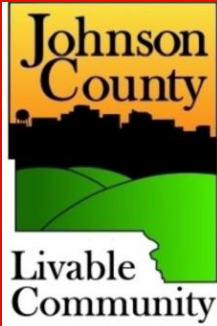


JCLC July 2023 Newsletter



Johnson County Livable Community Information for Successful Aging

> the primary information resource for Seniors <

www.livablecommunity.org

2023 Community Challenge Grant Award

The Johnson County Livable Community Housing Action Team is 1 of 8 recipients in the state of Iowa to be awarded a 2023 Community Challenge Grant from AARP. The project awarded aims to help educate the public on the benefits of Accessory Dwelling Units (ADU's) as a housing option. Design competitions will be held at county events where children age 17 and younger, will design Lego replicas of ADU to promote the housing type as an affordable option for older adults.

Design competitions will take place at the following events:

- July 23rd- July 26th- Johnson County Fair
- August 5th- Tiffin REC Fest
- September 2nd- Iowa City Farmer's Market
- September 23rd- Iowa City Farmer's Market
- October 7th- Iowa City Farmer's Market

We will be doing additional design competitions at several of the area Public Libraries. We will post additional details as those dates and times are secured.

A big thank you to Jessica Andino and Bill Gorman for their work on this project.



2023 Healthy Aging Fair

Save the date for the 2023 Healthy Aging Fair on Friday, September 22, 2023 at the Kirkwood Regional Center, 2301 Oakdale Blvd., Coralville, IA 52241. There will be over 30 resource displays highlighting services for older adults, Tai Chi Demonstrations, flu shots, health screenings, refreshments and much

2023 Healthy Aging Fair

Friday, September 22, 2023

9 a.m. to 12 p.m.

Kirkwood Regional Center

2301 Oakdale Blvd, Coralville, IA 52241

Over 40 resource displays highlighting services for seniors

Senior fitness screenings

Flu shots (bring insurance card)

Medication education by a pharmacist

Distracted Driving Simulator

Free Health Screening

Tai Chi Demonstration

Light refreshments

If you have a disability that requires an accommodation in order to participate in this program, please contact:

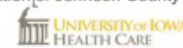
Kathy or Bailey at 319-384-5681 or kathleen-lee@uiowa.edu

Jeff at 319-688-5842 or jkbach@co.johnson.ia.us

uihc.org



Partially funded by the Community Foundation of Johnson County



Fare Free Iowa City Transit

Iowa City Transit has adopted a 2-year Pilot allowing all passengers to ride free of charge. Starting Tuesday, August 1st, 2023, every ride on Iowa City buses is free for everyone, just hop aboard. If you have a 31-day, 10-ride, single-ride, or 24-hour pass, you will want to use those up prior to August 1. Coralville Transit will continue to collect fare on their buses. Coralville Transit will continue to honor Iowa City Senior passes. If you don't have a Senior Pass, here's how to obtain one:

- Iowa City and University Heights Residents: Bring proof of Iowa City residency and a photo ID with birth date to the Iowa City Transportation Services Office, 335 Iowa Ave. in the Tower Place parking ramp.
- Coralville Residents: Take proof of age (ID) and residency to Coralville City Hall, to be issued a Senior Pass to present at boarding for free rides on Coralville or Iowa City buses.
- North Liberty Residents: Take proof of age (ID) and residency to North Liberty City Hall if, to be issued a Senior Pass to present at boarding for free rides on Coralville or Iowa City buses.



Fare Free Iowa City
2-Year Pilot Program
August 2023 - August 2025

Need help with transportation? Contact Kelly Schneider, Mobility Coordinator

Johnson County Fair

The 2023 Johnson County Fair begins Saturday, July 22nd and runs through Saturday, July 27th. [Click here for the full fair schedule](#) or find additional information at <https://www.thejohnsoncountyfair.com/>



Johnson County Summer Events



Click below for the Iowa City Downtown District Summer Calendar.

Iowa City
Downtown District
Calendar



Visit the Summer of the Arts website for more details on summer events.

Summer of the
Arts Calendar



July 21-22, 2023

50th Annual Beef Days
event

Click here for more
details for Solon
Beef Days



Disaster Preparedness and Caregiving



Disaster Preparedness Study for Caregivers

Are you caring for someone living with Dementia?

If so, we invite you to participate in this study to help researchers at the University of Iowa gain better understanding of how having a disaster plan impacts participants' stress, resilience, preparedness, and social support in preparation of a disaster.

- Participants will be asked to complete three surveys over a period of six months, each between 40 to 50 minutes in length.
- There is no cost to participate, and you are free to stop your participation at any time.
- Confidentiality will be kept within the limits allowed by law, and your identity and responses will not be shared or used in reports.
- Compensation of \$50 per interview will be provided.



IOWA

College of
Public Health

For more information, contact Maria Donohoe at cph-caregiverstudy@uiowa.edu or 319-384-1491

Local Programming & News

<u>Senior Connections Lunch</u>	<u>AARP Iowa Events</u>	<u>Alzheimer's Association Upcoming Events</u>	<u>Solon Senior News July Newsletter</u>
<u>Silver Linings Older Iowans</u>	<u>Hancher Auditorium Upcoming Events</u>	<u>Iowa City Senior Center Iowa City- July/ August Activity Guide</u>	
<u>Stanley Museum of Art Calendar</u>	<u>Trail of Johnson County Calendar</u>	<u>UI Center of Human Rights Events</u>	



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

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