

Johnson County Livable Community Information for Successful Aging

> the primary information resource for seniors <

www.livablecommunity.org

May 2022 Newsletter

In this month's issue:

- [Older Americans Month Programs](#)
- [Direct Assistance Program](#)
- [Primary Election Information](#)
- [Senior Farmer's Market Nutrition Program](#)
- [Farmer's Markets](#)
- [Dementia Friendly Community](#)
- [REAL ID](#)
- [Johnson County Caregiver Event](#)
- [Powerful Tools for Caregivers](#)
- [Local Programming and News](#)

Older Americans Month 2022

May is Older Americans Month(OAM) and this year's theme is "Age My Way."

Johnson County Livable Community (JCLC) is a resource available to all in Johnson County. JCLC's mission is to serve as a unifying structure that fosters effective collaboration, communication, and education that will build and sustain a livable community for successful aging.

See the flyer and events listed below or for a full list of events go to www.johnsoncountyiowa.gov/older-americans-month or call the Aging Specialist at 319-356-6090 for more information.

**MAY
18**

2 PM - TRANSPORTATION OPTIONS FOR OLDER ADULTS IN JOHNSON COUNTY

ROOM 203 OF THE HEALTH & HUMAN SERVICES BLDG (855 S. DUBUQUE ST.) OR ON ZOOM (www.johnsoncountyiowa.gov/older-americans-month)

**MAY
21**

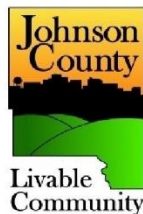
1 PM - MEDICARE 101

IN-PERSON ONLY EVENT / CALL 319-356-5220 TO REGISTER
ROOM 302 AT SENIOR CENTER (28 S. LINN ST, IOWA CITY)

**MAY
26**

10 AM - AARP FRAUD PREVENTION

ROOM 203 OF THE HEALTH & HUMAN SERVICES BLDG (855 S. DUBUQUE ST.) OR ON ZOOM (www.johnsoncountyiowa.gov/older-americans-month)



Direct Assistance Program

Johnson County's Direct Assistance Program provides one-time, financial assistance to eligible residents who have suffered hardship due to COVID-19. **Applications are currently open and close on Monday, May 23, 2022 at 12 p.m.**

Eligible residents who are low- to moderate-income with documented hardship due to COVID-19 are invited to apply for a \$1,400 emergency relief payment.

Applicants may apply online between April 25 at 12 p.m. and May 23 at 12 p.m. Because the number of applications may exceed available funds, recipients will be chosen by random selection. Applying for the program does not guarantee that you will receive assistance.

For more information visit: <https://www.johnsoncountyiowa.gov/direct-assistance-program>

May 13th Application Clinic

Johnson County is offering an in-person clinic to help residents complete applications on Friday, May 13 from 12 p.m. to 6 p.m. in room 203B/C at the Johnson County Health and Human Services Building, 855 S. Dubuque Street Iowa City. We encourage residents to make an appointment using the following link: <https://calendly.com/direct-assistance-program/direct-assistance-program-application-clinic>

Residents may also schedule an appointment by calling the clinic hotline between the hours of 9 a.m. and 1 p.m. at 319-688-5988.

Primary Election Information

The Primary Election will be held on Tuesday, June 7th – and the Johnson County Auditor’s Office has plenty of ways for you to vote!



- Early voting by mail: You can request a ballot to be mailed to you by submitting an Absentee Ballot Request form. These forms are available [on our website](#), or you can call our office and ask us to mail you a form. We cannot accept ballot requests via phone or email. We must have the Absentee Ballot Request forms [in our office](#) by 5pm on Monday, May 23. You can mail or deliver them to our office at 913 S. Dubuque St. (full contact information below).
- Early voting in person:
 - Voting at our office (913 S. Dubuque St.) and drive-thru voting (855 S. Dubuque St.) will start at 8am on Wednesday, May 18th. Hours are 8am – 5pm Monday through Friday, with weekend hours of 9am-5pm on Saturday, June 4th and 10am-4pm on Sunday, June 5th.
 - All Johnson County voters can cast their ballot at the following satellite locations.
 - Coralville Public Library, 1401 5th St., Coralville, Saturday, June 4, 10am-4pm
 - North Liberty Community Library, 520 W. Cherry St., North Liberty, Saturday, June 4, 11am-5pm
 - Dream City (formerly Kingdom Center), 611 Southgate Ave., Iowa City, Sunday, June 5, 9am-3pm
 - Iowa City Public Library, 123 S. Linn St., Iowa City, Sunday, June 5, 11am-5pm
- Election Day: Polls are open from 7am-8pm. Heads up – you might have a new polling place! Due to the reprecincting process after the 2020 census, you may reside in a new precinct or have a new polling place. Our office will mail out notices to every registered voter, but you can always confirm your polling place using our [online locator](#).

APPLY TO BE A PRECINCT ELECTION OFFICIAL

Join the teams that make our elections possible! Earn \$16.25/hr, plus overtime and mileage.

Requirements:

- Registered to vote in Johnson County
- Able to provide your own transportation to and from the polls
- Willing to work long hours (typically 6am-10pm)
- Willing to attend paid training prior to working an election

We are especially in need of PEOs that are registered Republican or No Party voters

For more information or to apply, visit: www.johnsoncountyiowa.gov/peo

Our website has more information, including sample ballots and candidate information. Please contact our office with any questions. We are here to help!

Johnson County Auditor

913 S Dubuque St #101

Iowa City, IA 52240

bit.ly/22primary

(319) 356-6004

elections@johnsoncountyiowa.gov

Senior Farmer's Market Nutrition Program

The Senior Farmer's Market Nutrition Program is sponsored through the US Department of Agriculture and administered through the Heritage Area Agency on Aging. Qualified seniors will receive \$30 worth of checks to use at participating area farmers' markets vendors per year.

Eligibility Requirements:

- At least 60 years of age
- Live in Johnson County or the service area of the Heritage Area Agency on Aging
- For Single Person: Annual income of less than \$25,142
- For Married Couple: Annual income of less than \$33,874

Distribution will be available in Room 202 of the Health and Human Services Building, 855 S. Dubuque Street, Iowa City, IA 52240 at the following dates and times:

- Wednesday, June 1st 1-3PM
- Thursday, June 9th 2-3PM

If unable to attend either of these times or if you have questions contact Jeff Kellbach at 319-688-5842 or by email at jkellbach@johnsoncountyiowa.gov

Farmer's Markets

Below is a list of Farmer's Markets occurring in Johnson County that have finalized their 2022 schedule.

- Iowa City Farmer's Market - <https://www.icgov.org/farmersmarket>
415 E. Washington St. Iowa City, IA 52240
May – October Saturdays, 7:30 am – 12 pm
- Coralville Farmer's Market - <https://iowariverlanding.com/event/2022-coralville-farmers-market/all/?eventDisplay=past>
Iowa River Landing (South of the Staybridge hotel located at 801 E. 2nd Ave., Coralville, IA 52241)
May 18 – October 5 – Wednesdays from 4:30 – 6:30 pm
- Solon Farmer's Market- <https://www.facebook.com/Solonmarket/>
Mushroom Parking Lot
June 7- Tuesdays from 3-6PM
- University Heights Farmer's Market
Courtyard Marriott, 901 Melrose Avenue, Iowa City, IA 52240
June 7- Tuesdays from 4-6PM
- Field to Family Online Farmer's Market - <https://fieldtofamily.org/online-farmers-market/>
Order online between Monday at 8AM to Tuesday at Noon for Thursday pickup or delivery.



Dementia Friendly Community

Would you like to help Johnson County become a Dementia Friendly Community? We are looking for people to join our Action Team. Our first meeting is scheduled for Tuesday, May 24th at 3PM via Zoom. Feel free to reach out to Jeff Kellbach at 319-688-5842 or by email at jkellbach@ohnsoncountyiowa.gov with any questions or more information.

<https://us02web.zoom.us/j/83256506846>

Meeting ID: 832 5650 6846

What is a Dementia Friendly Community?

Dementia Friendly America (DFA) is a national network of communities, organizations and individuals seeking to ensure that communities across the U.S. are equipped to support people living with dementia and their caregivers. Dementia Friendly Iowa is the initiative at the state level helping launch individual dementia friendly communities across the state. A dementia friendly community is a village, town, city or county that is informed, safe and respectful of individuals with the disease, their families and caregivers and provides supportive options that foster quality of life. Becoming a recognized Dementia Friendly Community means a community is engaging in a process to become more dementia friendly.

More information can be found at <https://dementiafriendlyiowa.org/>



REAL ID



A reminder that the United States Department of Homeland Security will begin enforcing the REAL ID law until May 3, 2023.

If you fly commercially you will either need a REAL ID (Gold Star) license or another acceptable document, or you're going to be subject to additional screening and potential delay.

WHAT IS THE REAL ID ACT?

REAL ID is a federal act focusing on anti-terrorism, fraud protection, and security specific to the production of driver's licenses and ID cards that control access to

- Federal facilities requiring identification to enter.
- Federally regulated commercial aircraft.
- Nuclear power facilities.

[Find out more about the REAL ID Act.](#)

DO I NEED A REAL ID LICENSE OR ID?

REAL ID does not:

- invalidate your state issued driver's license or ID card.
- Affect using a driver's license or ID card for usual purposes, such as driving, renting a vehicle, writing a check, purchasing alcohol or tobacco, or entering a casino.

You may not need a REAL ID compliant license or ID card if you

- Do not fly and do not plan to enter certain federal facilities, such as military bases and nuclear power plants.
- Have an acceptable alternative to a state-issued REAL ID compliant driver's license or ID card, such as a valid

U.S. passport.

HOW DO I GET A REAL ID-COMPLIANT CARD?

- **If you decide you need a REAL ID license or ID, you can get one at any time.** If your license or ID will expire before May 3, 2023, you can just wait until it's time to renew and do it then. If your license or ID will expire on or after May 3, 2023, you can come in to one of our driver's license service centers (REAL ID not available on online renewal or kiosk) before then and get a replacement license or ID that's marked as a REAL ID license or ID.
- **Getting a REAL ID license or ID is just like getting your license or ID for the first time.** To meet the federal requirements, you will have to bring [documents that prove your identity and date of birth, social security number, and Iowa residence and residential address.](#)
- **It doesn't cost more to get a REAL ID license or ID.** If you're renewing your license or ID, the renewal fee is the same. If you're getting a replacement, the replacement fee is the same \$10 required for any replacement or duplicate license or ID.
- **There are no tests or driving requirements to get a REAL ID license.** The federal REAL ID regulations only require that you re-provide your identity, not your driving knowledge or ability. If you already have a driver's license, you don't have to take written or driving tests just to add the REAL ID star.
- **You only have to go through the REAL ID process one time.** Once we verify your identity and add the REAL ID star, you don't have to re-apply when you renew your license in the future – we will continue to apply the REAL ID star whenever you renew your license.

[Click here for more information about the Real ID.](#)

Johnson County Caregiver Event

Calling All Who Care

Whether you do it for love or for a living, your caregiving helps keep Johnson County's older adults happy and safe.

Caregiving comes in so many shapes and sizes that, like many people, you might not even realize you're a caregiver. Caregivers...

bring in the mail • drop off food or meals • stop by for a safety check
respond to medical events and falls • coordinate professional services
help with daily activities eating or bathing • manage meds • and more

You're Invited

to join us for coffee and conversation about caregiving resources and support in Johnson County

Friday, June 24
3:00 – 4:00 p.m.

HHS Building, Room 203
855 S Dubuque St in Iowa City

Zoom ID: 933 2634 3352

RSVP

spots are limited, so please contact Heritage AAA
phone: 319-398-5559 or 800-332-5934
email: Heritage.Agency@kirkwood.edu



Area Agency on Aging

www.HeritageAAA.org | (319) 398-5559 | 1-800-332-5934

Powerful Tools for Caregivers



*Seasons of
Caregiving
Summer 2022*



Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is a class designed to provide you—the family caregiver—with the skills you need to take care of yourself.

The six evidence-based class sessions are held once per week and are led by trained, certified class leaders.

You'll learn to:

- Reduce stress
- Better communicate your feelings
- Improve self-confidence
- Increase ability to make tough decisions
- Balance your life
- Locate helpful resources



Dates: Tuesdays

July 19 – August 23, 2022
1 p.m. to 2:30 p.m. CST

Location: Zoom

link provided after registering

Cost: Suggested \$10 donation to
Heritage's Caregiver Program

Registration Required by July 7th

Contact Madalyn Klobassa
319-560-7014

Madalyn.Klobassa@kirkwood.edu

A wait list for future classes will be started
when Summer 2022 session is full

Class Leaders

Madalyn Klobassa

Bryan Bruner

 Heritage

Area Agency on Aging

Local Programming & News

AARP Iowa- [Upcoming Events](#)

Alzheimer's Association- [Upcoming Events and Support Groups](#)

COVID Recovery Iowa- [Facebook Group Silver Linings](#)

Hancher Auditorium- [Upcoming Events](#)

Iowa City Senior Center- [May and June Program Guide](#)

North Liberty Senior 55+ Connections Lunch- In-person lunches and programming- [Click here for the calendar.](#)
Call (319) 626-5701 or email agolly@northlibertyiowa.org

Stanley Museum of Art- [Click here for their website.](#)

Solon Senior News- [Click here for their May Newsletter](#)

TRAIL of Johnson County- Their calendar features a curated collection of virtual public events (as well as those just for TRAIL members) that they select from local, regional, and national sources. That link is here:
<https://trailofjohnsoncounty.org/calendar>

***THE JOHNSON COUNTY LIVABLE COMMUNITY NEWSLETTER IS A DIGITAL NEWSLETTER- THIS HAS BEEN CONVERTED TO A PRINTABLE FORMAT FOR ALL TO READ. PLEASE NOTE THAT MANY OF THE CLICKABLE LINKS WILL ONLY WORK WHEN VIEWED THROUGH A DIGITAL DEVICE.**

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