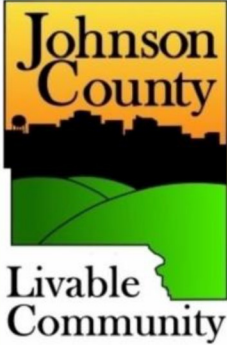


# JCLC May 2024 Newsletter



## Johnson County Livable Community Information for Successful Aging

> *the primary information resource for Seniors* <

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



### Older Americans Month

By: The Administration for Community Living

#### Celebrating Older Americans Month: Powered by Connection

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection,"

focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the [U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community](#).

#### How can community groups, businesses, and organizations mark OAM?

- Spread the word about the mental, physical, and emotional health benefits of social connection through professional and personal networks.
- Encourage social media followers to share their thoughts and stories of connection using hashtag #PoweredByConnection to inspire and uplift.
- Promote opportunities to engage, like cultural activities, recreational programs, and interactive virtual events.
- Connect older adults with local services, such as counseling, that can help them overcome obstacles to meaningful relationships and access to support systems.
- Host connection-centric events or programs where older adults can serve as mentors to peers, younger adults, or youths.

#### What can individuals do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

For more information, visit the official [OAM website](#) and follow ACL on [X](#), [Facebook](#), and [LinkedIn](#). Join the conversation on social media using the hashtag #OlderAmericansMonth.

Bob Untiedt, **Johnson County Livable Community for Successful Aging's** Chair, pictured below with Meghann Foster, Mayor of Coralville, attended the Proclamation made by Coralville City Council proclaiming May 2024 as **Older American's Month**. Thank you City of Coralville for recognizing the importance of Older Americans in our community!



# HELP & RESOURCES FOR OLDER ADULTS

## 988 Suicide & Crisis Lifeline

988 or [988Lifeline.org](https://www.988lifeline.org)

## Veteran's Crisis Line

Dial 988 press 1

## SAMHSA's National Helpline

[1-800-662-HELP \(4357\)](https://www.1800662HELP.org)

## Disaster Distress Helpline

[1-800-985-5990](https://www.18009855990.org)

## [FindTreatment.gov](https://www.findtreatment.gov)

## [FindSupport.gov](https://www.findsupport.gov)







## May is National Stroke Awareness Month

**Every 40 seconds, someone in the U.S. has a stroke.** It could happen on your street, in your workplace, at a store where you shop — anywhere. Your readiness to spot the stroke warning signs and call 911 could save a life or make the difference between a full recovery and long-term disability. That's why it's so important to learn the stroke warning signs and urge everyone you know to do the same

**The faster stroke is treated, the more likely the patient is to recover** In fact, stroke patients who are treated with the clot-busting drug IV r-tPA Alteplase within 90 minutes of their first symptoms were almost three times more likely to recover with little or no disability. In some cases, a procedure to remove the clot causing the stroke is also recommended. Ninety-one percent of stroke patients who were treated with a stent retriever within **150 minutes of first symptoms** recovered with little or no disability. The thing to remember is that stroke is largely treatable. It's a matter of getting the right treatment, right away.

### F.A.S.T. Warning Signs

#### Use the letters in F.A.S.T. to spot a Stroke

- **F = Face Drooping** – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- **A = Arm Weakness** – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **S = Speech Difficulty** – Is speech slurred?
- **T = Time to call 911** – Stroke is an emergency. Every minute counts. Call 911 immediately. Note the time when any of the symptoms first appeared.

### Other Stroke Symptoms

#### Watch for Sudden:

- **NUMBNESS** or weakness of face, arm, or leg, especially on one side of the body
- **CONFUSION**, trouble speaking or understanding speech

- TROUBLE SEEING in one or both eyes
- TROUBLE WALKING, dizziness, loss of balance or coordination
- SEVERE HEADACHE with no known cause

More information can be found at: [American Stroke Association](#)

## Build a Personalized Disaster Plan with Disaster PrepWise

**Friday, May 31, 2024**  
**11:00am to 5:00pm**  
**Iowa City Public Library**  
**Meeting Room A**

Have you thought about becoming better prepared for disasters but don't know where to start? Sit down with trained interventionists from the UI College of Public Health who will help you build a plan that suits your needs at no cost with Disaster PrepWise. Disaster PrepWise is a tool developed at the College to help older adults build a personalized disaster plan, which is being offered FREE for anyone interested in getting prepared for any type of emergency.

Disaster PrepWise will be holding a half-hour presentation at 11am about the importance of preparation and how best to prepare for any type of emergency. Starting at 11:30am and going until 5pm, PrepWise team members will be offering FREE assistance building personalized disaster plans designed for older adults and those with special health needs (although everyone is welcome and would benefit from disaster planning!) These meetings will last about 90 minutes, and participants are encouraged to bring in things that they will need to develop their plan, such as contact information and prescription information. To guarantee a specific time, please email [nostrem@uiowa.edu](mailto:nostrem@uiowa.edu), but walk-ins are welcome as well.



## IOWA RETURN TO COMMUNITY (IRTC)

The Iowa Return to Community initiative provides long-term care support planning to assist non-Medicaid eligible seniors who want to return to their community following a nursing facility or hospital stay. By helping to coordinate wrap-around services and supports for these individuals that enable them to live safely and comfortably at home, this initiative will provide increased quality of life by ensuring consumer choice; potentially producing cost savings for older Iowans and the State by preventing or delaying an individual's enrollment in Medicaid.



The program recently expanded into Johnson County. Find out more information here: [Iowa Return to Community](#)



HAPPY  
**Mother's  
Day!**

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## **Coralville Parks and Recreation Summer Activity Guide**

The city of Coralville's Parks and Recreation Center is hosting activities this Summer for older adults ages 55 and up! Whether you would like to make some new friends, work on crafts, or go out and enjoy the weather- the Coralville Summer Activity Guide has something for you!

For more information see the flyer below or click the following link- [Activity Guide](#).

To register for applicable activities, please follow the link- [Registration](#).





# Let's meet up!



PROVIDING RECREATION, SOCIAL, AND WELLNESS OPPORTUNITIES FOR ADULTS AGE 55+

## Nature Walk

If you enjoy casual walks in nature with friends on trails, this is for you. We'll explore different trails in the Coralville area and get some exercise.

**THURSDAY 9:30-10:30 A.M.**

DATE	LOCATION
May 30	Clear Creek Trail, meet at the Youth Sports Park
June 20	Muddy Creek Trail, meet at Wickham School
July 25	Iowa River Trail, park near Quarry Road and 7th Street
Aug. 15	Muddy Creek Trail, meet on 12th Ave. and Maplewood Dr.

Price: Free

Note: Walk is canceled if inclement weather.

## Patio Lunch Club

It's always more fun to eat lunch with friends. We'll meet at a different restaurant each month on the outdoor patio. Call the Recreation Center to make your reservation. We set up the reservation at the specified restaurant, but the lunch expense is the responsibility of the participant.

**TUESDAY 11:30 A.M.**

DATE	LOCATION	CLASS #
May 21	Barrett's Quality Eats	8010.200
June 11	Tin Roost	8010.201
July 30	Marquee Pizzeria	8010.202
Aug. 27	Edgewater Grille	8010.203

Price: Free

Note: Lunch is canceled if inclement weather.

Deadline: 24 hours prior to the lunch date.

## Coffee and Crafts

Bring a project and enjoy some time with fellow crafters. Enjoy conversation and learn a new skill from one another. Coffee, crafting, and conversations...a great way to spend a morning together!

**1ST & 3RD THURSDAY**

DATE	TIME
May 2 and 16	9:30-11:30 a.m.
June 6 and 20	9:30-11:30 a.m.
July 18*	9:30-11:30 a.m.
Aug. 1 and 15	9:30-11:30 a.m.

\*No Coffee and Crafts on July 4.

Price: Free

## engAGE Picnic

Pack up your favorite sandwich or lunch item and eat while visiting with friends! We will meet at S.T. Morrison Park Fireside Shelter for lunch. (By the pond). Hopefully it will be a beautiful day and we can walk the trail through the park after lunch.

**WEDNESDAY**

DATE	TIME
June 26	11:30 a.m.-1:00 p.m.

Price: Free

Location: S.T. Morrison Park, Fireside Shelter

Note: Bring lunch and beverage.

Rain date: June 27





# IOWA CITY Farmer's Market

Saturdays, May 4 - Oct. 26  
7:30 AM - Noon  
Chauncey Swan Parking Ramp



## Senior Farmers Market Checks

Program update

### Senior Farmers Market Checks Program Update

- Heritage is expecting to receive the application forms in late April/early May.
- All participants from last year will automatically be mailed an application and pre-paid return envelope.
- New participants are of course welcome. Call Heritage or stop by after May 1 to get your application.
- Heritage will process applications as they are submitted. Checks will be mailed on or around June 1 when the program opens.
- Applications submitted after June 1 will receive their checks when signing up or promptly by

mail.

- The only change for participants that we currently know of: you will no longer need to sign the checks when making your purchases.

It's **very** important that if you receive checks, you use as many as you can. That means more fresh, local produce for you and a higher usage rate for the program. Usage rates help determine funding for the year to come, so please use them up and eat well

## May 11th - Tiffin Citywide Clean-Up

### May 11th - Citywide Clean-Up



Residents will be required to bring their own items down to the Tiffin Auxiliary Field on May 11th. If you are unable to bring your items, you may schedule a pick-up with the Tiffin Fire Department. There is a fee of \$25/truckload. They will **ONLY** accept checks. Please make checks payable to Tiffin Fire Department. Payment must be received **PRIOR** to Friday, May 10th to be included on the pick-up schedule. Please submit payment to Tiffin City Hall. Payment will not be taken on Clean Up Day.

*Due to staffing shortages, hazardous material collection will not be available this year. Hazardous materials can be taken to the Iowa City Landfill during business hours: Thursday, Friday and Saturday, 7:00am to 2:00pm. Please do not dispose of batteries, paint, tires or any other hazardous materials with your Clean Up Day items. If you have any questions regarding disposable items, please contact Johnson County Refuse (an LRS Company) at 319-665-4498 prior to the day of clean up. TV's and computer monitors will NOT be accepted.*

**To sign up for pickup, please complete the attached form and return to City Hall with payment: [Click Here](#)**

## Local Programming and News

Click on the categories below to access more information

Senior Connections Lunch	AARP Iowa Events	Alzheimer's Association Upcoming Events	Legal Hotline for Older Iowans
Silver Linings Older Iowans	Hancher Auditorium Upcoming Events	Iowa City Senior Center Iowa City-May/ June Activity Guide	Solon Senior Newsletter May 2024
Stanley Museum of Art Calendar	Trail of Johnson County Calendar	UI Center of Human Rights Events	



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