

## **For Your Residents:**

**Social Check-ins and Coffee Chats:** Friendly callers on staff can check-in and chat with older adults. This offers a great opportunity for social interaction and though based around friendly, easy conversation, our peer counselors are trained to offer personal support for anyone who may need it.

**Musical Telegrams:** Carlene Hall, an Iowa musician on staff will call and deliver a variety of personalized musical telegrams to and from families and residents via phone or video.

**Life Stories:** Residents can talk to one of our trained staff and share their life story or any memories that are special to them. Staff will type up participant's memories and life story as a legacy which the resident can share with friends and family.

**Pen Pals:** Our pen pal program is a great way to brighten residents' days! We'll send handwritten correspondence to residents. Stamped and preaddressed stationery is available for any residents who would like to reply to their pen pal.



### **Tech Support**

---

Our staff can walk your residents through using tech devices, software, and apps. We also can help you brainstorm ways to utilize technology to better connect residents, staff, and family.

### **Family and Caregiver Support**

---

Studies show that families are really feeling the impact of separation from loved ones and loss of routine. We are here to support the family members that love and care for your residents. We can host seminars and support groups to help normalize the feelings common to these stress reactions. We can also provide fun activity ideas and ways for family members to connect with their loved ones while maintaining your facility's social distancing guidelines.

### **Staff Support**

---

We know that you care about maintaining a healthy workplace. That's why we offer workplace diffusion sessions to help your staff navigate compassion fatigue and manage stress with healthy coping strategies. Short for time? Let us create a series of short podcasts or videos for your staff.



# Check Out Our Facebook Groups

## Meet the (Grand)Parents:

A place for grandparents to discuss what they have been struggling with in terms of the pandemic and being a grandparent.

## Over Coffee:

Every week we will get ahead of the Monday blues by starting off our morning with a fun conversation over coffee! Grab your favorite mug and join on Mondays around 8:30-9:15 in our (virtual) Cafe. Chat soon!

## Songs from the Good Days:

Join to listen to Carlene Hall sing some of her favorite songs. Tune in every Thursday at 6:30 for a live concert!

## Book Club:

Are you a reader? Come join us for book club discussions, book recommendations, and more!

If you need help joining the Facebook Groups, feel free to email or call the number on the front page for assistance!

# COVID Recovery Iowa

COVID Recovery Iowa is a part of a federally funded grant created to help assist Iowans with any pandemic related struggles or hardships. The Older Adult community has been affected in so many ways due to this pandemic, and we are here to provide support for all involved, including older adults.

## **Contact Us:**

### **Ash Roberts**

Older Adults Specialty Coordinator  
COVID Recovery Iowa

531-800-4450

[aroberts@heartlandfamilyservice.org](mailto:aroberts@heartlandfamilyservice.org)

### **COVID Recovery Iowa Warm Line:**

1-844-755-WARM

Call here for free counseling, activity ideas, and help finding resources and helpful referrals

### **Visit us on the Web:**

<https://www.covidrecoveryiowa.org>

# Inside is the Menu of Services we offer for the Older Adults Community



# FEMA