



HUB Becomes Member of AIRS

The Iowa Community HUB has become members of the Alliance of Information and Referral Systems (AIRS). This professional membership for community Information and Referral (I&R) is the driving force behind the delivery of quality services and the sole source for standards, program accreditation and practitioner certification for the I&R sector. Our HUB Administrator has become certified as a Community Resource Specialist and will be guiding our team of HUB Navigators to receive their certification as practitioners. They will work directly with clients providing mediated I&R. This includes, establishing rapport, conducting an assessment, providing an informed choice of referrals, engaging in follow-ups and being capable of providing advocacy or crisis intervention if required.

Our hope is the HUB will serve its purpose as a statewide resource for programs and services that improve health, prevent injury, and enhance quality of life. Check it out!

www.iacommunityhub.org

Partner Spotlight

Area Agencies on Aging in Iowa

The Area Agencies On Aging (AAA) in lowa provide evidence-based programming and services to help older lowans live safely and independently at home. These programs include nutrition, information and assistance, caregiver support, health promotion, and elder abuse prevention. There are six AAAs that cover the state of lowa. Click on the map to visit your area's website!







Move More: Find a Program and Get Moving

Evidence-based programs (EBPs) are researched based, documented methods to promote health and prevent disease. Many EBPs provide regular exercise that can help individuals stay independent and prevent many health problems that come with age.

The homepage of the HUB website includes a Program Locator that displays EBPs delivered by partner organizations across the state. Individuals have several ways to connect with programs and services which include:

- Talk with someone
- Search online
- Search the map

The site also includes a Program Library to learn more about the various types of programs offered in Iowa. There is a "Make a Referral" button at the top of the page where people can easily refer themselves or others to a program and/or learn more about program details.

In the coming weeks, we will be rolling out our new onboarding process to organizations across the state eager to connect their programs with the site.

Encourage people to "get moving" by referring them to the HUB website to discover programs that fit their needs or ask to speak with a HUB Navigator where they can get personalized assistance. www.iacommunityhub.org





Eat Well: Iowa State University Extension and Outreach

lowa State University Extension and Outreach coordinates programs designed to make healthy choices easier for lowans with low income. They provide educational programs as well as interventions to support healthy choices at food pantries. In addition, ISU Extension operates a <u>website</u> designed to provide the public with tools and resources to make healthy choices on a budget. It is consumer friendly and at a basic reading level which is particularly helpful if someone is just learning English (there are Spanish pdf's if needed). Several categories including menu planning, budgeting, storage, shopping, cooking, limiting food waste and much more.

A particularly useful section is "produce basics" which not only encourages lowans to consume more fruits and veggies it also has printer friendly pdf's providing basic nutrition information, ideas on what to do with a variety of produce and how to cook, clean, store and more. There are various ideas for recipes, videos, printing options off the video's content, blogs and a whole host of info for consumers.

Share this valuable resource with colleagues and/or clientele that with a little planning, savvy shopping and tasty recipes to cook at home, they'll be well on their way and the Spend Smart. Eat Smart. Team is there to help!





Feel Better: Statewide Arthritis Grant Project

Arthritis is a common condition in older adults, with approximately 25% having physician diagnosed arthritis. However, estimates suggest this underestimates the population prevalence as many report symptoms and pain associated with arthritis. Evidence suggests that physical activity programming can reduce symptoms and enable better management of arthritis, however, there are a number of barriers to address the problem which include:

- Many older adults mistaken that physical activity may lead to worse arthritis pain.
 - Efforts are needed to promote education and awareness.
- A need to increase access and availability of arthritis-appropriate evidence-based programs.
 - o Programs need to be efficiently and effectively delivered at scale with a low cost.
- Inadequate counseling and referral strategies in health care.
 - o Individuals are more likely to take action if encouraged by their physician, but systems are needed to facilitate referral of patients into programs.

The CDC statewide Arthritis grant project will address health disparities in arthritis care in rural lowans. The project will be coordinated through the lowa Community HUB and led by a team affiliated with the ISU Translational Research Network (U-TuRN) at Iowa State University (ISU). The project capitalizes on the organizational and technical capabilities of the Iowa Community HUB to promote awareness, screenings, and referrals from health care providers, organizations and individuals. The vast network of HUB partners will help facilitate efforts to reach the targeted populations and the expertise from U-TuRN and the Iowa State Extension network will enhance access and delivery of programs across the state to improve management and outcomes among adults with arthritis in Iowa. Stay tuned for updates coming through the HUB blog site online and through the HUB Advisory Group meetings. Contact Trina at tsuchan@iacommunityhub.org with questions.



Iowa Community HUB Partner Highlights





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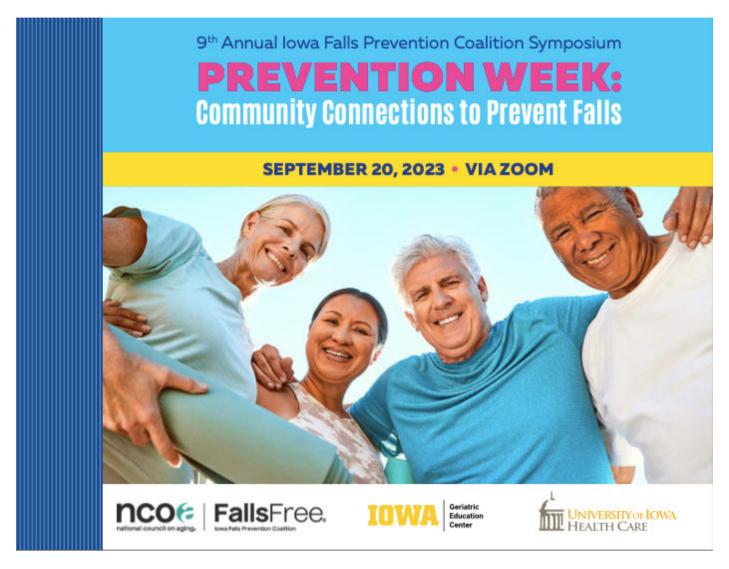
Continuing to live in your own home is arguably one of the most important challenges older persons face as they age. The graph below clarifies how older adults conceptualize home through age-related lifestyle changes.

Anchoring self	Enabling freedom	Being comfortable	Staying in touch
Longevity of residence	Personalize activities and self-manage time	Having things one needs	Close to family and friends
Personal investment	Purpose and reason to keep busy	Good memories	Base for participation in community activities
Sense of identity & place in the world	Independence in everyday tasks	Familiarity, peace of mind and stability	
Facilitating self- expression	Lack of interference from others	Space for relaxation and restoration	

To learn more visit: https://www.silverspaces.com



Iowa Community HUB Partner Highlights



THIS YEAR'S TOPICS INCLUDE:

- Orthopedic health issues and fall risk
- Nutritional recommendations for the older adult
- Statewide coordination of community-based fall risk screening and the expansion of programs
- An lowa perspective on the reality of rurality and the changing landscape of emergency response

To access the agenda and register for the event visit:

https://www.eventbrite.com/e/9th-annual-iowa-falls-prevention-coalition-symposium-2023-registration-675439536837?aff=oddtdtcreator