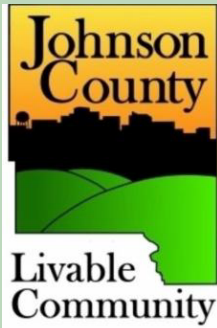


JCLC August 2023 Newsletter



Johnson County Livable Community Information for Successful Aging

> the primary information resource for Seniors <

www.livablecommunity.org



**Dementia
Friends
Iowa**

A Dementia Friendly America initiative

Join a growing movement of people like you who are helping fellow community members living with dementia. A little support can make a big difference in their lives. Be a Dementia Friend!

Become a Dementia

Friend!

You become a Dementia Friend by attending a one-hour informational session to learn about this worldwide movement, about living with dementia, and the simple things you can do to support someone living with the disease.

What Happens at the Information Session?

The free one-hour session is a discussion led by a Dementia Friends Champion. It is not a training session. You'll learn some basics of dementia such as what dementia is, what it's like to live with the disease, and some tips for communicating with people who have dementia. Everyone who attends is asked to turn their new understanding of dementia into a practical action that can help someone living in your community. The action can be as big or as small as you choose—every action counts!

Remember...

You don't need to be a dementia expert to become a Dementia Friend.

You don't need to know someone with dementia to become a Dementia Friend.

After you attend the session, you decide about becoming a Dementia Friend.

Dementia Friends...

is a global movement that is changing the way people think, act, and talk about dementia. Developed by the Alzheimer's Society in the United Kingdom, the Dementia Friends initiative is underway in Iowa and across the United States. By helping everyone in a community understand what dementia is and how it affects families, each of us can make a difference for people touched by dementia. Dementia Friends Iowa is administered by the Northeast Iowa Area Agency on Aging and the Iowa Association of Area Agencies on Aging.

When: Monday, August 14th

Time: 6-7pm

Where: Oaknoll Retirement Residence, 735 George Street Iowa City, IA52246

- Heiden Community Room

Register or Learn More:

To RSVP, please either fill out the link below, or email Kam Atwater at

katwater@oaknoll.com

<https://forms.gle/7CLjh844vvvB2qbU8>

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 more.

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 jkellbach@co.johnson.ia.us

uihc.org



CHANGING MEDICINE.
CHANGING LIVES.®

Johnson County
Locally & Community

Partially funded by the Community Foundation of Johnson County

UNIVERSITY of IOWA
HEALTH CARE

Free Produce Stands

Free Produce Stands are open to all, regardless of income or household location. No sign-up or registration necessary. For questions, contact Table to Table at 319-337-3400 or email producestands@table2table.org

Location Addresses

- **Western Hills:** 3701 2nd Street, Coralville, IA
- **Modern manor/ Sunset Village:** 2 Apollo Place, Iowa City, IA
- **Town & Campus Apartments/ New Life Apostolic Ministries:** 1101 Arthur Street, Iowa City, IA

- **Holiday Lodge:** 1 Holiday Lodge Road, North Liberty, IA
- **Ranshaw House:** 515 Community Drive, North Liberty, IA

August Dates

- Tuesday, Aug. 15: Town & Campus Apts./ New Life Apostolic Ministries from 4-6PM
- Friday, Aug. 18: Western Hills from 4-6PM
- Tuesday, Aug. 22: Holiday Lodge from 4-6PM
- Friday, Aug. 25: Modern Manor from 4-6PM
- Tuesday, Aug. 29: Check Table to Table Facebook for location from 4-6PM

September Dates

- Friday, Sept. 1: Western Hills from 4-6PM
- Tuesday, Sept. 5: Town & Campus Apts./ New Life Apostolic Ministries from 4-6PM
- Friday, September 8: Modern Manor from 4-6PM
- Tuesday, Sept. 12: Check Table to Table Facebook for location from 4-6PM
- Friday, Sept. 15: Western Hills from 4-6PM
- Tuesday, Sept. 19: Town & Campus Apts./ New Life Apostolic Ministries from 4-6PM
- Friday, Sept. 22: Modern Manor from 4-6PM
- Tuesday, Sept. 26: Holiday Lodge from 4-6PM
- Friday, Sept. 29: Check Table to Table Facebook for location from 4-6PM



Transportation to the Iowa DOT Driver's License Station (DMV) in Coralville

The local Iowa DOT Department of Motor Vehicles (DMV) driver's license station

moved on July 31, 2023, from the east side of Iowa City to 2303 Jones Boulevard in Coralville. It is no longer located at 1700 S. 1st Avenue (Eastdale Plaza) in Iowa City.

The new DMV location is not currently directly served by a fixed-route public transit system. However, eligible residents can use Same-Day On-Demand service operated by Johnson County SEATS to ride to and from the DMV office in Coralville. The cost is \$5 (cash only) for each one-way trip.

What Is 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 anywhere in Johnson County to those without access to an alternative form of transportation. It operates Monday through Friday, 7:30 am until 4:30 pm, except holidays.

To learn more about Same-Day On-Demand service operated by Johnson County SEATS, visit www.johnsoncountyiowa.gov/sameday or download a [Same-Day On-Demand Transportation Service flier](#).

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

How Can I Sign Up?

If you need transportation to or from the new Iowa DMV office in Coralville, please contact:

Johnson County Mobility Coordinator
Kelly Schneider
319-356-6090
kschneider@johnsoncountyiowa.gov

You will complete a one-time referral process.

Iowa DMV Information

For Iowa Department of Motor Vehicles information, contact:

Coralville DMV
2303 Jones Blvd.
Coralville, IA 52241
515-244-8725
<https://iowadot.gov/mvd/driverslicense/driverslicense/dlsites/Coralville>

"Transportation to the DOT Driver's License Station (DMV) in Coralville." City of Coralville. 2 August 2023, <https://www.coralville.org/CivicAlerts.aspx?AID=2429>

by: Chandler DeWees, Fundraising Manager

Meals on Wheels helps older adults and persons with disabilities in Johnson County meet their daily nutritional needs by delivering hot, fresh, and ready-to-eat meals. For homebound seniors and their family members, the service brings more than a meal. With the help of dedicated and friendly volunteers, Horizons is able to monitor change of condition that our clients may experience. These well-checks allow dozens of seniors throughout Johnson County to age in their own homes for as long as possible. If you or someone you know is in needs of home-delivered meals, give the Meals on Wheels of Johnson County office a call at 319-338-0515.

We are always seeking out Johnson County residents interested in volunteering to deliver 11 daily routes in Iowa City, Coralville, and North Liberty every weekday between 10:30 a.m. and 1 p.m. Routes can be done individually or in groups of two or more. More information including an application can be found by visiting <https://horizonsfamily.org/volunteer>.

Tai Chi for Arthritis and Fall Prevention

by: Bailey Rickels, Injury Prevention Coordinator, UIHC Trauma Program

Come join us for the UIHC sponsored Tai Chi for the Arthritis and Fall Prevention program which will be held 2 days a week, for 1 hour each day for 8 weeks. These classes are held online via the University of Iowa Zoom platform. All adults are welcome to attend the class.

For questions, contact Bailey Rickels- bailey-rickels@uiowa.edu

Morning Class: 9 am - 10 am,
Instructor: Ann Riley
<https://www.eventbrite.com/e/tai-chi-for-arthritis-and-fall-prevention-tickets-676925471307?>

Evening Class: 5:30 pm - 6:30 pm, Instructor: Brady Curran
<https://www.eventbrite.com/e/tai-chi-for-arthritis-and-fall-prevention-tickets-676931699937?>

Sept 11 & 13
Sept 18 & 20
Sept 25 & 27
Oct 2 & 4
Oct 9 & 11
Oct 16 & 18
Oct 23 & 25
Oct 30 & Nov 1

Sept 12 & 14
Sept 19 & 21
Sept 26 & 28
Oct 3 & 5
Oct 10 & 12
Oct 17 & 19
Oct 24 & 26
Oct 31 & Nov 2

Fare Free Iowa City transit FAQs answered!

Fare Free Iowa City starts Tuesday, Aug. 1, 2023, meaning rides on Iowa City buses will be free to everyone!

Though the change to fare free is simple, the City understands that there may be questions on the impacts of Fare Free Iowa City. Below are answers to some of the most frequently asked questions about Fare Free Iowa City!

Is Iowa City Transit really free?

Yes! Beginning Tuesday, Aug. 1, all rides on Iowa City Transit will be free during a

two-year pilot. Following the program, staff will measure the impact of fare-free transit on residents, guests, and visitors.

Can I still transfer to Coralville Transit for free?

No. You will need a fare to ride Coralville Transit even if you transfer. However, Coralville will offer a grace period accepting all Iowa City 31-day, 10-ride, and single-ride passes until Aug. 31, 2023. Iowa City bus riders who frequently transfer to Coralville would benefit from purchasing a Coralville bus pass, which is now available for Iowa City residents. Iowa City residents who are staff, faculty, or students at the University of Iowa can also now purchase Coralville Transit U-Passes through the University.

Where can I buy a Coralville Transit bus pass?

Coralville Transit bus passes can be purchased at Coralville City Hall, the Coralville Recreation Center, the Coralville Public Library, the Lantern Park Hy-Vee, and the Crosspark Hy-Vee in Coralville.

What if I am an Iowa City resident with a Disabled or Senior bus pass?

If you have an Iowa City Disabled or Senior bus pass and currently ride transit for free, you can continue to use them on Coralville Transit until they expire in 2024. New Senior or Disabled Passes for Iowa City residents will continue to be issued for qualified residents by Iowa City until they expire. They are available at the Parking Office located at 335 Iowa Ave.

Will SEATS paratransit rides for Iowa City residents also be free?

For those who qualify for paratransit services through Johnson County SEATS, rides within Iowa City will be free. Any ride that has an origin or destination outside of Iowa City may be subject to the standard \$2 fare charged by Coralville or Johnson County.

Learn more about Fare Free Iowa City at www.icgov.org/FareFree.

"Fare Free Iowa City transit FAQs answered!" City of Iowa City. 26 July 2023, [*https://www.icgov/Home/Components/News/News/532/390*](https://www.icgov/Home/Components/News/News/532/390)



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 August 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

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

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