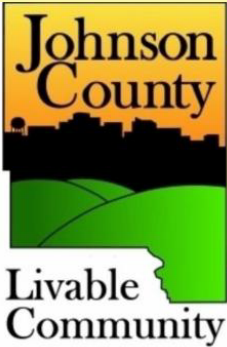


JCLC November 2022 Newsletter



Johnson County Livable Community Information for Successful Aging

> the primary information resource for Seniors <

www.livablecommunity.org

Free Thanksgiving Meal Options

St. Mary's Annual Thanksgiving Dinner- Thursday, November 24th

St. Mary's in Iowa City will be providing a to-go style Thanksgiving dinner. Meals include turkey, dressing, mashed potatoes and gravy, green bean casserole, dinner roll, cranberry sauce and pumpkin pie.

You may either pick-up your meal curbside between noon and 1PM or have it delivered to your home. Please **RSVP by noon on**

Monday, November 21st and let them know which option you prefer and how many you will need by emailing icstmary@icstmary.org or by calling 319-337-4314.



North Liberty Community Thanksgiving Dinner- Thursday, November 24th from 12-4PM at South Slope Community Center, 908 Front Street, North Liberty, IA 52317.

No RSVP required, email nlthanksgivingdinner@gmail.com for more information.



YOU ARE INVITED

Come join us and the rest of your community and feast on some delicious Thanksgiving food. **All are welcome.** Everything is FREE!

November 24th, 2022

Serving from 12 PM to 4PM

**Location at Southslope
980 N Front St, North Liberty, IA 52317**

Questions or to Donate/Volunteer email: nlthanksgivingdinner@gmail.com

Free Cook at Home Thanksgiving Dinner- Iowa Giving Crew is providing free Thanksgiving Meals to families in need through there Operation Give Birds event. Meals contain a turkey, green beans, potatoes, stuffing, corn, rolls and more for families to cook in their home. These meals typically feed 4 people. Visit <https://iowagivingcrew.org/> for more information or click on the button below to sign up.



**2022 Operation Give Birds Sign
Up**

Project Holiday

Project Holiday provides all the necessary groceries to cook a holiday meal. Each household will receive a meat or vegetarian entrée and groceries for side dishes.

Registration & Delivery

Registration is not required to receive a holiday meal. Project Holiday meals will be distributed on a first come, first served basis this year.

Project Holiday meals can be ordered for delivery during distribution week beginning on November 1st. Simply check the Project Holiday box when ordering **grocery delivery** online.

Pickup and Delivery

The 2022 Project Holiday distribution will take place the week of December 12 at the following locations:

CommUnity Food Pantry at Pepperwood Plaza – 1045 HWY 6 E, Iowa City

Monday, December 12 – Saturday, December 17 during **regular food bank hours**.

Questions? Call the Food Bank at (319) 351-0128.



Visit the CommUnity Website for More Information

Dementia Friendly Johnson County

Johnson County was recently recognized as an official Dementia Friendly Community Initiative through [Dementia Friendly America](#). The Dementia

Friendly Johnson County Action Team is a collaborative effort consisting of government, the local Area Agency on Aging, the local Alzheimer's Association and agencies serving the older adult population including those with dementia. The effort is co-led by Kim Bergen-Jackson, Administrator, [Oaknoll Retirement Residence](#) and Jeff Kellbach, Aging Specialist, [Johnson County Social Services](#) with several local community members and organizations collaborating together on the team.

The mission of the Dementia Friendly Johnson County Action Team is to break the stigma surrounding dementia by creating awareness and educating community members and businesses, along with growing the network of Dementia Friends. To learn more about becoming a Dementia Friend or Dementia Friendly Business or Organization contact Jeff at jkellbach@johnsoncountyiowa.gov or by calling 319-356-6090.



Mental Health Resources

We all know the holidays are supposed to be a joyous and happy time full of celebrations with family and friends. But for many people the holiday season often comes with a few unwelcome guests – anxiety, stress, loneliness, family quarrels, and even depression.

Below are tremendous resources available year round to help.

Iowa Warm Line

The Iowa Warm Line is a peer-run, telephone based, non-crisis and confidential listening line for anyone struggling with mental health or substance use issues. The Warm Line is staffed by individuals who have been through a similar journey and are in recovery themselves. The phone number to call is 1-844-775-WARM (9276).

The Warm Line can...

- Give support for individuals not requiring crisis management. Those in crisis are transferred to the Crisis Line for critical services.
- Provide empathetic, non-judgmental listening.
- Provide referrals to specialty resources and assistance in accessing services.
- Empower individuals to pursue health and well-being.

Disaster Distress Helpline: 1-800-985-5990

The Disaster Distress Helpline is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human caused disaster.

Crisis Helpline Services Phone/ Chat/ Text: 988

In anticipation of national helpline changes, CommUnity's Crisis Intervention Program has shifted its name to Crisis Helpline Services. This shift in language better represents the work of our counselors and the future of our organization. Though the program name and internal titles have changed slightly, our services remain unchanged. We are always available via phone, chat, or text to support clients through an emotional crisis.

Who should call?

Anyone. People call us if they're having thoughts of suicide, worried about a friend or family member, reeling from a recent break up or disappointment, and many other reasons. No problem is too big, and certainly none is too small. If you're thinking about talking to us, we want you to reach out.

What can I expect?

Phone: Call 988 and you'll be connected to a trained crisis counselor near you. They will listen, help you explore your feelings, work with you to create a safety plan if you think it would be helpful, and connect you with resources as needed.

Chat: Go to 988lifeline.org/chat and click "Chat Now." You will fill out a survey that helps us learn more about you and how you're feeling. You will be connected with a trained crisis counselor in a private chat where they will listen, help you explore your feelings, work with you to create a safety plan if you think it would be helpful, and connect you with resources as needed. After you've completed the chat session, there is a follow-up survey that gives us important data to measure our counselors' effectiveness.

Text: Text anything to 988. A trained crisis counselor will text you back and listen, help you explore your feelings, work with you to create a safety plan if you think it would be helpful, and connect you with resources as needed.

[Read more about Crisis Helpline Services here.](#)

Local Mental Health Organizations

-CommUnity, formerly The Crisis Center provides services such as Mobile Crisis Outreach and the Crisis Phone/ Chat/ Text listed above.

[-NAMI Johnson County](#) is the local affiliate of NAMI Iowa and NAMI National. NAMI, the acronym for the National Alliance on Mental Illness, is the nation's leading grassroots, self help, education, support and advocacy organization dedicated to improving the lives of individuals and families affected by mental illness.

[-UnityPoint Health - AbbeHealth Services](#) is a regional nonprofit organization dedicated to providing mental health and aging services that help individuals achieve their optimum levels of independence and success.

[-Community & Family Resources](#) has merged with Prelude Behavioral Services and offers prevention services, substance abuse and addiction treatment, drug testing, family services, and more.

Online Support Groups (click on each support group for more information)

- [Suicide loss online support group](#)
- [Hearing Voices online support group](#)

National Family Caregivers Month

By: Harrison March, Heritage Area Agency on Aging



Could you caregive in the rain? Could you caregive on a train?

Could you caregive in a house? Could you caregive with a mouse?

Whether we're ready or not, caregiving can happen anywhere at any time. And while Sam I Am does his very best to accommodate the picky eater in *Green Eggs and Ham*, caregivers just don't have that luxury.

That's why during National Family Caregivers Month, the Caregiver Action Network is promoting the theme **Caregiving Happens**.

It happens when a sibling sends a text about mom's appointment while you're headed into that important client meeting. It happens while you're running errands and your spouse gets lost in the store. Maybe instead of dessert, date night ends with a call that dad fell and an ambulance is on the way.

Whenever and wherever your caregiving happens, know that you're not in this alone. Caregiver support programs come in all shapes and sizes to match your situation and empower you to be your best:

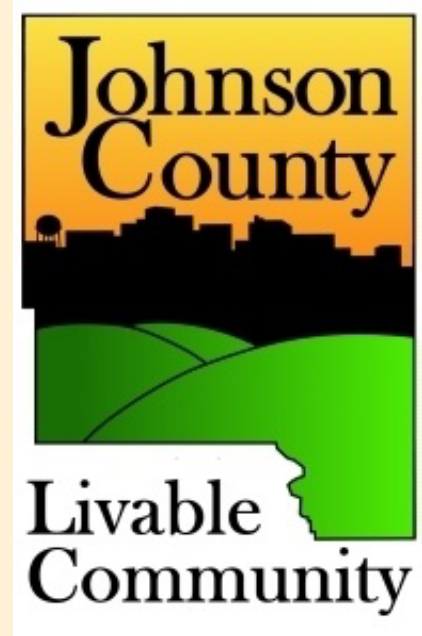
- [Find a support group in your community](#) to talk with friends and neighbors who have shared your experiences – the good and the bad
- Connect with the [Family Caregivers Center of Mercy](#) in Cedar Rapids
- Sign up for a [Powerful Tools for Caregivers class](#) in-person or online
- [Contact the Caregiver Support Program at Heritage AAA](#) to learn about resources and respite to support your caregiving

So next time caregiving happens in your life – whether you're in a box with a fox or on a boat with a goat – make sure the right help is in your corner and you'll be ready to caregive here, there, or anywhere.

Successful Aging Policy Board vacancies

Johnson County, Iowa – The Johnson County Board of Supervisors announces four vacancies on the Livable Community for Successful Aging Policy Board beginning upon appointment and expiring June 30, 2024. Two vacancies are for individuals affiliated with an aging/livable organization and two vacancies are for residents of Johnson County.

The Policy Board provides financial oversight, monitoring and program planning to support the vision of Johnson County as a livable community for successful aging. The Policy Board encourages and supports the efforts of governmental units, businesses, and private and non-profit organizations to help Johnson County be a model community for seniors.



Application forms are available on the Committee/Board Openings webpage of the Johnson County website, www.johnsoncountyiowa.gov and in the office of the Johnson County Board of Supervisors, second floor of the Johnson County Administration Building, 913 S. Dubuque Street, Iowa City.

More information about the Livable Community for Successful Aging Policy Board can be found at www.johnsoncountyiowa.gov/livablecommunity or www.livablecommunity.org.

Completed applications must be returned to the Board of Supervisors Office by 4:30 p.m. on Monday, Nov. 28, 2022.

2022 Legislative Forum

Johnson County Task Force on Aging

2022 Legislative Forum

Join us in hearing from our
elected officials on topics
important to individuals 55+

DECEMBER 12, 2022
2 pm - 3 pm

Coralville Public Library
Meeting Room A

If you wish to attend virtually, please email
harrison.march@kirkwood.edu



Long-Term Care
Management
Elder Abuse



Cost of Care
Access to Services
Quality of Life



Social Security Benefits Increase

Social Security benefits will increase



Medicare

2023 Medicare Part B Monthly Premium Change

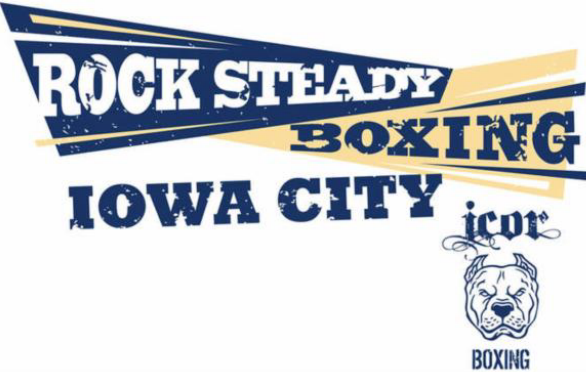
by 8.7% beginning with the December 2022 benefits, which are payable in January 2023. Federal SSI payment levels will also increase by 8.7% effective for payments made for January 2023.

**Read
More**

Most people pay the standard Part B monthly premium amount which in 2023 will be reduced to \$164.90. Social Security will tell you the exact amount you'll pay for Part B in 2023.

**Read more about 2023
Medicare costs**

Rock Steady Boxing for Individuals with Parkinson's Disease



PARTICIPANTS NEEDED!

FREE exercise classes for low-income seniors with Parkinson's Disease

SIGN UP TODAY!

icorboxing@gmail.com · (319) 244-8282

- Fight Parkinson's symptoms
- Improve balance, mobility, and cognition
- Make friends in a supportive environment
- Wheelchairs & walkers welcome!
- Free if annual income < \$30,000 (single)



Thanks to a generous grant from the Parkinson's Foundation, ICOR Rock Steady Boxing has 10 one-year memberships to award to qualifying individuals.

Medicare Open Enrollment Ends December 7th

Make sure you review your Medicare plan as open enrollment is going on now through December 7th. Need assistance, contact one of the local SHIP offices at either the Iowa City Senior Center (319-356-5220) or Mercy Hospital (319-339-3658). You can also schedule appointments online through the Iowa City Senior Center by [clicking here](#).

Medicare Annual Enrollment

Important Dates and Deadlines



Oct 15th

**Medicare annual
enrollment starts**

The first day you can enroll
for Medicare health
coverage.



Dec 7th

**Medicare annual
enrollment ends**

The last day you can enroll
for Medicare health
coverage.



Jan 1st

**First date
coverage starts**

This is the first day your
new Medicare coverage
will begin.



LIHEAP

HACAP is now accepting applications for eligible individuals for LIHEAP (Low-Income Home Energy Assistance Program).

Family Size	Annual Gross Income
1	\$27,180
2	\$36,620
3	\$46,060
4	\$55,500

**Read More and Apply
Here**



Iowa City Senior Center requests your input to help guide next steps in facility planning

After an extensive master planning process for facility renovations, the ICSC is left with an important question: where should our improvement funds be directed? Is it better to make major renovations to our existing building in Downtown Iowa City or would area seniors be better served by a new home base in another location? We want your feedback on this!

In November and December, we'll be distributing [a short survey](#) and holding several community input sessions to gather your feedback.

Here are the scheduled input sessions:

- 11 a.m.-12:30 p.m. Wednesday, Nov. 30, Iowa City Senior Center - Assembly Room
- 6-7:30 p.m. Thursday, Dec. 1, Terry Trueblood Recreation Area - Park Lodge
- 5-6:30 p.m. Wednesday, Dec. 7, Mercer Park Aquatic Center - Proctor & Gamble Room
- 2-3:30 p.m. Friday, Dec. 9, Zoom. Sign up at tinyurl.com/icsc-input to receive the link.

Caring Hands & More Adult Day Center Now Open

Caring Hands & More recently opened their Adult Day Center located at 1552 Mall Drive in Iowa City. Current program hours are Monday-Friday from 10AM-3PM.

To find out more call 319-337-8922 or stop by for a tour.



- 2-3 p.m. Sunday, Dec. 11, Zoom. Sign up at tinyurl.com/icsc-input to receive the link.

The survey is available online, and was made in partnership with the University of Iowa's Public Policy Center.

Anyone is welcome to attend any of these sessions. Registration is required to receive a link for the Zoom sessions.

Iowa Homeowner Assistance Fund

MORTGAGE HELP IS HERE FOR IOWA HOMEOWNERS

The Iowa Homeowner Assistance Fund program assists eligible Iowa homeowners in avoiding foreclosure by providing financial assistance with mortgage payments and related property expenses.

AM I ELIGIBLE?

ELIGIBLE HOMEOWNERS MUST:

- Be [income qualified](#)
- Have had someone in the household experience a financial hardship after January 21, 2020 because of the COVID-19 pandemic.
 - This could be the result of a reduction in income or increase in living expenses due to job loss, fewer work hours, paying more for childcare, illness, or being unable to work because you had to take care of a family member
- Be at least one payment behind on one of the following:
 - Mortgage
 - Contract sale, (purchasing a home under a legally recorded contract)
 - Manufactured home
 - Property taxes.
- Own the property located in Iowa (applicants purchasing a home under a legally recorded contract are eligible)
- Occupy the home as their primary residence

WHAT DO I NEED TO DO TO APPLY?

- STEP 1** Take the eligibility precheck at [iowafinance.com/IHAF](#) to determine preliminary eligibility.
- STEP 2** Prepare required application [documentation](#).
- STEP 3** Submit online application at [iowafinance.com/IHAF](#)
- STEP 4** The mortgage servicer and/or other service providers of past due amounts will be required to verify the information submitted by the applicant.
- STEP 5** The case review team will review the application to ensure all documentation is complete and to verify eligibility.

In some cases, applicants will be referred to free, confidential mortgage counseling through Iowa Mortgage Help to ensure housing stability prior to being eligible for financial assistance through the program.

WHAT TYPE OF ASSISTANCE IS AVAILABLE?

Up to \$25,000 per eligible household to assist with past due payments, including:

Eligible Past Due Expenses:



- Mortgage Payments
- Land contract sale payments
- Manufactured Home/Lot Rent Payments
- Property Taxes
- Homeowner's Insurance (Homeowner's hazard, flood, and/or mortgage insurance)
- Homeowner Association Fees

WILL I RECEIVE PAYMENT DIRECTLY, IF APPROVED?

No. Payments will be made directly to mortgage servicers and other payees, as applicable to be applied to the homeowner's account(s).

CONTACT THE IOWA HOMEOWNER ASSISTANCE FUND TEAM:
888-668-0927



IOWA FINANCE
AUTHORITY

[iowafinance.com/IHAF](#)

**Learn
More**

Aging in Place Booklet



Johnson County Public Health's **HealthyJoCo**, along with community partners, want to know how those who live, work, play, and learn in Johnson County are doing.

Take the survey today!



Scan the QR Code

OR TEXT
@HEALTHYJOCO
to
855-754-0798
to receive a link
to the survey

319-356-6040 855 S Dubuque St Iowa City, IA healthyjoco.com

Johnson County Public Health Survey NOW until November 19

Please fill out this questionnaire help Johnson County Public Health better understand our communities – this survey is for everyone who lives, works, learns, and or plays in Johnson County! The questions should take 15-20 minutes and is very important to continue to meet health needs in Johnson County.

[Link to Survey](#)



Aging In Place

"Creating a successful plan to age in place"

A six-part series to best equip you with all the necessary tools to maintain your independence.



Proudly presented by: The Iowa City Area Association of REALTORS®, Johnson County Livable Community and The Greater Iowa City Area Home Builders Association

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. This booklet can be a helpful tool in your long-term care planning. If you would like to receive one by mail please contact Jeff Kellbach at 319-688-5842 or email jkellbach@johnsoncountyiowa.gov

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 November Newsletter
Silver Linings Older Iowans	Hancher Auditorium Upcoming Events	Iowa City Senior Center Iowa City- November and December Activity Guide	
Stanley Museum of Art Calendar	Trail of Johnson County Calendar	UI Center of Human Rights Events	



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

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

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