES - writing classes ... debates ... spelling bees
... story telling ... center newspaper
other (write in) _____

HOBBY OR SPECIAL INTEREST - stamp club ... photography club ...
history ... foreign language ... conversation groups ... knitting
and sewing groups ... cracker barrel sessions ... armchair travel
groups ... fashion shows ... hobby shows
other (write in) _____

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NOT FORGETTING - bingo!

T H E S E L E A D E R S C A N S P E A K A N D A C T
F O R O L D E R I O W A N S . K E E P I N T O U C H
W I T H T H E M .

REMEMBER - THE BEST TIME TO ACT IS AT THE TIME WHEN LEGISLATIVE OR OTHER
MATTERS ARE BEFORE THESE MEN AND THEY ARE TRYING TO MAKE UP THEIR MINDS.

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Your Mayor

Your Councilmen

Your Supervisor, County Board of Supervisors, Court House, County seat

Your State Representative, The Iowa House of Representatives, The State
House, Des Moines, Iowa 50319

Your State Senator, The Iowa Senate, The State House, Des Moines,
Iowa 50319

Governor of Iowa, The State House, Des Moines, Iowa 50319

Attorney General, The State House, Des Moines, Iowa 50319

Commissioner of Public Health, Iowa State Department of Health, Lucas
State Office Bldg., Des Moines, Iowa 50319

Commissioner, Iowa Department of Social Services, Lucas State Office
Bldg., Des Moines, Iowa 50319

Executive Director, Commission on the Aging, Jewett Building, 415 10th
Street, Des Moines, Iowa 50319

Commissioner, Administration on Aging, U. S. Department of Health,
Education, and Welfare, Washington, D. C. 20201

U. S. Representative from your district, The House of Representatives
Washington, D. C. 20515

Iowa's U. S. Senators, The United States Senate, Washington, D. C. 20515

The President, The White House, Washington, D. C. 20500

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The names of these persons can be obtained at your town or city hall,
court house, library, and other places.

HELPFUL ORGANIZATIONS AND AGENCIES

You or your group may be just the sparkplug needed to get the people of your community moving toward developing, improving or expanding programs and services for the older citizens among you.

The strongest programs and services, those in which there is the most pride and the most likelihood of permanence, are those which originate at home and are supported at home. Success is usually in direct ratio to the extent that local people, groups, institutions, and government are involved.

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First of all, remember that established senior citizen clubs are most helpful of all. Obviously these groups should be utilized.

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A wise step at the beginning is to consult with appropriate local or county governmental offices and private agencies. Stress local support from the outset.

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In smaller communities, the church (or churches) is often the key organization to approach to get activity going. Many churches, of course, have their own senior citizen clubs within the church. Other churches reach outside their own congregations into the entire community with senior programs. Either way, churches have much to offer in the aging field and should be sought out.

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Following is a list of organizations which can be helpful to you in developing programs and services for older Iowans in your community.

Call upon them for advice, guidance, information, ideas for programs and services, educational materials, speakers, etc., in their respective fields.

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Clearing house for state information relating to aging. Help in organizing aging programs and services.

COMMISSION ON THE AGING
JEWETT BUILDING
415 - 10th STREET
DES MOINES, IOWA 50319

Clearing house for federal information relating to aging.

Administration on Aging,
U. S. Department of Health,
Education, and Welfare,
Washington, D. C. 20201 and -

Associate Regional Commissioner,
Administration on Aging, Region VI,
Department of Health, Education,
and Welfare, 601 East 12th St.,
Kansas City, Missouri 64106

Adult education courses for the aging.

Local adult education; area com-
munity college; universities and
colleges

Iowa Department of Public Instruction,
Grimes State Office Bldg.
Des Moines, Iowa 50319

Architectural barriers, removal of

Committee on Employment of the
Handicapped, Grimes State Office
Bldg., Des Moines, Iowa 50319

Bibliographies of publications on aging

~~Institute of Gerontology,~~
~~26 Byington Rd., Iowa City,~~
~~Iowa 52240~~

Iowa Department of Social Services,
Central Reference Library,
Lucas State Office Bldg.,
Des Moines, Iowa 50319

Talking books for the blind (These are books which have been recorded. Records and playback machines are available on loan.)

State Library for the Blind,
Commission for the Blind,
4th and Keo,
Des Moines, Iowa 50309

Consumer problems .. fraud .. deceit .. questionable advertising

State Attorney General's Office,
Consumer Protection Division,
1209 E. Court Avenue,
Des Moines, Iowa 50319

Iowa Consumers' League, 3206
University, Des Moines, Iowa 50311

Educational services

See services

Employment

Local employment service office

Iowa Employment Security Commission,
State Employment Service Office,
1000 E. Grand Ave., Des Moines,
Iowa 50319

Food stamp assistance	See welfare eligibility
Hazardous non-food product information	<u>U.S. Food and Drug Administration,</u> 210 Walnut Street Des Moines, Iowa 50309
Health and health facilities	<u>City and county health departments and professional societies and organizations</u>
Health...chronic diseases... health facilities	<u>Iowa State Department of Health,</u> Lucas State Office Bldg., Des Moines, Iowa 50319
Health education services... literature .. films .. radio .. speakers .. community health education programs	<u>Division of Public Health Education,</u> Iowa State Department of Health, Lucas State Office Bldg., Des Moines, Iowa 50319
Housing programs for communities of up to 5500 population	<u>Farmers Home Administration,</u> 210 Walnut St., Des Moines, Iowa 50309
Housing programs for communities of all sizes	<u>Federal Housing Administration,</u> 210 Walnut St., Des Moines, Iowa 50309
Income tax information (state)	<u>State Department of Revenue, Income Tax Division,</u> Lucas State Office Bldg., Des Moines, Iowa 50319
Income tax information (federal)	<u>U.S. Internal Revenue Service,</u> Taxpayer Assistance Office, Des Moines, Iowa 50309
Medical Aid to the Aged (MAA)	See welfare eligibility
Medicaid	See welfare eligibility
Medicare	See Social Security benefits
Nursing care and related services to the aged	<u>City and county public health nurses</u> <u>Public Health Nursing,</u> Iowa State Department of Health, Lucas State Office Bldg., Des Moines, Iowa 50319
Nutrition education and consultation services	<u>Nutrition,</u> Iowa State Department of Health, Lucas State Office Bldg., Des Moines, Iowa 50319
Old age assistance (OAA)	See welfare eligibility

Publications

~~ADDING LIFE TO YEARS -- \$1.00 per year, published by Institute of Gerontology, 26 Byington Rd., Iowa City, Iowa 52240~~

AGING - \$2.00 per year, order from Superintendent of Documents, Washington, D. C. 20402

Radio program for retired persons

WOI Sixty-Plus Radio Program (640 KC), Iowa State University, Ames, Iowa 50010

Services, educational, for aging audiences and groups .. home economics .. protection against consumer frauds .. financial planning .. nutrition .. crafts .. consultant services .. others

Cooperative Extension Service in Agriculture and Home Economics, Curtiss Hall, Iowa State University, Ames, Iowa 50010

(Consult local county extension agent)

Services of special interest to the aging .. educational films and other materials .. services to adult education groups

Division of Extension and University Services, East Hall, The University of Iowa, Iowa City, Iowa 52240

Directory of speakers and special services .. (of particular interest) - physical education .. health education .. recreation .. cultural activities

Extension Division, Director of Extension Service, University of Northern Iowa, Cedar Falls, Iowa 50613

Social Security benefits .. Medicare

U.S. Social Security Administration, 210 Walnut St., Des Moines, Iowa 50309

Local Social Security offices

~~Speaker's Bureau, research, training courses~~

~~Institute of Gerontology, The University of Iowa, 26 Byington Rd., Iowa City, Iowa 52240~~

Tax freeze for elderly, homestead or veterans' property tax exemption, property valuations, legal descriptions of property

City or county assessor's office

Technical assistance in developing aging programs

Local Community Action Programs

State Office of Economic Opportunity, 407 Walnut, Des Moines, Iowa 50309

Welfare eligibility ..
food stamp assistance ..
Medicaid ..
medical aid to the aged
(MAA) .. old age assist-
ance (OAA)

Large print books

County welfare department

Iowa Department of Social Services,
Lucas State Office Bldg.,
Des Moines, Iowa 50319

Local public libraries

Iowa State Traveling Library
Historical Bldg.
Des Moines, Iowa 50319

STATE LIBRARY OF IOWA



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