

APRIL 2025 ISSUE



**SOCIAL  
SERVICES**

Livable Community  
for Successful Aging

# Livable Community for Successful Aging Newsletter



In a livable community everyone can age successfully and live a vital life with the opportunity to flourish in the community.



**FINANCIAL  
WELLNESS**



**TAKE THE  
SURVEY**



**HEALTHY  
AGING**

*And more!*

# Table of Contents

2

Take the Survey

6

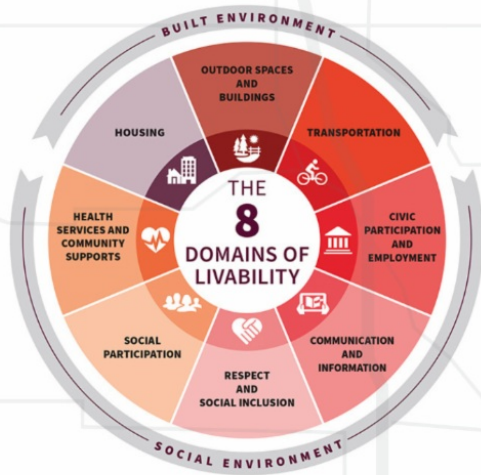
Financial Wellness

8

Healthy Aging

16

Community Events



## JOHNSON COUNTY RESIDENTS INVITED TO SHARE THEIR VIEWS ON LIVABILITY FOR AGING SUCCESSFULLY

The Johnson County Livable Community for Successful Aging Policy Board is completing a survey aimed at understanding the experiences and perceptions of residents aged 45 and older regarding livability in Johnson County.

[CLICK HERE to complete the survey!](#)

Or scan this with your phone camera:



English



Arabic



French



Spanish



Attend the 2025 Community Board Fair! This event provides a centralized space for individuals looking for leadership opportunities to connect with nonprofit organizations or government commissions who have available leadership positions they are ready fill.





In Case You Missed It The Great Iowa Treasure Hunt had great success returning funds to past and present lowans on National Unclaimed Property Day, celebrated annually on February 1. From January 29 to February 6, the Great Iowa Treasure Hunt had over 10,000 claims submitted totaling over \$4 million! This year's largest claim was for over \$400,000! Over 415,000 properties for past and present lowans were added to our list in 2022, so even if you've searched for your name before, it could be beneficial to search again at [GreatIowaTreasureHunt.gov](http://GreatIowaTreasureHunt.gov). You never know what might be waiting for you!



**FINANCIAL WELLNESS****Iowa Rent Reimbursement**

If you're a low-income lowan aged 65 or older or a low-income disabled adult you may be eligible for a partial reimbursement of your rent. You can now apply for reimbursement for 2024 and 2023 claims using any device that connects to the internet. To be eligible you need to be 65 or older in the claim year or be at least 18 and totally disabled in the claim year.

**Income Limits**

To be eligible for Rent Reimbursement for claim year 2024, your total annual household income must be less than \$26,219

To be eligible for Rent Reimbursement for claim year 2023, your total annual household income must be less than \$25,328

You can apply online at

<https://benefits.stateofiowahhs.org/program/rentreimbursement>

If you need help completing the application, you may reach out to Jeff Kellbach, [jkellbach@johnsoncountyiowa.gov](mailto:jkellbach@johnsoncountyiowa.gov) or by calling 319-688-5842.

**FINANCIAL WELLNESS****Financial Education and Empowerment  
for Adults****State Treasurer's Office has a multitude of resources  
available for adults:**

**Budgeting Calculators:** A well-rounded budget can make one of the largest impacts on achieving your financial goals. These budgeting calculators, including credit card debt, debt management, 50/30/20 budget, simple budget, vacation budget and more, empower you to track your expenses and savings.

**Enrich:** Provided by the National Association of State Treasurers, Enrich is a personal finance program helping individuals reach their financial goals one step at a time with articles, courses, questionnaires and personal analysis tools.

**Invest in You – Money 101:** CNBC offers this 8-week course to improve your financial wellness. Learn how to chart your path to financial freedom, get tips on managing your money and strategies to grow and protect your money.

**Money Basics:** Smart About Money's Money Basics courses help you to form a healthy financial foundation for the rest of your personal finance journey. Each course takes approximately 45 minutes to complete and includes valuable tools and resources including worksheets, calculators and quizzes.

**Personal Finance Videos:** Money Fit provides an ever-growing library of videos to learn the skills necessary to not only become debt-free but to take charge of your finances, get ahead and live comfortably.

**Book List (PDF):** From personal finance to investing strategies, these books build your financial knowledge.



## FINANCIAL WELLNESS

AARP Fraud Watch Network™ is a free resource for all. With AARP as your partner, you'll learn how to proactively spot scams, get guidance from our fraud specialists if you've been targeted, and feel more secure knowing that we advocate at the federal, state, and local levels to protect consumers and enforce the law.



## Fraud Watch Network

If you've been targeted by scams or fraud, you are not alone. Our trained fraud specialists provide support and guidance on what to do next and how to avoid scams in the future. The AARP fraud helpline, 877-908-3360, is free and available to anyone. We also offer online support sessions for further emotional support.

### On Demand Webinars Available

- How to Spot & Stop a Scam
- Recognize & Guard Against New Scams
- Staying Safe as Scams Evolve
- The New Currency of Scams: Gift Card Payments
- The Cost of Medicare Fraud



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





FEATHERSTONE  
AT HICKORY HILL  
*presents*  
**NAVIGATING  
DEMENTIA**

You are invited to join us each month as we discuss varying topics relating to Alzheimer's & Dementia, while providing peer support for caregivers & families.

*Held in our Grand Living Room, the first Monday of every month.  
Light refreshments provided.*

 **APRIL 7TH, 2025**

 **6 TO 7 PM**

 **2450 HICKORY TRAIL**

 **319.595.2270**

*\*NO RSVP NECESSARY.  
ALL ARE WELCOME TO ATTEND.*



**NAVIGATE**  
MEMORY CARE

with



**Care  
Initiatives**

## HEALTHY AGING



**UNLOCKING  
BRAIN FITNESS**  
KEYS TO DEMENTIA PREVENTION™

### Unlock the KEYS to Dementia Prevention!

Join our *weekly class* at the Iowa City Senior Center, running Thursdays from **March 6th to May 8th, 10 am–12 pm.**

Each week, we'll explore a new "key" to dementia prevention:

- 🔑 **Eat Well**
- 🔑 **Get Moving**
- 🔑 **Sleep Better**
- 🔑 **Right Medications**

...and more!

Learn from expert guest speakers, including a **dietician, fitness expert, and pharmacist**, and benefit from personalized support through **one-on-one health coaching** with University of Iowa student health coaches in addition to the weekly classes.

📍 **Iowa City Senior Center**

📅 Thursdays, March 6–May 8

🕒 10 am–12 pm

### Registration is \$20

To sign up, email **Lisa Parlato** at [lparlato@johnsoncountyiowa.gov](mailto:lparlato@johnsoncountyiowa.gov).

For more details, contact Lisa and/or visit [www.brainhelpandhope.org](http://www.brainhelpandhope.org).

## HEALTHY AGING

**Learn More.  
Live Better.  
Parkinson's  
Symposium**



Living with Parkinson's can be challenging, but there are many things you can do to maintain and improve your quality of life. This program provides information to help you find the balance between a proactive approach and wondering what lies ahead.

This in-person program, presented in collaboration with the University of Iowa Health Care, a Parkinson's Foundation Center of Excellence, is open to people with Parkinson's, their family, friends, medical providers/practitioners, and the community. There is no charge to attend, but registration is required. Breakfast will be provided.



April 12, 2025, 10:00am - 1:00pm



Highlander Hotel  
2525 Highlander Pl  
Iowa City, IA 52245

Register

**NOW**

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





## Hazardous Material Collection Facility

Improper disposal of batteries in the regular garbage is a leading cause of landfill fires. Prevent landfill fires and the release of hazardous chemicals in the local environment by properly recycling batteries at several local drop-off locations listed below.

Damaged batteries, large lead-acid batteries, and large quantities of batteries should be taken directly to the Hazardous Material Collection Facility.

### Iowa City Landfill & Recycling Center

3900 Hebl Avenue SW

Iowa City, IA

319-356-5185

### Iowa City Fire Station #2 West

301 Emerald St., Iowa City

### Ace Hardware East & North

1558 Mall Dr., Iowa City

600 N. Dodge St., Iowa City



### North Liberty Community Center

520 W Cheery St., North Liberty

### Coralville Recreation center

1506 8th St., Coralville

Battery terminals must be taped with clear packing tape (do not use any other type of tape) or placed in a sealed, clear plastic bag (one battery per bag). Residents are encouraged to tape or bag, however, if batteries are not taped or bagged when they arrive at drop-off locations,

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



## COMMUNITY EVENTS



## Fighting Against Fraud



April 11, 2025, 1:00pm-2:00pm



Iowa City Senior Center

This course is to increase awareness of phone and internet fraud. Scammers are professionals who target all ages. Tips on how to recognize that the person on the other end of a conversation is intimidating you, promising false hopes of employment, or threatening you with legal claims, can help avoid financial loss as well as emotional trauma. All of us can be caught off guard by an email or phone call that requires immediate attention or something horrible will happen if we don't comply. Your brain goes into reactive mode and you do what you are told without stepping back and thinking through the situation. This course will provide tools for you to keep yourself and financial information safe and not in the hands of scammers.

Presenter: Ann Thompson, Iowa City Policy Department, Victim Services Coordinator



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

13

## COMMUNITY EVENTS



## Sleep: A Key to Healthy Aging



April 9, 2025, 12:00pm - 1:00pm



Iowa City Senior Center

How do our sleep needs change as well age? What is REM sleep? How does sleep impact my memory, my heart, and my pain? Why do I pee so much at night? Attendees will walk away with answers to these questions and more. Come learn things you can immediately apply to your lives to sleep better and age better. Presenter: Jake Raecker, DPT



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

## COMMUNITY EVENTS

**FOSTERING CLIMATE RESILIENCE TOGETHER**

WITH SPEAKERS ROSALIND GRANT, WILLIAM GUTOWSKI, JR., MARTHA DURR, BRANDI JANSSEN, AND LINDA SHENK

FRIDAY APRIL 4, 2025  
12:00PM - 1:30PM  
IOWA CITY PUBLIC LIBRARY  
ALSO STREAMING ONLINE

HOSTED BY  
KATHARINE LASANSKY  
ICFRC BOARD MEMBER

IN PARTNERSHIP WITH THE  
IOWA CITY PUBLIC LIBRARY

College of Public Health | Anthropology

NOAA Climate Adaptation Partnerships

DOORS OPEN AT 11:30AM - JOIN US FOR SOCIAL CONNECTION AND A MEAL!  
PLEASE **RSVP BY APRIL 1st** - SO WE KNOW HOW MUCH FOOD TO ORDER

Researchers, sovereign tribal communities, and women farmland-owners will discuss how they are collaborating to foster climate resilience through the newly established Central Midwest Climate Opportunities and Learning Team (CM CO-Learn), funded by the NOAA Climate Adaptation Partnerships program, that supports Iowa, Nebraska, Kansas, and Missouri.

COMMUNITY EVENTS



Disaster PrepWise helps individuals and families develop personalized disaster management plans before disaster strikes.

- What?** Free clinic to help you prepare for natural disasters using the Disaster PrepWise program developed by the University of Iowa
- Who?** Anyone who is interested in becoming prepared for all types of disasters and would like a **free** disaster plan
- When?** Friday, April 4th, 2025 from 11:00 am - 3:00 pm  
The average clinic session takes 1-2 hours
- Where?** Heritage Area Agency on Aging  
6301 Kirkwood Blvd SW, Cedar Rapids, IA, 52404



**Our Clinic Will Help You**

- ✓ BE INFORMED
- ✓ MAKE A PLAN
- ✓ BUILD A KIT

To RSVP or ask questions contact

Kaylie Springer

563-542-6886

[kaylie-springer@uiowa.edu](mailto:kaylie-springer@uiowa.edu)

 [www.public-health.uiowa.edu/prepwise/](http://www.public-health.uiowa.edu/prepwise/)

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

16



**COMMUNITY EVENTS**

Please join the University of Iowa Physics & Astronomy Department as we use the Van Allen Observatory and small telescopes to tour the spring sky. To attend this Astronomy observation session, follow the signs in Van Allen Hall to the east elevator to reach the roof.



**Friday, April 4, 2025 8:00pm - 10:00pm**



**Van Allen Hall, 30 North Dubuque Street, Iowa City,  
Iowa 52242**

## COMMUNITY EVENTS



## Community Open House for UI Health Care Medical Center North Liberty

On April 12, an exclusive sneak peek and to celebrate the University of Iowa Health Care Medical Center North Liberty which will open on April 28. Stop by anytime from 10 a.m. and 4 p.m. for hospital tours, Iowa Hawkeye student-athlete meet and greets, sports challenges and demonstrations, hands-on STEM activities for kids, and more!

This event is open to the public. All programming is free.

When:

Saturday, April 12

10 a.m. to 4 p.m.

Where:

UI Health Care Medical Center North Liberty

701 W Forevergreen Road, North Liberty, IA 52317

Parking and check-in:

Free parking is available in all lots surrounding the UI Health Care North Liberty Campus. Check-in for the event can be accessed at both the north and south sides of the facility, see map for details.

Activities:

- Tours of the new North Liberty medical center
- Fitness class on the turf with Hot House Yoga at 10:15 a.m. (participants are encouraged to bring their own yoga mat)
- Meet and greet with select Iowa Hawkeye student-athletes from 1:20 to 2:30 p.m.
- Herky from 11 a.m. to 1 p.m.
- Food trucks with a \$5 food voucher on us for the first 4,000 attendees
- Hands-on STEM (science, technology, engineering, and math) activities for kids with medical students
- Rock climbing wall, pickleball, mini golf, sports challenges and demonstrations for all ages
- Face painters and caricature artists
- Giveaways

Note: In case of inclement weather, select outdoor activities will move inside the medical center.

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

## COMMUNITY EVENTS



# 26TH ANNUAL WALK FOR DIGNITY

**LACE UP TO HONOR,  
REMEMBER, AND  
SUPPORT  
COMPASSIONATE CARE.**

**About Our Event!**

We warmly invite you to join us for our annual Walk for Dignity event. This is a family-friendly community event that honors the memories of loved ones as we raise funds to support vital programs offered by Iowa City Hospice and VNA!

**Event Highlights**

**Family-Friendly Walking Route** ◀  
The walking path is safely contained within the park and welcoming for all, including young children, strollers, and pets.

**Memory Lane** ◀  
Remember loved ones fondly with photos and favorite sayings posted along the walking path.

**Passport Stations** ◀  
Earn fun stamps and stickers with simple activities and challenges.

**April 27, 2025  
12:00 - 02:00 PM  
Willow Creek Park  
1117 Teg Dr, Iowa City, IA 52246**

 **Contact us**  
800-897-3052

**Website**  [www.iowacityhospice.org/walk-for-dignity](http://www.iowacityhospice.org/walk-for-dignity)



## COMMUNITY EVENTS



## Discover Everything the North Liberty Community Center has to Offer on April 2

**Who:** Community members of all ages.

**What:** A Community Center open house! Meet city staff, tour library and recreation center facilities, get access to discounted rec membership fees, sign up for a library card, learn about city programs, make a craft, grab a snack, score fun giveaways and enter to win one of two giant prize bags filled with city gear.

**Where:** North Liberty Community Center, 520 W. Cherry St.

**When:** Wednesday, April 2, between 4:30 and 6:30 p.m.

**Why:** Get to know the North Liberty Community Center!

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



Johnson County Social Services | 855 S. Dubuque St., Suite 202B | Iowa City, IA 52240 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email & social marketing for free!