

MAY 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!

Table of Contents

2

Take the Survey

6

Financial Wellness

8

Healthy Aging

14

Community Events



LIVABLE COMMUNITY

FOR SUCCESSFUL AGING

TAKE THE SURVEY!

Are you age 45+? We want to hear from you to understand what **YOU** need to age successfully

Complete the survey and enter a drawing for a \$20 gift card!

319-335-1664
www.livablecommunity.org



English



Arabic



French



Spanish

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Every year, **Older Americans Month** celebrates the contributions of older adults and reaffirms our commitment to serving them. The 2025 theme, "Flip the Script on Aging," encourages us to challenge outdated stereotypes and embrace the many opportunities that come with aging.

Whether it is volunteering, mentoring, or staying active in civic life, contributions of older lowans help shape a more inclusive, connected, and compassionate community!



#OlderAmericansMonth



happy
Mother's
day



ADA Voting in Johnson County THE EXPRESSVOTE



Did you know that in all voting locations in Iowa, ADA voting machines must be made available to voters? In Johnson County, we use the **ExpressVote**; it is a reliable, secure, and efficient machine that combines touch screen technology and a printer to produce paper record for tabulation. The machine is accessible while maintaining an independent process for voters.

If you have trouble seeing the ballot when voting, this machine can help!



Accessibility

- The machine can display larger text and high contrast colors, making the screen easier to read.
- Voters can use assistive input devices, including audio-tactile keypad with Braille legends, two-position rocker switch, and a sip-and-puff device.
- The machine is equipped with headphones to listen to ballot text. The audio and tempo can be adjusted.

Independency

- Voters who are blind or have a visual impairment can blank the screen so that they cannot be observed.
- The machine has screen prompts, symbols and audio prompts that help voters navigate the voting process.
- Voters can review their selections before and after printing the ballot before it is tabulated.

Interested in how it works? Contact 319-356-6004 or elections@johnsoncountyiowa.gov for a demonstration.

FINANCIAL WELLNESS



Join the Iowa Department of Insurance & Financial Services and **AARP** for a FREE educational Stop the Scammers event! Con artists target people aged 60 and older, swindling millions of Americans out of almost \$28.3 billion each year. Don't become another statistic and protect yourself from fraud. Our team of fraud fighters has compiled real-world tips and tools that can help protect you and your loved ones. By arming yourself with knowledge of common fraud schemes, you can learn to avoid and report scams. Join us in this seminar to become an Iowa Fraud Fighter and take steps toward a safer future.

A light meal will be provided. Reservations are required.



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Senior Farmers Market Checks Program Update



Heritage Area Agency on Aging will be mailing applications out mid-May to all consumers that received Farmers Market vouchers last year. These applications will be mailed to the address supplied on last year's application. If you have moved or have not received the Senior Farmers Market Nutrition Program checks before and would like an application mailed to you, please contact Tim Getty at the Heritage Area Agency on Aging at 319-398-7676. Please leave a voicemail with your name and address and he will add you to the distribution list.

Please note: Due to a reduction in available vouchers, all distributions for 2025 will be managed by Heritage Area Agency on Aging. Johnson County Social Services and the Iowa City Senior Center will not be distributing vouchers at this time.

FINANCIAL WELLNESS

FREE

**Value Packed Elder Law, Estate Planning
and Asset Protection Workshop****How To Protect Your Home and Savings
From Nursing Home Costs.**

Location

Iowa City Senior Center - Room 302

Date & Time:

Wednesday, May 14 at 5:30 PM

At this event, you will discover:

- How to avoid having your life savings or retirement wiped out by the cost of care as you get older.
- How to protect your belongings against your kid's debts, divorce or disability.
- How to maximize the inheritance you leave to your children.
- The pitfalls of putting assets into your children's names.
- How to plan and pay for a nursing home.
- How to avoid the expenses and delays of probate.
- Why your current power of attorney may be useless if you want to protect assets.
- How to keep your affairs private.
- And so much more...

RSVP

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8

HEALTHY AGING



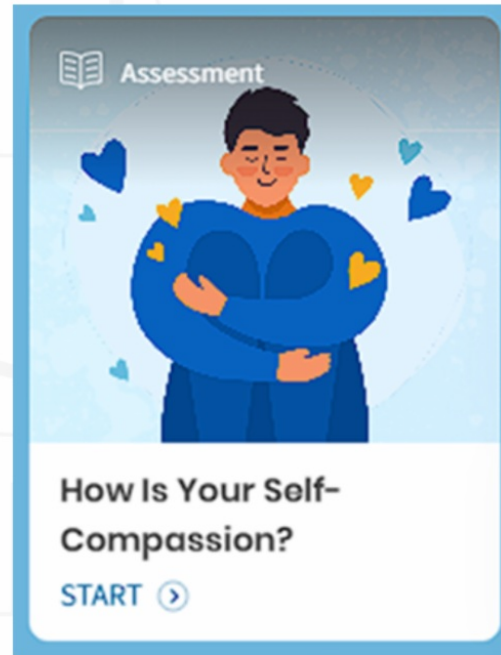
As we age, we may experience life changes that impact our mental health.

- Life changes in older adults can impact mental health, but help is always available.
- Mental health conditions in older adults may present differently, such as through changes in interests or energy levels.
- Open conversations about mental health can encourage older adults to seek support.
- Mental health care can enhance quality of life, independence, and social connections.
- Spending time with older adults fosters meaningful connections and well-being.

HEALTHY AGING

HealthyJoCo

live • work • learn • play



CredibleMind

Looking for trusted resources to support your mental health? Visit CredibleMind — a free, confidential website offering articles, videos, self-assessments, and tools on topics like stress, sleep, relationships, and more. It's available anytime, no sign-up required. Take the first step toward feeling your best at <https://healthyjoco.crediblemind.com/>.

Community Well-Being & Support Survey

Johnson County Public Health wants to learn how you access mental healthcare in the community. Please click here to take the survey (5-10 minutes), and enter a raffle drawing to win a \$20 Hy Vee gift card!

HealthyJoCo
live • work • learn • play



Your Voice Matters

Please take a few minutes to complete our Community Wellbeing & Support Survey. Your feedback will help improve mental health resource awareness in Johnson County.

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HEALTHY AGING

Is It Allergies, a Cold, or COVID?



Here's How to Tell the Difference

Sniffing, sneezing, and feeling tired? Knowing whether you're dealing with allergies, a common cold, or COVID-19 can be tricky. Here's a quick guide to help you tell them apart:

Allergies

- Symptoms: Sneezing, runny or stuffy nose, itchy eyes/nose/throat, watery eyes.
- Key Clues: Symptoms often come on quickly and last as long as you're exposed to allergens like pollen, dust, or pets. Allergies don't generally cause a fever.
- Tip: Allergy medications like antihistamines usually help.

Common Cold

- Symptoms: Runny nose, sore throat, cough, congestion, mild fatigue, sometimes a low-grade fever.
- Key Clues: Colds usually develop slowly over a few days and last about a week.
- Tip: Rest, fluids, and over-the-counter remedies can ease symptoms.

COVID-19

- Symptoms: Fever, cough, fatigue, body aches, sore throat, shortness of breath, loss of taste or smell, congestion, and sometimes gastrointestinal symptoms.
- Key Clues: COVID-19 symptoms can look like a cold but often include more intense fatigue, fever, and loss of taste or smell.
- Tip: If you're unsure or have been exposed to COVID-19, take a test to be safe.

When in Doubt, Get Tested

Because symptoms can overlap, the safest choice if you're feeling unwell — especially if you have a fever or cough — is to take a COVID-19 test and limit contact with others until you know more.

**MORE INFO**

HEALTHY AGING

Protect Your Skin: May is Skin Cancer Awareness Month

By: Lisa Parlato, Johnson County Public Health

As we head into warmer months, it's the perfect time to remember the importance of protecting your skin. Skin cancer is the most common cancer in the United States — but it's also one of the most preventable.

**Here's how you can protect yourself:**

- Use sunscreen: Apply a broad-spectrum sunscreen with SPF 30 or higher every day, even on cloudy days.
- Seek shade: Especially during midday hours (10 a.m. to 4 p.m.) when the sun's rays are strongest.
- Wear protective clothing: Hats, sunglasses, and long sleeves can help shield your skin.
- Avoid tanning beds: They increase your risk for skin cancer, including melanoma.
- Check your skin: Look for new or changing spots and talk to a healthcare provider about any concerns.

Early detection saves lives. This May, commit to healthy skin habits — and encourage your friends and family to do the same! For more tips and information, visit the American Cancer Society website.



COMMUNITY UPDATES

Residents in Johnson County, including the unincorporated area and smaller towns, can reduce home energy use, increase indoor comfort and save money on energy bills by scheduling a no-cost home energy audit with Green Iowa AmeriCorps. The program is open to those who own houses or apartments, and renters can participate by getting permission from their landlord.

The audit assesses how much energy a home uses and identifies steps to improve energy efficiency. There is no fee for the service, and the audit team can work around residents' schedules for the home visit.

To sign up for a free audit, access the Green Iowa application form at <https://forms.gle/kkwoQBRaY9rPZvX6A> or call the team at 319-339-5399.



FREE
*Home Energy
Audit &
Weatherization*

WHAT WE DO:

- Carbon Monoxide & Gas leak checks
- Attic Insulation Assessment
- Blower Door Testing
- Air Sealing

AND MORE!

IOWA CITY CLIMATE
**ACTION
MATTERS**

**GREEN
IOWA**

Johnson
County

www.livablecommunity.org

COMMUNITY EVENTS

**Event Details**

- **Date:** Saturday, May 10, 2025
- **Time:** 8:00 AM - 11:00 AM
- **Location:** Tiffin Auxiliary Fields, 809 E Marengo Road, Tiffin, Iowa 52340

Important Information

- **Drop-Off Only:** Due to higher demand, Clean-Up Day will be drop-off only.
- **Proof of Residency:** Proof of Tiffin residency is required to participate. This may be in the form of a utility bill or a driver's license with a current Tiffin address.
- **No Hazardous Materials:** Due to staffing shortages, the Iowa City Landfill will no longer be able to offer this service. Hazardous materials include, but are not limited to, batteries, paint and tires. TV and computer monitors will not be accepted. If you have questions regarding any accepted items, please contact LRS at 319-665-4498.

This year, the City is partnering with the Iowa City Bike Library and Houses into Homes for Clean-Up Day. Donate bikes in any condition, along with household items of all kinds—bed frames, mattresses, lamps, bedding, and more!

Can't Haul Items?

If you do not have the ability to haul items to the drop-off location, you can contact:

- **Smith Sanitation Services – 319-930-1064**
- **Lee's Junk Removal – 319-284-6363**

They will pick up on Clean-Up Day for \$25 (cash only). If you have any appliances that need to be picked up and removed, that will be an additional cost.

Join Us! Help keep Tiffin clean and beautiful by participating in our annual Clean-Up Day. Your efforts make a difference!

COMMUNITY EVENTS



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

engAGE Outdoor Lunch Outing

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. If it's a beautiful day we can walk the trail through the park after lunch.

WEDNESDAY

DATE	TIME	CLASS #
June 25	11:30 a.m.-1:00 p.m.	8025.200

Price: FREE

Location: S.T.Morrison Park

Note: Bring lunch and beverage. Rain date: June 26

Patio Lunch Club

Eating lunch with friends is nice, and meeting new friends is even better. We'll meet at a different restaurant each month, and eat on the outdoor patio when the weather cooperates. We set the reservation at the specified restaurant, but the lunch expense is the responsibility of the participant.

TUESDAY 11:30 A.M.

DATE	LOCATION	CLASS #
Apr. 15	Cheddar's	8010.200
May 20	Monica's	8010.201
June 17	Jethro's	8010.202
July 8	ReUnion	8010.203
Aug. 12	Foundry	8010.204

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 1 and 15	9:30-11:30 a.m.
June 5 and 19	9:30-11:30 a.m.
July 17*	9:30-11:30 a.m.

*No Coffee and Crafts on July 3.

Price: Free

Nature Walk

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

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

DATE	LOCATION
May 15	Biscuit Creek/Clear Creek Trail. Meet at the 1876 schoolhouse.
June 12	Iowa River Trail, walking across dam. Meet at IRP parking lot.
July 10	Dovetail Recreation Area. Park in lot on south side of Oakdale Blvd.
Aug. 21	Iowa River Trail to Crandic Park. Meet at IRP parking lot.

Price: Free

Note: Walk is canceled if inclement weather.

Coralville City Bus Adventure

Have you wondered if it would be easier to take the bus somewhere? Does looking for a parking space seem overwhelming? Learn how easy it is to ride Coralville Transit at no cost as a Coralville senior (65+). We will ride the bus from the Coralville Recreation Center to Iowa City for lunch and back.

THURSDAY

DATE	TIME	CLASS #
May 22	11:00 a.m.	8005.200

Note: There is no cost to ride the bus, but each participant must pay for their lunch. This event will be canceled if inclement weather.

Deadline: May 19

Senior Exercise

Senior exercise promotes increased strength, flexibility, balance and coordination. Class is designed specifically for those who wish to ease their way into fitness as well as those who want to maintain their current fitness level.

MONDAY/WEDNESDAY/FRIDAY

DATE	TIME
All Year	9:30-10:15 a.m.

Price: Free

Note: Registration is not required.

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

OLON

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

COMMUNITY EVENTS

IOWA CITY PUBLIC LIBRARY
SEED LIBRARY**Guidelines for seed checkout:**

- Limit of 5 seed packets per household per month.
- Seeds are "checked out" by writing the date, your name, and types of seeds taken in the checkout binder.
- You don't need to use your library card or visit a service desk.



Find the Seed
Library on ICPL's
2nd floor

Guidelines for donating seeds:

- Seed donations are accepted but not required for use of the Seed Library!
- ICPL accepts seeds saved from gardens and commercial seed packets.
- Seeds should be clean, dry, unexposed to pesticides, and open-pollinated.
- Envelopes are provided for seed donations - please fill out as much information as you know about the seeds, and your name and email or home address.

COMMUNITY EVENTS



Saturday, May 10, 2025, 10 am



Terry Trueblood Recreation Area
579 McCollister Blvd,
Iowa City, IA 52240



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20



Try email & social marketing for free!