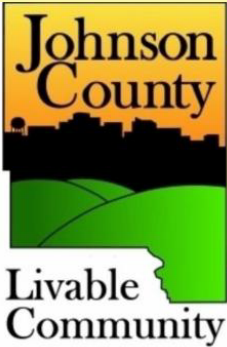


# JCLC November 2023 Newsletter



## Johnson County Livable Community Information for Successful Aging

*> the primary information resource for Seniors <*

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

## Free Thanksgiving Meal Options

### **St. Mary's Annual Thanksgiving Dinner-** Thursday, November 23rd

St. Mary's in Iowa City will be providing a to-go style Thanksgiving dinner. Meals include turkey, dressing, mashed potatoes and gravy, green bean casserole, dinner roll, cranberry sauce and pumpkin pie.

You may either pick-up your meal curbside between noon and 1PM or have it delivered to your home. Please **RSVP by noon on**

**Monday, November 20th** and let them know which option you prefer and how many you will need by emailing [icstmary@icstmary.org](mailto:icstmary@icstmary.org) or by calling 319-337-4314.

\*Donations are appreciated, but are not required.



### **North Liberty Community Thanksgiving Dinner-** Thursday, November 23rd from 1AM-3PM at South Slope Community Center, 908 Front Street, North Liberty, IA 52317.

Contact Jenny at 319-430-8232 or email [nlthanksgivingdinner@gmail.com](mailto:nlthanksgivingdinner@gmail.com) for more information. For delivery please register by Sunday, November 19th by using the contact information above.



# 2023 COMMUNITY THANKSGIVING DINNER

FREE TO ALL! EVERYONE IS WELCOME!

THURSDAY NOVEMBER 23, 2023  
11:00-3:00PM

SOUTH SLOPE COMMUNITY CENTER  
908 N. FRONT ST. IN NORTH LIBERTY

SPONSORED BY YOUR LOCAL COMMUNITY AND BUSINESSES.

CONTACT JENNY AT 319-430-8232 OR  
NLTHANKSGIVINGDINNER@GMAIL.COM FOR MORE  
INFORMATION.

DELIVERY AVAILABLE, REGISTRATION VIA PHONE OR EMAIL REQUIRED BEFORE  
SUNDAY, NOVEMBER 19TH, 2023



**Free Cook at Home Thanksgiving Dinner**- Iowa Giving Crew is providing free Thanksgiving Meals to families in need through their Operation Give Birds event. Visit <https://iowagivingcrew.org/> for more information or click on the button below to sign up.



**2023 Operation Give Birds Sign  
Up**

## Project Holiday

Project Holiday provides all the necessary groceries to cook a holiday meal. Each household will receive a meat or vegetarian

entrée and groceries for side dishes.

### Registration & Delivery

Registration is not required to receive a holiday meal. Project Holiday meals will be distributed on a first come, first served basis.



Requests for delivery can be made between November 13th through December 8th by calling 319-519-6165.

### Pickup

The 2023 Project Holiday distribution will be December 18th through the 23rd at CommUnity Food Pantry at Pepperwood Plaza – 1045 HWY 6 E, Iowa City during **regular food bank hours**.

Questions? Call the Food Bank at (319) 351-0128.

## ERMAR Program

Written by: Edith Jones, Helping Hands Program Coordinator, Iowa Valley Habitat for Humanity

Through the Helping Hands program, Iowa Valley Habitat for Humanity provides low-income households in Johnson County with emergency repairs and major appliance replacements (ERMAR), critical repairs, and accessibility modifications. The program is designed to make homes safe and livable without creating a financial burden for homeowners.

Household Size	Income Limit
1	\$40,400
2	\$46,200
3	\$51,950
4	\$57,700
5	\$62,350
6	\$66,950
7	\$71,550
8	\$76,200

ERMAR services address pressing issues quickly and include projects such as water heater, furnace, and fridge replacements and repairs to HVAC, electrical, and plumbing systems. Critical repairs include a whole-house assessment and focus on issues which are detrimental to the home's integrity and occupants' health and safety. Examples of projects include roof replacements and flooring repairs. Accessibility modifications enable older adults to age in place and individuals with mobility issues to navigate their homes safely and independently. These projects may include building ramps, widening doorways for wheelchair access, and installing low-clearance showers, grab bars, and raised toilets.

To receive repairs, accessibility modifications, or major appliance replacements, applicants must reside in Johnson County, own their home, and meet income requirements. For more information or to apply for the program, please contact Iowa Valley Habitat for Humanity at 319-338-8949 or visit [iowavalleyhabitat.org/helping-hands](https://iowavalleyhabitat.org/helping-hands).





Iowa Valley  
**Habitat**  
for Humanity®

## Johnson County Housing Rehab or Emergency Repair Grant

Written by: Deanna Robinson, Planner-Housing Specialist, East Central Council of Government



The Johnson County Board of Supervisors recently allocated American Rescue Plan Act (ARPA) funding for home rehabilitation and repair projects. Applications are now being accepted from homeowners/mobile homeowners who are interested in participating. Homeowners may qualify for up to \$6,000 or \$12,000 to make improvements to their homes.

The program objective is to help keep people in their homes by providing low-income homeowners, including mobile homeowners, assistance with home repairs and modifications that allow residents to age in place, improve living conditions, or make the home more energy efficient, particularly in households with older adults, those with chronic health conditions, and young children.

### Qualifying Criteria

- Property must be located in Johnson County but not within the city limits of Iowa City.
- Applicants must own or be purchasing the property or mobile home.
- Applicants must be current on property taxes.
- Applicants must meet income requirements for household size.
- Applicants must be willing and able to occupy the home as their primary residence for three years.
- Property value cannot exceed \$250,000.

### Examples of eligible projects include:

- Roofing and gutter repairs.

- Replacement of doors and windows.
- Replacement of essential appliances.
- Home modifications for aging in place, such as grab bars or walk-in showers.
- Porch, stair, and deck repairs to address deterioration.
- Other repairs that are necessary to address health and safety as determined by the program inspector.

**Income Guidelines for Eligible Participants**  
(50% of area median income for Johnson County)

1 Person Household	2 Person Household	3 Person Household	4 Person Household	5 Person Household
\$40,400	\$46,200	\$51,950	\$57,700	\$62,350

For more information or to apply to the program, email Deanna Robinson at ECICOG at [deanna.robinson@ecicog.org](mailto:deanna.robinson@ecicog.org) or call 319-289-0060.



**Program Administered By:**  
East Central Iowa Council of Governments  
700 Sixteenth Street NE, Suite 301  
Cedar Rapids, IA 52402

## Caregiver Communication Tips for Memory Impairments

By: Madalyn Schiffer & Harrison March, Heritage Area Agency on Aging



National Family Caregivers Month takes place each November. It's a time to celebrate and uplift the family, friends and neighbors who provide care to an older adult in ways big and small.

At Heritage AAA, we have the fortune of hearing inspiring and heartwarming stories of caregiving. There's the mailman who brings letters to the door when it snows. There's the daughter who made room in her home so her elderly mother could spend her final years surrounded by family. The spectrum is wide, which is what makes each journey unique and worth celebrating.

More recently than ever, we've also heard stories of memory loss caregiving: parents starting to forget names; spouses with profound, sudden mood swings; and neighbors who aren't sure what season we're in.

The Alzheimer's Association estimates 1-in-9 Americans age 65+ live with Alzheimer's, which is the most common type of dementia. That's more than 60,000 Iowans – not even including those with other forms of dementia.

When your care receiver has a memory impairment, communication can be hard. Try using these tips that other caregivers have found successful:

- Keep your tone positive and friendly
- Avoid arguing and correcting

- Be mindful of your body language
- Use simple words and limit choices by asking yes/no questions
- Try to keep the environment calm and not too loud
- Use visual examples when able
- If tension rises, try a distraction like going for a walk or looking through old photos
- Laughter and humor make for great medicine
- 

While the celebration of caregivers formally ends on November 30, there is help in your corner 365 days a year. Contact Heritage AAA and Johnson County Livable Community to learn more.

## 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 Lego-built accessory dwelling unit (ADU) design competitions in November.

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:

**11/14/23**, Iowa City Public Library from **4-5PM**

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

**11/17/23**, Coralville Public Library from **1-3PM**

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





## 2023 Winter Alzheimer's Education Series

*Join the Alzheimer's Association Iowa Chapter for a free virtual winter education series to learn about topics around Alzheimer's and dementia for caregivers and people living with the disease.*

**Register [HERE](#) to learn more and register.**

Contact Megan Benzing at [mrbenzing@alz.org](mailto:mrbenzing@alz.org) or 515.414.8124 with questions.

### PROGRAM SCHEDULE

*All programs are 60 minutes long and virtual via Zoom at 11 a.m. CST*

**Thursday, Dec. 7**

*Effective Communication Strategies*

**Thursday, Dec. 14**

*Dementia Conversations*

**Thursday, Dec. 21**

*Understanding and Responding to Dementia-Related Behaviors*

**Thursday, Dec. 28**

*Managing Money: A Caregiver's Guide to Finances*

COMMUNITY EDUCATOR  
Acacia Deadrick



ATTORNEY  
Deb Petersen



WALK MANAGER  
Jessica Duncan



ALZHEIMER'S  ASSOCIATION®

## 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





## Social Security Benefits Increase

Social Security benefits will increase by 3.2% beginning with the December 2023 benefits, which are payable in January 2024.

[Read More](#)



## Medicare

## 2024 Medicare Part B Monthly Premium Change

Most people pay the standard Part B monthly premium amount which in 2024 will be increased to \$174.70. Social Security will tell you the exact amount you'll pay for Part B in 2024.

[Read more about 2024 Medicare costs](#)

## Medicare Open Enrollment Ends December 7th

Make sure you review your Medicare plan as open enrollment is going on now through December 7th. Need assistance, contact one of the local SHIP offices at either the Iowa City Senior Center (319-356-5220) or Mercy Hospital (319-339-3658). You can also schedule appointments online through the Iowa City Senior Center by [clicking here](#).

## Medicare Annual Enrollment

Important Dates and Deadlines



**Oct 15th**

**Medicare annual enrollment starts**

The first day you can enroll for Medicare health coverage.



**Dec 7th**

**Medicare annual enrollment ends**

The last day you can enroll for Medicare health coverage.



**Jan 1st**

**First date coverage starts**

This is the first day your new Medicare coverage will begin.

## LIHEAP

HACAP is now accepting applications for eligible



individuals for LIHEAP (Low-Income Home Energy Assistance Program).

For more information or to apply, visit  
<https://www.hacap.org/energy>



## Local Programming and News

Click on the categories below to access more information

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



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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