Destressing in a Stressful World

What's your stress “tell?” For some, a quickened heart rate or a slight feeling of queasiness is enough to let them know they’re getting anxious or overwhelmed. With everything going on in the world today, it is important to take a moment to destress. Whether you have certain methods that work for you or are still working to find those, make sure to Click Here for a list of scientifically-backed ways to destress.

Blood Shortage

The American Red Cross is pleading for donors as it grapples with its worst blood shortage in more than a decade. The shortage poses a risk to patient care because doctors are forced to make decisions about which patients receive blood transfusions and which ones must wait until more blood becomes available. The agency cited many factors behind the blood shortage, including the pandemic, staffing shortages, a drop in high school and college blood drives, and weather-related closures.

Click Here for more information on this, and Click Here to find a blood drive near you!

UPCOMING EVENTS

- Q & A with Iowa Legal Aid
- Weather!
- Community Resource Discussion
- Inclusion for All Activities
- Daily Older Adult Activities
- Coping During COVID Times
- Pre-teen & Teen Support Groups

Click here for full calendar of events

If you have any comments, please email boneill@heartlandfamilyservice.org.

Visit our website at covidrecoveryiowa.org

Iowa Legal Aid Q&A

Join Silver Linings: Older Iowans on Monday, March 7th at 10:30am for a LIVE Q&A with Iowa Legal Aid to learn more about free legal resources for Iowans age 60+. Josh Gaul, Managing Attorney for Iowa Legal Aid will join us for a Q&A, where we will learn about how to access elder law resources, including:

- Fighting Identity Theft
- Wills & Life Planning
- Guardianship & Conservatorship
- Health Care for Elders
- Individual Rights
- Nursing Home & Long-Term Care
- Public Benefits and Elders
- Consumer Protections
- Elder Abuse
- Tenet Rights
- Powers of Attorney

The program provides legal assistance to persons 60 years of age or older in many civil (non-criminal) matters on issues of concern to older persons. A full range of legal assistance services are available, ranging from counsel and advice, brief service, and representation in a case.

For More Information

IA Vaccine Dashboard

Percent of Iowa Population Fully Vaccinated
61.53%

Percent of Iowa Population With At Least 1 Dose
67.74%

Click here for more information on the COVID-19 vaccine effort in Iowa and to find a vaccine provider and site near you.

COVID Tests Around Iowa

Follow us on Social Media!

SUBSCRIBE

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