

JULY 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.



**TECH
TIPS**



**CAREGIVER
CORNER**



**HEALTHY
AGING**

And more!

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HEALTHY AGING FAIR

OVER 70 COMMUNITY RESOURCE TABLES & BOOTHS



OCTOBER 8, 2025
1:00PM - 4:00PM



NORTH LIBERTY
COMMUNITY CENTER
520 W. CHERRY ST.
NORTH LIBERTY, IA 52317



Contact us
(319)356-6090



jkellbach@johnsoncountyiowa.gov

Event Highlights

Fall Prevention Screenigns ◀

Protect your health with a fall prevention screening and learn how to remain steady

Flu Shots ◀

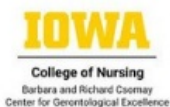
Protect yourself against the upcoming flu season

Tai Chi Demonstration ◀

A great way to improve balance, fitness, and mobility

Health Screenings ◀

Many different health screenings available



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Honor a Veteran - Preserve Their Legacy

Armory and Veterans Memorial

913 S Dubuque St.
Iowa City, IA 52240



We honor all veterans - those who served during combat, peacetime, in the Guard or Reserves; our Memorial is a special gathering place for friends and family to reflect and honor.

- Honorees do not need to be from Johnson County
- Veterans do not need to be deceased to be honored
- Each inscription is \$200

[CLICK HERE](#) 

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CONSERVATION

The Johnson County Conservation Department has a variety of events scheduled this Summer. From nature hikes and bike rides to education programs and plant sales.

Johnson County Pocket Prairie Program

Provides plants, training, information, and technical assistance to guide participants in adding high-value native plants to their yards, creating a 10' by 10' pocket prairie. These native plantings provide critical pollinator habitat for bees, butterflies and more, and also improve soil health. The Pocket Prairie Program is a collaboration between Johnson County and the Master Gardeners of Johnson County. The program is administered by the Johnson County Planning, Development and Sustainability Department. Johnson County Master Gardeners provides education and technical assistance throughout the process, and works with Johnson County to select, acquire, and distribute plants. A predefined set of plants is free to program participants. To learn more about eligibility and the application process head to: <https://johnsoncountyiowa.gov/johnson-county-pocket-prairie-program>.





2025 Johnson County Fair

July 19-23, 2025



Johnson County
Agricultural Association
Johnson County Fairgrounds

4261 Oak Crest Hill Rd. SE
Iowa City, IA 52246

SCHEDULE

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Caregiver Corner: Embracing Technology to Ease Caregiving Challenges

Caring for an aging loved one often involves juggling many responsibilities — from managing medications to coordinating appointments and ensuring safety at home.

Thankfully, technology is increasingly becoming a powerful ally for caregivers, helping to reduce stress and improve the quality of care.

Here's how caregivers can harness technology to make their role more manageable and effective:

1. Medication Management Apps

Keeping track of multiple medications can be daunting. Apps like Medisafe and Pill Reminder provide alerts for when it's time to take or refill medications, helping prevent missed doses and harmful errors.

2. Telehealth and Virtual Doctor Visits

Especially important during times when leaving the house is difficult, telehealth allows your loved one to consult with healthcare professionals from home. Many health systems now offer virtual appointments, making medical care more accessible and reducing travel stress.

3. Safety Monitoring Devices

From emergency alert systems with wearable pendants to smart home devices like motion sensors and automatic lights, technology can enhance safety. These tools alert caregivers immediately if a fall or unusual activity is detected.

4. Digital Calendars and Task Sharing

Tools like Google Calendar or CareZone enable caregivers to coordinate appointments, caregiving duties, and family schedules in one place. Sharing access with other family members keeps everyone informed and involved.

5. Cognitive and Social Engagement Apps

Apps designed to stimulate memory and promote social interaction, such as brain-training games and video chat platforms, can support your loved one's mental health and help reduce feelings of isolation.

We Want to Hear From You:

Do you have a tip, story, or resource you'd like to share with other caregivers in Johnson County? Email us at livablecommunity@johnsoncountyiowa.gov and we may feature your insight in a future newsletter.

DISASTER PLANNING



Disaster PrepWise is a program designed to prepare you and your household for emergency situations like natural disasters, fires, and other disasters that need preparation. If you are interested in this program, please contact the Disaster PrepWise team by calling 319-946-1193 or by email at cph-prepwise@uiowa.edu.

10 Essentials for Your Emergency Kit

Older adults can be especially vulnerable during severe weather.

Stock your emergency kit with these essentials.



To learn more about how older adults can be prepared, visit www.nia.nih.gov/disaster-preparedness.



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HEALTHY AGING

**UnityPoint Health**
PACE Senior Care

Program of All-Inclusive Care for the Elderly (PACE), helps participants live independently for as long as possible in their home and within the community. PACE provides added peace of mind for participants and their families with a unique opportunity for you to work with a team of PACE professionals committed to your health and well-being.



1450 North Center Point Road
Hiawatha, IA 52233



(319) 451-5000 (Main Phone)
(800) 735-2942 (TTY)



Hours: 8:00 AM to 4:30 PM

**Who is Eligible for PACE?**

- Individuals can join a PACE program if they meet the following conditions:
- Age 55 or older
- Eligible for nursing facility level of care
- Live in a PACE service area county
- Able to live safely in the community at the time of enrollment

PACE Services

- Primary care and specialty medical care (on-site medical clinic)*
- Medications
- Therapeutic recreation
- Transportation to and from UnityPoint Health PACE Senior Care
- Durable medical equipment
- Rehabilitation and restorative therapies
- Dietary services
- In-home support and care
- Social work services
- Respite care
- Hospitalization and emergency care

HEALTHY AGING

Staying Safe in Hot Weather



Watch for these signs of hyperthermia:



Tips to prevent hot-weather illness:



Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety.

Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to be cautious and get relief quickly when you are overheated. Otherwise, you might start to feel sick or risk a heat-related illness that could cause serious health issues.

What raises the risk of heat-related illnesses for older adults?

- Older adults are at higher risk for heat-related illnesses and death. Factors that put older adults at greater risk may include:
- Health problems such as cardiovascular, lung, or kidney disease
- Changes in skin caused by normal aging
- Any illness that causes weakness or results in a fever
- Taking drugs such as diuretics, sedatives, tranquilizers, and some heart and high blood pressure medicines that may make it harder for the body to cool itself
- Being on several prescription drugs at the same time
- Having obesity, overweight, or underweight
- Drinking alcoholic beverages
- Living in places without air conditioning or fans
- Becoming dehydrated



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HEALTHY AGING



Become a Dementia Friend!

Become a Dementia Friend by attending a one-hour informational session to learn about living with dementia and the simple things you can do to support someone living with the disease. You don't need to be a dementia expert or know someone with dementia to become a Dementia Friend.

What Happens at the Information Session?

- Free one-hour session is a discussion led by a Dementia Friends Champion.
- Learn some basics of dementia, tips for communicating with people who have dementia, and community resources
- Find out how to be supportive of people with dementia in your community.
- Join in on a session or schedule one for your group/organization.



Supported by



To find an upcoming session
visit our website

DementiaFriendlyIowa.org

or contact

Megan Zimmerman

319-287-1182

mzimmerman@nei3a.org



4thFest

Celebrate on July 3 & 4

The tradition continues!
Coralville's annual 4th of July celebration, 4thFest, is a community tradition that attracts thousands of visitors and residents.



The multi-day, outdoor festival includes a 5K run / walk entertainment, food, a free concert on July 3, the area's largest Independence Day parade, free family-friendly activities in the park including a petting zoo, and fireworks in S.T. Morrison Park on July 4.



COMMUNITY EVENTS

Iowa City Jazz Festival

July 4-6, 2025



Celebrate Independence Day weekend with smooth grooves, bold brass, and unforgettable vibes at the Iowa City Jazz Festival — a 3-day musical celebration in the heart of downtown!

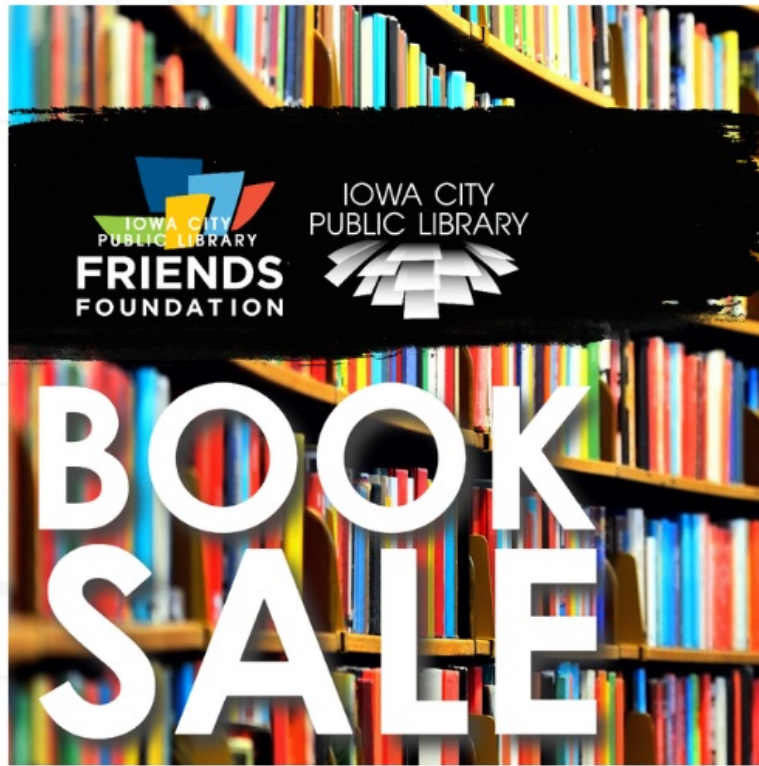
- Two stages packed with live jazz from top national, international, and emerging artists
- Artist & organization booths to explore
- Delicious food vendors with local and global flavors
- Beverage garden for refreshing sips while you listen
- Family-friendly atmosphere with something for all ages

Don't miss the **Iowa City Fireworks** on Friday night at 9:30 PM near the Old Capitol Museum — the perfect ending to a day of music and celebration!

Whether you're a jazz connoisseur or just love a great community event, the Iowa City Jazz Festival delivers the perfect summer soundtrack. Bring a blanket, a chair, and your favorite people — and let the music move you.

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COMMUNITY EVENTS



BIG Book Sale during Summer Sidewalk Sale

Sunday, July 20, 2025 -12:00pm to 4:00pm

+

Meeting Room A, Meeting Room B, Meeting Room C
Join the Iowa City Public Library for a used book sale! Shop an assortment of fiction, non-fiction, cookbooks, young adult, juvenile fiction, children's books, DVDs and audiobooks. All sales support the Library and its programs, collections, and facilities. Visit www.supporticpl.org for more information about book sales and supporting the Library. Scanners and scanning apps are not allowed at book sales.

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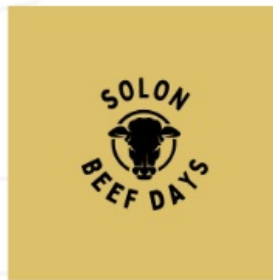
COMMUNITY EVENTS



Solon Beef Days

An annual community celebration in Solon, Iowa, featuring great food, live entertainment and family-friendly activities.

Friday, July 18 & Saturday, July 19 2025



COMMUNITY EVENTS



Swisher Fun Days

2nd Street, SW
Swisher, IA 52338



Parade
5k Run/Walk
Kids Fun Run
Vendor Market
Kids Activities
Bags Tournament
Horseshoe Tournament
Dunk Tank
Games
Bingo
Fireworks
Softball Tournament



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COMMUNITY EVENTS



JOHNSON COUNTY

Farmers Markets 2025**CORALVILLE**

Iowa River Landing & Ponseti Way, Coralville, IA
 Wednesday, 4:30 p.m. - 6:30 p.m., June - October

FIELD TO FAMILY ONLINE FARMERS MARKET

Visit orders.fieldtofamily.org and 'Sign Up'. Order online Sunday at 5 p.m. - Tuesday at noon.
 Pick up at Pepperwood Plaza (1067 HWY 6, Iowa City) or have orders delivered on Thursday.

GLOBAL FOOD PROJECT FARMERS MARKET

Johnson County Historic Poor Farm
 4811 Melrose Ave, Iowa City, IA 52246
 Saturday, 3:00 - 5:00 p.m. July- September

IOWA CITY

405 E. Washington St., Iowa City, IA 52240
 Saturday, 7:30 a.m. - 12:00 p.m., May - October

SOLOM

Mushroom Park Parking Lot, Solon, IA
 Tuesday, 3:00 p.m. - 6:00 p.m., June - September



Look for this sign!

SWISHER

Downtown City Park, Rose & 2nd Ave Swisher, IA 52338
 Thursday, 4:30 p.m. - 6:30 p.m., June - Mid-October

UNIVERSITY HEIGHTS

Former University Athletic Club Parking Lot, Melrose Ave., Iowa City, IA 52246 Tuesday, 4:00 p.m. - 6:00 p.m., May - September

WEST BRANCH

Heritage Square, West Branch, IA
 Tuesday, 4:00 p.m. - 6:00 p.m., Mid-May - Mid-October

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