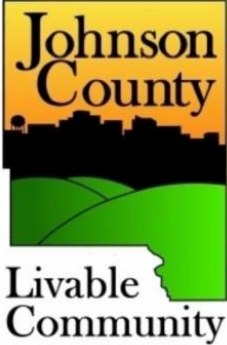


# JCLC April 2024 Newsletter



**Johnson County Livable Community  
Information for Successful Aging**

*> the primary information resource for Seniors <*

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

## VOLUNTEER APPRECIATION MONTH



### April is National Volunteer Month

Find local opportunities to volunteer with United Way's **55+ Retired & Senior Volunteer Program** or **55+ RSVP**. People 55 and better are encouraged to get involved using their lifetime of experience to reach out and help others. Individual abilities and interests are matched with community volunteer needs.

# Dining with Dignity

Mondays 4:30-6:30pm

735 George St

Reservations: 319-466-3032

## *New Program*

### **Dining With Dignity (DWD)**

Oaknoll is excited to announce our new program *Dining With Dignity*.

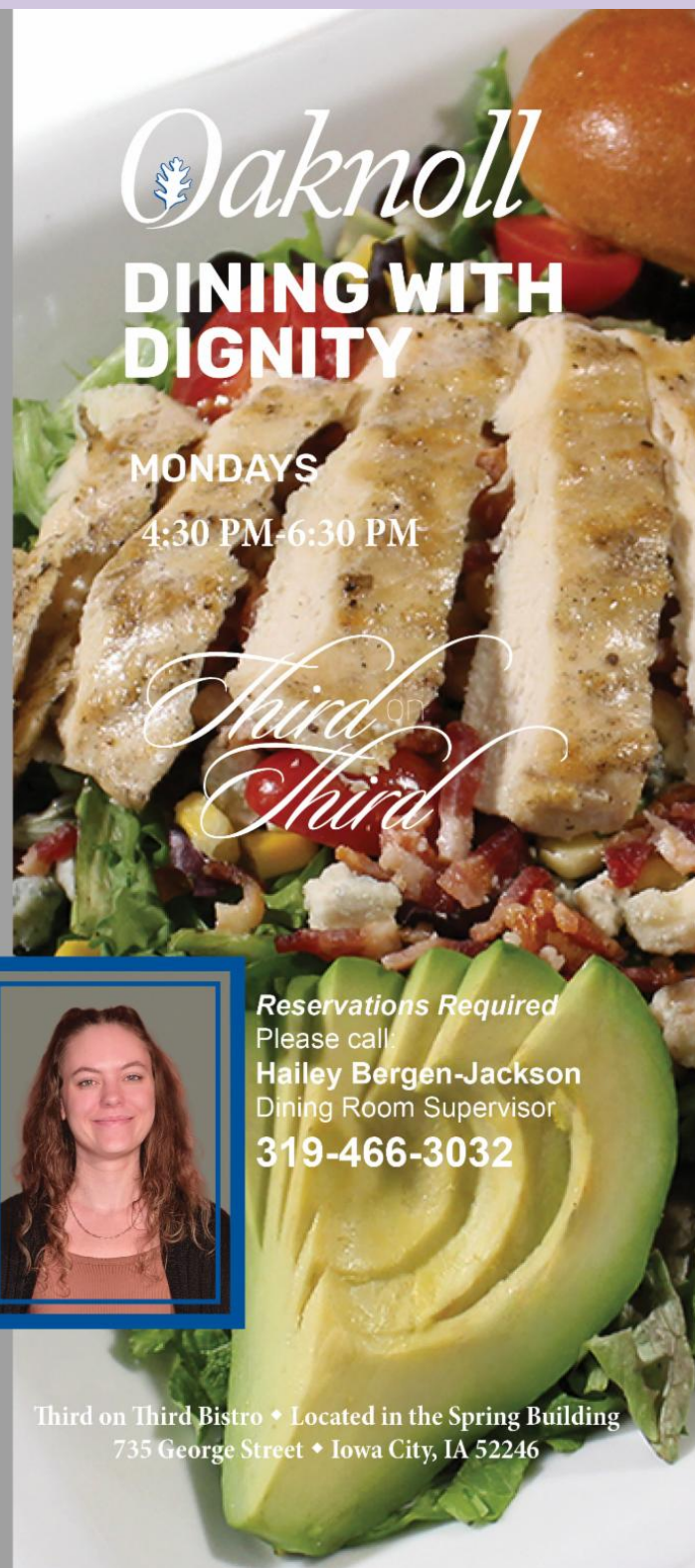
*Dining With Dignity* provides a unique opportunity for family and friends who have loved ones living with dementia to dine with them in a restaurant setting.

*Dining With Dignity* is on Monday nights and is a quiet and supportive dining experience with limited distractions. There is a simplified menu and food that is colorful, appetizing and easy to eat for those with dementia. We will also have Dementia Friendly trained staff who can offer cues and prompting to make the dining experience pleasant.

*Third on Third* will be open on **Mondays from 4:30 p.m. -6:30 p.m.** for Dining With Dignity and begins on April 15. It is open to residents within Oaknoll, family members and the community.

*The Third on Third Bistro* is located in the Spring building on our main campus at 735 George Street. There will be a parking variance to allow guests to park on George Street on Monday evenings.

Visitors may also park in driveway 5 in any unmarked spot in the lot. The driveway is located by the skywalk and across from the Spring building.



# Oaknoll

## DINING WITH DIGNITY

MONDAYS

4:30 PM-6:30 PM

*Third on Third*



### **Reservations Required**

Please call

**Hailey Bergen-Jackson**

Dining Room Supervisor

**319-466-3032**

Third on Third Bistro ♦ Located in the Spring Building  
735 George Street ♦ Iowa City, IA 52246



# SLAM THE SCAM

PRESENTED BY  
SPECIAL GUEST AL PERALES



## Join us for our "Slam the Scam" Seminar!

Special guest Al Perales from the Iowa Attorney General's Office will review many topics including:

- Why do scammers target Iowa?
- Why do scammers target certain demographics?
- How do the scams work?
- What scams are currently occurring in Iowa?
- & Tips to protect yourself!

Member  
FDIC

## WHERE & WHEN?

Two River Bank & Trust's Lobby  
222 N. Main St.  
Burlington, IA

Thursday, April 11th  
8:00AM - 9:00AM

### ADDITIONAL WAYS TO ATTEND THE SEMINAR:

- Broadcasting at Coralville, Des Moines, Fort Madison - Avenue F, and Mediapolis locations.
- This will also be available via webinar link, which you register to receive on our website.

*April* | Financial  
*is* | Literacy Month

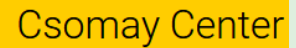
It's that time of year to review your financial status, especially since it is tax time. Whether you're retired or planning to retire it is beneficial to spend some time each year to refresh your financial literacy and review your finances. Investopedia has a great set of articles to assist you in performing this refresh of your financial literacy. These articles discuss the importance of knowing your net worth, five rules to improve your financial health, the beauty of budgeting, digging your way out of debt

in 8 steps and the best retirement plans.

Find the link to the main article [here](#).

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## Staff & Family Partnerships to Improve Dementia Care

The logo for the University of Iowa, featuring the word "IOWA" in a bold, yellow, sans-serif font on a black rectangular background.The logo for the Csomay Center, featuring the text "Csomay Center" in a black, sans-serif font on a yellow rectangular background.

The brief, easy-to-use, online training modules were developed using feedback from diverse long-term care providers to best assure relevance of the content and feasibility of use in community-based dementia-related settings. See the study description [here](#). In addition to the 12 training modules listed here, an [Instructors Manual](#) is available to help users tailor the training series to best fit the need and goals of the care setting and individual users.

## 12 Training Modules of Partnerships to Improve Care and Quality of Life for Persons with Dementia

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## The Oaknoll Dementia Experience

The Dementia Live® program is a training created by the AGE-u-cate™ institute

The Oaknoll Dementia Experience is lead by certified Dementia Live® coaches who help others learn and gain perspective on how it feels to live with dementia and experience a deeper understanding of the totality of these brain diseases.

Our Dementia Live® home at Oaknoll immerses participants into what life might be like living with cognitive impairment, sensory changes, and dementia. Specialized gear is utilized that simulates dementia specific changes in aging, including altered eyesight, hearing, and tactile sensation.

The home is set up as though someone has been living there for 40 years. While wearing the gear participants are asked to perform everyday tasks, like making the bed or finding items in their kitchen. This experience is a powerful and effective tool to help others be more empathetic and supportive of those living with dementia.

The Oaknoll Experience is intended to give participants a better understanding of the anxiety, isolation, frustration, and confusion a person living with dementia may feel. There is a valuable discussion following the experience to debrief with the participants and see what perspective were gained and how it felt going through the simulation.



If you would like to learn more to have a deeper understanding please contact:

**Kam Atwater**, CTRS  
Dementia Live® Coach, At Home With Oaknoll Manager  
DIRECT: (319) 466-3001  
EMAIL: katwater@oaknoll.com

*Oaknoll*

For more information visit our website at: [www.oaknoll.com](http://www.oaknoll.com)

1 Oaknoll Court • Iowa City, IA • 52246





# HOMESTEAD TAX CREDIT AND EXEMPTION

In addition to the homestead tax credit, eligible claimants who are 65 years of age or older on or before January 1 of the assessment year are now eligible for a homestead tax exemption. For the assessment year beginning on January 1, 2023, the exemption is for \$3,250 of taxable value. For assessment years beginning on or after January 1, 2024, the exemption is for \$6,500 of taxable value.

The deadline for filing is July 1, 2024 for the 2024 assessment year. Applications filed after July 1 will be applied to the 2025 assessment year.

Find the application [here](#).

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**Saturday,  
April 27  
10 a.m. - 2 p.m.  
DEATakeBack.com**



## National Prescription Drug Take Back Day and Needles Collection Event

Drop off your expired, unwanted, or unused pharmaceutical or OTC medications to law enforcement officers for destruction. We're focused on removing potentially dangerous controlled substances from our community's medicine cabinets.

Do you have a cabinet full of unused medications that you just haven't gotten around to throwing away? Here's your solution! This program is anonymous and no request will be made for identification.

Please help us combat the nationwide issue of pharmaceutical drug abuse.

Sheriff's Office staff will be available on Saturday April 27, 2024 from 10:00am-2:00pm at 511 S Capitol St, Iowa City.

Other locations:

Iowa City Police Department - East Side Recycling Center

VA Healthcare System

North Liberty Police Department

NO NEEDLES OR INHALERS will be accepted.

**If you have more questions, please give us a call, 319-356-6020.**

## Balance & Fall Risk Assessment

By David Harper, Physical therapist, Visiting Nurse Association

Free balance and fall risk assessment by appointment for members of the Iowa City Senior Center. During this session, you will be asked to stand on the BTrackS Balance Plate that utilizes special software to assess your balance and fall risk. After each assessment, David will provide guidance to help you improve balance based on your results.

- April 9 & 23, 10-11am, by appointment
- [Register online](#) or call 319-356-5220

# Local Programming and News

Click on the categories below to access more information

<b>North Liberty Senior Connections Lunch</b>	<b>AARP Iowa Events</b>	<b>Alzheimer's Association Upcoming Events</b>	<b>Solon Senior News April 2024 Newsletter</b>
<b>Silver Linings Older Iowans</b>	<b>Hancher Auditorium Upcoming Events</b>	<b>Iowa City Senior Center Iowa City- March/ April 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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