

JCLC December 2023 Newsletter



Johnson County Livable Community Information for Successful Aging

> the primary information resource for Seniors <

www.livablecommunity.org

Remembering Reverend Bob Welsh

Reverend Bob Welsh passed away on December 1, 2023. Bob was a tremendous advocate in the community including many Johnson County initiatives including Empowerment/ Early Childhood Iowa and Livable Community for Successful Aging. Bob played a huge role in the creation of Johnson County Livable Community for Successful Aging among his many achievements.

You can read more about Bob in his [obituary](#). In this month's newsletter we are highlighting an interview we did with Bob in advance of the September 19, 2019 Bob Welsh Appreciation Day.



In 1965, Bob Welsh moved to the "Promised Land", as he calls it, otherwise known as Iowa City. As a former pastor and man of faith, Bob stated that once he entered the "Promised Land", he had no plans to leave. When asked what Johnson County meant to him, Bob described it as "the best place to live"--highlighting the benefits of a metropolitan area, offering many cultural and sporting events, while simultaneously having that small-town feel. "You name it, Johnson County has it", he exclaimed. We remember Bob this month for the dedication and love for his community and the tremendous impact he made. Bob had many defining achievements over the last 54 years, but he once shared that he was most proud of his work with Ecumenical Towers. From his work as chair of Iowa City's first housing commission, Bob came across a need for affordable senior housing in the area. Along with First Christian Church, Bob submitted a proposal to Housing and Urban Development (HUD), which was approved and resulted in the building of Ecumenical Towers. However, with the prospect of HUD being closed at the time, the project ran into several barriers and delays. Yet, Bob persisted, and has created housing that has served thousands of individuals for the last 35 years. As a leader of change in the community, Bob was asked what advice he would give to those who wish to do the same. He emphasized the importance of meeting the needs of people as well as going above and beyond the work required.

As a board member of Johnson County Livable Community (JCLC), Bob showed immense care for older adults in the community and was considered a prominent figure in the aging field. In 2009, the Iowa Commission on Aging presented Bob with the prestigious, Betty Grandquist Lifetime Achievement Award. This honor was given to recognize his contributions to "promoting independence and enhancing quality of life among older Iowans and Iowans with disabilities". His vision, along

with the vision of JCLC, is to help Johnson County become a more livable community where everyone can age successfully. When Bob was asked what successful aging means to him, there was no pause to think, stating “The most important thing for longevity is not your genes but your relationships.” He attributed his wife, Eunice, of 31 years to being a big contributor to his happiness and health. Bob also noted that successful aging requires a supportive community.



Winter Education Series

Winter Education Series

The Alzheimer's Association Iowa Chapter is putting on their annual Virtual Winter Program Series! This program series started last week , but there are still 3 upcoming sessions in December on Thursdays at 11:00am via Zoom. This series targets caregivers of people living with Alzheimer's or other dementias, but anyone is welcome to attend!

[Register Here](#)



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 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®

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

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

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.



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>

DIY Gift Wrapping

Iowa City Public Library

Now- 12/31/2023

10:00am to 6:00pm

Digital Media Lab- 123 S. Linn Street

NOW THROUGH DECEMBER 31! Need to wrap some holiday gifts in secret? Someplace where prying eyes can't see? Let ICPL help! We'll have Drop-in DIY Gift Wrapping in the 2nd floor Digital Media Lab from November 12 - December 31 during library hours. There will be assorted holiday gift wrap, ribbons and bows, or you can bring your own. We'll have scissors, tape, and plenty of space for you to wrap your gifts in peace. Limit of 5 gifts per person please. If you need disability-related accommodations in order to participate in this event, please contact the Library.

**Click for more
information**



North Liberty Library

December 14-18, 2023

North Liberty Library Meeting Rooms, 520 W. Cherry St.

Need a place to wrap presents away from curious eyes? We've got you covered! Come to the library for table space and some wrapping materials to get a head start on the holidays.

December 14 to 18, during library hours.

**Click for more
information**



Iowa Warm Line

*Feeling down
and need someone
to talk to?*

Iowa
Warm
Line

1-844-775-WARM (9276)

The Warm Line is a Peer run, telephone-based, non-crisis, confidential listening line for anyone struggling with mental health or substance use issues. The line is staffed 24/7 by people who have been through a similar journey and are in recovery themselves.

The Warm Line can...

- Give support for individuals not requiring crisis management. Those in crisis are transferred to the Crisis Line for critical services.
- Provide an empathetic, non-judgmental listening.
- Provide referrals to specialty resources and assistance in accessing services.
- Empower individuals to pursue health and well-being.



UnityPoint Health
AbbeHealth Services





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

2023 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 2023.

[Read more about 2024 Medicare costs](#)

Help is 3 Numbers Away

In the State of Iowa, Help is 3 Numbers Away



211 maintains a comprehensive database of community resources and provides information and referrals for essential needs like:

- Food
- Housing and Shelter
- Utility Assistance
- Healthcare Services
- Government Services

211 also can connect people with information and referrals for:

- Transportation
- Legal Services
- Counseling and Support Groups
- Disaster Aftercare
- Everything Else

988 provides crisis support for:

- Thoughts of Suicide
- Mental Health Crisis
- Substance Use Crisis
- Emotional Distress

Call for Suicide Intervention and Crisis Support
988

Whole Person Care

Call for Emergencies
911

911 provides first responder dispatch for:

- Medical Emergency
- Fire
- Reporting a Crime
- Disaster Response
- Life Threatening Situation

**Don't throw away holiday lights,
recycle them!**

As we begin our holiday decorating for the

season, remember you can recycle holiday light strands at seasonal drop-off locations in the Iowa City and Coralville area at no cost.

Note: holiday light strands **should not** be placed in regular recycling.

Recycle your burnt-out holiday lights at the following locations from **Monday, November 20, 2023, through Monday, January 7, 2024:**



Iowa City Locations

- East Side Recycling Center (via Oil Recycling Shed or ReStore Donations) (2401 Scott Blvd. SE)
 - Hours of operation:
 - Oil Recycling Shed bin access is 24/7
 - ReStore Donations (around the back of the main building at East Side Recycling Center) is open Wednesday to Saturday from 9 a.m. to 4:30 p.m. Note: Holiday closures may impact these hours.
- Iowa City Landfill and Recycling Center via electronic recycling program (3900 Hebl Ave. SW)
 - Hours of operation: Monday to Saturday from 7 a.m. to 4:30 p.m. Note: Holiday closures may impact these hours.
- Iowa City City Hall via bin located outside of main entrance (410 E Washington St.)
 - Hours of operation: bin access is 24/7

Coralville Locations

- Coralville Hy-Vee #1 (1914 8th St.)
 - Hours of operation: www.hy-vee.com/stores/detail.aspx?s=37
- Coralville Hy-Vee #2 (3285 Crosspark Rd.)
 - Hours of operation: www.hy-vee.com/stores/detail.aspx?sc=1085
- Stuff, Etc. (2818 Commerce Dr.)
 - Hours of operation: www.shopstuffetc.com/coralville/
- Coralville City Hall (1512 7th St.)
 - Monday to Friday, 7:30 a.m. - 5 p.m.; check holiday hours at www.coralville.org
- Coralville Recreation Center (1506 8th St.)
 - Hours of operation: www.coralville.org/parksandrec
- For questions about Coralville locations, please contact the Coralville Streets and Solid Waste Department at 319-248-1740 or email solidwaste@coralville.org.

These collection locations are for holiday light strands only; no plastic bags, garbage, electronics, syringes, batteries, or hazardous material allowed.

Holiday Lights Recycling (2023) Retrieved from <https://www.icgov.org/recycling>

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



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