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17. Vision Loss or low vision Resources for the state of Iowa
If you know someone with vision loss who would benefit from services available through the Iowa Department for the Blind, call 800-362-2587 or fill out an online referral form at <http://www.blind.state.ia.us/Referral.htm>. Services are free, confidential, and available statewide. If you would like additional information please contact Barb Weigel at barb.weigel@blind.state.ia.us

18. The Agency for Healthcare Research & Quality has faq sheet checklists for Staying Healthy at 50+, which is newly updated for men and women from 2007's The Pocket Guide to Staying Healthy at 50+. Please go to:

Men: Stay Healthy at 50+—Checklists for Your Health

<http://www.ahrq.gov/ppip/men50.htm>

Women: Stay Healthy at 50+—Checklists for Your Health

<http://www.ahrq.gov/ppip/women50.htm>