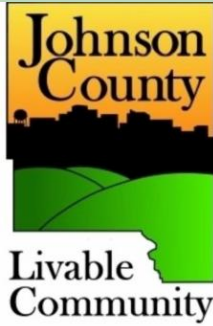


JCLC August 2024 Newsletter



Johnson County Livable Community Information for Successful Aging

> *the primary information resource for Seniors* <

www.livablecommunity.org



Johnson County Livable Community for Successful Aging (JCLC) serves as a unifying structure that fosters effective collaboration, communication, and education that will build and sustain a livable community for successful aging.

Join the Policy Board!

When you are a member of the JCLC Policy Board, you can help direct efforts that will build and sustain a livable community while addressing the needs

of an aging population. While giving back to your community, you can make impactful change by participating in various [Action Teams](#), collaborate with other community members, and all while meeting new people.

What does a livable community have?

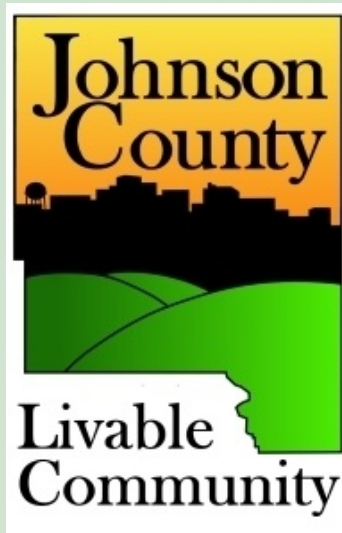
- Community & Health Services
- Transportation
- Housing
- Respect and Social Inclusion
- Social Participation
- Communication & Information
- Civic Participation & Employment
- Outdoor Spaces & Buildings

JCLC is embarking on a new phase of strategic planning. Having accomplished the goals set for the 2022-2025 Strategic Plan, we are now dedicated to formulating new goals and actionable steps. Our aim is to support Johnson County in its journey to become recognized by AARP as a Livable Community.

Join us in this endeavor today!

Applications can be found [HERE](#).

Questions? Email Rachel Carr, rcarr@johnsoncountyiowa.org



2024 Healthy Aging Fair

Save the date for the 2024 Healthy Aging Fair on **Thursday, August 22, 2024** at the **Iowa City Senior Center**. There will be over 60 resource displays highlighting services for older adults, Tai Chi Demonstrations, flu shots, health screenings, refreshments and much more.

WE INVITE YOU TO THE 2024 HEALTHY AGING FAIR

ON
August 22nd
9 AM - 12 PM

AT
Iowa City Senior
Center
28 S. Linn St.
Iowa City, IA 52240

Up to 60 Community Resources,
Health Tables, Presentations, and
HEALTH SCREENINGS!

Presentation Times

9:00 - 10:00 Dementia Friends Session

10:15 - 11:00 VA Nutrition

10:00 - 10:45 Laughter Yoga

11:15 - 12:00 Tai Chi Demonstration



*Participants can get a discount that covers two free hours of parking at the Tower Place parking garage starting after the initial free hour





AARP Night at the Kernels

Friday, August 2 - Game starts at 6:35 p.m.
Veterans Memorial Stadium - 950 Rockford Rd. SW,
Cedar Rapids

BUY TICKETS**

Join AARP for a night of fun at the ballpark as the Kernels take on the Great Lakes Loons! Game tickets are just \$12.00 for all AARP members and guests. Be sure to stop by the AARP table during the game to learn more about our advocacy efforts on behalf of unpaid family caregivers!

**This is not an AARP event. Any information you provide to the host organization will be governed by its privacy policies and procedures.

Getting Started

1. Set up an appointment (in person or online) with PrepWise team
2. Gather what we advise you bring to the session
3. Complete the program

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.



DISASTER PREPWISE

Personal Emergency PLAN for

your name



The program

During your appointment, a team member will guide you through the Disaster PrepWise online tool to develop your personalized emergency plan

 PUBLIC-HEALTH.UIOWA.EDU/PREPWISE/

IOWA | College of Public Health

cph-prepwise@uiowa.edu

Get In Touch With Us

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 319-467-1193

DISASTER PREPWISE

A program to help you become better prepared for disasters

Johnson County SEATS Rural Transportation



(319)339-6128 | www.johnsoncountyiowa.gov/seats



Available to any Johnson County resident living outside of Iowa City, Coralville, North Liberty and University Heights city limits.



Service

Available Monday—Friday 7:00am—5:00pm. No application is required for rural riders. Rides can be scheduled up to 2 weeks in advance and at least one business day in advance, the more notice the better. Rural trips are approved based on vehicle and driver availability. SEATS vehicles are wheelchair accessible. Upon making a request the SEATS dispatcher will give you a 30-minute pick-up window that you will be picked up within.



Trip Request

Call the Scheduling Line (319)339-6125; answered 7AM-12PM and 1-4PM Monday-Friday and Saturday from 8AM-12PM. For same day rides (not guaranteed) call (319)339-6127.



Cost

SEATS one-way fare is \$2.00. Riders are currently being billed for trips at the end of the month.



Revised: 6/2023

IOWA

Stanley Museum of Art

STANLEY SAGE

Laurie Zaiger

Stories
from the Studio



TUESDAY, AUGUST 13, 2024
AT 10:30 AM
IN THE MUSEUM LOBBY

Artist and teacher Laurie Zaiger will discuss how she teaches technique and structure while nurturing each student's artistic voice.

She will tell us what happens in an art classroom and the impact that it has on the student and the teacher.

Stanley Sage is a program with older adults in mind. We've invited a local artist to tell their art story and connect it to the Stanley collections.

Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you're a person with a disability who requires a reasonable accommodation in order to participate in this program, please contact [Amanda Lensing at amanda.lensing@gmail.com](mailto:amanda.lensing@gmail.com).

PASTRIES AND BEVERAGES
PROVIDED BY

IOWA

College of Nursing
Barbara and Richard Csomay
Center for Gerontological Excellence



If you are 65 years or older you are eligible for a second dose of the 2023-2024 COVID-19 vaccine. Contact your medical office or your local pharmacy to schedule an appointment. Don't forget to get an updated 2024-2025 dose



Friday, August 30, 2024

Events begin at 9:45am and end at 10:00pm.

Schedule of events can be found [HERE](#)

At this one-day event, you can live, eat, and breathe all things Hawkeyes. With activities ranging from the 'World's Largest Hawkeye Tradeshow' to the signature Hawkeye Pep Rally...there is no shortage of activities to experience in Coralville's Iowa River Landing.

If your heartbeat escalates every time you hear Back in Black by ACDC, black and gold clothing is part of your primary wardrobe, or you simply love cheering on the Hawkeyes, FRYfest is an event you definitely do not want to miss!

Signature FRYfest activities include:

- World's Largest Hawkeye Tradeshow
- Kid Zone
- Food Trucks
- Outdoor Concert
- Former Player Panel Discussions
- Autograph Sessions
- Pep Rally
- & more!

With over 10,000 members of Hawkeye Nation in attendance, FRYfest has become a beloved tradition, drawing fans from across the country to Coralville, Iowa, each year.



5th Street Social Returns

August 10, 2024

Time: 4:00-10:00 pm

Location: 5th Street, between 6th Avenue & 12th Avenue

Cost: Free! (Food and beverages are available for purchase)

Celebrate family, friends, & the dog days of summer

As the days edge towards the end of summer, celebrate friends, family, and neighbors with a block party festival on 5th Street! This annual event began in 2016 and is held on the second Saturday in August.

Coralville's 5th Street Social celebrates the tradition of the street dances of the 1950s through the 1970s by featuring music, food, local brews, children's activities, and a classic car show and shine. Street dances were a popular activity on 5th Street (also known as Historic Route 6) over several decades in the mid-1900s.



The Johnson County Livable Community for Successful Aging in partnership with the Johnson County Affordable Housing Coalition hosted a booth at the Johnson County Fair in July for residents to learn more about **Accessory Dwelling Units (ADUs)**. An ADU is a smaller, independent residential dwelling unit located on the same lot as a stand alone single-family home. ADUs have the potential to increase housing affordability, enhance housing options, and enable seniors to stay near family as they age. The Housing Action Team has been working with local municipalities on zoning for ADUs to facilitate affordable housing expansion in our county.



Survey Ahead!

The Johnson County Livable Community (JCLC) Policy Board will be launching a survey of Johnson County residents in September 2024. The survey is designed to ask residents questions related to the eight AARP Domains of Livability. These domains include communication and information, health services and community support sand, transportation, civic participation and employment, social participation, housing, and respect and social inclusion, outdoor spaces and buildings. Additionally, the survey also asks about disaster planning. The 8 Domains of Livability framework is used by many of the towns, cities, counties and states enrolled in the AARP Network of Age-Friendly States and Communities to organize and prioritize their work to become more livable for both older residents and people of all ages. Johnson County was recognized by the AARP as an age-friendly community in August 2021. The JCLC will use the survey results to assist in its strategic planning efforts in making recommendations on how Johnson County can improve the livability for all ages.

More information about the survey and how to participate will be included in the September newsletter. Stay tuned!

Local Programming & News

<u>Senior Connections Lunch</u>	<u>AARP Iowa Events</u>	<u>Alzheimer's Association Upcoming Events</u>	
<u>Silver Linings Older Iowans</u>	<u>Hancher Auditorium Upcoming Events</u>	<u>Iowa City Senior Center Iowa City- July/ August Activity Guide</u>	
<u>Stanley Museum of Art Calendar</u>	<u>Trail of Johnson County Calendar</u>	<u>UI Center of Human Rights Events</u>	



JoCo Livable Community | 855 S. Dubuque St., Suite 202B | Iowa City, IA 52240 US

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