

# OLDER ADULTS

Name of Program/Provider	Focus Population	Phone Number & Hours	Services Provided	Eligibility Requirement, Documents Needed, Fees
<b>ADULT DAY CARE PROGRAMS</b>				
<b>Caring Hands and More</b> 1552 Mall Drive Iowa City, IA 52240 <a href="http://www.caringhandsandmore.com">http://www.caringhandsandmore.com</a>	<b>Older Adults and Persons with Brain Injuries</b>	(319) 337-8922	Located in our new Multi-Generational Building, Caring Hands & More Adult Day Services will help your family member maintain independence and health when you can't be with him or her. Our Adult Day program can also be a welcome respite for caregivers. We provide activities, transportation, and hands-on care for those needing assistance with activities of daily living.	<b>Eligibility Requirements</b> ~ contact program <b>Documents</b> ~ contact program <b>Fees</b> ~ contact program
<b>Pathways Adult Day Health Center</b> AbbeHealth Aging Services 817 Pepperwood Lane Iowa City IA 52240 <a href="http://www.abbehealth.org">www.abbehealth.org</a>	<b>Age 18 or older who require assistance</b>	319-339-6162  M-F 7:30 am – 5 pm	Serves people age 18 and older who require daily living assistance due to conditions such as stroke, arthritis, vision-loss, multiple sclerosis, depression and/or Alzheimer's. A multidisciplinary team of professionals work together to create a nurturing environment and provide a comprehensive array of services.	<b>Eligibility Requirements</b> ~ contact program <b>Documents</b> ~ contact program <b>Fees</b> ~ contact program
<b>NON-MEDICAL IN-HOME SERVICES</b>				
<b>Always Best Care</b> 4935 Bowling St. SW Cedar Rapids, IA 52404 <a href="http://www.alwaysbestcare.com">www.alwaysbestcare.com</a>	<b>Adult</b>	319-855-9765 877-292-2126 (Toll Free)	Provides in-home senior care services. Services cover the complete range of home assistance, such as; light housekeeping, laundry, grocery shopping, meal preparation, and companion care.	<b>Eligibility Requirements</b> ~ contact program <b>Documents</b> ~ contact program <b>Fees</b> ~ Medicaid Waivers, VA Benefits, Long-Term Care Insurance
<b>BrightStar Care</b> 5340 N Park Place NE – Suite 202 Cedar Rapids IA 52402 <a href="http://www.brightstarcare.com/cedar-rapids-iowa-city">www.brightstarcare.com/cedar-rapids-iowa-city</a>	<b>Adult</b>	319-363-2721	Provides in-home senior care services. Services cover skilled care and the complete range of home assistance, such as; light housekeeping, laundry, grocery shopping, meal preparation, and companion care.	<b>Eligibility Requirements</b> ~ contact program <b>Documents</b> ~ contact program <b>Fees</b> ~ Medicaid Waivers, VA Benefits, Long-Term Care Insurance
<b>Caring Hands &amp; More</b> 409 Kirkwood Ave. Iowa City IA 52240 <a href="http://www.caringhandsandmore.com">http://www.caringhandsandmore.com</a>	<b>Adult</b>	319-337-8922 (Iowa City) 1-866-537-8922 (Toll Free)  M-F 8-4:00 pm: Office Hours	Provides in-home care including personal care, companionship, light housekeeping, medication set up/reminders, escort and errand services, respite care, holiday care, and meal prep/clean up.	<b>Eligibility Requirements</b> ~ contact program <b>Documents</b> ~ contact program <b>Fees</b> ~ Accept Medicaid Waiver and Long-Term Care Insurance

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<b>Comfort Care</b> 1100 6th Street, Ste. 101 Coralville, IA 52241 <a href="http://www.comfortcareia.com/">http://www.comfortcareia.com/</a>	<b>Adult</b>	(319) 248-0270  M-F 8-4:30 pm	Provides in-home senior care services. Services cover the complete range of home assistance, such as; light housekeeping, laundry, grocery shopping, meal preparation, and companion care.	<b>Eligibility Requirements</b> ~ contact program <b>Documents</b> ~ contact program <b>Fees</b> ~ Accepts Medicare, Medicaid, Private Pay, VA Payment, and Waiver programs
<b>Griswold Home Care</b> 2346 Nor St. Iowa City, IA 52240 <a href="https://www.griswoldhomecare.com/">https://www.griswoldhomecare.com/</a>	<b>Adult</b>	319-438-2928  Open 24 hours	Provides in-home care services. Services cover the complete range of home assistance, such as; light housekeeping, laundry, grocery shopping, meal preparation, and companion care.	<b>Eligibility Requirements</b> ~ contact program <b>Documents</b> ~ contact program <b>Fees</b> ~ contact program
<b>Home Instead</b> 1700 S. 1st Ave. Ste 28 Iowa City, IA 52240 <a href="https://hisc314.digibro.com/">https://hisc314.digibro.com/</a>	<b>Adult</b>	319-358-2340  Open 24 hours	Provides in-home care services. Services cover the complete range of home assistance, such as; light housekeeping, laundry, grocery shopping, meal preparation, and companion care.	<b>Eligibility Requirements</b> ~ contact program <b>Documents</b> ~ contact program <b>Fees</b> ~ contact program
<b>Right At Home</b> 2616 1st Ave NE Cedar Rapids, IA 52402 <a href="http://www.rightathome.net">www.rightathome.net</a>	<b>Seniors</b>	319-826-6608  Open 24 hours	Provides in-home care services. Services cover the complete range of home assistance, such as; light housekeeping, laundry, grocery shopping, meal preparation, and companion care.	<b>Eligibility Requirements</b> ~ contact program <b>Documents</b> ~ contact program <b>Fees</b> ~ contact program
<b>Visiting Angels</b> 1221 Park Pl NE #G2 Cedar Rapids, IA 52402 <a href="http://www.visitingangels.com">www.visitingangels.com</a>	<b>Seniors</b>	Phone: 319-531-7635 Open 24 hours	Visiting Angels provides companion care and personal care services. Our home care services are designed to provide assistance with those activities that elders need help with in order to be able to stay at home safely and with dignity. Our home care services may include fall prevention, medication and fluids reminders, light housekeeping, grooming or bathing assistance, and running errands.	<b>Eligibility Requirements</b> ~ contact program <b>Documents</b> ~ contact program <b>Fees</b> ~ contact program
<b>Visiting Nurse Association of Johnson County</b> 1524 Sycamore St Iowa City IA 52240 <a href="http://www.vnaic.org">www.vnaic.org</a>	<b>Adult</b>	319-337-9686  M-F 8-5:00 pm: Nurse on call 24/7 for patient concerns	Skilled homemakers and home helpers help older adults who are not able to do light housekeeping or run errands on their own. Under the direction of our nursing staff, homemakers and home helpers provide assistance with vacuuming, grocery shopping, laundry, other light housekeeping needs and errands.	<b>Eligibility Requirements</b> ~ Johnson County resident <b>Documents</b> ~ contact program <b>Fees</b> ~ Medicare and Medicaid Certified. Most insurances also accepted. Individuals without third party payers pay privately on a sliding scale fee based on income and assets.

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## ADVANCED DIRECTIVES/ END OF LIFE CARE/ HOSPICE

<p><b>Toll Free Help Line</b> Alzheimer Foundation <a href="http://www.alzfdn.org">www.alzfdn.org</a></p>		<p><b>Help Line</b> 1-888-232-8484  8am-8:00 pm</p>	<p>A toll free help line dedicated to meeting the educational, social, emotional and practical needs of individuals with Alzheimer's disease and related illnesses, and their caregivers and families.</p>	<p><b>Eligibility Requirements</b> ~ contact program <b>Documents</b> ~ contact program <b>Fees</b> ~ contact program</p>
<p><b>The Bird House</b> 8 Lime Kiln Lane NE Iowa City IA 52240  <u>Mailing Address</u> PO Box 3338 Iowa City, Iowa 52244 <a href="http://www.hospicehomejc.org">www.hospicehomejc.org</a> <a href="mailto:thebirdhousehjc@mediacombb.net">thebirdhousehjc@mediacombb.net</a> -</p>	<p><b>Adults, 18 and over</b></p>	<p>319-499-1882  Open 24 hours per day</p>	<p>The Bird House is a community nonprofit dedicated to providing compassionate, dignified, end of life care by focusing on the physical, spiritual, and emotional needs of our guests and their loved ones in a peaceful home-like environment. The Bird House is a 5 bed residential boarding home that partners with hospice agencies to provide compassionate end of life care. Hospice residents must be under the care of a hospice agency and desire the 24 hour assistance of our caregivers and volunteers. Hospice residents pay privately per day. Sliding scale fees are available for low income hospice prospective residents as grants and donations allow. For more information, go to our website, <a href="http://www.hospicehomejc.org">www.hospicehomejc.org</a></p>	<p><b>Eligibility</b> - Receiving hospice care from a local agency, less than 300 pounds, Do Not Resuscitate, limited complicated wound care...Pending consultation with hospice and The Bird House Coordinator. <b>Documents</b> - IPOST and Do not Resuscitate - Limited paperwork for admission <b>Fees</b> ~ Contact The Bird House for current fees - as of 4/30/21 \$280 per day, some long term care insurance coverage</p>
<p><b>Caregiver Support &amp; Education</b> Heritage Area Agency on Aging 6301 Kirkwood Boulevard SW Cedar Rapids IA 52404 <a href="http://www.heritageaaa.org/">http://www.heritageaaa.org/</a></p>	<p><b>Adult Age 60+</b></p>	<p>319-398-5559  M-F 8-5:00 pm</p>	<p>Caregiver Support and Education services include information and resources to individuals who provide care of older adults and adults with disabilities, both professional and family caregivers.</p>	<p><b>Eligibility Requirements</b> ~ caregivers for people 18+ with disabilities and 60+ <b>Documents</b> ~ contact program <b>Fees</b> ~ contact program</p>
<p><b>Hospice Services</b> Iowa City Hospice 1025 Wade Street Iowa City IA 52240 <a href="http://www.iowacityhospice.org">www.iowacityhospice.org</a></p>	<p><b>General</b></p>	<p>319-351-5665  M-F 8-5:00 pm</p>	<p>Provides hospice services to anyone affected by a terminal illness. Iowa City Hospice is dedicated to offering services to everyone regardless of an individual's ability to pay.</p>	<p><b>Eligibility</b> ~ contact program <b>Documents</b> ~ contact program <b>Fees</b> ~ contact program</p>

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<p><b>Honoring Your Wishes/Advance Care Planning</b> Iowa City Hospice 1025 Wade Street Iowa City IA 52240 <a href="http://www.honoryourwishes.org">www.honoryourwishes.org</a></p>	<p><b>Adult</b></p>	<p>319-351-5665  M-F 8-5:00 pm</p>	<p>Honoring Your Wishes is a community-wide advance care-planning program under the leadership of Iowa City Hospice. Advance care planning services to complete a legal advance care plan are available at four community sites: Iowa City Hospice, the Senior Center, Mercy Iowa City, and University of Iowa Health Care. For more information or to make an appointment at one of the locations, please go to their website.</p>	<p><b>Eligibility</b> ~ Adults with decision-making capacity <b>Documents</b> ~ Honoring Your Wishes has created an advance directive that is located on the website. <b>Fees</b> ~ This service is free. Individuals are welcome to bring family or friends to scheduled appointments.</p>
<p><b>Bereavement Support &amp; Counseling</b> Iowa City Hospice 1025 Wade Street Iowa City IA 52240 <a href="http://www.iowacityhospice.org">www.iowacityhospice.org</a></p>	<p><b>General</b></p>	<p>319-351-5665  M-F 8-5:00 pm</p>	<p>Following a death, Iowa City Hospice bereavement staff is available to support family members and friends throughout the grieving process. Iowa City Hospice offers a variety of grief support services including support groups, grief education, and special events. For detailed information, please visit our website.</p>	<p><b>Eligibility</b> ~ anyone who is grieving the loss of a loved one <b>Documents</b> ~ contact program <b>Fees</b> ~ contact program</p>
<p><b>FINANCIAL ASSISTANCE &amp; HEALTH CARE COVERAGE</b></p>				
<p><b>AARP Foundation Tax-Aide</b> Iowa City/Johnson County Senior Center 28 S Linn Street Iowa City IA 52240 <a href="http://www.icgov.org/senior">www.icgov.org/senior</a></p>	<p><b>Adult Age 60+</b></p>	<p>319-356-5220  Feb 1 - April 15 Weekday morning &amp; afternoon appointments</p>	<p>Each year the Iowa City/Johnson County Senior Center partners with the AARP Foundation Tax-Aide Program to offer free tax help to taxpayers with low and moderate income, especially those age 60 and above. Trained volunteers work with participants to prepare and e-file tax returns, ensuring they receive applicable tax credits and deductions. Help is also available for completing rent and property tax rebates for seniors and disabled individuals.</p>	<p><b>Eligibility Requirements</b> ~ contact program <b>Documents</b> ~ government issued identification; copy of last year's income tax returns (both federal and state); Social Security cards or other official documentation for yourself and all dependents; checkbook if you want to do a direct deposit of any refund(s); all W-2s <b>Fees</b> ~ none</p>
<p><b>Senior Health Insurance Information Program (SHIIP)</b> Iowa City/Johnson County Senior Center 28 S Linn Street Iowa City IA 52240 <a href="http://www.icgov.org/senior">www.icgov.org/senior</a></p>	<p><b>Adult Age 62+</b></p>	<p>319-356-5220  Weekday morning and afternoon appointments available year round.</p>	<p>SHIIP counselors can help you find answers to your questions about Medicare, Medicare supplemental insurance, long term care insurance, Part D for Medicare Drug Benefits, Part C for Advantage plans, and other health insurance issues.</p>	<p><b>Eligibility Requirements</b> ~ contact program <b>Documents</b> ~ Medicare card; prescription drug information or bottles (necessary information includes: full name of prescription drugs, whether it is a brand name or generic, dosage, and frequency) <b>Fees</b> ~ none</p>

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<b>Senior Health Insurance Information Program (SHIIP)</b> Mercy Iowa City 500 E Market Street Iowa City IA 52245 <a href="http://www.mercyiowacity.org">www.mercyiowacity.org</a>	<b>Adult</b>	319-339-3658  M-F 8-4:30 pm	SHIIP provides free counseling to individuals on disability and nearing Medicare eligibility re: Medicare benefits and supplemental insurance	<b>Eligibility Requirements</b> ~ none <b>Documents</b> ~ depends on situation <b>Fees</b> ~ none
<b>Retirement Benefits</b> Social Security Administration 1100 6th Street - Suite 100 Coralville IA 52241 <a href="http://www.socialsecurity.gov">www.socialsecurity.gov</a>	<b>Adult</b>	866-964-2039  M, T, TH & F 9-4:00 pm Wed 9-12:00 pm	Retirement Benefits	<b>Eligibility Requirements</b> ~ contact program <b>Documents</b> ~ contact program <b>Fees</b> ~ contact program
<b>Survivors Benefits</b> Social Security Administration 1100 6th Street - Suite 100 Coralville IA 52241 <a href="http://www.socialsecurity.gov">www.socialsecurity.gov</a>	<b>Adult</b>	866-964-2039  M, T, TH & F 9-4:00 pm Wed 9-12:00 pm	Survivors Benefits	<b>Eligibility Requirements</b> ~ contact program <b>Documents</b> ~ contact program <b>Fees</b> ~ contact program
<b>HEALTH EDUCATION &amp; PREVENTION</b>				
<b>Caregiver Support &amp; Education</b> Heritage Area Agency on Aging 6301 Kirkwood Boulevard SW Cedar Rapids IA 52404 <a href="http://www.heritageaaa.org/">http://www.heritageaaa.org/</a>	<b>Adult Age 60+</b>	319-398-5559  M-F 8-5:00 pm	Caregiver Support and Education services include information, resources and evidence-based classes for individuals who provide care for older adults and adults with disabilities.	<b>Eligibility Requirements</b> ~ caregivers for people 18+ with disabilities and 60+ <b>Documents</b> ~ contact program <b>Fees</b> ~ contact program
<b>Geriatrics Education Program</b> Iowa Geriatric Education Center 2153 Westlawn Iowa City, IA 52242 <a href="https://igec.uiowa.edu/">https://igec.uiowa.edu/</a>	<b>Adult Age 65+</b>	<a href="mailto:geriatric-education@uiowa.edu">geriatric-education@uiowa.edu</a>	A resource for education programs for older adults, as well as for healthcare professionals in the field of geriatrics.	<b>Eligibility Requirements</b> ~ contact program <b>Documents</b> ~ contact program <b>Fees</b> ~ contact program
<b>Safe Strides</b> Kindred At Home 2150 James St. Coralville IA 52241 <a href="http://www.kindredathome.com">www.kindredathome.com</a>	<b>Adult Age 65+</b>	319-363-4742 7:30 am-5:00 pm Office hours On call 24 hours a day	This unique, home-based rehabilitation program for all eligible home health patients is revolutionizing fall prevention and is making a dramatic difference in the lives of thousands of seniors every day.	<b>Eligibility Requirements</b> ~ contact program <b>Documents</b> ~ contact program <b>Fees</b> ~ Medicare A, accepts other payers and many private insurers—contact program
<b>Health Promotion Clinics</b> Visiting Nurse Association of Johnson County 1524 Sycamore St Iowa City IA 52240 <a href="http://www.vnaic.org">www.vnaic.org</a>	<b>Adult</b>	319-337-9686  Varies - call for details	Health promotion clinics are held at senior sites throughout Johnson County. Blood pressure, pulse rate, glucose, weight and BMI checks are available along with health information. Cholesterol screenings are available once a month.	<b>Eligibility Requirements</b> ~ Johnson County resident <b>Documents</b> ~ contact program <b>Fees</b> ~ charge for Cholesterol and Glucose Screenings

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<b>Stepping On Fall Prevention Workshops</b> Visiting Nurse Association of Johnson County 1524 Sycamore St Iowa City IA 52240 <a href="http://www.vnaic.org">www.vnaic.org</a>	<b>Adult</b>	319-337-9686  Workshop times vary. Please contact our office for information	Stepping On is a seven-week workshop program for independent community-dwelling older adults who have fallen, are at risk of falling or who have a fear of falling.	<b>Eligibility Requirements</b> ~ Johnson County resident <b>Documents</b> ~ contact program <b>Fees</b> ~ Please call our office for information
<b>Wellness Clinics- Senior Center Health Suite</b> Visiting Nurse Association of Johnson County 1524 Sycamore St Iowa City IA 52240 <a href="http://www.vnaic.org">www.vnaic.org</a>	<b>Adult</b>	319-337-9686  Varies - call for details	Iowa City Senior Center, 28 S Linn St. Quick Check Health Screening available Monday, Wednesday and Friday from 11am-1pm. Services include, Foot Clinic, blood sugar screening, cardiac risk & cholesterol screening, Influenza and Pneumonia Vaccination (Oct-Dec), Health Information Brochures available **Some charges may apply	<b>Eligibility Requirements</b> ~ Johnson County resident <b>Documents</b> ~ contact program <b>Fees</b> ~ varied depends on program attended
<b>HOUSING</b>				
<b>**See the housing directory on the Johnson County Social Services webpage for more information on senior housing options**</b>				
<b>Chore/ Home Repair/ Home Modification</b> AbbeHealth Aging Services Home Accessibility and Repair Program 317 7 <sup>th</sup> Ave. SE, Suite 302 B Cedar Rapids, IA 52401 <a href="http://www.abbehealth.org">www.abbehealth.org</a>	<b>Adult Age 60+</b>	319-398-3644  M-F 8:00-4:30 pm	AbbeHealth Aging Services Home Accessibility and Repair program assists individuals in remaining in their home by providing small home repairs, such as; plumbing, lawn-mowing, yard work, snow removal and leaf-raking.	<b>Eligibility Requirements</b> ~ contact program <b>Documents</b> ~ contact program <b>Fees</b> ~ vary depending on income; based on sliding fee scale.
<b>Home Repair/ Home Modification</b> Iowa Valley Habitat for Humanity Helping Hands Program 2401 Scott Blvd. Iowa City, IA 52245 <a href="http://www.iowavalleyhabitat.org">www.iowavalleyhabitat.org</a>	<b>Age 65+  Physically Disabled</b>	(319)337-8949  M-F 9:00-5:00	Under the Helping Hands Program, Iowa Valley Habitat for Humanity will oversee home repairs and modifications for seniors and physically disabled residents of Johnson County. A variety of repairs will be considered including, wheel chair ramp construction, furnace replacement and porch repair. Habitat for Humanity also performs "light work" which includes changing light bulbs, replacing furnace filters and changing battering in smoke detectors. There is no fee but Habitat suggests a donation of \$15.	<b>Income:</b> Less than 80% of annual median income as established by HUD. Call office for specific amounts.  <b>Documentation:</b> Completed application required  <b>Fees:</b> Homeowner must repay costs associated with the project. IVHFH will provide a zero-interest loan and create a repayment plan that fits each applicant's budget. Grants may be available.

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<p><b>TRAIL of Johnson County</b> Iowa City Senior Center 28 S linn St Iowa City, IA 52240 <a href="https://trailofjohnsoncounty.org/contact">https://trailofjohnsoncounty.org/contact</a></p> <p>Bob Untiedt, Executive Director Jessica Hahn, Member &amp; Volunteer Service Coordinator.</p>	<p><b>Older Adults</b></p>	<p>319-800-9003  M-F 9am-1pm</p>	<p>For a monthly or yearly membership, TRAIL volunteers will help with trips to the doctor or light handy-person assistance. As a member, you will also be invited to participate in social &amp; educational activities. TRAIL has subsidized low-income memberships, as well.</p>	<p><b>Eligibility Requirements ~ Documents ~</b> <b>Fees ~ Full Membership:</b> \$600/year (\$50/month) for one person, or \$780/year (\$65/month) for households with two or more members. <b>Affiliate Membership:</b> \$110/year for single individuals and \$170/year for households of two or more. <b>Supported Members:</b> a sliding fee scale allows for memberships for as little as \$10/year.</p>
<p><b>Assisted Living Emerson Point</b> 1355 Shannon Drive Iowa City, IA 52246</p>	<p><b>Older Adults</b></p>	<p>319-466-0200  24 hours 7 days – 365 days</p>	<p>Emerson Point is Affordable Assisted Living for person 65 years of age and older. Some tenants may qualify subsidies to reduce out of pocket expenses.</p>	<p><b>Eligibility Requirements ~ Documents ~</b> <b>Fees ~</b> Accepts Medicaid Waiver and Section 8 Rental Assistance</p>
<p><b>Skilled Care Briarwood Health Care Center</b> 605 Greenwood Dr. Iowa City, IA 52246 <a href="https://www.briarwoodhcc.com/">https://www.briarwoodhcc.com/</a></p>	<p><b>Older Adults</b></p>	<p>319-338-7912  24 hours 7 days – 365 days</p>	<p>Briarwood offers Long Term Care, Respite Care and Rehabilitation services.</p>	<p><b>Eligibility Requirements ~ Contact Program Documents ~</b> <b>Fees ~</b> Accepts Medicaid and Medicare</p>
<p><b>Crestview Specialty Care</b> 451 W Orange St West Branch, IA 52358 <a href="https://www.careinitiatives.org/crestview-specialty-care">https://www.careinitiatives.org/crestview-specialty-care</a></p>	<p><b>Older Adults</b></p>	<p>(319) 643-2551  Open 24 hours</p>	<p>Skilled nursing care, short-term care (respite), rehabilitation following surgery, specialized wound care, IVs, tube feedings, IV therapy, and full activity programs offered.</p>	<p><b>Eligibility Requirements ~</b> Persons needing nursing home care, skilled nursing care or respite care. <b>Documents ~</b> Contact Program <b>Fees ~</b> Accepts Medicaid, Medicare and some insurance plans</p>
<p><b>Iowa City Rehabilitation and Health Care Center</b> 3661 Rochester Avenue Iowa City, IA 52245 <a href="http://www.trilliumhcg.com/fac-iowacity.html">http://www.trilliumhcg.com/fac-iowacity.html</a></p>	<p><b>Older Adults</b></p>	<p>319-351-7460  24 hours 7 days – 365 days</p>	<p>Skilled nursing care, short-term care (respite), rehabilitation following surgery, specialized wound care, IVs, tube feedings, tracheostomy care, bariatric care.</p>	<p><b>Eligibility Requirements ~</b> Persons needing nursing home care, skilled nursing care or respite care. <b>Documents ~</b> Contact Program <b>Fees ~</b> Accepts Medicaid, Medicare and some insurance plans</p>
<p><b>Lantern Park Nursing and Rehab Center</b> 2200 Oakdale Road Coralville, IA 52241 <a href="https://www.careinitiatives.org/lantern-park-specialty-care">https://www.careinitiatives.org/lantern-park-specialty-care</a></p>	<p><b>Older Adults</b></p>	<p>319-351-8440  24 hours 7 days – 365 days</p>	<p>24-hour nursing care, full social and activity programs, select menus, wander protection system, therapy programs (physical, speech, occupational, IV), tube feeding, wound care, and hospice care. We also do outpatient therapy-and can bill all major insurance programs.</p>	<p><b>Eligibility Requirements ~</b> Persons needing nursing home care or skilled nursing care. <b>Documents ~</b> Contact Program <b>Fees ~</b> Medicare and Medicaid residents accepted. VA Contract</p>

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<b>Pioneer Park</b> 501 E. Pioneer Road Lone Tree, IA 52755 <a href="http://www.lhtcc.com">www.lhtcc.com</a>	<b>Older Adults</b>	319-629-4255  24 hours Open 24 hours a day. Business Office is open 8-4:40 Monday- Friday	We offer nursing facility and skilled nursing facility level of care. Services are provided in three separate buildings all attached to each other. Our assisted living apartments are 1 bedroom with 2 apartments that are 2 bedroom apartments. All memory care apartments are 1 bedroom. We also provide outpatient therapy for our residents, tenants and the community.	<b>Eligibility Requirements</b> ~ Contact Program <b>Documents</b> ~ Contact Program <b>Fees</b> ~ Accepts Medicare, Medicaid, and VA
<b>Solon Retirement Village</b> 623 E. 5 <sup>th</sup> Street Solon, IA 52333 <a href="http://www.solonretirementvillage.com">www.solonretirementvillage.com</a>	<b>Older Adults</b>	319-624-3492  24 hours 7 days – 365 days	Solon Retirement Village is Caring for Our Community by offering Skilled Nursing, Memory Care, Assisted Living, Independent Condos and Outpatient Therapy all in one location.	<b>Eligibility Requirements</b> ~ Information available upon request. <b>Documents</b> ~ Contact Program <b>Fees</b> ~ Accepts Medicaid and Medicare
<b>Skilled Nursing Facility</b> Windmill Manor 2332 Liberty Dr Coralville IA 52241 <a href="http://www.windmillmanor.com/">http://www.windmillmanor.com/</a>	<b>Adult</b>	319-545-7390  24 hours/7 days	Windmill Manor of Coralville, a not-for-profit provider, is proud to offer many levels of care to meet your needs. We have Windmill Manor Skilled Nursing, our Bounce Back Rehabilitation Program, AJ's Fitness Center and Wellness Program, Outpatient Therapy Services, and Garden Court Alzheimer's/ Dementia Care.	<b>Eligibility Requirements</b> ~ Contact Program <b>Documents</b> ~ Contact Program <b>Fees</b> ~ Accepts Medicaid, Medicare and some insurance plans
<b>INFORMATION, REFERRAL &amp; ASSISTANCE</b>				
<b>Toll Free Help Line</b> Alzheimer Foundation <a href="http://www.alzfdn.org">www.alzfdn.org</a>		<b>Help Line</b> 1-888-232-8484  8am-8:00 pm	A toll free help line dedicated to meeting the educational, social, emotional and practical needs of individuals with Alzheimer's disease and related illnesses, and their caregivers and families.	<b>Eligibility Requirements</b> ~ contact program <b>Documents</b> ~ contact program <b>Fees</b> ~ contact program
<b>Programs, Services &amp; Resources</b> Elder Services- A Program of Horizons 2210 9 <sup>th</sup> St, Ste. 1 Coralville IA 52241 <a href="http://www.elderservicesinc.org">www.elderservicesinc.org</a> <a href="http://www.horizonsfamily.org/">http://www.horizonsfamily.org/</a>	<b>Adult Age 60+</b>	319-338-0515  M-F 9-5:00 pm	Provides programs, services, and resources to assist persons age 60 and over in Johnson County and east central Iowa to stay active, independent, and safe in their homes.	<b>Eligibility Requirements</b> ~ serves clients 60+ <b>Documents</b> ~ contact program <b>Fees</b> ~ contact program
<b>Case Management</b> Heritage Area Agency on Aging 6301 Kirkwood Boulevard SW Cedar Rapids IA 52404 <a href="http://www.heritageaaa.org/">http://www.heritageaaa.org/</a>	<b>Adult Age 60+</b>	319-398-5559  M-F 8-5:00 pm	Case Management Program includes the assessment and coordination of home and community based services.	<b>Eligibility Requirements</b> ~ serves clients 60+ <b>Documents</b> ~ contact program <b>Fees</b> ~ contact program

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# OLDER ADULTS

<b>Elder Rights Program</b> Heritage Area Agency on Aging 6301 Kirkwood Boulevard Cedar Rapids IA 52404 <a href="http://www.heritageaaa.org/">http://www.heritageaaa.org/</a>	<b>Adult Age 60+</b>	319-398-5559  M-F 8-5:00 pm	Individuals, their families and their caregivers can get information on services that are available to at-risk elders.	<b>Eligibility Requirements</b> ~ Persons 60+ <b>Documents</b> ~ none <b>Fees</b> ~ none
<b>Evidence-Based Health Activities</b> Heritage Area Agency on Aging 6301 Kirkwood Boulevard SW Cedar Rapids IA 52404 <a href="http://www.heritageaaa.org/">http://www.heritageaaa.org/</a>	<b>Adult</b>	319-398-5559  M-F 8-5:00 pm	Heritage offers four evidence-based health programs (Tai Chi, Walk with Ease, Chronic Disease Self-Management Program and Matter of Balance) in the region. These programs are proven effective for improving the health and well-being and aid in reducing disease, disability and/or injury among adults.	<b>Eligibility Requirements</b> ~ Clients 18+ with disabilities and 60+ <b>Documents</b> ~ contact program <b>Fees</b> ~ contact program
<b>Information, Referral &amp; Assistance</b> Heritage Area Agency on Aging 6301 Kirkwood Boulevard SW Cedar Rapids IA 52404 <a href="http://www.heritageaaa.org/">http://www.heritageaaa.org/</a>	<b>Adult Age 60+</b>	319-398-5559  M-F 8-5:00 pm	Information and Assistance consists of assessing and offering services that allow older adults and adults with disabilities to live in their home when possible.	<b>Eligibility Requirements</b> ~ clients 18+ with disabilities and 60+ <b>Documents</b> ~ contact program <b>Fees</b> ~ contact program
<b>Aging Disability Resource Center</b> Heritage Area Agency on Aging 6301 Kirkwood Boulevard Cedar Rapids IA 52404 <a href="http://www.heritageaaa.org/">http://www.heritageaaa.org/</a>	<b>Adult 18+ with a disability  Age 60+</b>	1-866-468-7887  8-5:00 pm	Connects callers with home and community based services and/or referral to Options Counseling.	<b>Eligibility Requirements</b> ~ Persons 18+ living with a disability, Persons 60+, Caregivers and Veterans <b>Documents</b> ~ none <b>Fees</b> ~ none
<b>Older Worker Employment Program</b> Heritage Area Agency on Aging 6301 Kirkwood Boulevard SW Cedar Rapids IA 52404 <a href="http://www.heritageaaa.org/">http://www.heritageaaa.org/</a>	<b>Adult Age 55+</b>	319-398-5559  M-F 8-5:00 pm	Older Worker Employment Program assists individuals 55 years of age and older with a disability with employment.	<b>Eligibility Requirements</b> ~ 55+ with a disability referred by Iowa Vocational Rehab <b>Documents</b> ~ contact program <b>Fees</b> ~ contact program
<b>Options Counseling</b> Heritage Area Agency on Aging 6301 Kirkwood Boulevard SW Cedar Rapids IA 52404 <a href="http://www.heritageaaa.org/">http://www.heritageaaa.org/</a>	<b>18+ with a disability  Age 60+</b>	319-398-5559  M-F 8-5:00 pm	Options Counselors are qualified and knowledgeable professionals that will visit with you via phone, or in person as often as you need, to help connect you to services and plan for potential future needs.	<b>Eligibility Requirements</b> ~ clients 18+ with disabilities and 60+ <b>Documents</b> ~ contact program <b>Fees</b> ~ contact program

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# OLDER ADULTS

<p><b>Senior Center Membership</b> Iowa City/Johnson County Senior Center 28 S Linn Street Iowa City IA 52240 <a href="http://www.icgov.org/senior">www.icgov.org/senior</a></p>	<p><b>Adult Age 50+</b></p>	<p>319-356-5220 M-F 8-5:00 pm</p>	<p>Senior Center members can participate in Center-sponsored classes, groups, and activities; use the computer lab, billiards room, and commercial-quality fitness equipment; access Center facilities during extended hours, 7 days/week; receive discounts on parking, room rentals, and some Center classes; and receive invitations to membership appreciation events.</p>	<p><b>Eligibility Requirements</b> ~ anyone age 50 and over may join. <b>Documents</b> ~ contact program <b>Fees</b> ~ \$40 for a single membership, \$25 for each additional household member for Iowa City resident; \$75 single non-Iowa City resident, \$45 for each additional household member....low income discounts are available for membership and parking.</p>
<p><b>Aging Specialist</b> Johnson County Social Services 855 S. Dubuque St, Ste. 202B Iowa City IA 52240 <a href="http://www.johnsoncountyiowa.gov/aging">http://www.johnsoncountyiowa.gov/aging</a></p>	<p><b>Adult</b></p>	<p>319-356-6090</p>	<p>The Aging Specialist provides older adults and caregivers a Coordinated Point of Entry where they receive information and assistance, assessment of needs, referral, assistance in completing applications and follow up to ensure that referrals and services are accessed.</p>	<p><b>Eligibility Requirements</b> ~ Older Adults or caregivers of older adults. <b>Documents</b> ~ None <b>Fees</b> ~ Free</p>
<p><b>Information, Referral &amp; Assistance</b> Johnson County Social Services 855 S. Dubuque St, Ste. 202B Iowa City IA 52240 <a href="http://www.johnsoncountyiowa.gov/ss">http://www.johnsoncountyiowa.gov/ss</a></p>	<p><b>Adult</b></p>	<p>319-356-6090</p>	<p>Provides information on services and activities available in Johnson County.</p>	<p><b>Eligibility Requirements</b> ~ contact program <b>Documents</b> ~ contact program <b>Fees</b> ~ contact program</p>
<p><b>Home Care Aide Services</b> Visiting Nurse Association of Johnson County 1524 Sycamore St Iowa City IA 52240 <a href="http://www.vnaic.org">www.vnaic.org</a></p>	<p><b>Adult</b></p>	<p>319-337-9686  M-F 8-5:00 pm: Nurse on call 24/7 for patient concerns</p>	<p>Skilled home health aides help elders, older adults, convalescent or disabled persons live in their own homes instead of in a healthcare facility. Most home health aides work with persons who need more extensive care than family or friends can provide. Some help discharged hospital patients who have relatively short-term needs. Under the direction of our nursing staff, home health aides provide health-related services, such as administering oral medications, help with simple prescribed exercises, keeping patient's rooms neat, and help patients to move from bed, bathe, dress and groom.</p>	<p><b>Eligibility Requirements</b> ~ Johnson County resident <b>Documents</b> ~ contact program <b>Fees</b> ~ Medicare and Medicaid Certified. Most insurances also accepted. Individuals without third party payers pay privately on a sliding scale fee based on income and assets.</p>

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# OLDER ADULTS

## MEALS – DINING SITES & HOME DELIVERED

<p><b>Senior Nutrition Programming &amp; Education</b> Heritage Area Agency on Aging 6301 Kirkwood Boulevard SW Cedar Rapids IA 52404 <a href="http://www.heritageaaa.org/">http://www.heritageaaa.org/</a></p>	<p><b>Adult</b> <b>Age 60+</b></p>	<p>319-398-5559  M-F 8-4:30 pm</p>	<p>Heritage funds twenty meal sites in our seven county region. Congregate dining provides a nutritious meal, socialization and activities. Home-delivered meals are provided for seniors who are home bound and have difficulty preparing meals.</p>	<p><b>Eligibility Requirements</b> ~ serves clients 60+ <b>Documents</b> ~ contact program <b>Fees</b> ~ contact program</p>
<p><b>Elderberry Café @ The Senior Center</b> Elder Services Inc. 28 S Linn Street Iowa City IA 52240 <a href="http://www.elderservicesinc.org">www.elderservicesinc.org</a></p>	<p><b>Adult</b></p>	<p>319-338-0515  M–F 11–12:30 pm</p>	<p>Congregate meal site located in the Iowa City Senior Center. No reservation required.</p>	<p><b>Eligibility Requirements</b> ~contact program <b>Documents</b> ~ contact program <b>Fees</b> ~</p>
<p><b>Meals on Wheels</b> Elder Services- A Program of Horizons 2210 9th St, Ste. 1 Coralville IA 52241 <a href="http://www.elderservicesinc.org">www.elderservicesinc.org</a> <a href="http://www.horizonsfamily.org/">www.horizonsfamily.org/</a></p>	<p><b>Adult</b> <b>Age 60+</b></p>	<p>319-338-0515  Noon Delivery Only</p>	<p>Meals on Wheels program offers the following meal options to homebound clients; hot meals, shelf stable meals, liquid meal supplements, breakfast bag (7 meals per bag), and frozen meals.</p>	<p><b>Eligibility Requirements</b> ~ contact program <b>Documents</b> ~ contact program <b>Fees</b> ~ contact program</p>
<p><b>Rural Meal Delivery</b> Elder Services- A Program of Horizons 2210 9th St, Ste. 1 Coralville IA 52241 <a href="http://www.elderservicesinc.org">www.elderservicesinc.org</a> <a href="http://www.horizonsfamily.org/">www.horizonsfamily.org/</a></p>	<p><b>Adult</b></p>	<p>319-338-0515</p>	<p>Rural Meal Delivery program offers the following meal options to homebound rural residents; shelf stable meals, liquid meal supplements, breakfast bag (8 meals per bag), and frozen meals.</p>	<p><b>Eligibility Requirements</b> ~ contact program <b>Documents</b> ~ contact program <b>Fees</b> ~ contact program</p>
<p><b>Old Gold Diner-Senior Dining</b> Solon United Methodist Church 122 N West Street Solon IA 52333 <a href="http://www.soloniaumc.org/resources/solon-community-food-pantry/">http://www.soloniaumc.org/resources/solon-community-food-pantry/</a></p>	<p><b>General</b></p>	<p>319-624-2251  M-F at 11:30 am</p>	<p>Delicious meal and wonderful company at Solon United Methodist Church. Can also be delivered to your home. Menu is listed in the newspaper.</p>	<p><b>Eligibility Requirements</b> ~ all ages, available to all. <b>Documents</b> ~ None <b>Fees</b> ~ \$3.75</p>
<p><b>Home Delivered Meals –Old Gold Dining</b> Solon United Methodist Church 122 N West Street Solon IA 52333 <a href="http://www.soloniaumc.org/resources/solon-community-food-pantry/">http://www.soloniaumc.org/resources/solon-community-food-pantry/</a></p>	<p><b>General</b></p>	<p>319-624-2251  M-F at 11:30 am</p>	<p>Home delivered meals are provided for those who are home bound and have difficulty preparing meals. Meal orders need to be called in the day before prior to 1PM. Menu is listed in the newspaper.</p>	<p><b>Eligibility Requirements</b> ~ all ages, available to all. <b>Documents</b> ~ None <b>Fees</b> ~ \$3.75</p>

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# OLDER ADULTS

RECREATION				
<b>Senior Exercise Class</b> Coralville Parks & Recreation Department 1506 8th Street Coralville IA 52241 <a href="http://www.coralville.org">www.coralville.org</a>	<b>Older Adult</b>	319-248-1750  M, W & F 9:30-10:15 am	Free exercise class geared toward seniors	<b>Eligibility Requirements</b> ~ none <b>Documents</b> ~ none <b>Fees</b> ~ none
<b>EngAGE Programming</b> Coralville Parks & Recreation Department 1506 8th Street Coralville IA 52241 <a href="http://www.coralville.org">www.coralville.org</a>	<b>Older Adult</b>	Quarterly calendar and information can be found here: <a href="http://www.coralville.org/837/Seniors-EngAGE">http://www.coralville.org/837/Seniors-EngAGE</a>	Be social and stay active with lunch clubs, theater trips, local and regional bus tours, crafting events, swimming, exercise, and outdoor activities. Some programming is free of charge, while others have a small fee.	<b>Eligibility Requirements</b> ~ For older adults <b>Documents</b> ~ none <b>Fees</b> ~ some cost depending on activity
<b>Classes &amp; Events</b> Iowa City/Johnson County Senior Center 28 S Linn Street Iowa City IA 52240 <a href="http://www.icgov.org/senior">www.icgov.org/senior</a>	<b>Adult Age 50+</b>	319-356-5220	Learn something new and keep your mind active with classes at The Center. Classes are taught by knowledgeable instructors in a wide range of areas including arts, culture, music, fitness, literature, languages, history, politics, philosophy, religion, science/math, technology, wellness, and more. Expand your social circle beyond the world of your work and family. At The Center you'll meet other adults over 50 with interests similar to yours. At The Center, you're part of a welcoming community.	<b>Eligibility Requirements</b> ~ some classes require Senior Center membership (anyone age 50+ may become a member); many programs are open to the general public <b>Documents</b> ~ contact program <b>Fees</b> ~ vary by program; many classes and events are free; potential membership fee

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# OLDER ADULTS

TRANSPORTATION				
<p><b>Transportation</b>            United Way-RSVP            1150 5th Street, Suite 290            Coralville, IA 52241  <a href="http://www.unitedwayjwc.org">www.unitedwayjwc.org</a></p>	<p><b>Seniors and Disabled Adults            Age 55+</b></p>	<p>319-338-7823 Ext. 303</p>	<p>Provides transportation to individuals 55+ and disabled adults who have no other means of getting to medical appointments. Individuals must be able to safely transfer themselves in and out of a vehicle and must complete an enrollment form for services.</p>	<p><b>Eligibility Requirements</b> ~ Adult  <b>Documents</b> ~ contact program  <b>Fees</b> ~ Free</p>
<p><b>Mobility Coordinator</b>            Johnson County Social Services            855 S. Dubuque St, Ste. 202B            Iowa City IA 52240  <a href="http://www.johnsoncountyiowa.gov/mobility">http://www.johnsoncountyiowa.gov/mobility</a></p>	<p><b>Seniors, persons with disabilities, low-income persons</b></p>	<p>319-356-6090            M-F 8 am-4:30 pm</p>	<p>The mobility coordinator seeks to educate and enhance transportation options in our community by serving as a single point of contact for transportation referrals, education and community outreach.</p> <p>The Mobility Coordinator is here to help you identify what transportation options exist, how to plan a trip riding local public transit systems, learn routes, schedules and become familiar with user-friendly technology that is helpful for transit riders.</p>	<p><b>Eligibility Requirements</b> ~ Seniors, persons with disabilities, low-income persons and other residents of Johnson County.  <b>Documents</b> ~ none  <b>Fees</b> ~ Free</p>
<p><b>North Liberty Transportation Assistance Program</b>            North Liberty City Hall            3 Quail Creek Circle            North Liberty, IA 52317  <a href="https://northlibertyiowa.org/residents/transit/transportation-assistance-program/">https://northlibertyiowa.org/residents/transit/transportation-assistance-program/</a></p>	<p><b>North Liberty residents who do not have a means of travel, needing to access quality of life services in North Liberty</b></p>	<p>(319) 626-5722  <a href="mailto:transit@northlibertyiowa.org">transit@northlibertyiowa.org</a>            M-F 7 am to 10 pm or            Saturday 7 am to 7 pm</p>	<p>For \$1 per ride, qualified North Liberty residents can call a Yellow Cab of Iowa City taxi to pick up groceries, get to the bank, visit a doctor, connect to a bus or certain other essential quality-of-life trips</p>	<p><b>Eligibility Requirements</b> ~ No personal vehicle, financial difficulty, disabled (permanent or temporary)  <b>Documents</b> ~ contact program  <b>Fees</b> ~ \$1 per ride</p>

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