

JCLC December 2022 Newsletter



Johnson County Livable Community Information for Successful Aging

> the primary information resource for Seniors <

www.livablecommunity.org

Winter Education Series

Winter Education Series

The Alzheimers Association is hosting a Winter Education Series in partnership with LeadingAge Iowa, AARP, Dementia Friends and the Unlocking Brain Fitness: Keys to Dementia Prevention program

ALL PROGRAMS ARE VIRTUAL VIA ZOOM AT 12 PM CST

Jan. 18 – Understanding Alzheimer’s & Dementia (30 min) and Dementia Friends with Megan Zimmerman (30 min)

Jan. 25 – 10 Warning Signs (30 min) and Unlocking Brain Fitness: Keys to Dementia Prevention Program (30 min)

Feb. 1 – Advancing the Science at Any Given Moment: The Latest in Dementia Research (Lisa Groon)

Feb. 6 – Managing Money - A Caregivers Guide to Finances

Feb. 15 – Effective Communication Strategies

Feb. 22 – Dementia Conversations

Mar. 1 – Understanding & Responding to Dementia-Related Behaviors

[Register Here](#)



2023 Winter Alzheimer's Education Series

The Alzheimer's Association is hosting a virtual winter education series in partnership with AARP, LeadingAge Iowa, Dementia Friends and the Unlocking Brain Fitness: Keys to Dementia Prevention program. Join us to learn about a variety of topics around Alzheimer's and dementia.

REGISTER HERE!

PROGRAM SCHEDULE

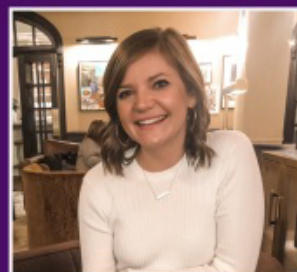
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*This program is hosted by LeadingAge Iowa and will offer 1 contact hour for a \$10 fee. This and all other programs are free if you are not earning CEUs. Iowa Board of Nursing Provider #67 – 1 contact hour for each webinar. Providership regulations do not allow for partial credit to be given for any portion of this program. You must attend the entire session to receive credit. Retain certificate for four years.

Community Educator
Acacia Deadrick



Sr Health Systems Director
Lisa Groon



800.272.3900 | alz.org/crf

ALZHEIMER'S ASSOCIATION

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

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

Pickup

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

Johnson County Dementia Friendly Community

By: Kim Bergen-Jackson, Administrator, Oaknoll Retirement Residence



Johnson County was recognized as an official Dementia Friendly Community through Dementia Friendly America in November 2022. What does that mean exactly? This designation is a recognition of our commitment to creating a county which is open, inclusive, and accommodating to those community members who are living with dementia, as well as their families, friends, and caregivers.

There is an action team comprised of local representatives from county and municipal government, Area Agency on Aging, the Alzheimer's Association, and citizens who work with or care for someone living with dementia. The team is co-led by Jeff Kellbach and Kim Bergen-Jackson and welcomes new members. Jeff is the Johnson County Aging Specialist and Kim is the Administrator at Oaknoll.

How can you get involved?

You can become a Dementia Friend by attending a one hour informational session to learn more about living with dementia and the simple things you can do to support someone living with the disease. You don't need to be an expert or know someone with dementia to become a Dementia Friend. To find a session, visit the website:

www.DementiaFriendlyIowa.org

You can also join the action team by reaching out to Jeff Kellbach at jkellbach@johnsoncountyiowa.gov; or Kim Bergen-Jackson at kbergen-jackson@oaknoll.com. We are meeting monthly via zoom for an hour. The team is divided into different subcommittees in order to cover the entire county. We have started to offer Dementia Friends information sessions. There is also an opportunity for any business to become a Dementia Friendly Business/Organization. The individual staff members will be considered Dementia Friends and gain skills to identify and communicate with a customer or client who may have dementia. The organization will receive a "Dementia Friendly Business" window decal for the store front and a certificate and have their logo placed on the Dementia Friendly Iowa website and social media pages. The education sessions will provide information on how to serve customers better, recognize signs of dementia in customers, communicate more effectively with patience and understanding, and develop business practices which keep people living with dementia in mind. The Action Team is also researching what additional measures can be taken to increase awareness, reduce stigma, and create a more understanding county for our community members living with dementia.

If you have any questions or want to join a growing movement of people like you who are helping fellow community members live with dementia, please don't hesitate to reach out.

Iowa City

***Drop-In DIY Gift Wrapping-** Iowa City Public Library- Digital Media Room 2nd Floor, 123 South Linn St.

Need to wrap some holiday gifts in secret? Someplace where prying eyes can't see? Let ICPL help! We'll have Drop-in DIY Gift Wrapping in the 2nd floor Digital Media Lab through December 31.

We'll have assorted holiday gift wraps, gift bags, ribbons and bows – or you can bring your own. We'll have scissors, tape, and plenty of space for you to wrap your gifts in peace. Limit of 5 gifts per person please.

[Click for more information](#)



North Liberty

***Gift Wrapping Room-** North Liberty Library- Library Meeting Rooms, 520 W. Cherry St.

Need a place to wrap gifts for upcoming winter holidays? The library has the space (Library Meeting Rooms) and some supplies (or Bring Your Own) for your gifting needs! There will be a variety of wrapping options, including nondenominational and non-holiday themed.

December 15 to 19, during library hours.

Need help? Learn tips and tricks during a brief demo on December 15th at 6PM.

[Click for more information](#)

Iowa Warm Line

*Feeling down
and need someone
to talk to?*

Iowa
Warm
Line

1-844-775-WARM (9276)

The Warm Line is a Peer run, telephone-based, non-crisis, confidential listening line for anyone struggling with mental health or substance use issues. The line is staffed 24/7 by people who have been through a similar journey and are in recovery themselves.

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 an empathetic, non-judgmental listening.
- Provide referrals to specialty resources and assistance in accessing services.
- Empower individuals to pursue health and well-being.



UnityPoint Health
AbbeHealth Services



Social Security Benefits Increase

Social Security benefits will increase



Medicare

2023 Medicare Part B Monthly Premium Change

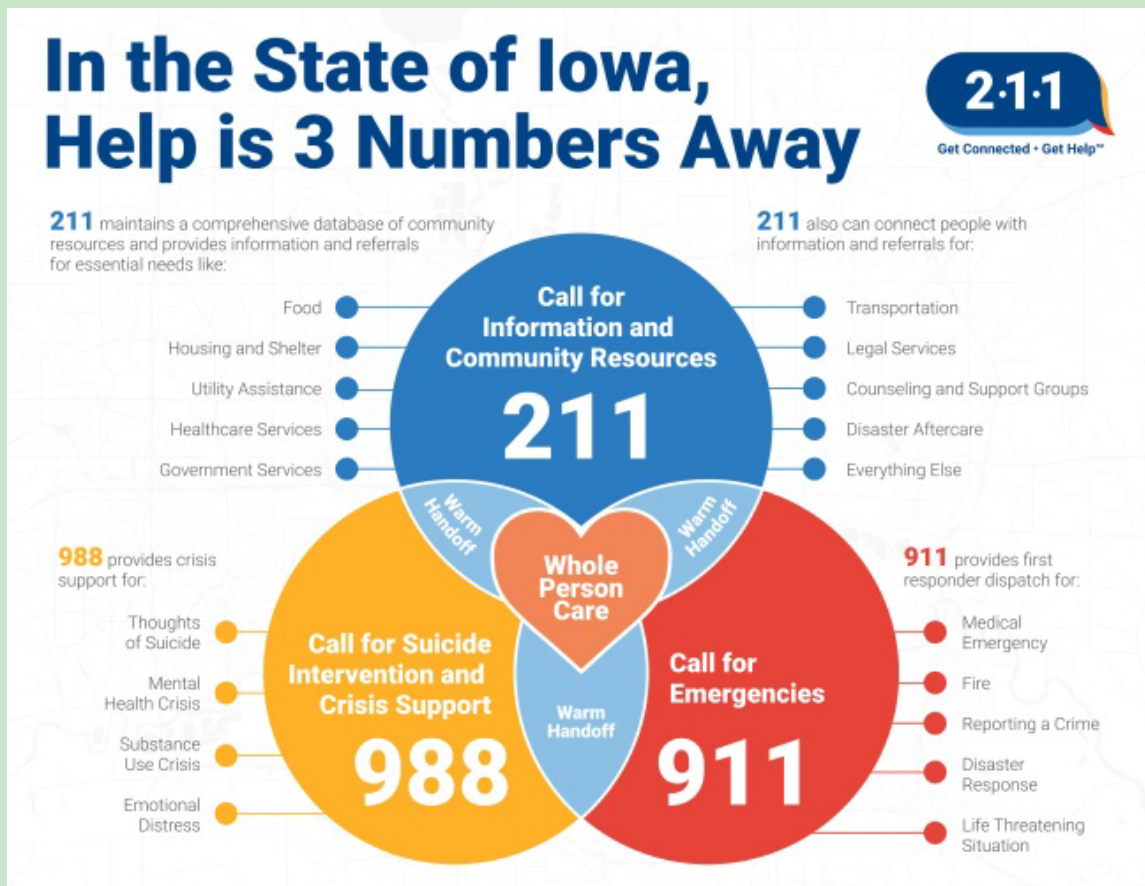
by 8.7% beginning with the December 2022 benefits, which are payable in January 2023. Federal SSI payment levels will also increase by 8.7% effective for payments made for January 2023.

[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](#)

Help is 3 Numbers Away



Don't throw away holiday lights, recycle them!

As we begin our holiday decorating for the season, remember you can recycle holiday lights in the Iowa City and Coralville area. Recycle your burnt-out holiday lights at the following locations from Monday, Nov. 21, 2022, through Monday, Jan. 9, 2023:

Iowa City Locations

- East Side Recycling Center via Oil Recycling Shed or ReStore Donations (2401 Scott Boulevard SE)
- Iowa City Landfill and Recycling Center via electronics recycling program (3900 Hebl Ave. SW)
- City Hall via bin located outside of main entrance (410 E Washington St.)

Coralville Locations



- Hy-Vee (1914 8th St.)
- Hy-Vee (3285 Crosspark Road)
- Stuff, Etc. (2818 Commerce Drive)
- Coralville City Hall (1512 7th St.)
- Coralville Recreation Center (1506 8th St.)

These collection locations are for holiday light strands only; no plastic bags, garbage, electronics, syringes, batteries, or hazardous material allowed.

For hours of operation and more information about the above locations, visit [icgov.org/recycle](https://www.icgov.org/recycle), or call 319-887-6110.

Holiday Lights Recycling (2022) Retrieved from <https://www.icgov.org/recycling>

Powerful Tools for Caregivers



Seasons of Caregiving

Winter 2023



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: Mondays
Jan. 9 – Feb. 13, 2023
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 Dec. 28
Contact Bryan Bruner
319-249-8749
Bryan.Bruner@kirkwood.edu

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

Class Leaders

Bryan Bruner

Madalyn Klobassa



Area Agency on Aging

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

Learn
More



LIHEAP

HACAP is now accepting applications for eligible individuals for LIHEAP (Low-

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. This booklet can be a

Income Home Energy Assistance Program).

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

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!

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





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

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 December 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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