

JCLC February 2023 Newsletter



Johnson County Livable Community Information for Successful Aging

> the primary information resource for Seniors <

www.livablecommunity.org

Sweetheart Scams

by: Laura Kriegermeier, Elder Rights Coordinator,
Heritage Area Agency on Aging

Love is around the corner for some as Valentine's Day approaches. For some older adults, finding a love connection can be more difficult in later life. Whether someone has access to internet or phone, there are people out there that are trying to pull on your heartstrings just to grab a couple bucks, or more!

The "Romance Scam" and "Sweetheart Scam" have become large concerns as the internet has become more accessible. But according to the National Center on Elder Abuse, these scams can be done by a perpetrator online or in-person. They use tactics to make someone believe that they are in love with them and will typically spend a long time filling an emotional need for that person. The older adults that tend to be targeted are vulnerable, isolated or may have recently lost a loved one/spouse. Online sweetheart scammers are usually not in the same country as the victim, making it hard for authorities to get justice or recoup losses for victims.

Some things to watch out for if you or a loved one are making an emotional connection with someone new:

- People who love and care about you will not try to trick and manipulate you to give them money.
- It is never a good idea to give out your bank, credit card, or personal information to anyone over the internet or telephone.
- If your love interest asking for money via mobile apps, wire transfer, gift cards, or other virtual means, they are most likely only interested in financial gains from the relationship.
- It's always a good idea to ask family members or friends to help you look into someone you're interested in dating via web search, online court search, or other means.
- Don't be embarrassed to talk to someone if you feel you are being taken advantage of. 1-in-5 older adults are financially exploited at some point in their lifetime.
- Contact your local police if you need to report any form of abuse or exploitation by a love interest.
- Contact your local Area Agency on Aging for advocacy, education, or emotional support related to these scams at 800-332-5934.

Signs of an online dating scam



Professes love quickly.
Claims to be from the U.S.,
but is overseas for business
or military service.



Asks for money, and lures
you off the dating site.



Claims to need money
— for emergencies,
hospital bills, or travel.
Plans to visit, but can't
because of an emergency.

FEDERAL TRADE COMMISSION • ftc.gov/imposters

Falls Prevention Classes

By Kathleen Lee, Injury Prevention Coordinator, UIHC Trauma Program

Older adults and adults with a health issue are invited to join us for fall prevention classes. We

offer two types of virtual via Zoom fall prevention classes, Stepping On and Tai Chi for Arthritis and Fall Prevention.

Stepping On is a seven-week, two hours per week, interdisciplinary workshop that covers fall prevention topics such as home safety, vision care, medications, safe footwear, community safety, and exercise. The exercises are aimed at increasing strength and balance. Stepping On has been shown to decrease falls by 31% in older adults.

The next Stepping On class runs March 23–May 4 from 9-11 a.m. To register, [please click here](#).

Tai Chi for Arthritis and Fall Prevention is an eight-week class series that meets one hour twice per week for a total of 16 class sessions. Modified tai chi programs reduce falls in older adults up to 49%. Upcoming classes include:

- April 24–June 15 from 5:30-6:30 p.m. [Register here](#)
- June 7–Aug. 4 from 9-10 a.m. [Register Here](#)
- July 10–Aug. 31 from 5:30-6:30 p.m. [Register here](#)

Iowa Rent Reimbursement

The Iowa Department of Health and Human Services (HHS) will manage the Rent Reimbursement program.

Income Limits

- To be eligible for Rent Reimbursement for claim year 2021, your total annual household income must be less than \$24,354.
- To be eligible for Rent Reimbursement for claim year 2022, your total annual household income must be less than \$25,328

[Printable 2022 Rent Reimbursement Form](#)

[Printable 2021 Rent Reimbursement Form](#)

Click here for more information and to apply online

Free Tax Aide at the Iowa City Senior Center in Spring 2023

Free tax preparation services are being offered by appointment at the Iowa City Senior Center through mid-April 2023. Low to moderate income taxpayers, especially those age 60+, can receive this free service, provided by trained volunteers through a partnership with the AARP Foundation Tax-Aide Program. Visit www.icgov.org/senior to make an appointment online, or call 319-356-5220 to sign up by phone.

For health and safety, we are providing tax appointments with minimal contact. Here's what to expect:

1. Clients will schedule an intake appointment to drop off and inventory their tax-related materials and sign some forms in room 103.
2. A counselor will prepare the tax return while the client waits in the 1st floor lobby; the counselor will consult the client with any questions.
3. The counselor will review the completed return with the client before e-filing; clients should expect the process to take approximately 60-90 minutes.
4. Wearing a face mask is encouraged while visiting the Senior Center.

To have taxes prepared, clients must bring:

- Copies of federal and state tax returns for the most recent year filed
- Photo ID and Social Security card for each taxpayer included on the return
- Bank routing/account number for direct deposit/debit
- W-2 forms, 1099 forms, other statements of income
 - If you receive Social Security benefits, you must bring your SSA-1099 form to your appointment. If you don't have one, contact Social Security to request a replacement.
- If applicable, additional documentation detailing itemized deductions and credits/adjustments

Johnson County SEATS Same Day Ride Service

Join SEATS supervisor, Dawn Alam and Kelly Schneider, Johnson County Social Services Mobility Coordinator, for a Question and Answer session to learn more about Same Day On-Demand Transportation Service on Thursday, February 23rd 1-2pm via Zoom. [Click here to register.](#)



SAME DAY ON-DEMAND TRANSPORTATION SERVICE

With the support of the American Rescue Act Plan (ARPA) funds, Johnson County expanded access to transportation for residents throughout the county experiencing barriers. This new service, operated by Johnson County SEATS, offers same day accessible rides to those without access to an alternative form of transportation.



Who can ride?

- Individuals who reside outside of or are traveling to areas unserved by fixed-route transit systems
- Individuals applying for and awaiting paratransit approval
- Residents of North Liberty and unincorporated Johnson County without access to transportation
- Immigrant or limited English proficiency populations
- Any other individual experiencing a barrier to accessing transportation

When can I ride?

Monday - Friday 7:30 a.m. to 4:30 p.m., except holidays

Where can I ride?

Anywhere within Johnson County

How much does it cost?

\$5.00 one way fare, cash only

How can I sign up?

Complete the one-time referral process with referring partner or Mobility Coordinator.



For more information and the website, scan the QR code above.

JOHNSON COUNTY SEATS



319-339-6128



seatsarpa@johnsoncountyiowa.gov

MOBILITY COORDINATOR



319-356-6090



kschneider@johnsoncountyiowa.gov



JOIN KEYS AT OAKNOLL!

WHAT IS KEYS?

KEYS is a 10-week course where you will learn how to substantially reduce your risk of dementia in a fun and engaging group setting!

WHY KEYS?

- Education on modifiable risk factors of dementia
- Individual consultations on diet, medications, wellness, and fitness from health care professionals

WHERE?

Oaknoll Community
1 Oaknoll Court,
Iowa City IA 52246

WHEN?

Tuesdays, 1:30 – 2:30 PM
February 28 – May 2



To sign up and for more information,
contact Lisa Parlato, Chronic
Disease Prevention Specialist, at
319.688.5892

Email: lparlato@johnsoncountyiowa.gov

League of Women Voters 2023 Legislative Forum

The second legislative forum is coming up on February 25th at The Center Assembly Room (28 S Linn St, Iowa City). All legislators have been invited.

The forum will open with legislators sharing important information about what they are working on in Des Moines. The LWVJC will then ask a question to get things started. The floor will then be opened up to anyone in attendance to ask a question. Questions are limited to one minute in length.

★ ★ ★ ★ ★
JOINS US FOR THE 2023 LEGISLATIVE FORUMS



Feb. 25 at The Center Assembly Room

Focus: Healthcare

March 25 at The Hills Community Center

Focus: Environmental Stewardship

9:30-11:30 am, doors open at 9:00 am
We hope to see you all there!



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

- 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

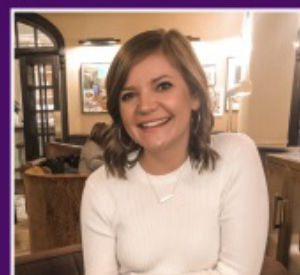
- Jan. 18** – Understanding Alzheimer's & Dementia (30 min) and Dementia Friends with Megan Zimmerman (30 min)
- Jan. 25** – 10 Warning Signs (30 min) and Unlocking Brain Fitness: Keys to Dementia Prevention Program (30 min)
- Feb. 1** – Advancing the Science at Any Given Moment: The Latest in Dementia 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*

ALL PROGRAMS ARE VIRTUAL VIA ZOOM AT 12 PM CST



*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

Medicaid's Continuous Coverage Requirement is Ending this Spring

From March of 2020 until April 1, 2023, Iowa Medicaid was required to maintain continuous health care coverage for members. This means if a member's situation changed, such as an income change, that would normally disqualify them from the program, Iowa Medicaid was required to maintain coverage for the person during the public health emergency (PHE).

On December 29, 2022, the Consolidated Appropriations Act of 2023 was signed and ends the Medicaid program's continuous coverage requirement as of April 1, 2023. This means that beginning April 1, Iowa Medicaid will no longer be required to maintain member's health coverage if they are found to be ineligible after an evaluation of their eligibility status.

In addition to the continuous coverage unwind, Iowa Medicaid is actively onboarding a new Managed Care Organization and scheduling mailings for members who may want to choose a different MCO. It is critical that Iowa Medicaid members have up to date contact

information, watch for mail from Iowa Medicaid, and respond to requests for information. If members do not respond to renewal letters or requests for information, they could lose their Medicaid coverage.

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 February 2023 Newsletter
Silver Linings Older Iowans	Hancher Auditorium Upcoming Events	Iowa City Senior Center Iowa City- January and February 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)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by livablejohnsoncounty@gmail.com in collaboration with



Try email marketing for free today!