

STAY SAFE. STAY HEALTHY



**COVID
RECOVERY IOWA**
is here to help.

OLDER ADULTS SERVICES

www.COVIDrecoveryiowa.org to fill out a request for personal support and for more information under the Media and Information section.

800-447-1985 and 844-775-WARM

Facebook: COVID Recovery Iowa Silver Linings group.

FOR MORE INFORMATION ON COVID RECOVERY IOWA'S SILVER LININGS PROGRAM,
EMAIL ASH AT AROBERTS@HEARTLANDFAMILYSERVICE.ORG

Comm. 605 (04/21)



PROGRAMS FOR OLDER ADULTS INCLUDE:

- **Social Check-ins & Coffee Chats:** COVID Recovery Iowa counselors can provide check-in calls, texts and emails as a way to touch base each week.
- **Music Services:** A COVID Recovery Iowa counselor can arrange a variety of personalized musical telegrams, singalongs, or mini concerts.
- **Life Stories:** Talk to one of our COVID Recovery Iowa counselors and share your life story and special memories. This can be written as your legacy for you to share.
- **Tech and Media Assistance: Life Stories:** COVID Recovery Iowa counselors can walk you through using Zoom, tech devices, software, and apps if you want to participate in COVID Recovery Iowa's programs on Facebook. Counselors help brainstorm ways to utilize technology to better connect with friends, family, and community.
- **Caregiver Support Group:** You may be caring for a relative, friend, community member or spouse. Your wellbeing is important, too! Join on Wednesday evenings for a caregiver support group. We'll talk about managing caregiver stress to avoid burnout in this safe, secure setting.
- **Pen Pal Program:** Write letters with one of the COVID Recovery Iowa staff.

800-447-1985 24 X 7 AND ASK TO SPEAK WITH A COVID RECOVERY IOWA COUNSELOR.

844-775-WARM 8:00AM TO 10:00PM AND ASK TO SPEAK WITH A COVID RECOVERY IOWA COUNSELOR.

FACEBOOK: COVID RECOVERY IOWA HAS OLDER ADULT ACTIVITIES UNDER THE SILVER LININGS PROGRAM.

