



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.



AN UPDATE FROM THE HOUSING ACTION TEAM




TAKE THE SURVEY



WINTER CELEBRATIONS

And more!

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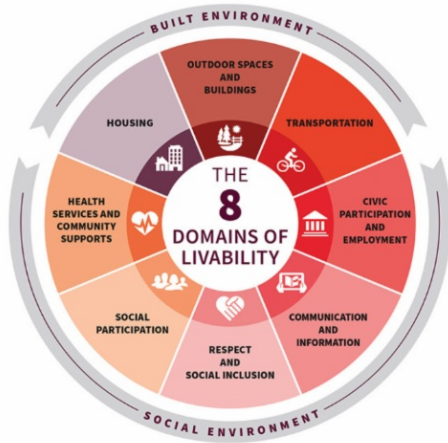
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JOHNSON COUNTY RESIDENTS INVITED TO SHARE THEIR VIEWS ON LIVABILITY FOR AGING SUCCESSFULLY



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

A livable community is one where everyone can age successfully, providing safe, walkable streets, age-friendly housing, accessible transportation options, and opportunities for all residents to engage in community life. The survey will cover critical topics related to livability and is designed to capture the voices of county residents. Participants can complete the survey online by scanning the QR Code below, www.livablecommunity.org or request a paper survey by calling (319)-335-1664.

“The insights gained from this survey will be invaluable,” said John Kalohn, Chair of the Policy Board, “We aim to understand how we can enhance livability for all ages in Johnson County, ensuring that our community is a place where everyone can thrive.”

The survey will begin in early December with a gradual rollout in rural communities, followed by expansion into the metropolitan area of Johnson County. All Johnson County residents aged 45 and older are encouraged to participate.



POLICY BOARD UPDATES



As seen in the November Issue of the JCLC Newsletter, the Housing Action Team has been hard at work advocating for Accessory Dwelling Units (ADUs) to increase the affordable housing stock. Curious about what an ADU is? Check out the videos at the links below!

Click here

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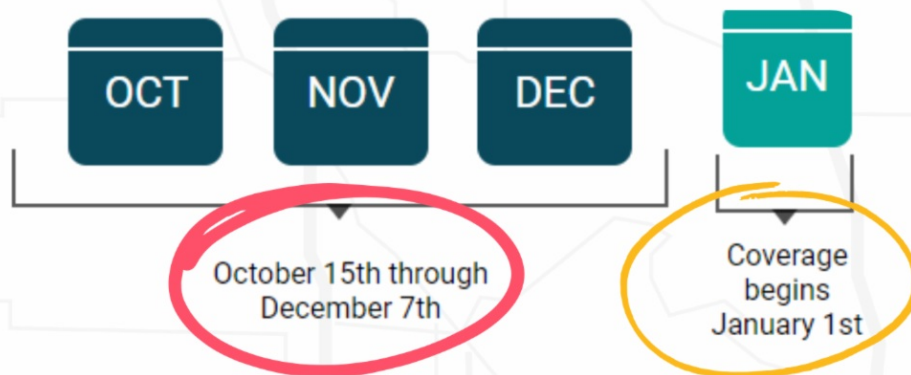
Social Security

Social Security Announces 2.5 Percent Benefit Increase for 2025

Social Security benefits and Supplemental Security Income (SSI) payments for more than 72.5 million Americans will increase **2.5 percent** in 2025. On average, Social Security retirement benefits will increase by about \$50 per month starting in January.



Medicare part B -- will be \$185 for 2025, the Centers for Medicare & Medicaid Services announced. This is an increase of \$10.30. Find out more [HERE](#).

MEDICARE ENROLLMENT

Medicare Open Enrollment

When's the Medicare Open Enrollment Period?

Medicare's open enrollment period is October 15 - December 7.

What's the Medicare Open Enrollment Period?

Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

How do people know if they need to change plans?

People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. If they're satisfied that their current plans will meet their needs for next year and it's still being offered, they don't need to do anything.

VOLUNTEER OPPORTUNITIES



Volunteer Income Tax Assistance (VITA) is a national IRS sponsored program that provides free tax preparation of federal and state tax returns for low income households. On average, it costs a taxpayer nearly \$300 to have their return prepared and filed by a tax firm. This money can instead be used for basic needs, such as groceries and rent.

Volunteers are critical to the success of the VITA program. VITA volunteers are needed to help prepare and file tax returns. No previous experience is necessary. Volunteers will complete IRS training to become certified tax preparers. Volunteer greeters are also needed to welcome tax payers to the tax clinics and gather needed paperwork.

[Sign up to volunteer today!](#)

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VOLUNTEER OPPORTUNITIES



There's a place for everyone to volunteer and make a difference!

Welcome to United Way's 55+ Retired & Senior Volunteer Program or 55+ RSVP. People 55 and better are encouraged to get involved using their lifetime of experience to reach out and help others. Individual abilities and interests are matched with community volunteer needs.

Who Volunteers with RSVP?

People from ALL walks of life. If you are 55 years of age or better and wishing to make an impact on the community then United Way 55+ RSVP is your resource to finding that fulfilling and interesting volunteer opportunity. The Program serves Johnson, Des Moines, Muscatine and Washington Counties.

HEALTHY AGING

Anyone can get sick with flu. Typically, children and people age 65 and older are most at risk of developing serious complications from influenza.

Flu is a serious disease, caused by influenza viruses, that can lead to hospitalization and even death. Every flu season is different, and the substantial health impacts can vary widely from season to season, with some flu seasons being worse than others. Your best defense against influenza disease is to get a flu vaccine approved by the U.S. Food and Drug Administration every year. To find a flu vaccine near you, visit [this page](#).

HEALTHY AGING

Questions? Email:
PreventionTeam@cfrhelps.org



**ARE YOU 55+ AND
LOOKING TO MEET NEW
PEOPLE WHILE DISCUSSING
HEALTH AND WELLNESS?**

Join us at the Iowa City Senior Center for WISE every Monday at 10:00am starting November 4th!

Interactive

Snacks provided

Discussion-based

6 sessions

Free!

Topics Covered:

- ✓ Aging and healthy lifestyle choices
- ✓ Tools to help you feel empowered about your healthcare
- ✓ Affects of alcohol and medications among older adults
- ✓ Celebrating life!

Interested?

Call the Senior Center at 319-356-5220
or
search the Iowa City Senior Center
Registration Website to sign up online!

Program Dates:

**Nov. 4th, 18th, & 25th
Dec. 2nd, 9th, & 16th**

Suicide Warning Signs for Adults

Be a Lifeline

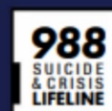


Risk is greater if a behavior is new or has increased, and if it seems related to a painful event, loss, or change.

- Talking about or making plans for suicide.
- Acting anxious or agitated; behaving recklessly.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.
- Increasing the use of alcohol or drugs.
- Talking about feeling hopeless or having no reason to live.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

If you or someone you know is struggling or in crisis, help is available.

Call or text 988 or chat [988lifeline.org](https://www.988lifeline.org), or reach out to a mental health professional.

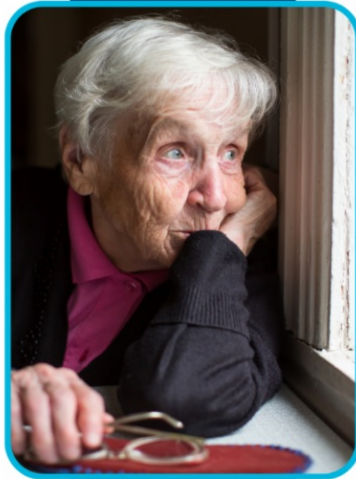


988 is a registered trademark of the National Suicide Prevention Lifeline.



Area Agency on Aging

Elder Abuse & Neglect: Iowa Law and Support Services



Tuesday, December 10
10 - 11 a.m.

Live on Zoom
Free to attend

Heritage AAA's Elder Rights Coordinator
will cover a range of topics:

- Elder abuse and neglect law in Iowa
- Local trends targeting older adults
- Protections for seniors
- Support services for those victimized

 Zoom ID: 938 5031 1867

 Call in: (312) 626-6799

 Info: www.HeritageAAA.org

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UNIVERSITY OF IOWA
COLLEGE OF NURSING

Healthy Tips for Optimal Aging Presentation Series

Physical Activity and Healthy Aging

by Chelsea Howland PhD, RN



DATE AND TIME: 10AM DEC 11TH, 2024

Zoom link : [Healthy Tips for Optimal Aging Speaker Series](#) or use QR code



This speaker series is meant to share healthy tips on sleep, caregiving, physical activity, technology, and more for older adults and caregivers. This event is funded by the University of Iowa Csomay Center Jo Hoyt Freeman Dementia Education and Outreach Fund. (Pt: Chooza Moon, PhD RN)

PAST PRESENTATIONS



Healthy Sleep for Older
Adults and Caregivers
by Chooza Moon, PhD, RN



The Art of Caring:
Strategies in Dementia/
Alzheimers Care
By Dadriane D. Fice, RN

UPCOMING PRESENTATIONS



Healthy Technology and
Aging
by Allison Chi, PhD, RN
Wednesday
3/12/ 25 10-11AM

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COMMUNITY EVENTS

JOIN US FOR CORALVILLE'S ANNUAL
Aisle of Lights
SUNDAY, DECEMBER 8, 2024



Dear Neighbor,



Coralville's annual Aisle of Lights will be on Sunday, December 8, 2024. One night a year, thousands of white paper sacks, each weighted with sand and lit with a votive candle, create a magical scene on a winter evening.

All Coralville residents and businesses are invited to continue this community tradition that began in 1980. Light luminarias along your sidewalks, turn on your holiday lights, and tour Coralville's twinkling lights!

How to Participate

1. Gather luminaria supplies.
2. Place sacks, each with a candle and weighted with sand in the bottom, along your sidewalks.
3. Light your candles on Sunday, December 8, 2024, from 5:00-9:00 pm.
4. Enjoy! Please clean up luminarias on your sidewalks by 9:00 am on Monday.

Shine On

Consider joining your neighbors and help fill the night with twinkling lights in Coralville! If the weather does not cooperate, light luminarias as you are able.

With good cheer from your neighbor,

(Name)

(Address)

For more information about Aisle of Lights, call 319.248.1700 or see www.coralville.org/AisleofLights

WHERE TO GET SUPPLIES

Free sacks & sand
(begins Monday, Dec. 2):

- Parking lot of the Coralville Community Aquatic Center (1513 7th St.). Bring a container to take sand.

Free sacks only
(begins Monday, Dec. 2):

- Coralville City Hall (1512 7th St.)
- Coralville Recreation Center (1506 8th St.)

Votive candles

- Buy your own at area retailers

WINTER CHEER IS NEAR

In addition to luminarias throughout Coralville, area organizations and businesses host festive activities on December 8, 2024, in Coralville. See a list of events at www.coralville.org/AisleofLights



Sponsored by GreenState Credit Union. Sand donated by Hawkeye Ready Mix.

COMMUNITY EVENTS



LENSING  Lifelong Learning and
Funeral & Cremation Service Community Engagement
Programming

Breaking Bread

Walking through grief while learning about our community and connecting over food and conversation

DECEMBER PROGRAM
Holiday Potluck
No traditional program this month.
Bring your favorite dish - and a friend -
to share with the group.

WEDNESDAY, DECEMBER 18, 2024
from **5:15-6:30PM**
monthly on the Third Wednesday of the Month

The Kirkwood Room
515 Kirkwood Avenue, Iowa City

RSVP by DECEMBER 13 to
Mandi Lensing
◆ (319) 338-8171
mandi@lensingfuneral.com



COMMUNITY EVENTS



**SANTA IS AT
CHAUNCEY!**

SATURDAYS

November 30 • December 7

December 14 • December 21

Check out Santa's Workshop and dive
into SpareMe's Winter Wonderland!

Free DIY Gift Wrapping!

ICPL Digital Media Lab
Nov. 15 - Dec. 31, During Open Hours

IOWA CITY
PUBLIC LIBRARY

COMMUNITY EVENTS



Summer of the Arts
HOLIDAY THIEVES MARKET
DEC 7-8
Hyatt Regency
CORALVILLE
Fine Art Show
OVER 85
fine artists
FREE ADMISSION

HOLIDAY THIEVES MARKET

SPONSORED BY: P&G metronet love your internet

FOR MORE INFORMATION, VISIT WWW.SUMMEROFHEARTS.ORG

Admission is FREE and you can shop over 85 fine artists for those unique gifts for the special people in your life (including yourself!). There will also be a silent auction to help support Summer of the Arts programming.



Call for donations

arts and 
crafts
bazaar
December 7

Donations accepted at the Library between:

*September 3 -
December 6*



COMMUNITY EVENTS



A Christmas Past is set to return on Friday, December 6 & Saturday, December 7, 2024 in historic West Branch, Iowa (just 6 miles from Iowa City down I-80). West Branch's traditional holiday festival features timeless activities throughout Main Street and beyond including horse-drawn carriage and wagon rides, photos with Santa, train display, festival of trees, silent auction, treats around the fire and more!

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COMMUNITY EVENTS



Get festive with your furry friends this holiday season! Join us for a heartwarming day of pet and family portraits — perfect for your holiday cards and memories.

Date: Sunday, December 15

Time: 11 AM - 2 PM

Location: Big Grove Brewery, Iowa City

While there's no charge for the photos, we're suggesting a \$10 donation to support Friends of the Animal Center Foundation. This incredible organization raises funds to enhance the animal care services of the Iowa City Animal Care and Adoption Center, working toward health, comfort, freedom from fear, and loving homes for all companion animals.

Let's make memories and give back to pets in need. Hope to see you and your four-legged friends in your best holiday gear!



COMMUNITY EVENTS



FREE
HOLIDAY MEAL



DEC. 16-21

Project Holiday provides all the necessary groceries to cook a holiday meal. Each household will receive a meat or vegetarian entrée and ingredients for side dishes.



CommUnity
Food Bank
1045 HWY 6 E,
Iowa City

Project Holiday meals can be ordered for delivery during distribution week. Please request delivery at the link below.

Meals will be distributed on a first come, first served basis. No registration is necessary for in-person pick up.



bit.ly/projectholiday24

COMMUNITY EVENTS



WINTER BRUNCH (FOR DINNER!)

COMMUNITY MEAL

SNOW-INSPIRED CRAFTS, FESTIVE GAMES, PHOTO BOOTH W/ SNOWDROP THE SNOWMAN, FREE KIDS' BOOKS, GLITTER TATTOOS, FREE VACCINE

ALL ARE WELCOME!

FRIDAY, DEC 6 | 5:00 – 7:00 PM

CORAVILLE REC CENTER



CORALVILLE



CORALVILLE
COMMUNITY
FOOD PANTRY



**LEARN MORE &
LEND A HAND**

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

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