



JOHNSON COUNTY

# 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.



A LETTER FROM  
CHAIR JOHN  
KALOHN



AGE FRIENDLY  
UPDATES



ACCESSORY  
DWELLING UNIT  
UPDATES

And more!



Dear Johnson County Residents,

As we move into a new year of Johnson County Livable Community for Successful Aging Leadership, I am excited to take on the role of Chair for the next year.

Johnson County has an exciting future ahead for Successful Aging! The Johnson County Livable Community (JCLC) is launching a community-wide survey to assist in strategic planning that supports your desired aging experience. We aim to enhance access to safe and affordable housing, secure neighborhoods, community engagement, healthcare, and more.

Would you like to get involved? Email [livablecommunity@johnsoncountyiowa.gov](mailto:livablecommunity@johnsoncountyiowa.gov) for more information on how you can contribute!

Sincerely,

John Kalohn

Chair of Livable Community for Successful Aging Policy Board

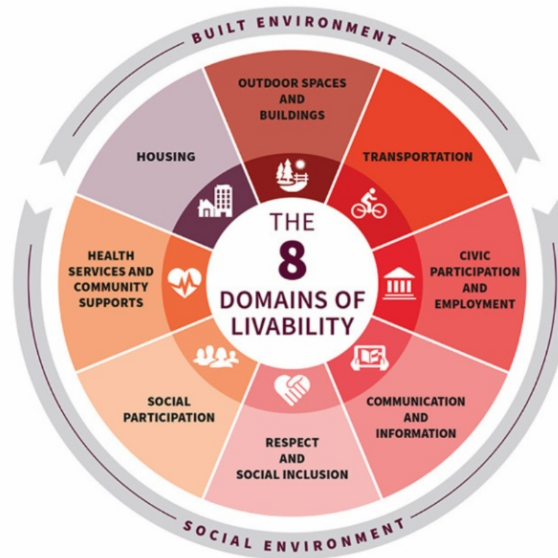


[www.livablecommunity.org](http://www.livablecommunity.org)

## POLICY BOARD UPDATES

## Age Friendly Action Team Updates

The Johnson County Livable Community (JCLC) Policy Board will launch a survey for residents in November 2024. This survey will gather feedback related to the eight AARP Domains of Livability. The 8 Domains of Livability framework is utilized by various communities in the AARP Network of Age-Friendly States and Communities to help enhance livability for residents of all ages.



Johnson County was recognized as an age-friendly community by AARP in August 2021. The results of this survey will inform JCLC's strategic planning efforts to improve livability for everyone in the county. More details about the survey and how to participate will be included in the December newsletter, so stay tuned!

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## Accessory Dwelling Unit Zoning Updates

By: William Gorman

The Housing Action Team began its initiative to advocate for Accessory Dwelling Units (ADUs) with cities in Johnson County, in November 2022. Since there is no state statute pertaining to ADUs, each city must decide for themselves if they will allow ADUs through their zoning code.

ADUs are one strategy to address the lack of housing, and particularly the lack of affordable housing- not only for seniors but also single adult workers, young couples and young families. ADUs are a permanent dwelling on a foundation with a kitchen, bedroom, bathroom and some general living space. They can be attached or detached from a primary residence on a common lot. Since ADUs are smaller in size, they are more cost effective to build, heat, cool and maintain. Thus they are more affordable to rent.

The Housing Action Team (HAT) has been successful in working with the City of Iowa City to revise its existing ADU code to be more permissive. The following changes were made: 1. Allows ADUs to be built on any property with either a detached or attached single-family or duplex home in any zone that allows residential living; 2. Maintains requirement that an owner must live on-site (either in the primary residence or the ADU); 3 Increases ADU size from 650 square feet to the lessor of 1,000 square feet, or 50% of the main building's floor area; 4. Removes requirement for additional off-street parking for an ADU; 5. Allows a wider variety of ADUs, including ADUs that are free-standing or built as an addition.

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**POLICY BOARD UPDATES**

## **Accessory Dwelling Unit Zoning Updates**

*Continued*

HAT also advocated with Johnson County to revise its zoning code to be more supportive of ADUs. The following changes were made: 1. Allows attached ADUs in all residential districts; 2. Removes an architectural compatibility requirement; 3. Detached ADU's are allowed on a lot of one acre or more (previously two acres or more); 4. Revised code still requires owner occupancy and one parking space for the ADU. 5. Size limit remains the same at 1,300 square feet.

The Housing Action Team is currently working with the city of North Liberty regarding ADUs. The Planning and Zoning Commission unanimously approved a draft zoning code. However, the City Council tabled the issue for further research and consideration. We will continue to encourage the City Council to adopt a zoning code to allow accessory dwelling units.



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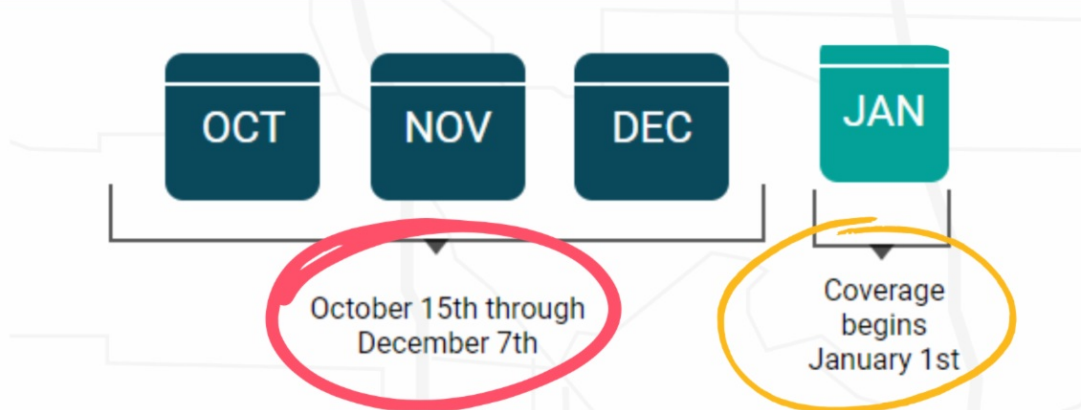
## Social Security

### **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 premiums are expected to decrease in 2025. Find out more information from the [Centers for Medicare and Medicaid](#).

**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.

## HEALTH INFORMATION



Everyone over the age of 6 months should get an updated 2024 flu and Covid-19 vaccine! You can get these shots at the same time. Your regular pharmacy should have them available but do check to see if you need an appointment, most pharmacies allow walk-in services.

The CDC recommends an RSV vaccine for all adults ages 75 years and older and for adults ages 60–74 years who are at increased risk of severe RSV. Being at increased risk includes those with chronic heart or lung disease, people with a weakened immune system, those with diabetes or who are obese, and those who live in a nursing home. One dose of RSV vaccine provides protection against RSV disease in adults ages 60 years and older for at least two years.



## 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. Volunteers 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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## Who are family caregivers and what do they do?

Family caregivers provide care and assistance to a family member with limitations due to illness, injury or disability.

The care recipient may have physical or developmental disabilities, or any situation (permanent or temporary) that means they need some level of assistance with daily living activities and other aspects of life.

**Family caregivers may provide many different types of support:**

Personal Care



Medical Care



Life Management



**CAREGIVER WELLNESS DAY**

A day of education, relaxation and fun in honor of your commitment to caregiving.



**Monday, November 4**  
**8 am – 3 pm**  
**The Hotel at**  
**Kirkwood Center**  
**7725 Kirkwood Blvd SW**  
**Cedar Rapids, IA 52404**

**Wellness**

Flu vaccines and COVID boosters are available during the day on a walk-in basis. Your insurance or Medicare card must be presented at the time of vaccination.

**Silent Auction**

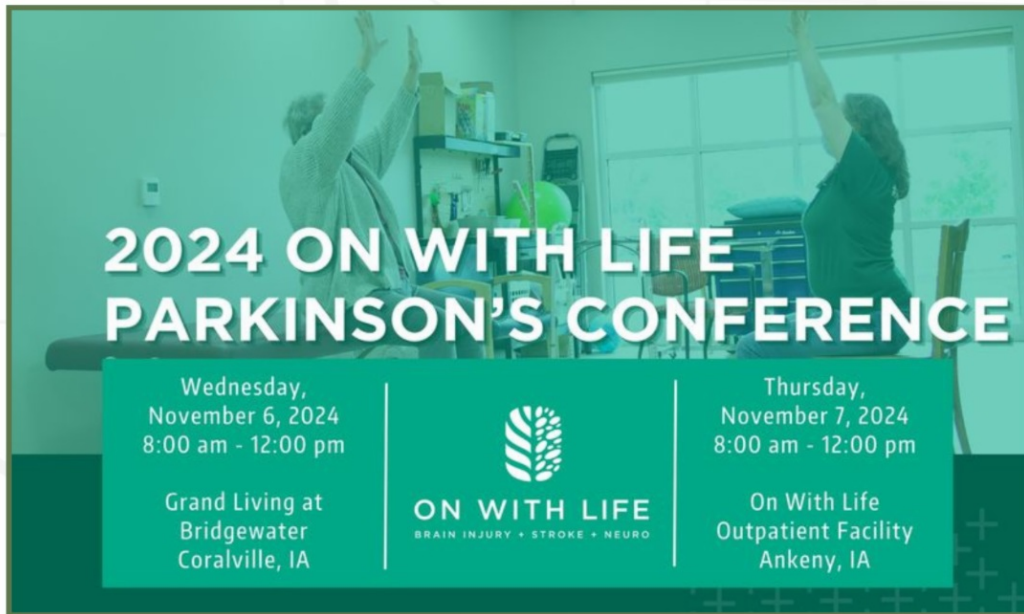
Prize baskets, date nights and more are up for grabs in the optional silent auction. Please bring cash or check if you wish to participate.

**Respite Care**

Free respite care is available to ensure your loved one is well cared for while you enjoy the event. Sign up will be included with the registration process. Thank you to Aging Services and Home Instead for generously providing this support.

**[Register for the event here](#)**

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A banner for the 2024 On With Life Parkinson's Conference. The background is a teal-tinted photograph of two people in a room, one standing and one sitting, both with their arms raised. The text is overlaid on the image. The main title is '2024 ON WITH LIFE PARKINSON'S CONFERENCE'. Below this, there are two columns of information. The left column is for Wednesday, November 6, 2024, from 8:00 am to 12:00 pm, at Grand Living at Bridgewater in Coralville, IA. The right column is for Thursday, November 7, 2024, from 8:00 am to 12:00 pm, at On With Life Outpatient Facility in Ankeny, IA. In the center, there is a logo for 'ON WITH LIFE' which consists of a stylized leaf icon above the text 'ON WITH LIFE' and 'BRAIN INJURY • STROKE • NEURO' below it.

**2024 ON WITH LIFE  
PARKINSON'S CONFERENCE**

Wednesday,  
November 6, 2024  
8:00 am - 12:00 pm

Grand Living at  
Bridgewater  
Coralville, IA

**ON WITH LIFE**  
BRAIN INJURY • STROKE • NEURO

Thursday,  
November 7, 2024  
8:00 am - 12:00 pm

On With Life  
Outpatient Facility  
Ankeny, IA

## **Register today!**

Register now for the 2024 On With Life Parkinson's Disease Conference! New this year, we are offering TWO half-day conferences: one in Ankeny and one in Coralville. Persons with Parkinson's, caregivers and providers are all welcome to attend - at no charge!

Wednesday, November 6 | 8 am - 12 pm  
@ Grand Living at Bridgewater in Coralville

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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, and provide peer support for caregivers & families. Held in our Grand Living Room, the first Monday of every month. Light refreshments provided.



**NOVEMBER 4TH, 2024**



**6 TO 7 PM**



**2450 HICKORY TRAIL**



**319.595.2270**

**NAVIGATE**  
MEMORY SUPPORT

with Moments Hospice

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**COMMUNITY EVENTS**



**IN-PERSON  
EARLY VOTING**  
is now available!

**In-Office:**

Johnson County Administration Building: 913 S. Dubuque St.

**Drive-Thru:**

Health & Human Services Parking Ramp: 855 S. Dubuque St.

**Weekday Voting**

October 16th - November 4th, weekdays: 8:00 a.m. - 5:00 p.m.

**Voting After Dark**

October 28th - 30th: 8:00 a.m. - 7:00 p.m.

**Weekend Voting**

October 26th: 12:00 p.m. - 5:00 p.m.

October 27th: 12:00 p.m. - 5:00 p.m.

November 2nd: 9:00 a.m. - 5:00 p.m.

November 3rd: 12:00 p.m. - 5:00 p.m.



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**COMMUNITY EVENTS**



The Johnson County Livable Community for Successful Aging Policy Board expresses its heartfelt gratitude to all Veterans of Johnson County for their sacrifices for this great country. On this special day, we honor your commitment to our nation with the deepest appreciation. We hope you take the time to feel valued and supported. We thank you!

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# GRIEF AND THE HOLIDAYS

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*led by*  
**Chris Klug, Grief Counselor**

**Wednesday, November 13, 2024**

**5:30-7PM**

*in place of Breaking Bread's November program*

**The Kirkwood Room**

*515 Kirkwood Avenue, Iowa City*

*cookies and beverages will be served*

**RSVP to Mandi Lensing  
by November 8th  
(319) 338-8171  
mandi@lensingfuneral.com**



**COMMUNITY EVENTS**

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**

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**COMMUNITY EVENTS**

It's never too late to focus on your brain health. A lifestyle that supports brain fitness can make a difference to your cognitive health. Dr. Patricia Quinlisk will facilitate three online sessions in November and be joined by experts in the fields of pharmacology, diet and fitness to discuss how these areas impact brain health. We hope you can join us for one or all of these virtual events!

**November 1: Diet and Exercise**

**November 8: Keeping Sharp, Being Social, and Sleeping Habits**

**November 15: Medications, Stress Reduction, and Addressing Chronic Disease**

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## **Daylight Saving Time 2024**

Daylight saving time ends at 2am on Sunday, November 3. Don't forget to set your clocks back by 1 hour!

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**COMMUNITY EVENTS**

**THE SALVATION ARMY**

*Thanksgiving  
Basket Registration*

Assistance with providing a meal on  
Thanksgiving Day.

**Monday - Friday 9:30 AM - 11:45 AM  
1:00 PM - 4:00 PM**

**Register at:**

- 1. 1116 S Gilbert Ct Iowa City, IA  
52240**
- 2. <https://forms.office.com/r/9aXNNy8MxF>**

**Please bring or submit the following:**

- 1. Photo ID**
- 2. Proof of Address (utility bill, lease,  
etc) - if different than photo i.d.  
address**



**Registration: October 14 -  
November 15**



## **St. Mary's Annual Thanksgiving Dinner**

Thursday, November 28th, 2024

St. Mary's Parish Hall

228 E. Jefferson Street, Iowa City

Noon-1 PM

To-go meals, including turkey, dressing, mashed potatoes and gravy, green bean casserole, dinner roll, cranberry sauce and pumpkin pie, will be distributed from Noon to 1 PM at the Linn Street entrance to the church.

# Leaf Collection Dates

## IOWA CITY

- Thursday, Oct. 24: Completing Zone 3 (ODD side of the street ONLY where ODD / EVEN parking is enforced) and entering Zones 4 & 5
- Friday, Oct. 25: Entering Zones 6 & 7
- Monday, Oct. 28: Entering Zones 1 & 2
- Tuesday, October 29: Entering Zone 3 (Even side of the street ONLY where ODD/EVEN parking is enforced) and Zone 4
- Wednesday, Oct. 30: Completing Zone 3 (ODD side of the street ONLY where ODD / EVEN parking is enforced) and Entering Zone 4 & 5

[Find out your zone HERE](#)

## SOLON

- City Leaf Collection will begin Monday, October 18th. Leaf Collection will be every Monday through November. Weather Permitting

[More information HERE](#)

## NORTH LIBERTY

- Fall leaf collection is scheduled to start Monday, Oct. 14, 2024, and run through Nov. 22.
- To have your leaves collected, rake them within two feet of the public street by 7 a.m. each Monday.

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