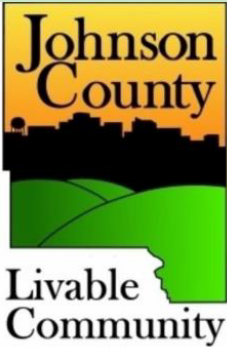


JCLC March 2024 Newsletter



Johnson County Livable Community Information for Successful Aging

> the primary information resource for Seniors <

www.livablecommunity.org

Older Adults Now Able to Receive Additional Dose of Updated COVID-19 Vaccine

Last week, CDC Director Mandy Cohen endorsed the CDC Advisory Committee on Immunization Practices' (ACIP) recommendation for adults ages 65 years and older to receive an additional updated 2023-2024 COVID-19 vaccine dose. The recommendation acknowledges the increased risk of severe disease from COVID-19 in older adults, along with the currently available data on vaccine effectiveness.

Previous **CDC recommendations** ensured that people who are immunocompromised are already eligible for additional doses of the COVID-19 vaccine.

Data continues to show the importance of vaccination to protect those most at risk for severe outcomes of COVID-19. An additional dose of the updated COVID-19 vaccine may restore protection that has waned since a fall vaccine dose, providing increased protection to adults ages 65 years and older.

Adults 65 years and older are disproportionately impacted by COVID-19, with more than half of COVID-19 hospitalizations during October 2023 to December 2023 occurring in this age group.

CDC and ACIP will continue to monitor COVID-19 vaccine safety and effectiveness. CDC continues to recommend that everyone **stay up to date on their COVID-19 vaccines**, especially **people with weakened immune systems**.

Source: <https://www.cdc.gov/vaccines/covid-19/clinical-considerations/covid-19-vaccines-us.html>

**Order Free At-home COVID-19
Tests**

League of Women Voters 2024 Legislative Forum

The March Legislative Forum will take place on March 30, 2024 from 9:30-11:30AM, at the Iowa City Senior center. All legislators have been invited. The forum will focus on Public Safety. The event will take place in-person and live streamed on the LWVJC Facebook page.

★ ★ ★ ★ ★
JOIN US FOR THE MARCH LEGISLATIVE FORUM



SATURDAY, MARCH 30, 2024

9:30 - 11:30 AM

FOCUS ON PUBLIC SAFETY

IOWA CITY SENIOR CENTER ASSEMBLY ROOM
28 S. LINN ST., IOWA CITY

In-person and live streamed to LWVJC Facebook page

★ ★ ★ ★ ★
Aging Services Lawn Mowing Program

Aging Services Lawn Mowing program has opened applications for the 2024 year. Applications and supporting documentation are due back by Monday, April 1, 2024.



Aging Services Lawn Mowing Program:

- Goal is to serve the greatest number of seniors age 60 and older within Johnson County by providing basic lawn mowing service to each participant.
- Service generally begins in May and ends in September. This may be subject to change based on weather and funding availability.
- This service aims to keep the grass within the City of Iowa City's requirement of 10 inches or shorter and the City of Coralville's requirement of 10 inches or shorter.
- Mowing is every 7 to 10 days or so, weather permitting.
- Lawn mowing calendar will be mailed to approved clients.

For questions or additional information, please contact UnityPoint Health – Aging Services at 319-398-3647 or email cara.stolba@unitypoint.org

Click here to download the application

Back to Basics: Wills, Gifts & Beneficiaries

Back to Basics: Wills, Gifts & Beneficiaries



About The Program

Be prepared for the future by going back to basics with Len Sandler, Clinical Professor at the University of Iowa College of Law. Len will cover the many ways you can update your Will to give money, real property, items of sentimental or monetary value, and other property to beneficiaries, including minors and other people who might need someone to manage their inheritance.

When

Monday, April 8
2:00 – 4:00 p.m.
Open to the public

Where

Grand Living at Bridgewater
3 Russell Slade Blvd
Coralville, IA

Registration

Free to attend
RSVP to
319-528-5047



In Honor of Bob Welsh

Bob Welsh dedicated his life to the betterment of Johnson County through volunteerism, advocacy and the promotion of lifelong learning. The Johnson County Task Force on Aging is proud to host this forum in honor of its former chairman and longtime member.

Powerful Tools for Caregivers

Heritage Area Agency on Aging is excited to share that they will be hosting Powerful Tools for Caregivers this Spring! This 6 week session begins on April 16th from 1-2:30PM. See the flyer below for additional information.

For questions or to register please contact Bryan Bruner at bryan.bruner@kirkwood.edu or by calling 319-249-8749.



Heritage

Area Agency on Aging

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers teaches family caregivers the skills needed to take care of their aging loved ones and selves.

The course is led by certified class leaders, whose training and personal experience will set you up for success as a caregiver.

You'll learn to:

- reduce stress
- balance your life
- better communicate your feelings
- enhance self-confidence
- improve ability to make tough decisions
- locate helpful community resources

Dates

Tuesdays
April 16 – May 21
1:00 p.m – 2:30 p.m. CST

Location

The comfort of home via Zoom
(meeting ID provided
after registering)

Cost

Suggested \$10 donation
to Heritage's Caregiver
Support Program

Registration Required

Register by Tuesday, April 2, by contacting
Bryan Bruner at 319-249-8749 or Bryan.Bruner@kirkwood.edu



MARCH IS NATIONAL
COLORECTAL CANCER
AWARENESS MONTH

March is colorectal cancer awareness month! Colorectal cancer affects 1 out of every 25 Americans, but it is highly treatable and can even be prevented when caught early enough by screening.

The American Cancer Society recommends that adults aged 45 years and older undergo regular screening with either a high-sensitivity stool-based test (such as a FIT test) every 1-3 years, and/or a visual exam (colonoscopy or flexible sigmoidoscopy) every 5-10 years, based on your individual health and risk factors. **Talk to your doctor about making sure you are up-to-date with screenings that are right for you.**

*Not sure if you should get screened or what screening method you should use? **Take this quiz from the Colorectal Cancer Alliance!***

*Scheduled your colonoscopy and not sure what to expect? **Click here for preparation tips!***

Iowa Rent Reimbursement

The Iowa Department of Health and Human Services (HHS) will manage the Rent Reimbursement program.

Income Limits

- To be eligible for Rent Reimbursement for claim year 2021, your total annual household income must be less than \$24,354.
- To be eligible for Rent Reimbursement for claim year 2022, your total annual household income must be less than \$25,328

[Printable 2022 Rent Reimbursement Form](#)

[Printable 2023 Rent Reimbursement Form](#)

Click here for more information and to apply online

Dementia Friends

Hancher took their first step towards becoming a Dementia Friendly Organization in February with 30 staff members becoming Dementia Friends! Soon, those who serve on the front line as ushers, in the box office, or in the cafe, will also participate in a session!

30 additional Dementia Friends in February from the Therapeutic Recreation department at the University of Iowa! These students from Clientele were engaged and excited to learn more about how they can support future clients, patients, family, etc!

Would your business like to become a Dementia Friend or a Dementia Friendly Organization by completing the 1 hour training? Reach out to Jeff Kellbach for more information at 319-688-5842 or jkellbach@johnsoncountyiowa.gov



Free Tax Aide at the Iowa City Senior Center in Spring 2024

Free tax preparation services are being offered by appointment at the Iowa City Senior Center through April 15, 2024. Low to moderate income taxpayers, especially those age 60+, can receive this free service, provided by trained volunteers through a partnership with the AARP Foundation Tax-Aide Program. **Make an appointment online** or call 319-356-5220 to sign up by phone.

Clients will schedule an intake appointment to drop off and inventory their tax-related materials and sign some forms. A counselor prepares the tax return while the client waits in the 1st floor lobby, consults the client with any questions, then reviews the completed return with the client before e-filing. The process takes about 60-90 minutes.

To have taxes prepared, clients must bring:

- Copies of federal and state tax returns for the most recent year filed
- Photo ID and Social Security card for each taxpayer included on the return
- Bank routing/account number for direct deposit/debit
- W-2 forms, 1099 forms, other statements of income
 - If you receive Social Security benefits, you must bring your SSA-1099 form to your appointment. If you don't have one, contact Social Security to request a replacement.
- If applicable, additional documentation detailing itemized deductions and credits/adjustments
- 1095-A forms if you purchased insurance through the Marketplace (Exchange)

For more details on important documents, visit <https://www.aarp.org/money/taxes/info-01-2011/important-tax-documents.html>

Daylight Saving Time

This year's daylight saving time change will take place on March 10 at 2 a.m. CT. At that time, clocks will turn ahead one hour to 3 a.m. Daylight saving time will end on Nov. 3 at 2 a.m.



FREE TAX ASSISTANCE



VITA offers FREE tax preparation for low-to-moderate-income households.

TWO EASY WAYS TO FILE:

- Schedule an appointment with an IRS-certified tax preparer.
- Prepare and file your returns online with access to help from VITA.

www.johnsoncountyiowa.gov/VITA

Schedule an appointment to have your tax return completed by an IRS certified tax preparer



Tuesday, March 19, 2024 - 1:00pm to 2:00pm
Digital Media Lab

Older adults can get one-on-one help with tech questions related to using smartphones, apps, or

general software. Chat with University of Iowa student volunteers from the UI Device Advice student organization. Their mission is to shrink the digital divide by educating older adults on today's technology while creating meaningful connections.

If you need disability-related accommodations in order to participate in this event, please contact the Library.

Local Programming and News

Click on the categories below to access more information

North Liberty Senior Connections Lunch	AARP Iowa Events	Alzheimer's Association Upcoming Events	Solon Senior News March 2024 Newsletter
Silver Linings Older Iowans	Hancher Auditorium Upcoming Events	Iowa City Senior Center Iowa City- March/ April Activity Guide	Iowa City Public Library Events
Stanley Museum of Art Calendar	Trail of Johnson County Calendar	UI Center of Human Rights Events	Coralville Public Library 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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