

COVID Recovery IOWA



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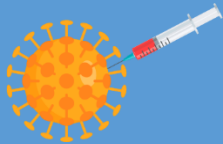
Click any of the logos to visit the websites for more information or call...

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COVID Recovery Iowa: 1-844-775-WARM | Iowa Concern: 1-800-447-1985

NEW VACCINE WEBSITE



The Iowa Department of Public Health has created a new vaccine website

[Vaccinate.iowa.gov](https://vaccinate.iowa.gov), which will provide information about vaccine priority populations and eligibility, as well as resources available for Iowans 65+, and FAQs about the vaccine. The site also has a vaccine locator tool that Iowans can use to find a vaccine provider near them.

The IDPH has also partnered with 211 to help schedule vaccine appointments for Iowans aged 65 and older who may have difficulty doing so because of technology barriers. The 211 vaccine navigation service will be available starting this week!

More information on this service for older Iowans will become available on the new IDPH website this week under the tab "IOWANS 65+" or click the following link to go to the page directly.

<https://vaccinate.iowa.gov/iowans-over-65/>

ACTION CALENDAR: MINDFUL MARCH 2021

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------------------|----------------------------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|
| 1 Set an intention to live with awareness and kindness | 2 Notice five things that are beautiful in the world outside | 3 Start today by appreciating your body and that you're alive | 4 Notice how you speak to yourself. Try to use kind words | 5 Take three calm breaths at regular intervals during your day | 6 Bring to mind people you care about and send love to them | 7 Have a 'no plans' day and notice how that feels |
| 8 Eat mindfully. Appreciate the taste, texture & smell of your food | 9 Take a full breath in and out before you reply to others | 10 Get outside and notice how the weather feels on your face | 11 Stay fully present while drinking your cup of tea or coffee | 12 Listen deeply to someone and really hear what they are saying | 13 Pause to just watch the sky or clouds for a few minutes today | 14 Find ways to enjoy any chores or tasks that need doing |
| 15 Stop, breathe and just notice. Repeat regularly during the day | 16 Get really absorbed with an interesting or creative activity | 17 Look around and spot 3 things you find unusual or pleasant | 18 If you find yourself rushing, make an effort to slow down | 19 Cultivate a feeling of loving-kindness towards others today | 20 Celebrate the International Day of Happiness dayofhappiness.net | 21 Listen to a piece of music without doing anything else |
| 22 Walk a different route today and see what you notice | 23 Tune in to your feelings, without judging or trying to change | 24 Appreciate your hands and all the things they enable you to do | 25 Focus your attention on the good things you take for granted | 26 Notice when you're tired and take a break as soon as possible | 27 Have a device-free day and enjoy the space it offers | 28 Appreciate nature around you, wherever you are |
| 29 Notice what is working today and be thankful that this is so | 30 Mentally scan down your body and notice what it is feeling | 31 Notice the joy to be found in the simple things of life | "Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn | | | |

ACTION FOR HAPPINESS



www.actionforhappiness.org

IA VACCINE DASHBOARD

Total Doses Administered:
892,815

Doses Administered to Iowa Residents:
860,517

Individuals Completing Vaccination Series (2nd Dose):
280,254

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

[Iowa COVID-19 Information - Vaccine Information](#)

UPCOMING EVENTS

Activities for the Week:

- Mindfulness Monday
- Togetherness Tuesday
- Friendship Fridays
- Daily Older Adult Activities
- What About Me? My Well-Being
- We're in this Together
- Coping During COVID Times
- Pre-teen, Teen, & Parent Support Groups
- Live Concert w/ Carlene Hall



[Click here for full calendar of events](#)

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

Visit our website at covidrecoveryiowa.org