

# JCLC May 2023 Newsletter



## Johnson County Livable Community Information for Successful Aging

> *the primary information resource for Seniors* <

[www.livablecommunity.org](http://www.livablecommunity.org)

### OLDER AMERICANS MONTH



AGING UNBOUND: MAY 2023

#### Older Americans Month

By: The Administration for Community Living

Older Americans Month (OAM) is celebrated every May. This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the

importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60<sup>th</sup> anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in *Aging Unbound*:

- Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

To celebrate older Americans month, members of the Livable Community Policy Board and Work Group are volunteering by accepting proclamations in cities throughout Johnson County. To view the proclamations schedule, [please click here](#).

# MAY IS OLDER AMERICANS MONTH! LET'S CELEBRATE!

IOWA CITY AREA ASSOCIATION OF REALTORS EDUCATION ROOM  
847 QUARRY RD, CORALVILLE

PROGRAM SPONSORED BY LORRAINE BOWANS WITH LIVWELL SENIORS

MAY  
2ND  
10-11AM

## HOW DO I START DECLUTTERING?

It is an art form. Involve the family for some fun times! Once you start the process you will feel lighter and your stress levels decrease.

MAY  
9TH  
10-11AM

## HOW TO PROTECT YOUR HOME, SAVINGS & FAMILY FROM COSTLY MISTAKES

Join us for an informative presentation to help understand the importance of estate planning! Wills, trusts, powers of attorney long-term care & Medicaid planning. Presented by Alec Modrick with Pearson Bollman Law

MAY  
16TH  
10-11AM

## GADGETS FOR DAILY LIVING

Learn about gadgets to make daily tasks easier & safer. You will get to see the products firsthand! Try the gadgets out for yourself & see how they work! Presentation by Linn County Triad

MAY  
23RD  
10-11AM

## AARP HOME FIT PROGRAM

AARP HomeFit Program provides tips & suggestions on how to make your home safer & more comfortable for ageless living. Learn about lighting, flooring, & home entrance modifications, as well as different products & tools to enhance your home. Take home booklets

MAY  
30TH  
10-11AM

## AARP FRAUD WATCH PROGRAM

AARP Fraud Watch program teaches anyone how to avoid scams. It covers different types of fraud & shows attendees how to spot warning signs, protect themselves & report suspected fraud. Take-home handouts available.

## Disaster PrepWise

by: Nick Ostrem, Project Coordinator for Disaster PrepWise at the University of Iowa College of Public Health

With spring already off to a stormy start and summer ahead bringing more potential bad weather, you want to make sure you're as ready as you can be so you can feel safe and prepared when disaster strikes.

The Disaster PrepWise team is coming to the **Iowa City Senior Center** to help seniors build their own personal disaster plan. On **May 24<sup>th</sup> and June 7<sup>th</sup>, from 9am to 4pm**, our trained team members will be available to help anyone who wants to build their own disaster plan, free of charge. Participants will come away with **a personalized disaster plan and a complimentary USB drive** with a digital copy of their plan and other important disaster preparedness information. If you want to prepare your body as well as your mind,

we'll also have partners from the UI College of Nursing on hand to do **free health screenings**.

To reserve your spot ahead of time, email the project coordinator ahead of time at [nostrem@uiowa.edu](mailto:nostrem@uiowa.edu) or call 319-467-1193 to schedule a time to meet with us. Walk-ins also encouraged, our team will be waiting & ready to help you get prepared.



### Disaster Preparedness for Older Adults

With Spring already off to a stormy start and Summer ahead bringing more potential bad weather, you want to make sure you're as ready as you can be so you can feel safe and prepared for when disaster strikes.



- The Disaster PrepWise team is coming to the Iowa City Senior Center to help seniors build their own personal disaster plan. On **May 24<sup>th</sup> and June 7<sup>th</sup>, from 9am to 4pm**, our trained team members will be available to help anyone who wants to build their own disaster plan, free of charge.
- Participants will receive a **personalized disaster plan and a complimentary USB drive** with a digital copy of their plan and important disaster preparedness information. If you want to prepare your body as well as your mind, we'll also have partners from the UI College of Nursing on site to do **free health screenings**.
- If you want to reserve your spot ahead of time, send an email or give us a call using the contact info at the bottom of this flyer. Walk-ins also encouraged; our team will be waiting & ready to help you get prepared!

If interested, please contact Nick Ostrem (319-467-1193 or [nostrem@uiowa.edu](mailto:nostrem@uiowa.edu))

**IOWA**

College of  
Public Health

# JOHNSON COUNTY FOOD PANTRIES

## Iowa City

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### **CommUnity Food Bank**

Location: 1045 Hwy. 6 East  
Phone: 319.351.0128

Monday, Wednesday, Friday:  
Noon-4:30pm

Tuesday: Noon-7pm

Thursday: 9:30am-4:30pm

Saturday: 9:30am-2pm

Mobile pantry: hours and  
locations vary - check  
[https://builtbycommunity.org/  
mobilepantry](https://builtbycommunity.org/mobilepantry)

Free food delivery to your  
home: 319.519.6165 or  
[https://builtbycommunity.org/  
food-delivery](https://builtbycommunity.org/food-delivery)

### **IC Compassion**

Location: 1035 Wade St.  
Phone: 319.330.9883  
Wednesday: Noon-5pm

### **Food Pantry at Iowa**

Open to University of Iowa  
students, faculty, and staff.

Location: Iowa Memorial  
Union, 125 N. Madison St.  
Room 278  
Phone: 319.335.1162

Call for hours, or visit  
[https://imu.uiowa.edu/imu-  
services/food-pantry-iowa](https://imu.uiowa.edu/imu-services/food-pantry-iowa)

## Additional Resources

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### **Food Assistance Guide**

[https://www.johnsoncounty  
iowa.gov/food-assistance-  
guide](https://www.johnsoncountyiowa.gov/food-assistance-guide)



### **SNAP Benefits Application**

[https://dhsservices.iowa.gov/  
apspssp/ssp.portal](https://dhsservices.iowa.gov/apspssp/ssp.portal)



### **United Way 24/7 Assistance**

Phone: 2-1-1 OR  
515-246-6555

# JOHNSON COUNTY FOOD PANTRIES

## Coralville

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### **Coralville Food Pantry**

Location: 804 13th Avenue  
Phone: 319.337.3663

Tuesday: 2pm-6pm  
Wednesday: 5pm-7pm  
Thursday: 10am-Noon  
Saturday: 10:30am-1pm

## Hills

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### **Hills Pantry**

Location: St. Joseph's Church,  
209 Brady St. - East door  
Phone: 319.679.2420

Wednesday: 10am-Noon

## Tiffin

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### **Clear Creek Amana (CCA) Pantry**

Location: CCA Family Resource  
Center, 331 W. Marengo Rd.  
Phone: 319.545.2281

Monday: 4pm-6pm  
Tuesday: 2pm-4pm  
Thursday: 8:30am-11:30am

## North Liberty

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### **North Liberty Community Pantry**

Location: 89 N. Jones Blvd.  
Phone: 319.626.2711

Monday, Wednesday, Saturday:  
10am-Noon  
Tuesday, Thursday: 10am-Noon &  
3pm-6pm

### **North Liberty Baptist Church**

Location: 1215 Jordan St., Suite 5  
Phone: 319.626.2904

## Lone Tree

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### **Lone Tree Community Pantry**

Location: Lone Tree Presbyterian  
Church, 110 W. Elm St.  
Phone: 319.621.0955

By appointment. Call to schedule.  
Must live in Lone Tree or be in  
Lone Tree school district.

## Solon

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### **Solon Community Pantry**

Location: 122 N. West St.  
Enter: back door to the basement  
Phone: 319.430.8655

Monday: 2pm-6pm





## Coralville Parks and Recreation Summer Activity Guide

The city of Coralville's Parks and Recreation Center is hosting activities this Summer for older adults ages 55 and up! Whether you would like to make some new friends, work on crafts, or go out and enjoy the weather- the Coralville Summer Activity Guide has something for you!

For more information see the flyer below or click the following link- [Activity Guide](#).

To register for applicable activities, please follow the link- [Registration](#).



PROVIDING RECREATION, SOCIAL, AND WELLNESS OPPORTUNITIES FOR ADULTS AGE 55+

### Nature Walk

As the temperature warms up it's time to get out walking again! Did you know that Coralville has lots of trails to explore? Grab a friend and we'll check out these trails while walking together.

**THURSDAY 9:30-10:30 A.M.**

DATE	LOCATION
May 18	Iowa River Trail, meet at IRP
June 29	Clear Creek Trail, meet at Applebee's
July 13	Muddy Creek Trail, meet at Youth Sports Park
Aug. 10	Clear Creek Trail, meet at Tom Harkin Trailhead.

Price: Free

Note: Walk is canceled if inclement weather.



### Coffee and Crafts

Bring a project and enjoy some time with fellow crafters. Enjoy conversation and learn a new skill from one another. Coffee, crafting, and conversations...a great way to spend a morning together!

**THURSDAY**

DATE	TIME
May 4 and 18	9:30- 11:30 a.m.
June 1 and 15	9:30- 11:30 a.m.
July 6 and 20	9:30- 11:30 a.m.
Aug. 3 and 17	9:30- 11:30 a.m.

Note: Registration is not required.

### Patio Lunch Club

Grab a friend, meet new friends, and have lunch at a different restaurant each month. We'll meet at the outside eating area.

**TUESDAY 11:30 A.M.**

DATE	LOCATION	CLASS #
May 23	Monica's	8010.200
June 13	Pat N Frans	8010.201
July 11	Wig & Pen	8010.202
Aug. 15	Jethro's BBQ	8010.203

Note: Lunch paid by participant. Lunch is canceled if inclement weather

### Kent Park Picnic

Pack up your favorite sandwich or lunch item and eat while visiting with friends! We will meet at the boat dock picnic tables for lunch, and those who want to walk the lakeside trail can do so after lunch.

**WEDNESDAY**

DATE	TIME
June 21	11:30 a.m.-1:00 p.m.

Price: Free

Location: Kent Park

Note: Bring a lunch and wear comfortable walking shoes.

Rain Date: June 22

### Senior Exercise

Senior exercise promotes increased strength, flexibility, balance, and coordination. Class is designed specifically for those who wish to ease their way into fitness as well as those who want to maintain their current fitness level.

**MONDAY/WEDNESDAY/FRIDAY**

DATE	TIME
All Year	9:30-10:15 a.m.

Price: Free

319.248.1750

SUMMER 2023 CORALVILLE ACTIVITY GUIDE

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## 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 May 2023 Newsletter
Silver Linings Older Iowans	Hancher Auditorium Upcoming Events	Iowa City Senior Center Iowa City-May/ June Activity Guide	

**Stanley Museum of  
Art Calendar**

**Trail of Johnson  
County Calendar**

**UI Center of  
Human Rights  
Events**



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

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