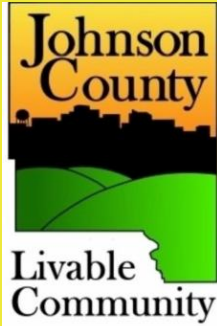


JCLC September 2024 Newsletter



**Johnson County Livable Community
Information for Successful Aging**

> the primary information resource for Seniors <

www.livablecommunity.org

2024 Healthy Aging Fair

The 2024 Healthy Aging Fair took place on at the Iowa City Senior Center on August 22nd with over 360 attendees! There were over 60 resource displays highlighting services for older adults, Tai Chi Demonstrations, health screenings, laughter yoga and much more. Thank you to all who participated!





Snow Removal

Nobody wants to talk about snow in September, but now is the time to plan ahead if you need assistance with having your driveway and sidewalks cleared of the white stuff. AbbeHealth Aging Services is currently accepting applications through **October 11, 2024**. Snow removal is under the umbrella of the Home Accessibility and Repair Program (HARP) and requires the HARP application to apply for snow removal services. Please note that both applications below need to be completed to apply for snow removal for the upcoming service which runs November 15, 2024 through March 15, 2025.



This service, which is very basic, is ideal for those who have physical disabilities, severe arthritis, neuropathy, heart conditions or other risk factors and cannot afford regular snow removal.

An informational session about HARP for Seniors will be held on September 30th at 1PM at the Bridge to Opportunities Life Enrichment Center (2100 1st Avenue NE,

Cedar Rapids, IA).

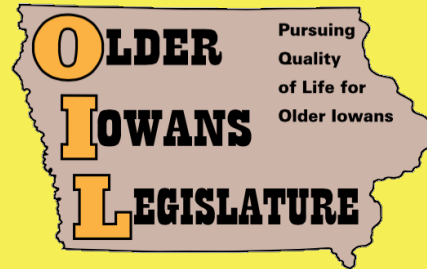
For more information or to apply, please contact Savanna Snead, Community Services Supervisor- Aging Services at savanna.snead@unitypoint.org or by phone at 319-398-3644.

[Click here to download the HARP application.](#)

[Click here to download the Snow Removal Agreement and application.](#)

Older Iowans Legislature

The Older Iowans Legislature is holding their Annual Meeting on Monday, September 16, 2024 from 8:30AM-2PM. There is an in-person (at State Capitol) and Zoom option to attend the meeting.



The Older Iowans Legislature is the only "Grass Roots" organization in Iowa that continually strives to produce an opportunity for older Iowans to complete their lifelong journey in dignity, with respect from others, and receiving support when necessary. Our members advocate State Legislators, the Governor and staff, and other organizations to assist in improving the "Quality of Life" for Older Adult Iowans. We have historically placed special emphasis on the frail elderly however our overall goal is to make Iowa that model state for all Older Adults. Get involved by joining the Older Iowans Legislators and stay active in assisting others.

[Click here for more information about the Older Iowans Legislature or to participate in the Annual Meeting](#)

Caregiver Wellness Day

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



Join us for a day of education, relaxation and pampering in honor of your commitment to caregiving. More information will be announced in the months to come.

September is World Alzheimer's Month

Learn more about Alzheimer's disease and the ways it affects us all.

Facts About Alzheimer's Disease

- Alzheimer's disease is the most common form of dementia. Dementia is a brain condition that affects parts of the brain that control thought, memory, and language.
- Alzheimer's disease and related dementias can seriously affect a

person's ability to carry out daily activities.

- The risk of developing Alzheimer's disease increases with age, but Alzheimer's disease is not a normal part of aging.
- Most people living with Alzheimer's disease are older than 65 years. However, people younger than age 65 can develop Alzheimer's disease but it is not common.
- Scientists do not know what causes Alzheimer's disease. However, like other chronic conditions, it is probably a result of multiple factors.
- Controlling high blood pressure, exercising regularly, and quitting smoking may reduce your risk of Alzheimer's disease.

When is memory loss more than forgetfulness?

Although everyone's brain changes as they age, it's important to understand that Alzheimer's disease is not a normal part of aging. Memory loss is typically one of the first warning signs of Alzheimer's disease, but occasionally forgetting words or names does not mean a person has Alzheimer's. There are other signs that someone in the early stages of Alzheimer's disease may experience in addition to memory problems. In the early stages of the disease, these can include:

- Getting lost in familiar places.
- Having trouble handling money and paying bills.
- Repeating questions.
- Taking longer to complete normal daily tasks.
- Displaying poor judgment.
- Losing things or misplacing them in odd places.
- Displaying mood and personality changes

For more information on World Alzheimer's Month visit these websites:

<https://www.cdc.gov/aging/publications/features/world-alzheimers-month.html>

- <https://www.alzint.org/get-involved/world-alzheimers-month/>

THIS IS WHY WE WALK.



At the Alzheimer's Association Walk to End Alzheimer's®, we're fighting for a different future. For families facing the disease today. For more time. For treatments.

We're closer than ever to stopping Alzheimer's. But to get there, we need you. Join us for the world's largest fundraiser to fight the disease. Register today at alz.org/walk.

Walk to End Alzheimer's – Iowa City

Saturday, September 28, 2024 | City Park

2024 NATIONAL PRESENTING SPONSOR

Edward Jones



**WALK TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION

Pre-Registration Requested

2024 IOWA CHAPTER SPONSOR



2024 LOCAL SPONSORS

Scheels
Stirlingshire of Coralville
Hills Bank
Brown Deer Place

Rev/Dec23 219-10-0153



The University of Iowa Health, Brain, and Cognition Lab is currently seeking participants in the BOOST PA study, formally titled “Targeting Cognitive Control to Improve Physical Activity Adherence in Midlife for Alzheimer's Risk Reduction.” The study aims to explore whether cognitive training can help adults aged 40-65 overcome challenges in maintaining regular physical activity, using adaptive computer games designed to help overcome difficulty changing sedentary habits and improve physically inactive individuals’ ability to stick to moderate-to-vigorous exercise routines, with the goal of enhancing both physical and cognitive health.

Participants in the BOOST PA study will undergo a comprehensive screening process to ensure they are eligible for moderate to vigorous exercise. Those who qualify will participate in a cognitive training program paired with physical activity behavior change exercises. The study will include cognitive and fitness testing before and after the interventions to measure the effectiveness of the training. The ultimate hope, as expressed by HBC Lab Director Michelle Voss, is that strengthening cognitive control through this training will help individuals persist in adopting healthier, more active lifestyles, which could have long-term benefits for both physical and cognitive well-being.

If you are interested in participating in the BOOST PA study, you can fill out an online eligibility form at tinyurl.com/yu8b5fac. To read more about the study, visit <https://hbc.lab.uiowa.edu/research/boost-pa>. Questions may be addressed to Study Manager Megan Hilliard by email: pbs-hbclab@uiowa.edu, or phone: 319-353-2278.

Respiratory Virus Protection for Older Adults

by Sam Jarvis, Community Health Manager, Johnson County Public Health

Get ready for the fall and winter virus season

Updated flu and COVID-19 vaccines are coming soon. Until then, here are a few ways you can prepare:

- 1. Talk to your doctor about vaccines recommended for you.*
- 2. Check your health insurance benefits.*
- 3. Learn about how to protect yourself and others from flu, COVID-19 and RSV*

[Click here for a message from the CDC regarding ways to protect yourself.](#)



IOWA CITY SENIOR CENTER
2024

PICKLEBALL JAMBOREE

**BEGINNER LESSONS, NOVICE, INTERMEDIATE,
& ADVANCED CLINICS AND TOURNAMENTS**

SUNDAY, SEPTEMBER 29, 2024
DOORS OPEN AT 9AM
GreenState Family Fieldhouse

PROCEEDS SUPPORT:
ICSC
FRIENDS
OF IOWA CITY
SENIOR CENTER

**\$20/PERSON
REGISTER TODAY:**

**ACTIVE
FUN FOR
ALL AGES!**

SPONSORED BY:
Stuff

Book Club

Matchmaking

Saturday, September 21, 1:00-
2:30

Iowa City Public Library,
Meeting Room A

*Want to find people to start your
own book club?*

In the spirit of speed dating, let's
gather for some sorting

activities and see if you find any good matches. Library staff will facilitate mingling and connections based on the types of books you like, when you're available for meetings, how irritated you'd be if others didn't finish the book, and more. At the end of the event, if you've found some like-minded people who want to create a group, you can exchange contact information and set your first date. For adults of all ages. Please register at icpl.org to reserve your spot!



BOOK CLUB MATCHMAKING

SAT
SEPT 21
1:00-2:30

Please register at
icpl.org/calendar
319-356-5200
123 S Linn St

Request an Absentee Ballot

In order to request a mailed absentee ballot, you must complete an Absentee Ballot Request Form and turn it into the Johnson County Auditors office. Forms may be printed, picked up at the office, or one can be mailed to you. Forms must be completed, including signature and date, and returned through the mail or delivered to the Auditor's office no later than 5:00 p.m., 15 days prior to the election (Monday, Oct. 21st).

To access the Absentee Ballot Request Form and learn more about voting by mail, visit bit.ly/mailedabsentee



REQUEST A MAILED ABSENTEE BALLOT NOW

11/5 General Election



September 8-14th is National Suicide

Prevention Week

This is a time to raise awareness about mental health and the importance of reaching out for support.

During this week, we encourage everyone to engage in open conversations with healthcare providers, family members, and friends about mental health. There are many ways to stay connected and maintain emotional well-being, such as participating in community activities, staying physically active, and nurturing relationships with loved ones. However, many life changes such as retirement, loss of loved ones, or declining health can increase feelings of isolation and depression. Anyone can have thoughts of suicide, and it is never their weakness or fault.

Remember that seeking help is a sign of strength, and you are not alone. If you or someone you know is struggling, don't hesitate to reach out to local mental health services or call 988 to reach the Crisis Lifeline. You can find a list of mental health services in Johnson County at <https://www.johnsoncountyiowa.gov/social-services/resource-directory>, and more information about 988 at <https://988lifeline.org/>.

Emergency Preparedness Month-Personal Preparedness for Older Adults

by: Nate Savage, Emergency Preparedness Planner, Johnson County Public Health

For additional older adults personal preparedness recommendations, visit [ready.gov/older-adults](https://www.ready.gov/older-adults)

National Preparedness Month

As an older adult, you may have specific needs before, during, or after a disaster, however, you can Take Control in 1, 2, 3.



STEP 1 | ASSESS YOUR NEEDS

- First, know your risk. Then, understand your needs during emergencies.



STEP 2 | MAKE A PLAN

- Develop a comprehensive emergency plan and emergency preparedness kit tailored to your unique needs.



STEP 3 | ENGAGE YOUR SUPPORT NETWORK

- Build a strong support network and include them in your emergency planning.



LIHEAP

The Low-Income Home Energy Assistance Program (LIHEAP) will begin accepting applications for the new program year, beginning October 1st. Individuals age 60 and better and/ or disabled will be able to apply October 1, 2024 and everyone else November 1, 2024 - April 30, 2025.

[Click here for more information](#)

Computer Basics using Windows 10



Have a doughnut and build your computer skills!

Friday, September 6, 2024
10:30am to 11:30am
Digital Media Lab
Iowa City Public Library

This in-person workshop is for those who are new to using a computer or want to build more confidence using the Windows 10 operating system -- the same system on the library's public computers. Learners will learn how to navigate a Windows 10 computer, open applications, find and manage files and folders, save and delete files, and more.

- Computers will be provided, but you are encouraged to bring your own laptop if you have one that runs Windows 10. Staff at the Info Desk can help you determine your operating system.

[Register here](#)

Internet Basics

Have a doughnut and build your computer skills!

Friday, October 4, 2024
 10:30am to 11:30am
 Digital Media Lab
 Iowa City Public Library



This in-person workshop is for those who are new to the internet or want to build more confidence getting to websites and finding information online. Attendees will learn about web browsers and search engines, build skills to navigate the internet, and discover tips and tricks for effective online searches. Computers will be provided, but you are encouraged to bring your own laptop if you have one.

[Register here](#)

Local Programming & News

<u>Senior Connections Lunch</u>	<u>AARP Iowa Events</u>	<u>Alzheimer's Association Upcoming Events</u>	<u>Solon Senior Support</u>
<u>Silver Linings Older Iowans</u>	<u>Hancher Auditorium Upcoming Events</u>	<u>Iowa City Senior Center Iowa City-September/October Activity Guide</u>	
<u>Stanley Museum</u>	<u>Trail of Johnson</u>	<u>UI Center of</u>	

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[County Calendar](#)

[Human Rights
Events](#)



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

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