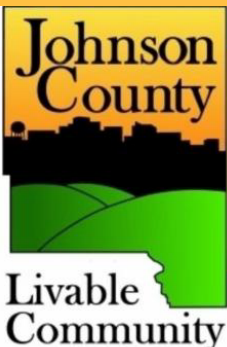


JCLC October 2023 Newsletter



Johnson County Livable Community Information for Successful Aging

> the primary information resource for Seniors <

www.livablecommunity.org



LIHEAP

HACAP is now accepting applications for eligible individuals 60+ or disabled for LIHEAP (Low-Income Home Energy Assistance Program). Individuals under the age of 60 are eligible to apply on November 1st. The program

Family Size	Annual Gross Income
1	\$29,160
2	\$39,440
3	\$49,720
4	\$60,000

[Click here to read more and to apply](#)



Snow Removal

If you need assistance with clearing your driveway and sidewalks of snow, AbbeHealth Aging Services is currently accepting applications for snow removal assistance through **October 13, 2023.**

This is a basic snow removal service, ideal for those who have physical disabilities, severe arthritis, neuropathy, heart conditions, or other health risk factors, and cannot afford to hire snow removal. For more information or to apply, please contact Aging Services at 319-398-3644.

[Click here to download the application](#)

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 the Eastern Iowa region are encouraged to attend.

Caregiver Wellness Day will feature informative speakers, local resources for older adults and allow social time to



connect with fellow caregivers. The event will have therapeutic massages available in the Pamper Room and flu shots during an all-day soiree to honor Iowa 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 for Caregiver Wellness Day, go to <https://www.heritageaaa.org/cwd> or call Heritage at 319-398-5559.

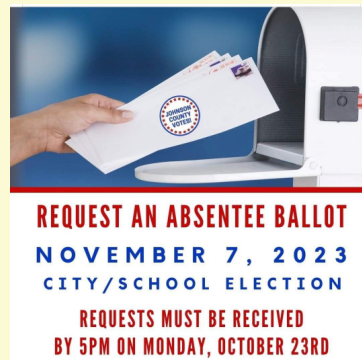
City and School Election Information

The City and School Election will be held on Tuesday, November 7.

★ Absentee ballots are now available for the November 7th of 2023 City/ School Election. **Forms must be in the hands of the Johnson County Auditor's Office by 5pm on October 23, 2023.**

★ Election Day: Polls are open from 7am-8pm on Election Day, November 7, 2023. [Find your polling place.](#)

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



Medicare Open Enrollment

You can enroll in Medicare health and drug plans from October 15 – December 7. Get ready for Medicare's Open Enrollment with these 5 tips:

1) Check your mail. You may get important notices from Medicare or Social Security. If you're in a Medicare plan, you'll get an Annual Notice of Changes (ANOC) telling you of any changes in coverage, costs, or service area. Note any 2024 changes to your health coverage or any [Extra Help](#) you may get to pay for prescription drugs.



You may also get brochures and other marketing materials from insurance companies that offer Medicare health and prescription drug plans. Remember — plans aren't allowed to call or come to your home without an invitation from you. [Find out how to protect yourself.](#)

2) Think about your Medicare coverage needs for 2024. Carefully review your current Medicare coverage, and note any upcoming changes to your costs or benefits. Decide if your current Medicare coverage will meet your needs for the year ahead. If you like your current coverage, and it's still available for 2023, you don't need to take any action to keep it.

3) Review your [2024 "Medicare & You" handbook.](#) It has information about Medicare coverage and Medicare plans in your area. If you want to get your handbook electronically, you can go paperless by [logging into \(or creating\) your secure Medicare account.](#)

4) [Preview 2024 health and prescription drug plans.](#) We make it easy to compare coverage options and shop for health plans. For a personalized search, [log in or create an account](#) (if you have a Medicare Number) to create or access a list of your drugs, compare

your current Medicare plan to others, and see prices based on any help you get with drug costs.

5) Get personalized help in your community. For local assistance contact a Senior Health Insurance Information Program (SHIIP) counselor. Schedule a meeting by contacting the Iowa City Senior Center (319-356-5220) or Mercy Hospital (319-339-3658). You can also schedule appointments online through the Senior Center by [clicking here](#).

Source: <https://www.medicare.gov/>

COVID-19 Information

The **updated 2023-2024 COVID-19 vaccines** are now available to better protect you against the most common variants of the virus circulating now. Medicare covers the COVID-19 vaccine at no cost to you.



The CDC recommends that everyone ages 6 months and older get the updated 2023-2024 COVID-19 vaccine to protect against serious illness. Protection from previous vaccination or infection weakens over time, so it's important to get the updated COVID-19 vaccine now to stay protected.

**Find COVID-19
Vaccines**






Free COVID Tests

Also, every U.S. household can order 4 more COVID-19 at-home tests — shipped directly to your home at no cost. Visit [COVIDTests.gov](https://www.covidtests.gov) to place your order.

Source: <https://www.medicare.gov/medicare-coronavirus>



FALL 2023 VACCINES

	What are the options?	Who is eligible?	How well do they work?	When should I get it?
INFLUENZA	 <p>A shot that targets 4 strains of seasonal flu</p>	6 months and older	Reduces the risk of going to the doctor by 53%	October is ideal, as vaccine protection wanes over a season
COVID-19	 <p>Updated vaccine formula targeting XBB – an Omicron subvariant</p> <p>Options: Moderna and Pfizer (mRNA). Novavax (protein) available soon</p>	6 months and older	Last year, the fall COVID-19 vaccine provided 40-60% additional effectiveness against severe disease	<p>Protection against severe disease: Get now</p> <p>Protection against infection: Best to get it right before a wave, which can be challenging to time</p> <p>Recently infected? Wait at least 3-4 months</p>
RSV (OLDER ADULTS)	 <p>2 options: GSK and Pfizer. They are slightly different in design, but only at a microscopic level</p>	60 years and older	82-86% efficacy against severe disease	Now; no need to juggle timing as protection is durable
RSV (PREGNANCY)	 <p>Pfizer is actively seeking approval</p>	Pregnant people (then protection will pass to baby for protection in first 6 months of life)	82% efficacy in preventing hospitalization in first 3 months of life. 69% efficacy after 6 months	It's not available yet but once approved, get at 24 to 36 weeks of pregnancy
RSV MONOCLONAL ANTIBODY	 <p>This is not a vaccine (doesn't teach the body to make antibodies) but rather a proactive medication (provides antibodies)</p>	All infants <8 months. High-risk infants 8-19 months	Reduces risk of hospitalization and healthcare visits by ~80%	<p>Will be available soon.</p> <p>Protection lasts 4-6 months</p>

By: Katelyn Jetelina, MPH PHD and Caitlin Rivers, MPH PHD. For more information go to Your Local Epidemiologist

Image Source: <https://yourlocalepidemiologist.substack.com/p/updated-2023-fall-vaccine-chart>

Flu Vaccine Clinics

The Visiting Nurse Association will be providing flu clinics for the Johnson County community. Public walk-in clinics are held in schools throughout the county, some churches, and the Senior Center. Flu Vaccines are administered to those 6 months of age and up.

Check the [2023 Flu Vaccine Schedule](#) or contact the VNA at 319-337-9686



Tremble Clefs

Tremble Clefs, a therapeutic singing group for individuals with Parkinson's disease (PD), caregivers, and family members, will begin rehearsals this fall at the Iowa City Senior Center. Tremble Clefs was founded in Scottsdale, AZ in 1994 and is expanding to Iowa City to engage the PD community in music therapy and social support. The loss of voice, communication difficulties resulting in a decreased volume of voice and lung capacity, and

depression are the common symptoms of PD. This weekly program will provide vocal, breathing, and movement exercises that benefit the participants to meet their specific needs in PD and create a supportive and therapeutic environment for the individuals with PD and their caregivers. Sun Joo Lee, a board-certified music therapist and a director of Tremble Clefs, AZ, who has been leading the group since 2008, will facilitate the program in Iowa City. We welcome anyone with Parkinson's, along with their spouse, caregivers, and extended family members. No musical experience or background is required to participate in the program. To learn more, visit www.trembleclefsarizona.org.

Click here to
Register



TREMBLE CLEFS

Therapeutic Singing Group For
Individuals With Parkinson's Disease

WHERE: IOWA CITY SENIOR CENTER

28 S Linn St, Iowa City, IA 52240

WHEN:

Mondays, 10:30 AM - 12:00 PM

START:

October 2nd, 2023

COME AND JOIN US

Tremble Clefs, a therapeutic singing group for individuals with Parkinson's disease (PD), caregivers, and family members, will begin rehearsals this Fall/Winter 2023 season at the Iowa Senior Center.

Common PD symptoms include the loss of voice, communication difficulties resulting in a decreased volume of voice and lung capacity, and depression. This weekly program will provide specific therapeutic exercises that benefit the health of individuals with PD.

Our Weekly Program Includes:

- **Vocal Exercises:** Strengthen voice and improve communication.
- **Breathing Techniques:** Improve lung capacity and overall vitality.
- **Movement/Exercise:** Promote physical well-being and flexibility.

Discover Tremble Clefs: We welcome anyone with PD, along with their spouse, caregivers, and extended family members. No musical experience or background is required to participate in the program. If you want to learn about the program, please contact Sun Joo Lee via email at sunjoo-lee@uiowa.edu



Register to call: 319-356-5220
Register Online: Scan the QR Code



IOWA

Office of Community
Engagement

2023 TRAIL Senior Housing & Services Guide

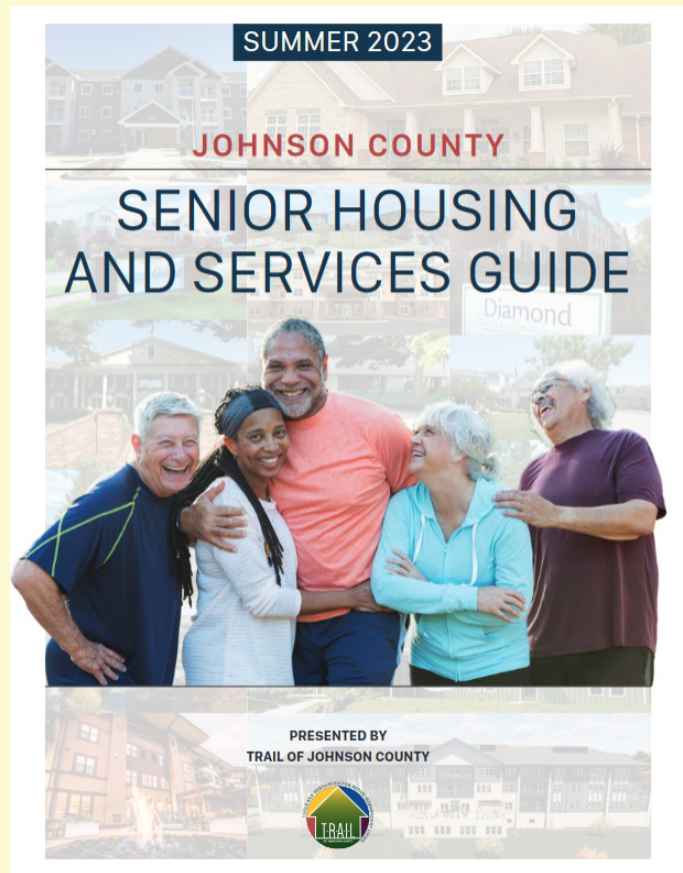
By: Bob Untiedt, Executive Director,
TRAIL of Johnson County

The 2023 Johnson County Senior Housing and Services Guide is a quite informative, 60-page document. Over the last year, eight volunteers with TRAIL of Johnson County have put more than 100 hours of work into researching senior services and housing options for seniors in this county for the guide. It includes amenities, services, and costs for:

- ★ 20 senior living facilities, including independent living, assisted living, and memory care
- ★ 4 skilled nursing facilities
- ★ 2 in-home medical care providers
- ★ 14 in-home non-medical care providers
- ★ 2 rehabilitation facilities
- ★ 2 hospice agencies

The guide also provides helpful advice about evaluating senior housing and what to look for when selecting. Members of TRAIL may receive a printed copy; the general public is welcome to view it at: https://trailofjohnsoncounty.org/download_file/view/592/241

One local lawyer who works on wills and estate planning said of this document: "This is fantastic thanks so much for sharing with us!...I really appreciate having this resource to make recommendations to clients." TRAIL knows that this is a highly valued document that will be quite useful to those who need it.



Upcoming Lego Builds

The Johnson County Livable Community for Successful Aging Policy Board's Housing Action Team, in collaboration with the Johnson County Affordable Housing Coalition and the Greater Iowa City Homebuilders Association will host a Lego-built accessory dwelling unit (ADU) design competition in October.

The Lego build competitions are funded by AARP to educate the public on the community benefits of including the construction of ADUs in zoning and building codes. Policy changes to minimize lengthy application processes, decrease high fees, and eliminate harsh regulations associated with the development of ADUs will increase the availability of more affordable types of housing for individuals aged 50+ plus. Kids aged 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:

11/4/23, Robert A. Lee Recreation Center from 3:30-5:30PM

11/15/23, North Liberty Public Library from 5PM-7PM

11/21/23, Solon Public Library from 2-5PM

North Liberty: Events from the Senior Center

A new event series sponsored by the Iowa City Senior Center began on Wednesday, September 6th in North Liberty, and will reoccur every Wednesday through October 25th at the **Ranshaw House**, 515 Community Drive, North Liberty.

★ **Death Café, 12-1 PM** – The 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 and function of this group, please visit <https://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 answers general questions about end-of-life planning. Discussions focus on a different topic each week, such as starting end-of-life conversations with important people in one's life, burial options, designing a death plan, responding to a diagnosis of a terminal disease, and creating a personalized celebration of life event (religious, spiritual, or otherwise!).

★ **Caregiving Support Group, 2-3 PM** – This is an ongoing, drop-in group that provides 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, and participation via Zoom is an option.

Registration is not required to attend these in-person events. If you would like to attend via Zoom, people can go online to icgov.org/icsc-services or call us at 319-356-5220.



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. This is open to people of all ages; join anytime!

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 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
- 319-356-5220
- 28 South Linn Street, Iowa City 52240

Volunteers Needed for VITA

Volunteer Income Tax Assistance (VITA) is a national IRS sponsored program that provides free tax preparation of

federal and state tax returns for low income households. On average, it costs a taxpayer nearly \$300 to have their return prepared and filed by a tax firm. This money can instead be used for basic needs, such as groceries and rent.

Volunteers are critical to the success of the VITA program.

VITA volunteers are needed to help prepare and file tax returns. No previous experience is necessary. Volunteers will complete IRS training to become certified tax preparers.

Volunteers greeters are also needed to welcome tax payers to the tax clinics and gather needed paperwork. To learn and to sign up to volunteer, visit;

<https://www.johnsoncountyiowa.gov/become-vita-volunteer>



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 October Newsletter
Silver Linings Older Iowans	Hancher Auditorium Upcoming Events	The Center Iowa City- September and October Activity Guide	
Stanley Museum of Art Calendar	Trail of Johnson County Calendar	UI Center of Human Rights Events	



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

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

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