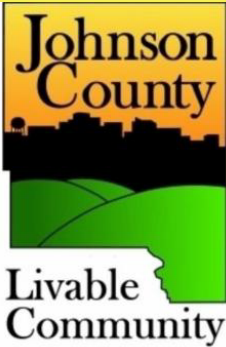


JCLC September 2022 Newsletter



Johnson County Livable Community Information for Successful Aging

> *the primary information resource for Seniors* <

www.livablecommunity.org



Flu Vaccine Clinics

The Visiting Nurse Association will be providing flu clinics for the Johnson County community. Public walk-in clinics are held in schools throughout the county, some churches, and the Senior Center. We administer flu vaccine to those 6 months of age and up.

The CDC recommends flu vaccine for everyone 6 months of age and up. For the past 2 years we have seen relatively low flu numbers compared to previous years. This is because of masking, reduced socializing and social distancing put in place for the Covid 19 pandemic. In 2022, a spike in flu cases is predicted and maybe even a “twindemic”, if both flu and Covid 19 cases spike at the same time over the winter.

The first and most important step in preventing flu is to get a flu vaccine every year.

VNA will also be offering the Pfizer Bivalent Covid Boosters at some of our public clinics.

For more information, please check our website www.vnaic.org/annual-flu-shot-clinics

Or contact VNA at 319-337-9686



Falls Prevention Awareness Week

Falls are the leading cause of fatal and non-fatal injuries among older adults, leading to serious injuries and increased risk of additional falls. A nationwide effort to raise awareness that falls are preventable occurs annually with the first day of Fall. This year Falls Prevention Awareness Week will be celebrated from September 18th-24th.

The 8th Annual Iowa Falls Prevention Coalition Symposium will be held virtually via Zoom on September 20-21, 2022. This year's Symposium will focus on community connections to prevent falls.

TOPICS INCLUDE:

- Age Friendly Care: A Guidepost to Care Across the Continuum
- Pitfalls of Diabetes Mellitus: How hypoglycemia and microvascular complications can lead to injury.
- Prevention of Falls in Transitions of Care
- Stability Matters: Physical Therapy and Fall Prevention
- The Importance of Regular Vision Care in Fall Prevention

[Click here to register.](#)

[Click here to view the brochure.](#)

For questions about registration, please contact Molly James molly-james@uiowa.edu

For questions about the conference, please contact Kathleen Lee [Kathleen-](#)

General Election Information

The General Election will be held on Tuesday, November 8 – 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, October 24. You can mail or deliver them to our office at 913 S. Dubuque St. (full contact information below). Ballots will begin being mailed on October 19.
- 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 October 19. Hours are 8am-5pm Monday through Friday, with weekend hours of 9am-5pm on Saturday, November 5 and 9am-3pm on Sunday, November 6.
 - All Johnson County voters can cast their ballot at the following satellite locations.
 - Iowa Memorial Union, 125 N. Madison St., Iowa City
 - October 19 – October 21, 9am-3pm
 - Purpose Place, 611 Southgate Ave., Iowa City
 - October 23, 9am-3pm
 - Iowa City Public Library, 123 S. Linn St., Iowa City
 - October 30, 11am-5pm
 - October 31 – November 2, 10am-4pm
 - November 3, 12pm-6pm
 - Coralville Public Library, 1401 5th St., Coralville
 - November 5, 10am-4pm
 - November 6, 12pm-4pm
 - North Liberty Community Library, 520 W. Cherry St., North Liberty
 - November 5, 11am-5pm
 - November 6, 1pm-4pm

**Note: The deadline for petitions for satellite locations is September 22, so additional satellites may be added to the calendar up until that date.*

· 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 mailed out notices to every registered voter earlier this year, and we will send out an informational postcard closer to the election. 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 \$16.50/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

There is a special need of PEOs that are registered Republican or No Party voters

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

The Auditor's website has more information, including example ballots and candidate information. Please contact the Auditor's office with any questions. We are here to help!

Johnson County Auditor
913 S Dubuque St #101
Iowa City, IA 52240

bit.ly/22general

(319) 356-6004

elections@johnsoncountyiowa.gov



Snow Removal

Nobody wants to talk about snow in September, but now is the time to plan ahead if you need assistance with having your driveway and sidewalks cleared of the white stuff. AbbeHealth Aging Services is currently accepting applications but has limited openings.

United Nations International Day of Older Persons

Friday, September 30, 10:00-11:00 am

Location: Assembly Room

This year's celebration will focus on supporting those with dementia and how you can become a "Dementia Friend." This free one-hour session is a discussion led by a Dementia Friends Champion. You will learn some of the basics of dementia, including what dementia is, what it is like to live with the disease, and some tips for communicating with people who have dementia.

This service, which is very basic, is ideal for those who have physical disabilities, severe arthritis, neuropathy, heart conditions or other risk factors and cannot afford regular snow removal. For more information or to apply, please contact Aging Services at 319-398-3644.

[You can also apply online by clicking here.](#)



Legal Advice-Power of Attorney

"As you age, your ability to make decisions may become compromised. You're also more likely to have a health situation during which you're unable to express your wishes. That's where a power of attorney comes in. A power of attorney, also called a POA, is a document that appoints a person (an agent) to act on another's (the principal's) behalf.¹ Agents have the power to make important legal, financial, and health decisions on behalf of the principal. An agent is often a [caregiver](#), family member, or close friend, and sometimes it's an attorney." See Power of Attorney: A Comprehensive Guide at Senior Living.org.

Several of these POA's and a Revocation of a POA are described below.

1. Declarations Relating to Life Sustaining Procedures (Living Will) and Durable POA for Health Care Decisions (Medical POA)

This type of POA allows you to choose a person you trust to make medical decisions for you if you become incapable of communicating those type of decisions. This POA becomes effective when your doctor determines that you are incapable of making those decisions.

2. Durable Power of Attorney

This type of POA allows someone you trust to act as your attorney in fact/agent to access your finances and manage them accordingly in your best interest in the case of your incapacity. (At death, any power of the attorney in fact/agent is automatically revoked).

3. General Power of Attorney

This type of document allows you to name someone you trust as your **attorney-in-fact or agent**. It generally sets out what your attorney-in-fact or agent may do in your name. This POA is similar to the Durable Power of Attorney, except that it becomes void and no longer in effect if you become unable to handle your own affairs.

4. Revocation of a Power of Attorney

You will need to execute a revocation document if you want to cancel a previously executed POA.

Forms and additional information concerning these POA's may be found on the Iowa State Bar Association website: lowabar.org and searching "power of attorney". You may want to consider consulting with an attorney about executing any of these documents to learn more about their effect.



Stanley Museum of Art

Celebrate the opening of the new building! As of August 26, the doors are open, and the Stanley Museum staff welcome you!

If you'd like to schedule a group tour of the museum, please contact Senior Living Communities Program Coordinator Amanda Lensing at amanda-lensing@uiowa.edu

<https://stanleymuseum.uiowa.edu/>



LIHEAP

HACAP will start accepting applications for eligible individuals 60+ on October 1, 2021 for LIHEAP (Low-Income Home Energy Assistance Program). Check the [HACAP website](#) for eligibility guidelines and applications.



Aging in Place Booklet

The Johnson County Livable Community Housing Action Team created the Aging in Place Booklet to be used as a reference when putting your Aging in Place plan to work. [You can access the booklet online](#) or one can be mailed to you.

If you would like to receive one by mail please contact Jeff Kellbach at 319-688-5842 or email jkellbach@johnsoncountyiowa.gov

Learn-N-Earn Workshop

[Click here](#) or on the image below for more information and to register for the upcoming series.



\$\$\$\$ Earn Money While You Learn!!!! \$\$\$\$

Horizons Financial Wellness Center Earn-N-Learn Workshops cover Credit, Savings and Debt Management. This interactive presentation allows attendees to identify financial goals, discuss strategies to reduce expenses, plan for next steps, and plan for setbacks and set reminders for upcoming steps.

How to sign up!

Sign up online at <https://horizonsfamily.org/fwcnews/>

You can also go to Horizonsfamily.org, click on our programs, under Financial Wellness Center is FWC News and Resources. Simply fill out the form on this page and click on submit. Then attend the workshops on the day and time you select.

How to Earn!

Each household completing all 3 session in the quarter will receive \$50. They can potentially earn an additional \$30 by completing follow-up surveys!

Next Class!

***Zoom** - Thursday's at 3:00 PM – October 13, November 10 and December 8,

Link will be sent after registration

***In person** – Friday's at 10:00 AM – October 14, November 11 and December 9

North Liberty Library (520 W. Cherry St, North Liberty) Meeting Room C/D

Optional **FREE** Connections Lunch following the workshop (separate registration for lunch will be required by noon the day before – by calling 319-626-5716

Local Programming and News

Click on the categories below to access more information

Senior Connections Lunch	AARP Iowa Events	Alzheimer's Association Upcoming Events	Solon Senior News September Newsletter
Silver Linings Older Iowans	Hancher Auditorium Upcoming Events	The Center Iowa City- September and October Program	Heritage Area Agency on Aging September 2022 Nutrition Newsletter

[Stanley Museum of Art Calendar](#)

[Trail of Johnson County Calendar](#)

[UI Center of Human Rights Events](#)



JoCo Livable Community | 855 S. Dubuque St., Suite 202B, Iowa City, IA 52240

[Unsubscribe jkellbach@johnsoncountyiowa.gov](mailto:jkellbach@johnsoncountyiowa.gov)

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