

MARCH 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!

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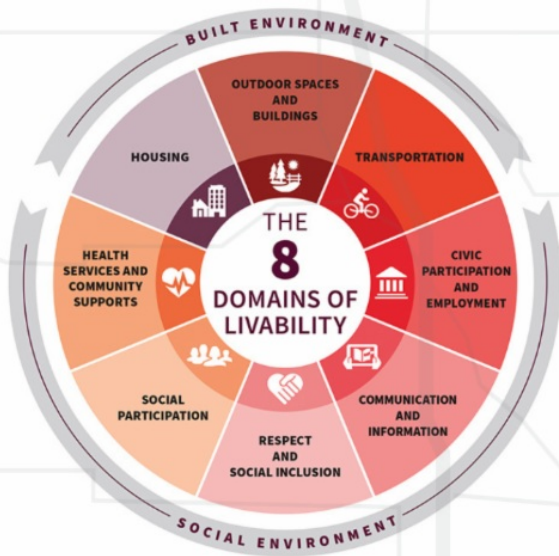
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JOHNSON COUNTY RESIDENTS INVITED TO SHARE THEIR VIEWS ON LIVABILITY FOR AGING SUCCESSFULLY

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

Sunday, March 9, 2025
Daylight Saving Time





Iowa Rent Reimbursement

If you're a low-income Iowan 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>

You may access downloadable paper applications at the following links:

2024 application- <https://johnsoncountyiowa.gov/sites/default/files/2025-01/2024%20Iowa%20Rent%20Reimbursement%20Form.doc>

2023 application- <https://johnsoncountyiowa.gov/sites/default/files/2025-01/2023%20Iowa%20Rent%20Reimbursement%20Form.doc>

If you need help completing the application, you may reach out to Jeff Kellbach,

jkellbach@johnsoncountyiowa.gov or by calling 319-688-5842.

www.livablecommunity.org

JOIN US FOR THE MARCH LEGISLATIVE FORUM



SATURDAY, MARCH 29, 2025

9:30 - 11:30 AM

**FOCUS ON IMMIGRATION &
CITIZENSHIP**

NORTH LIBERTY COUNCIL CHAMBERS
360 N. MAIN ST., NORTH LIBERTY

In-person and live streamed to LWVJC Facebook page

The public is invited to join League members to hear from our local legislators who represent lowans in Des Moines and to ask questions of them while they are in the active legislative session.



ADVICE ON AGING

A discussion with Iowa's Long-Term Care Ombudsman Program:

- What is the LTCO?
- How do I get the Ombudsman's help?
- How can I help my friends and my community?



DETAILS

Monday, March 10
2 - 3 pm

Solon Retirement Village
Assisted Living Bldg.
623 E. 5th Street

Free to attend and
open to the public

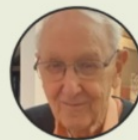
RSVP requested:
319-325-8037



Program presented by
Pam Railsback & Angela Van Pelt



IOWA | Health and Human Services
Long-Term Care Ombudsman Program



In Honor of Bob Welsh

Bob dedicated his life to the betterment of Johnson County through volunteerism, advocacy and the promotion of lifelong learning. "Advice on Aging" is proudly hosted in Bob's memory by the Johnson County Task Force on Aging.

Heritage Area Agency on Aging • www.heritageaaa.org

HEALTHY TIPS FOR OPTIMAL AGING PRESENTATION SERIES

Technology & Healthy Aging

Nai-Ching (Allison) Chi
PhD, RN

Wednesday, March
12, 2025 at 10 a.m.

Via Zoom



IOWA | College of Nursing
Barbara and Richard Coomay
Center for Gerontological Excellence

HEALTHY AGING



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.

For more details, contact Lisa and/or visit www.brainhelpandhope.org.



Advance Health Care Planning Workshop

We can't predict when a sudden illness or injury could leave us unable to communicate or make decisions. Learn how to talk about and document your health care preferences to ensure that your family, friends, and health care team know what's important to you and your wishes are honored.



March 21, 2025, 12:00pm - 2:00pm



Iowa City Senior Center, Room 308

MARCH IS

Colorectal Cancer

AWARENESS MONTH

Screening and Prevention

The best way to prevent colorectal cancer is getting screened on time. Screenings can also find cancer early when treatment is most effective.

Most people should begin colorectal cancer screenings at age 45, but people with certain risk factors may need to start screening earlier.

Take the free screening quiz



Any age.
Any gender.
Any fitness level.

**Anybody can get
colorectal cancer.**



Learn how to prevent and detect
the second-deadliest cancer.



colorectalcancer.org

HEALTHY AGING



UnityPoint Health
AbbeHealth Services

The Aging Services Home Accessibility & Repair Program is pleased to offer lawn mowing service for older adults in the community again this year. The basic lawn mowing service is meant to serve low-income older adults or adults who may not be physically capable of completing lawn mowing themselves.



Complete the application [HERE](#)



AARP



Every year, from early February to mid-April, AARP Foundation Tax-Aide **provides tax assistance to anyone, free of charge**, with a focus on taxpayers who are **over 50** and have low to moderate income. You don't need to be an AARP member to use the service. Tax-Aide volunteers will prepare and e-file your Iowa and Federal tax returns to help you receive all the credits and deductions you're entitled to. Volunteers are IRS-certified every year, so they understand the latest changes and additions to the tax code. Contact the Senior Center to make an appointment beginning Jan 21. 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, W-2 forms, 1099 forms (including Social Security benefits statement), and bank routing/account info for direct deposit/debit

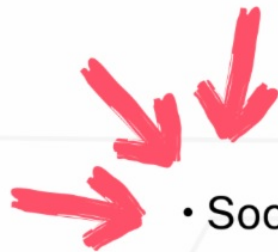
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Hoping to maximize your Social Security benefits?

This is where AARP can help.



Have you been thinking about the right time to file for Social Security? This is where AARP can help. When to file for Social Security is a personal decision, and learning the impact of early, full and delayed retirement can help you make an informed choice to maximize your benefits. Join us for a free virtual seminar where we'll share tips, tools, and resources to help you decide on the right time to file.



This virtual seminar will cover:

- Eligibility requirements
- Social Security benefits and claiming age
- Working while collecting Social Security
- What you can do with a my Social Security Account

PLUS, this interactive event features a live Question & Answer session with a Social Security expert!

March 12, 2025 @ 12:00pm

www.livablecommunity.org

COMMUNITY EVENTS

Bickford Senior Living Presents

**MARDI GRAS
2025**

**MUSIC
AND
DANCING**

MARCH 4TH 11AM

**FEATURING:
THE IOWA CITY
MUSICAL COMEDY
TROUPE**

**MEET OUR NEW
FAMILY ADVOCATE
BROCK**

3500 Lower West Branch Rd, Iowa
City, IA 52245

COMMUNITY EVENTS



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.



MARCH 3RD, 2025



6 TO 7 PM



2450 HICKORY TRAIL



319.595.2270



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

NAVIGATE
MEMORY CARE

with

alzheimer's
association®

CAREGIVER 101

Crash courses and practical advice
for caregivers of older adults

All sessions are free to attend and live on Zoom at 12 p.m.

**JAN
30**

HEALTHY EATING MADE EASY

Improve your loved one's diet and overall health
with creative and sustainable changes

Nicole Johnson, RD, LD from Hy-Vee

Zoom ID: 988 4791 2884 | call-in: (646) 876-9923

DEMENTIA CONVERSATIONS

Break the ice on uncomfortable but important
topics: driving, decision-making and more

Jessica Duncan from the Alzheimer's Association

Zoom ID: 966 4181 8396 | call-in: (309) 205-3325

**FEB
27**

**MAR
27**

SADNESS, DEPRESSION & GRIEF

Understand and navigate the difficult emotions
that come naturally as a part of caregiving

Susan Hoyler, LMHC from Mercy Family Counseling

Zoom ID: 947 7025 7683 | call-in: (646) 931-3860

Caregiver 101 is presented by



Area Agency on Aging

www.heritageaaa.org | (319) 398-5559

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

 www.public-health.uiowa.edu/prepwise/

COMMUNITY EVENTS



Learn More About Dealing with Conflict



March 10, 2025
2:00 pm - 3:30 pm



Iowa City Senior Center
Room 308

This session offers you two opportunities: · learning more about dealing with conflict and · finding out about an upcoming mediation training and opportunity to become a trained volunteer small claims mediator. There will be some interactive exercises together related to dealing with conflict. You will also hear about the upcoming training and the opportunity to become a volunteer small claims mediator.

Presenter: Annie Tucker

www.livablecommunity.org

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Try email marketing for free today!