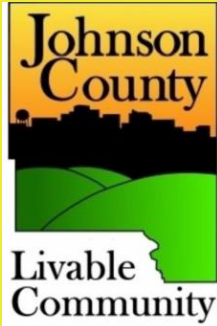


# JCLC September 2023 Newsletter



## Johnson County Livable Community Information for Successful Aging

> the primary information resource for Seniors <

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

## 2023 Healthy Aging Fair

The 2023 Healthy Aging Fair is on Friday, September 22, 2023 at the Kirkwood Regional Center, 2301 Oakdale Blvd., Coralville, IA 52241. There will be over 35 resource displays highlighting services for older adults, Tai Chi Demonstrations, flu shots, health screenings, refreshments and much more.

For questions, please contact Jeff Kellbach at 319-688-5842 or [jkellbach@johnsoncountyiowa.gov](mailto:jkellbach@johnsoncountyiowa.gov)

### 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](mailto:kathleen-lee@uiowa.edu)  
Jeff at 319-688-5842 or [jkellbach@co.johnson.ia.us](mailto:jkellbach@co.johnson.ia.us)

[uihc.org](http://uihc.org)



Partially funded by the Community Foundation of Johnson County



## Snow Removal

Nobody wants to talk about snow in September, but now is the time to plan

ahead if you need assistance with having your driveway and sidewalks cleared of the white stuff. AbbeHealth Aging Services is currently accepting applications through **October 13, 2023.** This service, which is very basic, is ideal for those who have physical disabilities, severe arthritis, neuropathy, heart

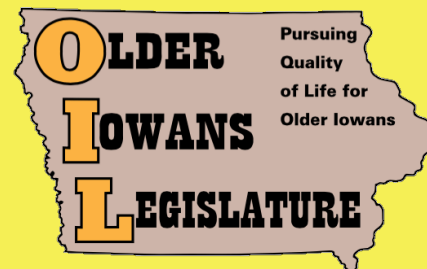
conditions or other risk factors and cannot afford regular snow removal. For more information or to apply, please contact Aging Services at 319-398-3644.



[Click here to download the application](#)

## Older Iowans Legislature

The Older Iowans Legislature is holding their Annual Meeting on Monday, September 18, 2023 from 8:30AM-2PM. There is an in-person (at State Capitol) and Zoom option to attend the meeting.



The Older Iowans Legislature is the only "Grass Roots" organization in Iowa that continually strives to produce an opportunity for older Iowans to complete their lifelong journey in dignity, with respect from others, and receiving support when necessary. Our members advocate State Legislators, the Governor and staff, and other organizations to assist in improving the "Quality of Life" for Older Adult Iowans. We have historically placed special emphasis on the frail elderly however our overall goal is to make Iowa that model state for all Older Adults. Get involved by joining the Older Iowans Legislators and stay active in assisting others.

[Click here for more information about the Older Iowans Legislature or to participate in the Annual Meeting](#)

## Caregiver Wellness Day

Registration for Caregiver Wellness Day is now open! This free event to celebrate local caregivers is on Monday, Nov. 6 at the Kirkwood Hotel, 7725 Kirkwood Blvd. SW, Cedar Rapids. Family, friends and neighbors who take care of an older adult in our region\* are all encouraged to attend



Caregiver Wellness Day features informative speakers, and time to connect with fellow caregivers and local resources for older adults. The event also has massages available in the pamper room and flu shots during this all-day soiree to honor and treat caregivers. Respite care is available free of charge – just let us know if it's needed when you register. For additional information or to register go to <https://www.heritageaaa.org/cwd> or call Heritage at 319-398-5559.

**North Liberty Events from the Senior Center**

A new event series started on Wednesday, September 6th and will occur every Wednesday through October 25th at the Ranshaw House, 515 Community Drive, North Liberty.

- **Death Café, 12-1 PM** – A Death Café is a safe place for people to talk about death in order to make the most of life. New people are encouraged to join anytime. This is not a bereavement support group or grief counseling session. For more information on the purpose of this group, visit [deathcafe.com](http://deathcafe.com) or contact Michelle Buhman at 319-356-5222. This is open to people of all ages.
- **Practical Planning for End of Life, 1-2 PM**– This discussion group will answer general questions about end-of-life planning. We will also cover a specific topic each week in our discussion, such as starting an end-of-life conversation with important people in my life, burial options, designing a death plan, responding to a diagnosis of a terminal disease, and creating my celebration of life (religious, spiritual, or otherwise!).
- **Caregiving Support Group, 2-3 PM** –This ongoing, drop-in group will provide a space for sharing resources and support related to caregiving, with a focus on self-care. While the topic of grief may come up, this is not a grief support group. People may attend regularly or as they are able. This is a hybrid group, so participation via Zoom is an option.



## Wednesdays at the Ranshaw House in North Liberty

Thanks to grant support from the City of North Liberty in 2023-2024 ICSC is able to provide programs and services for older adults in North Liberty, plus discounted Senior Center membership for North Liberty seniors.

### Death Café

**Wednesdays, 12:00-1:00 pm**

A Death Café is a safe place for people to talk about death in order to make the most of life. New people are encouraged to join anytime. This is not a bereavement support group or grief counseling session. For more information on the purpose of this group, visit [deathcafe.com](https://deathcafe.com). This is open to people of all ages; join any time!

### Practical Planning for End of Life

**Wednesdays, 1:00-2:00 pm**

This discussion group will answer general questions about end-of-life planning and also cover a specific topic each week, such as starting an end-of-life conversation with important people in my life, burial options, designing a death plan, responding to a diagnosis of a terminal disease, and creating my celebration of life.

### Caregiving Support Group

**Wednesdays, 2:00-3:00 pm**

**Hybrid (attend in-person or on Zoom)**

**Call 319-356-5220 to register & receive Zoom link**

This ongoing, drop-in group will provide a space for sharing experiences about caregiving and offer resources and support related to caregiving, with a focus on self-care. People may attend regularly, or as they are able. This is a hybrid group, so participation via zoom is an option.

**\*ICSC programs at the Ranshaw House are offered free of charge, open to all, no registration needed.**



Ranshaw House  
515 Community Dr, North Liberty

### ICSC services available in North Liberty

Make an appointment at [www.icgov.org/icsc-services](https://www.icgov.org/icsc-services) or call 319-356-5220.

- Advance Health Care Planning
- Caregiver Information and Referral
- SHIP Medicare Counseling

**About the Facilitator:** Mary McCall is a gerontologist with a PhD in Human Development and Aging from the University of California, San Francisco. She has spent over 30 years supporting individuals, couples, and families navigate middle and late life issues from housing and care to end-of-life planning and decision-making. She has studied aging in many different cultures and uses cultural and personal values as the foundation for addressing concerns and decisions in middle and late life. Having come from a large and diverse family herself (12 siblings!), her specialty is in family dynamics and communication around difficult issues. She is a certified Advance Care Planning facilitator with the Honoring Your Wishes program and a certified Life Coach and Death Doula. She has worked with the Iowa City Senior Center for over a year, offering classes on values-based decision-making in late life, and facilitating Death Cafés and Caregiving Support groups.

#### CONTACT US:

- [icgov.org/senior](https://icgov.org/senior)
- 319-356-5220
- 28 South Linn Street, Iowa City 52240

## Respiratory Virus Protection for Older Adults

by Sam Jarvis, Community Health Manager, Johnson County Public Health

As we get older, our immune systems tend to weaken over time, putting us at higher risk for certain diseases. All adults ages 65 and older should make sure they're up to date on these vaccines:

- COVID-19 vaccine
- Flu vaccine (influenza)
- Pneumococcal vaccine

Recently, the CDC endorsed the recommendation from the Advisory Committee on Immunization Practices that adults ages 60 and older *may* receive a single dose of RSV vaccine based on shared clinical decision-making with a health care



professional. You can read more about the newly approved vaccine and the recommendations here:

<https://www.cdc.gov/mmwr/volumes/72/wr/mm7229a4.htm>

## International Day of the Older Person- International Speedfriendshipping Event

Tuesday, October 3, 4:00 pm

Location: Assembly Room, Iowa City Senior Center

In honor of the United Nations International Day of Older Persons, celebrated each year on October 1, Iowa City Senior Center will host an afternoon of speed "friendshipping" with an emphasis on making international connections. Everyone is welcome, and we're extending a special invitation to those who were born outside of the United States or lived abroad for a number of years.



Using a speed dating format (but for making friends rather than dating), participants will have a chance to meet and chat with community members, have some fun, and maybe even take the first step in creating new and lasting friendships. The event will start with a group icebreaker activity, shift to timed 1:1 conversations, and wrap up with open socializing and refreshments.

For more information or questions, please call 319-356-5220.

## Upcoming Lego Builds

The Housing Action Team of the Johnson County Livable Community for Successful Aging's Policy Board initiative in collaboration with the Johnson County Affordable Housing Coalition and the Greater Iowa City Homebuilders Association will host Lego accessory dwelling unit (ADU) design competitions at community events.

These competitions funded by AARP are to inform the public regarding the community benefits of allowing ADUs within zoning and building code. Policy change to minimize lengthy application processes, decrease high fees, and eliminate harsh regulations associated with the development of ADUs will increase the supply of this more affordable type of housing for individuals 50-plus. Kids age 17 and younger are eligible to compete at each of the events for the \$50 first prize and \$25 2nd prize awards.



Upcoming Lego Builds: 9/23/23 Iowa City Farmer's Market from 7:30AM-12PM

10/7/23 Iowa City Farmer's Market from 7:30AM-12PM

Winning Designs from the Tiffin REC Fest in August are show below. Check out the **[Johnson County Affordable Coalition's Facebook Page](#)** for all of the winning

designs from all of the previous competitions.



Winning design- Aubrey,  
age 8



Runner-Up design-  
Milana, age 10



## Request an Absentee Ballot

You can now request an absentee ballot for the November 7, 2023 City/ School Election. Forms must be in the hands of the Johnson County Auditor's Office by 5pm on October 23, 2023.

For more information about the November 7, 2023 City/ School Election and absentee voting, visit this link: <https://bit.ly/11-7-23-City-School>



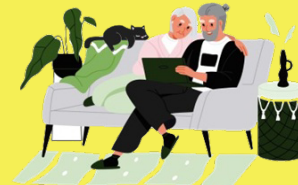
**REQUEST AN ABSENTEE BALLOT**

**NOVEMBER 7, 2023**  
**CITY/SCHOOL ELECTION**

**REQUESTS MUST BE RECEIVED  
BY 5PM ON MONDAY, OCTOBER 23RD**

## Emergency Preparedness Month- Personal Preparedness for Older Adults

by: Nate Savage, Emergency Preparedness Planner,  
Johnson County Public Health




As an older adult, you may have specific needs before, during, or after a disaster. Planning ahead can account for all that may be needed.

### Plan Ahead

- Plan how you will communicate if you have a communications need
- Plan for food, water, and essentials for your pets or service animals; Research pet-friendly evacuation centers
- Plan for your transportation if you need help evacuating
- Include items that meet your individual needs, such as medicines, medical supplies, batteries and chargers, in your emergency supply kit

- Plan how you will have your assistive devices with you during an evacuation
- Make copies of Medicaid, Medicare, and other insurance cards

Visit [ready.gov/older-adults](https://ready.gov/older-adults) for additional preparedness information



# THIS IS WHY WE WALK.

At the Alzheimer's Association Walk to End Alzheimer's®, we're fighting for a different future. For families facing the disease today. For more time. For treatments.

We're closer than ever to stopping Alzheimer's. But to get there, we need you. Join us for the world's largest fundraiser to fight the disease. Register today at [alz.org/walk](https://alz.org/walk).

## Walk to End Alzheimer's – Iowa City

Saturday, September 23, 2023 | City Park

2023 NATIONAL PRESENTING SPONSOR  
**Edward Jones**

2023 IOWA CHAPTER SPONSOR  
LCS FOUNDATION  
sigler  
THISENS

2023 LOCAL SPONSORS  
KeyStone Plaza at Des Moines  
HILLS BANK  
Scheels  
Stirlingshire of Coralville  
Grand Living at Bridgewater

Pre-Registration Requested.

**WALK TO END ALZHEIMER'S**  
ALZHEIMER'S ASSOCIATION



## LIHEAP

The Low-Income Home Energy Assistance Program (LIHEAP) will begin accepting applications for the new program year, beginning October 1st. Individuals age 60 and better and/ or disabled will be able to apply October 1, 2023 and everyone else November 1, 2023 - April 30, 2024.

## 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](mailto: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

### September Dates

- 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



## Local Programming & News

<u>Senior Connections Lunch</u>	<u>AARP Iowa Events</u>	<u>Alzheimer's Association Upcoming Events</u>	<u>Solon Senior News September Newsletter</u>
<u>Silver Linings Older Iowans</u>	<u>Hancher Auditorium</u>	<u>Iowa City Senior Center Iowa City-</u>	



	<a href="#"><u>Upcoming Events</u></a>	<a href="#"><u>September/ October Activity Guide</u></a>	
<a href="#"><u>Stanley Museum of Art Calendar</u></a>	<a href="#"><u>Trail of Johnson County Calendar</u></a>	<a href="#"><u>UI Center of Human Rights Events</u></a>	



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

[Unsubscribe jkellbach@johnsoncountyiowa.gov](#)

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

Sent by livablejohnsoncounty@gmail.com powered by



Try email marketing for free today!