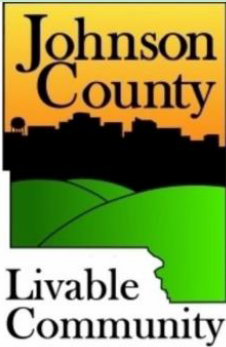


JCLC March 2023 Newsletter



Johnson County Livable Community Information for Successful Aging

> *the primary information resource for Seniors* <

www.livablecommunity.org

COVID Symptoms? Treatments are Available. Act Fast!

Feeling sick? If you have any **COVID-19 symptoms**, act fast! COVID-19 antiviral treatments can help reduce your symptoms and keep you out of the hospital, but you must take them as soon as possible.

Follow these steps to reduce your chances of severe illness:

1. Get tested as soon as possible.
 - Medicare covers up to 8 over-the-counter COVID-19 tests each calendar month, at no cost to you until May 11, 2023.
 - You can also search for no-cost **COVID-19 testing locations** near you.
2. If you test positive, and are more likely to get very sick, talk to your doctor or healthcare provider right away to find out if treatment is right for you.
3. If you're eligible for treatment, start as soon as possible. Treatment must be started within days after you first develop symptoms to be effective.

**COVID-19
Treatments**

Consider using a **Test to Treat location** where you can get tested and have the prescription filled, all in one location.

Source: Medicare.gov, 2023,

<https://content.govdelivery.com/accounts/USCMSMYMEDICARE/bulletins/34a66f6>

League of Women Voters 2023 Legislative Forum

The third and final legislative forum is coming up on March 25th at The Hills Community Center (110 Main St., Hills, IA). 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



March 25, 2023
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!

★ ★ ★ ★ ★
Powerful Tools for Caregivers

Heritage Area Agency on Aging is excited to share that they will be hosting Powerful Tools for Caregivers this Spring! This 6 week session begins on Tuesday, May 9th from 1-2:30PM. See the flyer below for additional information.

For questions or to register please contact Bryan Bruner at bryan.bruner@kirkwood.edu or by calling 319-249-8749.



Seasons of Caregiving

Spring 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: Tuesdays

May 9 – June 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 April 25

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 Schiffer



Area Agency on Aging

Free Senior Bus Rides

All seniors 65 and older can use the Iowa City Transit and Coralville Transit bus systems for free rides anytime. Take advantage of this discount in one of the following ways:

- Show the bus driver your Red, White and Blue Medicare Card at boarding for free rides
- Or, get a Senior Bus Pass:
 - Residents of Iowa City and University Heights can stop by the Iowa City Parking and Transit office at 335 E Iowa Ave with a valid ID and proof of residency to obtain the Senior Pass
 - Residents of Coralville can stop by Coralville City Hall with a valid ID and proof of

residency to obtain the Senior Pass

- Residents of North Liberty can stop by North Liberty City Hall with a valid ID and proof of residency to obtain the Senior Pass

For questions or other transportation needs contact Mobility Coordinator, Kelly Schneider 319-356-6090 kschneider@johnsoncountyiowa.gov.



Johnson County Law Enforcement Become Dementia Friends

Over 200 law enforcement from the Johnson County Sheriff's Office, Iowa City Police, University Heights Police, North Liberty Police, Coralville Police and University of Iowa Police Departments learned more about dementia and how to best interact with those living with dementia. They also all became Dementia Friends! If each attendee even has just one interaction with a person with dementia that is more positive, this can be a HUGE impact!

Thank you for helping build a more dementia friendly community.

Thank you to Dementia Champions Lindsey Reed and Kamaryn Atwater for leading all of the sessions.

Would your business like to become a Dementia Friendly Organization by completing the 1 hour training? Reach out to Jeff Kellbach for more information at 319-688-5842 or jkellbach@johnsoncountyiowa.gov



Dental Aging Tips App Pilot-Test Study at the University of Iowa

By Haley Schneider, University of Iowa College of Public Health

We are looking for family and paid caregivers of people living with dementia to pilot-test Dental.Aging.Tips app and give feedback. The app is designed to aide caregivers in providing oral health care and a guide to common oral health problems. See the flyer for more information on how to participate.

Click [Here](#) or on the flyer below to sign up.

For questions, please contact Hianca Pinho at hianca-pinho@uiowa.edu or by phone at 571-268-8972,



DENTAL • AGING • TIPS

#WITHADENTALAGINGTIPS

THE UNIVERSITY OF IOWA
College of Public Health

Dental Aging Tips App

Contact Hianca ("yanka") Pinho
Email: hianca-pinho@uiowa.edu
571-268-8972

Assisting Caregivers Providing Oral Care to Aging Adults

- Do you provide oral healthcare to an older adult?
- Are you a family caregiver or paid caregiver?



If so... Please consider participating in providing feedback on a new app created by the University of Iowa College of Dentistry in partnership with the University of Iowa College of Public Health to help caregivers provide quality mouth care.

What Happens if I participate?

Step 1: You will complete a pre-program survey; at this time, the research assistant will demonstrate the Dental Aging Tips app. After the demonstration, you will be asked to try the app for a couple weeks.

Step 2: After trying the app for a couple weeks you will meet again with the research assistant to complete an after-program survey.



SCAN ME TO SIGN UP!

Each session will last around 30-40 minutes. The sessions can be completed via Zoom or in person. You will be compensated for your time!

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
- 1095-A forms if you purchased insurance through the Marketplace (Exchange)

For more details on important documents, visit <https://www.aarp.org/money/taxes/info-01-2011/important-tax-documents.html>

Daylight Saving Time

This year's daylight saving time change will take place on March 12 at 2 a.m. CT. At that time, clocks will turn ahead one hour to 3 a.m. Daylight saving time will end on Nov. 5 at 2 a.m.



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.

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](#)

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 March 2023 Newsletter
Silver Linings Older Iowans	Hancher Auditorium Upcoming Events	Iowa City Senior Center Iowa City- March/ April Activity Guide	
Stanley Museum of Art Calendar	Trail of Johnson County Calendar	UI Center of Human Rights Events	



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