

Johnson County Livable Community Information for Successful Aging

> the primary information resource for seniors <

www.livablecommunity.org

Older Americans Month Programming

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Older Americans Month 2022

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

Johnson County includes a growing number of older residents who enrich our community through their diverse life experiences. The County is committed to strengthening our community by connecting with and supporting older adults, their families, and caregivers and acknowledging their many valuable contributions to society.

Thank you to the Johnson County Board of Supervisors for recognizing Older Americans Month with the reading of a Proclamation at their April 28, 2022 Formal Meeting.

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 go to www.johnsoncountyiowa.gov/older-americans-month or call 319-356-6090 for more information.

You're invited!

OLDER
AMERICANS
MONTH



AGE MY WAY: MAY 2022

OLDER AMERICANS MONTH PROGRAMS

For a more detailed schedule of events, go to www.johnsoncountyiowa.gov/older-americans-month or call 319-356-6090.

**MAY
03**

1 PM - DISASTER PREPWISE PROGRAM

IN-PERSON ONLY EVENT / NO REGISTRATION REQUIRED
ASSEMBLY ROOM AT SENIOR CENTER (28 S. LINN ST, IOWA CITY)

**MAY
10**

10 AM - HEART HEALTHY WEBINAR WITH CHRISSEY MEYER, AMERICAN HEART ASSOCIATION

FOR THE REGISTRATION LINK, GO TO
www.johnsoncountyiowa.gov/older-americans-month

**MAY
12**

11:30 AM - LUNCH & LEARN: HOME MODIFICATIONS FOR AGING IN PLACE

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

**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)



Disaster PrepWise Program

May 3rd at 1PM

Disaster PrepWise (DPW) is an emergency preparedness program developed by the University of Iowa College of Public Health that consists of five interactive modules and two additional sections on special topics. Through engaging in discussions about disaster preparedness and management, a trained interventionist enters participants' information into the online tool to develop a personalized disaster management plan.

The five modules are:

1. Complete a Personal & Household Assessment
2. Develop a Personal Emergency Network
3. Develop Emergency Information & Gather Important Documents
4. Keep a 3-5 Day Supply of Medications & Medical Supplies
5. Build an Emergency Supply Kit

This program is supported by the the Senior Center, University of Iowa, Johnson County Public Health, and TRAIL of Johnson County.

In-Person Only Event- Iowa City Senior Center, 28 S. Linn St., Iowa City, IA 52240 in the Assembly Room.

No Registration for this event.

Heart Healthy Webinar

May 10th at 10AM

Chrissy Meyer, Communications Director American Heart Association

Heart health is possible at any age! Join us for a webinar presented by the American Heart Association to learn more about the 7 simple ways you can take control of your heart health for a longer, healthier life.

Zoom Event- Registration Link:

https://us02web.zoom.us/webinar/register/WN_yCyshROsS4yu5XbDbw2wPQ

Home Modifications for Aging in Place LUNCH & LEARN

May 12th at 11:30AM

Lorraine Bowans, Senior Resource Specialist – LivWell Seniors & Senior Real Estate Specialist

During this hybrid event, learn ways to modify your home to make it safer and more accessible to everyone.

If attending in-person and you would like a lunch please e-mail Jeff Kellbach at jkellbach@johnsoncountyiowa.gov or call 319-688-5842 by 12pm on Monday, May 9th. The event will be held in Room 203 of the Health and Human Services Building, 855 S. Dubuque St., Iowa City, IA 52240

Home Modifications for Aging in Place CONTINUED

We are also offering a Zoom option with the event slated to start at 12pm. The Zoom registration link is

https://us02web.zoom.us/webinar/register/WN_KzxahndgRhClzwL22Og38A

Transportation Options for Older Adults in Johnson County

May 18th at 2PM

Kelly Schneider, Mobility Coordinator Johnson County Social Services

Let's talk about local resources for getting around the community without a personal vehicle during his hybrid event

Available In-Person in Room 203 of the Health and Human Services Building, 855 S. Dubuque St., Iowa City, IA 52240. No registration required for attending in-person.

We are also offering a Zoom option but registration is required at the following Zoom

Registration Link: https://us02web.zoom.us/webinar/register/WN_U7H-d_7wSLiMq-Ijq3856w

Medicare 101

May 21st from 1-3PM

Roger Jensen & Bob Lower, Senior Health Insurance Information Program (SHIIP) Counselors

This two-hour seminar provides an overview of Medicare Part A and Part B benefits, the prescription drug benefit (Part D), Medicare Advantage plans, and Medicare supplement insurance. SHIIP, the Senior Health Insurance Information Program, is a service of the State of Iowa. SHIIP counselors are trained by the state and do not sell or promote any insurance companies, policies, or agents. The Center is a local sponsor for SHIIP in Johnson County.

[Register online](#) or call 319-356-5220

In-Person Only Event that requires registration- Iowa City Senior Center, 28 S. Linn St., Iowa City, IA 52240 in Room 302

AARP Fraud Prevention

May 26th at 10AM

Sally Leme, PhD, AARP Fraud Watch Speaker & Volunteer Network

The AARP Fraud Watch Network has been established to arm Americans with tools to spot and avoid fraud and scams. The Network educates, serves as a resource, and acts as watchdog in order to help individuals recognize and avoid fraud.

Hybrid Event- In-Person- Room 203 of the Health and Human Services Building, 855 S. Dubuque St., Iowa City, IA 52240. No registration necessary for attending in-person.

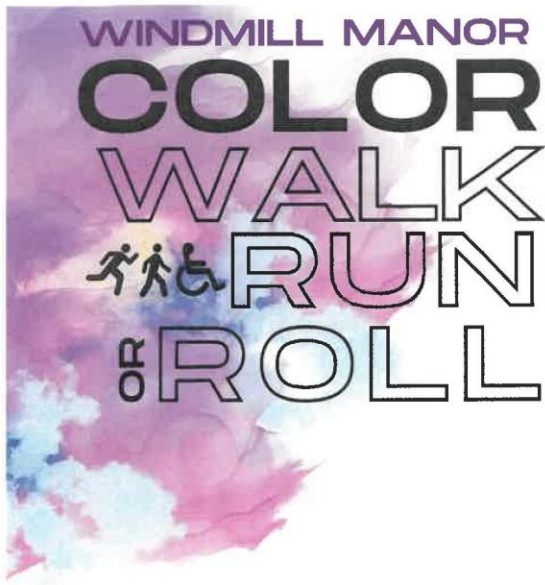
We are also offering a Zoom option but registration is required at the following Zoom

Registration Link: https://us02web.zoom.us/webinar/register/WN_VL4bIJYfSV6S4xSFwzfJgQ

National Nursing Home Week

National Nursing Home Week will be celebrated May 8-14, 2022 and this year's theme is "*Creating and Nurturing Connections.*"

Windmill Manor is hosting a Color Walk, Run or Roll on Saturday, May 14th at 9am with check-in beginning at 8am. For more information on this event that will benefit a local charity go to <https://windmillmanor.com/colorwalkrunorroll.htm>



SATURDAY, MAY 14TH

CHECK-IN BEGINS: 8:00 A.M.

RACE BEGINS: 9:00 A.M.

JOIN US FOR OUR FIRST ANNUAL COLOR WALK, RUN, OR ROLL- A 1K OR 3K WALK AROUND WINDMILL MANOR NEIGHBORHOOD WHERE AT STATIONS PARTICIPANTS ARE BLASTED WITH MULTI-COLORED POWDER.

DRESS UP, BRING YOUR FRIENDS, AND PARTICIPATE IN THE COLORFUL, MESSY FUN!

PROCEEDS WILL BENEFIT CHARITY.

THIS EVENT IS OPEN TO THE PUBLIC.

**EARLY REGISTRATION:
\$15**

**REGISTER BY APRIL 28TH
TO GUARANTEE A
T-SHIRT!**

**DAY OF EVENT
REGISTRATIONS
WELCOME.**

PERSONAL INFORMATION

Full Name :

Address :

Phone :

Email :

Age :

1k

**T-Shirt Size :
(Youth SM -
Adult 4XL)**

**Race Entry
(circle one) :**

3k

QUESTIONS? CONTACT ANGIE AT 319-545-7390

I recognize the risks associated in any athletic event and hereby waive, release and hold harmless all sponsors, contributors, supporters, volunteers and officials associated with the race and event, from any and all liability, claims and rights for damages from injuries growing out of, related to, or arising from participation in the Windmill Manor Color Walk, Run or Roll. I further certify that I have full knowledge of the risks involved in this event and that I am physically fit to participate. If, however, I do require medical attention as a result of my participation in the above mentioned activities, I authorize the medical personnel associated with said event to provide such medical care as is deemed appropriate by such medical personnel.

Register Signature

**Parent/Guardian if
Register is under 18**

THANK YOU FOR YOUR REGISTRATION

Make Checks Payable to:

Windmill Manor
2332 Liberty Dr. Coralville, IA 52241



**FOLLOW US ON FACEBOOK:
FACEBOOK.COM/WINDMILLMANOR**



*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.

TO SUBSCRIBE TO THE MONTHLY JOHNSON COUNTY LIVABLE COMMUNITY NEWSLETTER YOU MAY VISIT <https://livablecommunity.us3.list-manage.com/subscribe?u=a9f307a3cbce1cc4ca622bb7f&id=d21460a2e3> or contact Jeff Kellbach at 319-688-5842 or by email at jkellbach@johnsoncountyiowa.gov