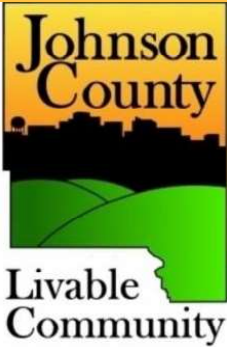


# JCLC October 2024 Newsletter



## Johnson County Livable Community Information for Successful Aging

> *the primary information resource for Seniors* <

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



### LIHEAP

HACAP is now accepting applications for eligible individuals 60+ or disabled for LIHEAP (Low-Income Home Energy Assistance Program). Individuals under the age of 60 are eligible to apply on November 1st.

Family Size	Annual Gross Income
1	\$30,120
2	\$40,880
3	\$51,640
4	\$62,400

[Click here to read more and to apply](#)

## Caregiver Wellness Day

Registration for Caregiver Wellness Day is now open! This free event to celebrate local caregivers is on **Monday, Nov. 4, 8 am - 3 pm** at the Kirkwood Hotel, 7725 Kirkwood Blvd. SW, Cedar Rapids. Family, friends and neighbors who take care of an older adult. in the Eastern Iowa region are encouraged to attend.

Caregiver Wellness Day will feature informative speakers, local resources for older adults and allow social time to connect with fellow caregivers. Join Heritage for a day of education, relaxation and fun in honor of your commitment to caregiving. Register [here](#) or **calling Heritage AAA at 319-398-5559.**



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

# Medicare Open Enrollment

You can enroll in Medicare health and drug plans from October 15 – December 7.

AN IMPORTANT MESSAGE FROM MEDICARE

## HAVE YOU COMPARED YOUR OPTIONS?

You might find a plan that saves you money.



### Medicare Open Enrollment is here

Now is the time to compare your current coverage to all your choices for 2024 and select the plan that best fits your needs and budget. Medicare's Open Enrollment period gives everyone with Medicare the opportunity to make changes to their prescription drug plans or health plans for coverage beginning January 1, 2024. But don't delay, the Open Enrollment period ends on December 7.



### Why compare options for next year?

Just like your health, Medicare plans can change every year—and your current one might be changing. Plus, not all plans have the same benefits and out-of-pocket costs. By comparing all your options, you could find a plan that offers you better coverage, saves money, or both. Review your current plan, costs, and health needs, then go to [Medicare.gov](https://www.Medicare.gov).



### It's easy to compare options on Medicare.gov

At Medicare.gov, you can do a side-by-side comparison of plan coverage, costs, and quality ratings to help you see the real differences between plans and feel confident in your choice. If you choose a new plan for 2024, you can enroll right there. Current coverage still meets your needs best? Then, you don't have to do anything.



## MEDICARE OPEN ENROLLMENT

OCT. 15–DEC. 7

### Prefer to talk it over?

Call 1-800-MEDICARE (1-800-633-4227)  
TTY Users: 1-877-486-2048

We're here to help 24 hours a day during Open Enrollment, including weekends. Or, find free, personalized health insurance counseling from your State Health Insurance Assistance Program (SHIP). Visit [shiphelp.org](https://shiphelp.org) for locations near you. Many SHIPs offer virtual counseling.

### Medicare Part D Extra Help

If you are struggling with your prescription drug costs, **Extra Help** is a Medicare program that can help pay for your drug coverage (Part D) premiums, deductibles, coinsurance, and other out-of-pocket costs. If you make less than \$22,000 a year, it's worth it to apply.

Visit [ssa.gov/extrahelp](https://ssa.gov/extrahelp) or call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) to apply.

October 2023

[Medicare.gov](https://www.Medicare.gov) | 1-800-MEDICARE  
THE OFFICIAL SOURCE FOR MEDICARE



PAID FOR BY THE U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES

# Fall 2024 Vaccine Updates

The **updated Fall 2024 vaccines** are now available to better protect you against the most common variants of the multiple viruses circulating.

Immunization doesn't just protect the person getting the vaccine; it protects the entire community. By getting shots on time, you can protect yourself and others around you from disease.

Click the update below to be directed to <https://www.iowaimmunizes.org/>

## FALL 2024 VACCINE UPDATES

	WHAT IS AVAILABLE?	WHO SHOULD GET THIS VACCINE?	WHY SHOULD I GET THIS?	WHEN SHOULD I GET IT?
<b>INFLUENZA (the "flu")</b>	<ul style="list-style-type: none"> <li>Inactivated vaccine: standard or high dose</li> <li>Recombinant vaccine</li> <li>Live attenuated vaccine</li> </ul>	<ul style="list-style-type: none"> <li><b>Inactivated vaccine:</b> <ul style="list-style-type: none"> <li>6 months - 64 years old- any age-appropriate vaccine</li> <li>65 years and older- either high dose vaccine (Fluzone High Dose or Flublock) or an attenuated vaccine(Fluad)</li> </ul> </li> <li><b>Live attenuated vaccine:</b> Age 2-49 years old</li> </ul>	Influenza vaccine lowers the chance of needing to see the doctor by 40 to 60 percent. Influenza can lead to mild or severe disease, and even death.	Flu before boo! It's good to try to get the vaccine by October, although it's not too late through February
<b>COVID-19- Updated Fall 2024</b>	Updated 2024-2025 formulations are expected this fall, likely in September	Everyone age 6 months and older.	Previous COVID vaccines were about 60% effective in preventing hospitalization. COVID vaccines also prevent death from the infection.	Get the updated vaccine as soon as it's available for protection against severe disease.
<b>RSV (OLDER ADULTS)</b>	Arixvy or Abrysvo	<ul style="list-style-type: none"> <li>All persons 75 years and older if they've not received the vaccine</li> <li>Persons 60-74 years of age who are at increased risk of severe disease if they've not received it in the past</li> </ul>	Each year, it is estimated that between 60,000-160,000 older adults in the US are hospitalized and 6,000-10,000 die due to RSV. This vaccine protects against severe disease by over 80%.	Ideally, before the winter respiratory season starts . Only one dose needed.
<b>RSV (PREGNANCY)</b>	Abrysvo	Pregnant people (so the baby gets protection for the first few months of life).	RSV causes 58,000 and 80,000 infant hospitalizations each year. This vaccine is 82% effective in the first 3 months and 69% after 6 months.	Between 32 and 36 weeks of pregnancy. Only 1 dose- not to be repeated in subsequent pregnancies (instead their infant(s) should receive nirsevimab.
<b>RSV (Infants and Children)</b>	Nirsevimab- This isn't a vaccine, but a protein. Babies are given the antibodies they need to fight off RSV.	All infants < 8 months. High risk infants 8-19 months (as long as the mother didn't receive the maternal vaccine at appropriate time)	Nirsevimab effectiveness against RSV-associated hospitalization was 91-98%.	October 1- March 31 Protection lasts about 4-6 months.



**Check with your healthcare provider to see what vaccines you need to stay healthy!**

If you need help paying for vaccines, the Vaccines for Children program can help.  
<https://hhs.iowa.gov/immtdb/immunization/vfc>



Updated 09.05.2024

# October is National Breast Cancer Awareness Month

**1 in 8 women will be diagnosed with breast cancer in her lifetime. That's one person every 2 minutes in the U.S.**

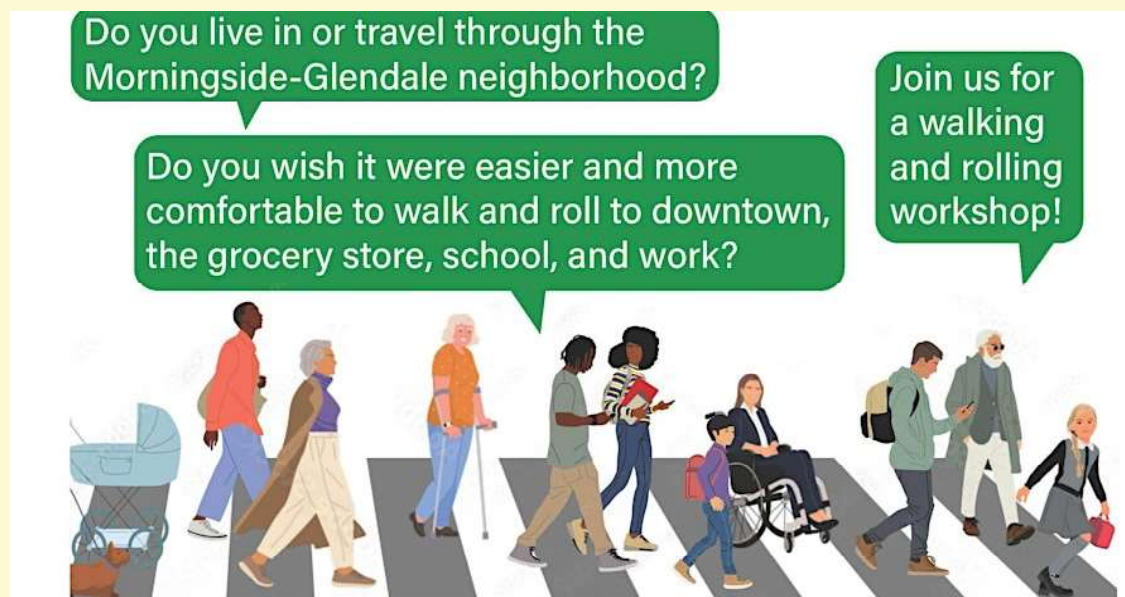
**The two most common risk factors of breast cancer are being born female and getting older.**

**In 2022, it is estimated that nearly 44,000 people in the U.S. will die from breast cancer.**

Early detection and effective treatment are **critical** to reducing breast cancer deaths.

1. Know your risk
2. Get Screened
3. Know your Normal
4. Make Healthy Lifestyle Choices
5. Take Action

Need help? 1-877\*-GO KOMEN (877-465-6636) [helpline@komen.org](mailto:helpline@komen.org)



**Saturday, October 19 10:00 - 11:30 a.m. (starts at City High in Iowa City)**

## **Mobile Workshop 2: History and Placemaking Walk**

Did you know that the Morningside-Glendale neighborhood used to be the site of the Johnson County Fairgrounds, with a passenger train, race track, and airplane runway? Join us for a walking and rolling workshop to learn about our neighborhood's fascinating history and brainstorm ways to improve our streets and public places for all ages! After an introduction to several historical elements and the purpose of "placemaking", we will head out into the neighborhood to visit several important sites and discuss ways to incorporate history into street and public space improvements. Walk/roll will last one hour, with multiple stopping points. If you would like to participate but are unable or prefer not to walk/roll the full duration, please reach out! There are many ways to adapt the workshop. Please wear comfortable shoes and bring a water bottle. Refreshments will be provided. Email [morningsideglendale@gmail.com](mailto:morningsideglendale@gmail.com) with any questions. Funded in part by AARP. Supported by Plan + Place.

**To help anticipate participation, please click here to RSVP (RSVP not required to participate)**

# Volunteers needed for UI study of drug that may help slow Alzheimer's Disease

Radio Iowa

<https://www.radioiowa.com> › 2024/09/25 › volunteers-...

University of Iowa Health Care is looking for volunteers to take part in a national study of a drug that shows promise in the treatment of Alzheimer's disease.

Dr. Del Miller, the UI's principal investigator for the study, says they're looking for people between the ages of 50 and 89 who are just starting to show signs of a problem.

Miller says, "These would be people that have either mild memory impairment or have a diagnosis of Alzheimer's disease."

UIHC is among nearly 50 sites nationwide taking part in what's dubbed the BenfoTeam study, which is funded by the National Institutes of Health's National Institute on Aging. The drug is called benfotiamine and Miller hopes it will slow the symptoms or even reverse them.

"If a person decides to be a part of this study," Miller says, "they would come in for their initial visit, and part of that would be doing some testing of their memory and other brain functions to see if they would meet that criteria."

Volunteering for the study will involve a commitment of more than a year of visits to Iowa City and Miller says it will -not- require a lot of invasive procedures.

"It's in a duration of 72 weeks," Miller says, "and so there are visits staggered throughout the study. Early on, it's more frequently, and the first visit is more of a screening visit to see if the person is appropriate for the study."

For more information and to volunteer, call the study coordinator Karen Smith, at 319-353-5158.

Alzheimer's is the sixth-leading cause of death in the United States. In Iowa, more than 62,000 people have been diagnosed with Alzheimer's or dementia, and there are nearly 100,000 family members and friends caring for their loved ones with the disease.



# IA SAIL TOWN HALL DISCUSSION

855 S. DUBUQUE ST.  
IOWA CITY, IA

The town hall sessions are open to the public and are an opportunity to share insights, give suggestions and discuss concerns as we work to meet the needs of Iowans in all phases of aging.

**OCTOBER 22, 2024**

10 a.m. – 12 p.m.  
Johnson County Health and  
Human Services Building,  
Room 203

IA SAIL is a state initiative that brings together government agencies and community partners to address aging issues across a person's lifespan.

## RSVP:

Eugenia Kendall  
[eugenia.kendall@hhs.iowa.gov](mailto:eugenia.kendall@hhs.iowa.gov)

# Advice on Aging: Current Trends in Scams & Fraud



**BOBBY  
HANSEN**

Better Business  
Bureau



**LAURA  
KRIEGERMEIER**

Heritage Area  
Agency on Aging



**LT. KATRINA  
RUDISH**

Johnson County  
Sheriff's Office

## DATE & TIME

Monday  
Oct. 14, 2024  
1:30 pm - 2:30 pm

## LOCATION

Keystone Place at Forevergreen  
1275 W Forevergreen Rd  
North Liberty, IA

## ADMISSION

This event is free to attend  
and open to the public.  
Bring a friend!



### In Honor of Bob Welsh

Bob Welsh dedicated his life to the betterment of Johnson County through volunteerism, advocacy and the promotion of lifelong learning. "Advice on Aging" is proudly hosted in Bob's memory by the Johnson County Task Force on Aging.

## National Town Hall on Scams & Older Adults



Older adults, families, and professionals who work with older

adults are invited to an action-oriented National Town Hall on Scams & Older Adults on October 30, 1:00–2:00 p.m. Eastern. Presented jointly by the Consumer Financial Protection Bureau (CFPB), AARP, and Federal Deposit Insurance Corporation (FDIC), this online event will feature:

- Why scams are successful – and why they can happen to anyone
- The real-life experience of a scam victim
- An overview of Money Smart for Older Adults, a program of the CFPB and FDIC that helps people avoid, prevent, and respond to scams
- Five things you can do right now to protect yourself and others from scam attempts

The event will feature these national leaders:

- Julie M. Strandlie, Elder Fraud Prevention Advocate
- Kathy Stokes, AARP Fraud Watch Network, Director of Fraud Prevention Programs
- Ron Jauregui, FDIC, Division of Depositor and Consumer Protection, Community Affairs Specialist
- Lisa Schifferle, CFPB, Office for Older Americans, Senior Policy Analyst

**Register today!** You will receive an electronic invitation to the event within two business days of completing the form.

**[Absentee Ballot, Early Voting, & Satellite Voting!](#)**





**REQUEST AN ABSENTEE BALLOT**  
**NOVEMBER 5TH, 2024**  
**GENERAL ELECTION**

Requests must be received by  
5:00 p.m. on Monday, October 21st

## IN-OFFICE EARLY VOTING

Johnson County Administration Building  
913 S. Dubuque St., Iowa City



## DRIVE-THRU EARLY VOTING

Health & Human Services Parking Ramp  
855 S. Dubuque St., Iowa City

### 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.





# SATELLITE VOTING SCHEDULE

## 11/5 General Election



### Coralville Public Library

1401 5th St

Oct. 19th: 10:00 a.m. - 4:00 p.m.

Oct. 20th: 12:00 p.m. - 4:00 p.m.

### Iowa Memorial Union

125 N Madison St

Oct. 21st - 23rd: 9:00 a.m. - 3:00 p.m.

### University of Iowa Hospitals and Clinics

200 Hawkins Dr

Oct. 21st - 23rd: 10:00 a.m. - 4:00 p.m.

### UIHC - Iowa River Landing East

920 E 2nd Ave

Oct. 24th: 10:00 a.m. - 4:00 p.m.

### UIHC - Health Care Support Services Building

3281 Ridgeway Dr

Oct. 25th: 10:00 a.m. - 4:00 p.m.

### Iowa City Public Library

123 South Linn St

Oct. 26th: 11:00 a.m. - 4:00 p.m.

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

Oct. 28th - 30th: 10:00 a.m. - 8:00 p.m.

### North Liberty Library

520 W Cherry St

Nov. 1st - 2nd: 11:00 a.m. - 5:00 p.m.

## Local Programming and News

Click on the categories below to access more information

<a href="#">Senior Connections Lunch</a>	<a href="#">AARP Iowa Events</a>	<a href="#">Alzheimer's Association Upcoming Events</a>	<a href="#">Solon Senior Center Newsletter</a>
<a href="#">City of North Liberty Activity Guide</a>	<a href="#">Hancher Auditorium Upcoming Events</a>	<a href="#">The Center Iowa City- September and October Activity Guide</a>	<a href="#">City of Coralville Activity Guide</a>
<a href="#">Stanley Museum of Art Calendar</a>	<a href="#">Trail of Johnson County Calendar</a>		





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