



# Johnson County Livable Community Information for Successful Aging

> the primary information resource for seniors <

Spring 2018

## Update from the Chair

by Maria Donohoe, Chair, Livable Community Policy Board



The Johnson County Livable Communities Action Teams have been busy planning for Older Americans Month in May. The Policy Board is excited to announce we will be hosting weekly informational presentations during the month. The information will include resources available to our aging population here in Johnson County as well as ways to improve Johnson County to make it a more livable community for all.

The 2018 theme, *Engage at Every Age*, emphasizes that you are never too old (or too young) to take part in activities that can enrich your physical, mental and emotional well-being and celebrates the many ways older adults make a difference in our communities.

*Stay tuned for more information to come!*



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## Hailey's Story



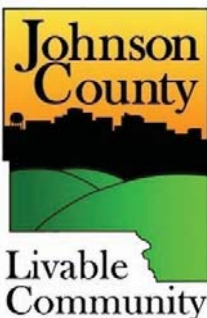
On February 14, 2014 (Valentine's Day and National Organ Donor Awareness Day) I received my precious gift of life, a heart transplant!

Because of this special gift, I was able to go back to high school and graduate with my class, even after missing my whole junior year. I am now in college and hope to have a career that involves sharing my story and the importance of organ and tissue donation.

Donation and transplantation is an amazing thing. It changes your life! I can be a normal person again and do what normal teens do!

— Hailey Steimel, Cedar Rapids

Many have saved lives through the gift of donation. Learn more about donor programs...



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

Johnson County Livable Community is an initiative of the Johnson County Board of Supervisors. JCLC partners with businesses, organizations, professionals and volunteers to address and facilitate personal independence and an active civic and social engagement for Johnson County senior residents. Action teams and work groups assist and promote successful aging for all. The *Connections* newsletter is produced quarterly; contact us with your ideas!

[www.LivableCommunity.org](http://www.LivableCommunity.org) | 319-356-6090

## You Have the Power to Transform Lives!

by Kaylie Hoyle, Events Specialist, Iowa Donor Network

Organ and tissue donation is a gift that saves and heals thousands of lives each year. It can provide comfort and solace to donor families as their loved ones leave a lasting legacy of hope and healing. For transplant recipients and patients on the transplant waiting list the gift of donation offers a second chance at life; a chance to move forward and fulfill the legacy left behind by their gracious donor.

### Register to Be A Donor

online at  
[www.iowaDonorNetwork.org](http://www.iowaDonorNetwork.org)

OR

Mark 'Yes' on your state ID card or driver's license.

*Be sure to share your wishes with your family.*



Despite continuing advances, the need for organs and tissue is vastly greater than the number available for transplant. Currently there are over 116,000 people in the United States on the organ transplant waiting list, including over 700 people in Iowa. One donor, however, could save the lives of 8 people through organ donation, and enhance more than 200 lives through tissue donation.

Talking to your loved ones about donation, and knowing the facts is the most influential way to spread awareness about organ, eye and tissue donation. Be sure to share your own wishes with your family.

Iowa Donor Network is a non-profit organization that operates as the primary contact for organ, tissue and eye donation services for the state of Iowa. As an organization, we strive to provide the best possible care to our donor families, facilitate the recovery of organs and tissues, educate the communities we serve, and support special events to promote donation throughout Iowa.

## Top organ & tissue donation facts

**One** person can save and enhance the lives of **50 people or more** through organ, eye and tissue donation.

- 1** Anyone can register to be an organ, eye and tissue donor. Do not rule yourself out for age or any medical issue or condition, including cancer. A medical assessment will take place at the time of death to determine whether donation is a possibility.
- 2** There is no age limit. Today, anyone can be a donor, regardless of age.
- 3** There is no cost to the donor's family for organ, eye or tissue donation.
- 4** Open casket funerals and viewings are possible with organ, eye and tissue donation.
- 5** Most religions support donation as a humanitarian act of giving.
- 6** An individual's donation status does not affect medical care. The first priority of medical professionals is to save lives.
- 7** One person can save and enhance the lives of 50 people or more through organ, eye and tissue donation.
- 8** Registering to be a donor is easy. Register online at [www.iowaDonorNetwork.org](http://www.iowaDonorNetwork.org) OR Mark 'Yes' on your state ID card or driver's license. Make sure to share your wishes with your family.

JCLC partners with businesses, organizations, professionals and volunteers to address and facilitate personal independence and active civic and social engagement for Johnson County senior residents.

April is National Donate Life Month, which features an entire month of local, regional and national activities to celebrate those who have saved lives through the gift of donation and to encourage Americans to register as organ, eye and tissue donors.

### National Observances

**February 14** – National Donor Day

**March** – National Eye Donor Month

**April – National Donate Life Month**  
Keep an eye out for local community and hospital events raising awareness throughout the month of April.

**April 13** – National Blue/Green Day in honor of Donate Life Month

### Register to Be A Donor

online at [www.IowaDonorNetwork.org](http://www.IowaDonorNetwork.org)

OR

Mark 'Yes' on your state ID card or driver's license.

*Be sure to share your wishes with your family.*

## DONATION FACTS



**116,000+**

men, women and children are waiting for a life-saving transplant in the U.S.

**700+**

Iowans are waiting for a life-saving transplant.

## THE IMPACT

**1**

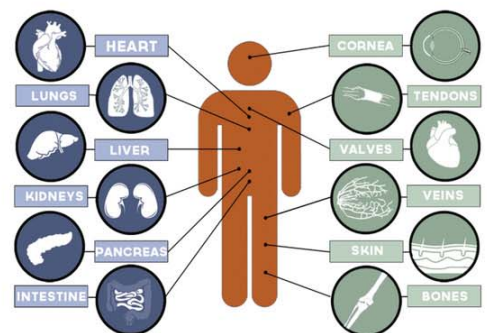
donor can save the lives of up to 8 people through organ donation and heal and enhance the lives of more than 300 through tissue and eye donation.



Donation starts with the power of

**ONE.**

## WHAT CAN BE DONATED



**20** people die each day waiting for a life-saving transplant.

EVERY **10** minutes another name is added to the national transplant waiting list.

1 in 3 deceased donors is over the age of 50.

### # OF TRANSPLANTS EACH YEAR

ORGAN: 33,600

EYE: 47,000

TISSUE: 1,000,000+

## HOW YOU CAN HELP

1. Register as an organ, eye and tissue donor today!
2. Inform your family of your wishes.

**54%**

of Americans 18 years and older are registered donors.

JCLC partners with businesses, organizations, professionals and volunteers to address and facilitate personal independence and active civic and social engagement for Johnson County senior residents.

### Enjoy your journey!



by Sally Leme,  
JCLC  
Communications  
Committee

Traveling is an exciting adventure, but before you go, be certain you address potential health issues and risks. Consider your age, health history, medications, and vaccinations, as well as length of travel, destination, time of year, and activities.

The Centers for Disease Control and Prevention (CDC) Travelers' Health website <https://wwwnc.cdc.gov/travel>, is a good source of information on risks of consuming the water and food, nonprescription items to pack, precautions, and other health tips.

The CDC also advises, "you visit a travel medicine specialist or a doctor familiar with travel medicine to answer your questions and make specific recommendations for you. ...at least 4-6 weeks before your trip." Learn more at <https://wwwnc.cdc.gov/travel/page/see-doctor>.

#### Travel specialty clinics:

Hy-Vee Drugstore – First Avenue, Iowa City

University of Iowa Travel Medicine Clinic – Pomerantz Family Pavilion, Iowa City

Unity Point International Travel Health Clinic – 855 A Ave NE, Cedar Rapids

**Plan ahead, prepare, and enjoy the journey!**

Source: <https://wwwnc.cdc.gov> The Centers for Disease Control and Prevention (CDC)

## Volunteer Spotlight



### Meet Chuck Felling

#### What can you tell us about yourself?

I am in the 18th year of retirement. Our children and grandchildren live in Iowa and on both east and west coasts.

For 40 years at the University of Iowa, I taught, conducted research, provided clinical service with children and their families, and held various administrative roles. Before retirement I volunteered in my neighborhood association and in the Iowa City Neighborhood Council. I also served in the US Navy.

#### Where do you volunteer?

Since retirement I have volunteered wherever my curiosity and interests have led me. Earlier in my retirement I served as a member of The Iowa City Art Advisory Committee and then on the Senior Center Commission. Currently, the Free Lunch Program, Iowa City Public Library, The Iowa City Johnson County Senior Center, Crisis Center Food Bank, and St. Mary Church provide me with weekly volunteer opportunities and adventures.

#### What is most rewarding aspect of your volunteer experience? Do you recommend volunteering?

There is a broad variety of volunteer opportunities and I have chosen activities that are within my physical and temperamental abilities. Working at an appropriate pace and challenge-level keeps me motivated and able to sustain a long-term commitment. Volunteering has given me ways to develop a broadened awareness of the dynamics of neighborhood, city, county, and of the people who share my *local world*.

There are so many of us *in this together*. Together we can do what needs to be done. I confidently recommend volunteering adventures.

“Volunteering has given me ways to develop a broadened awareness of the dynamics of neighborhood, city, county, and of the people who share my *local world*.”

#### Nominate your favorite volunteer!

Call 319-356-6090

Email [johnsoncounty@livablecommunity.org](mailto:johnsoncounty@livablecommunity.org)

**Thank you Chuck!**

## Get involved!

Livable Community Action Teams address specific areas of need related to successful aging. Join us this month!

**Caregiving Committee.** Identifies the needs of caregivers in and actions to address those needs. Meets monthly on the 1st Monday at 2:30pm, Health & Human Services Building.

**Communications Committee.** Informs the community about JCLC's overall goals, events and activities, and disseminates informational resources for successful aging. Meets monthly on the 4th Wednesday at 8:30am, Health & Human Services Building.

**Falls Prevention Action Team.** Informs residents about the costs and risk factors associated with falls; encourages prevention with educational programs. Meets monthly on the 1st Tuesday at 4pm, Visiting Nurse Association at 1524 Sycamore St.

**Housing Action Team.** Addresses housing issues in the community. Meets monthly on the 4th Monday at 10:30am, Health & Human Services Building.

**Transportation Action Team.** Helping maintain independence in transportation. Meets quarterly on the 2nd Tuesday at 8:30am, Iowa City Public Library.

**Join Us!** Call 319-356-6090, visit or email [johnsoncounty@livablecommunity.org](mailto:johnsoncounty@livablecommunity.org).

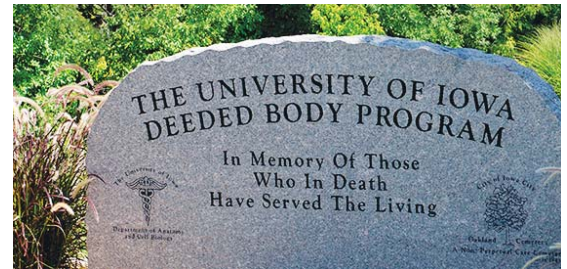
## Deeded Body Program, a Lasting Impact

*adapted by Sadja Pals, JCLC Administrative Specialist, from Deeded Body Program at <https://medicine.uiowa.edu/acb/about-us/deeded-body-program>*

All members of the medical community who rely on anatomical donations, from students in core anatomy courses to professionals in advanced research areas, are greatly indebted to anatomical donors and their families for making their work possible. Ultimately, whether routine or specialized, all individuals receiving professional medical care also benefit from anatomical donations.

Indispensable to medical education and research, anatomy courses rely on anatomical donations to give students first-hand knowledge of the human body. These courses are among the first and most important in the education of physicians, dentists, nurses, physical therapists, and other health care professionals.

Anatomical donations are also essential to advanced studies and research. Physicians in residency programs, practicing physicians, biomedical scientists, and others depend on anatomical donations to support new advancements in medical science.



### Making an anatomical gift

A legal Deed of Disposition must be on file prior to the donor's death. The process starts with by submitting an application and necessary documents for consideration. The Deed of Disposition may be amended or revoked. The gift becomes effective immediately upon death, yet subject to conditions at the time of death.

### Make your wishes common knowledge

Notify your family and legal representative of your intent to make an anatomical donation so that it may be carried out at the time of death. The reading of the will or the discovery of the Deed may otherwise come too late to accommodate your wishes.

## Request Application Information

The UI Department of Anatomy and Cell Biology's Deeded Body Program provides application information and answers to your many questions.

Visit <https://medicine.uiowa.edu/acb/about-us/deeded-body-program>

Call 319-335-7762

Email [brian-chapman@uiowa.edu](mailto:brian-chapman@uiowa.edu)

## Around the County: Activities outside the Johnson County metro area

Visit our online events calendar at [www.LivableCommunity.org](http://www.LivableCommunity.org) for more local events.

<b>HILLS <a href="http://www.hills-ia.org">www.hills-ia.org</a></b>			
2nd Tuesdays: Feb. 13; Mar. 13; Apr. 10; May 8	Hills Senior Potluck: 2nd Tuesdays	12pm	Community Center, 110 Main St.
<b>LONE TREE <a href="http://www.lonetreeiowa.com">www.lonetreeiowa.com</a></b>			
Daily	Senior Dining. (\$5.50/3.50) RSVP by 9am to 319-629-5144	12pm	203 N. Devoe St.
<b>NORTH LIBERTY <a href="http://www.northlibertyiowa.org/events">www.northlibertyiowa.org/events</a> &amp; <a href="http://www.northlibertylibrary.org/events/category/adult">www.northlibertylibrary.org/events/category/adult</a></b>			
Mondays	Social Hour, Mondays	10am	Public Library, 520 W. Cherry St.
Fridays	Senior Dining & Social, Fridays. (\$4) RSVP day prior by 12pm to 319-626-5716 or amconville@northlibertyiowa.org.	11:30am	Community Center, 520 W. Cherry St.
Mar. 2; May 4	North Liberty Senior Council. Info amconville@northlibertyiowa.org	11am	Community Center, 520 W. Cherry St.
Mar. 3	Optimist Pancake Breakfast	7am-1pm	Community Center, 520 W. Cherry St.
Mar. 23; Apr. 27	BYOBook – Mar. 23: Red Vespa, Solon; Apr. 27: Kava House, Swisher. Food & beverage expenses are your own. Info/RSVP 319-626-5701 or etabor@northlibertyiowa.org	6pm	Public Library, 520 W. Cherry St. (Mar. 23: Red Vespa, Solon; Apr. 27: Kava House, Swisher)
<b>OXFORD &amp; TIFFIN</b>			
Wednesdays	Super Sixties Lunch, Wednesdays. RSVP to 319-828-3478	12pm	St. Mary's Hall, 133 E. Main, Oxford
3rd Tuesdays: Feb. 20; Mar. 20; Apr. 17	Oxford Book Club, 2nd Tuesdays. Info 319-828-4087 or oxfordlibrary@southslope.net		Oxford Public Library, 112 Augusta Ave.
Feb. 24	9am-1pm: Winter Tree ID; 3-4pm: Hiking the Appalachian Trail, speaker Clancy Clawson. Info/RSVP by Feb. 16 to 319-645-1011 or kmorrow@co.johnson.ia.us.	9a-1p & 3-4pm	F.W. Kent Park, Conservation Education Center, 2048 HWY 6 NW, Oxford
<b>SOLON <a href="http://www.solon-iowa.com">www.solon-iowa.com</a></b>			
Daily	Old Gold Dining, Daily. (\$3.25) RSVP by 8:30am to 319-624-2251	11:30am	United Methodist, 122 N West St.
2nd Wednesdays: Feb. 14; Mar. 14; Apr. 11; May 9	Alzheimer's Caregiver's Support Group, 2nd Wednesdays.	3pm	Solon Public Library, 320 W. Main St.
3rd Fridays: Feb. 16; Mar. 16; Apr. 20	Senior Conversations (Solon), 3rd Fridays. Info 319-624-2678	9am	Solon Public Library, 320 W Main St.
4th Fridays: Feb. 23; Mar. 23; April 27	Meal & Movie, 4th Fridays. (\$7.50) RSVP to 319-624-2710 or sandrahanson@southslope.net	11am-3pm	Solon Public Library, 320 W Main St.
Mar. 23	North Liberty Library BYOBook, March's Read: <i>Who Fears Death</i> by Nnedi Okorafor. Food & beverage expenses are your own. Info/RSVP 319-626-5701 or etabor@northlibertyiowa.org	6pm	Red Vespa, 208 E Main St.
Apr. 28	Solon's City-wide Garage Sale	8am-4pm	Solon, IA 52333
<b>SWISHER &amp; SHUEYVILLE</b>			
Apr. 27	North Liberty Library BYOBook, April's Read: <i>Underground Railroad</i> by Colson Whitehead. Food & beverage expenses are your own. Info/RSVP: 319-626-5701 or etabor@northlibertyiowa.org	6pm	Kava House, 122 2nd St., Swisher
Feb. 13, 27; Mar. & Apr. TBA	Senior Coffee & Conversation (Swisher), Biweekly on Tuesdays. 2/13 Crafts, puzzles & good times; 2/27 Internet and Phone Scams. Info 319-857-4090 or swishlib@southslope.net	10am	Community Library, 72 2nd St SE, Swisher

## Life-saving Blood Donations

*by Kerry DuBay, MA, Donor Recruitment Coordinator for DeGowin Blood Center, University of Iowa Health Care*

Each year, over 24,000 blood products are used by UI Health Care patients including those undergoing treatment for cancer, bleeding disorders, trauma or premature infants.

University of Iowa DeGowin Blood Center, a hospital-based blood center in Iowa City, is always seeking volunteer donors to fulfill the needs of these patients. All blood donated by volunteer donors is used locally to help patients at University of Iowa Hospitals and Clinics and University of Iowa Stead Family Children's Hospital.

There are two types of donation – whole blood and platelet donation. With a whole blood donation, one pint of whole blood is donated, takes 45 minutes to one hour, and can be done every eight weeks. This type of donation takes place at community hosted blood drives, and in the Donor Center at the hospital.

**Because donated platelets must be used within five days, there is always a need for platelet donors.**

Platelet donation is a specialized donation that only takes place in the Donor Center. This type of donation allows the donor to donate multiple life-saving blood products with one donation. By using an apheresis machine, donated blood is separated into red cells, plasma and platelets, and the best products based on donor blood counts and patient needs can be collected.

**Platelets are used to stop bleeding and used frequently by patients with cancer.**

Taking only one to two hours, platelets can be donated weekly, yet no more than 24 times in a rolling one-year period. Donors should eat a good meal within the four hours of donating, and drink plenty of water. Bring a photo ID, and lists of medications you take and the places you've traveled in the past three years. There is no upper age limit to donate. When donating at the Donor Center in the hospital, free parking is provided.

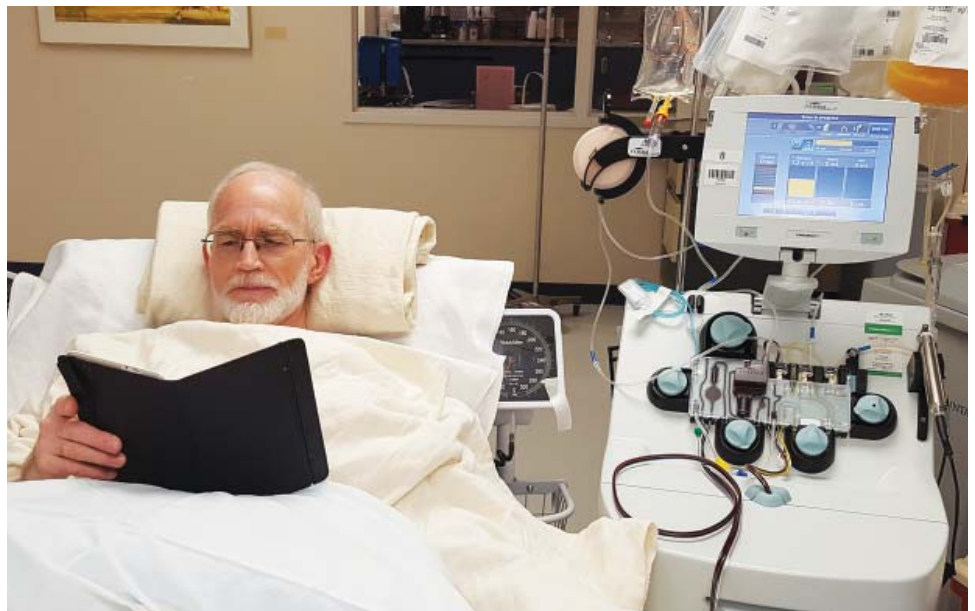
To schedule an appointment or to learn more about eligibility, visit [www.uihc.org/degowin](http://www.uihc.org/degowin), or call 319-356-2058.

## Schedule Time

To schedule an appointment or to learn more about eligibility:

Visit [www.uihc.org/degowin](http://www.uihc.org/degowin)

Call 319-356-2058



Volunteer donors are needed especially near major holidays and during winter or summer months when collections tend to decrease.

## March is Shingles Awareness Month

by Mara Cheney, MPH, Health Planner, Johnson County Public Health

Shingles is a virus that affects roughly 1 in 3 people in the United States. While children and young adults are at risk of developing shingles, nearly half of all cases occur in people ages 60 and older.

Anyone who has recovered from the chickenpox virus is at risk of developing shingles. Once a person recovers from chickenpox the virus can stay inactive, then reactivate—for reasons that are still not quite understood—in the form of the shingles virus. Signs and symptoms of shingles include pain, itching, or tingling in focused places on the body, followed by a rash in those places. Other symptoms may include fever, headache, chills, or upset stomach. Rashes typically clear up within 2–4 weeks.

**Receiving a shingles vaccine is the only way to prevent the development of shingles.** In December of 2017, the newest shingles vaccine, Shingrix, was licensed by the U.S. Food and Drug Administration. Shingrix is a two-dose vaccine series available to adults ages 50 and older that reduces the risk of shingles by 97%. The two doses are given two months apart, and is available at pharmacies and doctor offices.

**Those who received Zostavax, can be re-vaccinated with Shingrix.** Prior to Shingrix, people ages 60 and up were able to receive Zostavax, a one-dose vaccine that reduces the risk of shingles by 51%.

**Find out what vaccines you can get, yearly.** As people age, immune systems weaken. Each year, to help protect yourself from illness, consider what vaccines and boosters you can get: flu shot, pneumococcal, tetanus, diphtheria, whooping cough/pertussis, and others. Before receiving any vaccine, consult with your healthcare provider about your best options.

Source: [www.cdc.gov/vaccines/vpd/shingles/public/index.html](http://www.cdc.gov/vaccines/vpd/shingles/public/index.html)



## Free Smoke Alarms Home Fire Campaign

The Red Cross and partners install free battery-operated smoke alarms\* for those who cannot afford to purchase smoke alarms or for those who are physically unable to install a smoke alarm. Specialized bedside alarms for individuals who are deaf or hard-of-hearing may also be available.

**Request smoke alarms at [www.getasmokealarm.org](http://www.getasmokealarm.org) or call 319-393-3500**

\* program cannot replace hardwired smoke alarms

## Change Your Clock, Change Your Batteries

by Maeve Clark, Librarian & Adult Services Coordinator, Iowa City Public Library

On average: 7 people die every day from a home fire, most impacting children and the elderly. Every home needs working smoke alarms to provide an early warning.

- Install smoke alarms in all sleeping rooms, hallways, and on every level of your home. Mount alarms on the ceilings four inches from the wall; and those on the wall 4-12 inches from the ceiling. Stay clear of drafty windows or vents.
- Use the test button to test your smoke alarms at least monthly.
- Replace batteries at least once a year. This year, **Daylight Saving Time begins on March 11**, and November 4 is when it ends—changing the time on clocks is a good time to change alarm batteries. Replace batteries in carbon monoxide (CO) alarms at the same time.
- Replace your smoke alarms every 8-10 years.
- Prepare and practice an escape! Crawl low under smoke. Plan where to meet outside. Once you're out, stay out!



Sources: <http://www.getasmokealarm.org/>; [www.usa.fema.gov/](http://www.usa.fema.gov/); [www.fire.ca.gov/](http://www.fire.ca.gov/); [www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/fire/fire-safety-equipment#Smoke-Alarms](http://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/fire/fire-safety-equipment#Smoke-Alarms)



## Attention! Legislative Session Issues on Caring for Older Iowans

by Jeff Kellbach, Aging Specialist for Johnson County

The New Year brings the start of the 2018 legislative session. If you follow the news, you are aware of some issues that the Iowa Legislature will be working on. Most, if not all, of the top issues do not address the needs of older adults in our state. This is of particular concern in Johnson County



*Jeff Kellbach, Aging Specialist for Johnson County has nearly 20 years of experience working with older adults. Jeff assists older adults in Johnson County navigate through the tremendous services and resources. Jeff welcomes your questions at 319-356-6090 or [jkellbach@co.johnson.ia.us](mailto:jkellbach@co.johnson.ia.us).*

where *persons 65 and older* is the fastest growing demographic. Here, I draw your attention to two issues concerning older adults in Iowa.

### Funding of Area Agencies on Aging —

Immediate action is required as bill SSB3089 was recently introduced to de-appropriate funding for the current Fiscal Year to the Iowa Department on Aging. This will significantly impact funding to the Area Agencies on Aging, including the Heritage program that serves Johnson County. If this bill passes, it will create waiting lists for financial assistance and essential services that allow older adults in the Heritage region to stay off of Medicaid, and to remain safely in the home-setting of their choice.

### Funding for the Long-Term Care Ombudsman program —

The nonpartisan advocacy group, Older Iowans Legislature (OIL), is asking the 2018 Iowa General Assembly to appropriate \$100,000 in funds, or find alternative funding, for the Long-Term Care Ombudsman (LTCO) Program to cover volunteer recruitment and training, and travel costs. The Ombudsman Program's mission is to protect the health, safety, welfare, and rights of individuals residing in long-term care facilities by investigating complaints, seeking resolutions to problems, and by providing advocacy with the goal of enhancing quality of life and care.

## Johnson County 2018 Legislative Forums

The goal of Johnson County League of Women Voters is to empower citizens to shape better communities worldwide. This nonpartisan political organization is offering two Legislative Forums to give the Johnson County community opportunities to meet the state legislators who represent their districts. State legislators will give updates on current issues in their respective chambers, and will respond to audience questions.

**FREE & OPEN  
to the public**

**Legislative Forum: environmental issues**  
Saturday, **February 24, 9:30–11:30am**  
Coralville Public Library, Coralville, IA

**Legislative Forum: service, labor, housing**  
Saturday, **March 17, 9:30–11:30am**  
South Slope Community Center, North Liberty, IA

## Let Your Voice be Heard

Contact your representatives about these or other issues important to you.

### Senate—

Switchboard 515-281-3371

Joe Bolkcom, District 43  
[joe.bolkcom@legis.iowa.gov](mailto:joe.bolkcom@legis.iowa.gov)

Robert E. Dvorsky, District 37  
[robert.dvorsky@legis.iowa.gov](mailto:robert.dvorsky@legis.iowa.gov)

Kevin Kinney, District 39  
[kevin.kinney@legis.iowa.gov](mailto:kevin.kinney@legis.iowa.gov)

### House—

Switchboard: 515-281-3221

Dave Jacoby, District 74  
[dave.jacoby@legis.iowa.gov](mailto:dave.jacoby@legis.iowa.gov)

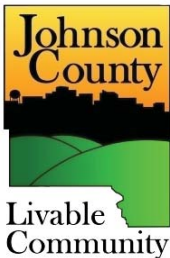
Bobby Kaufmann, District 73  
[bobby.kaufmann@legis.iowa.gov](mailto:bobby.kaufmann@legis.iowa.gov)

Vicki Lensing, District 85  
[vicki.lensing@legis.iowa.gov](mailto:vicki.lensing@legis.iowa.gov)

Mary Mascher, District 86  
[mary.mascher@legis.iowa.gov](mailto:mary.mascher@legis.iowa.gov)

Amy Nielsen, District 77  
[amy.nielsen@legis.iowa.gov](mailto:amy.nielsen@legis.iowa.gov)

**Visit** [www.legis.iowa.gov](http://www.legis.iowa.gov) to find current bills, district maps, and how to contact legislators.



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

Johnson County Social Services  
855 S. Dubuque St., Ste. 202B  
Iowa City, Iowa 52240

website: [www.LivableCommunity.org](http://www.LivableCommunity.org)  
email: [johnsoncounty@livablecommunity.org](mailto:johnsoncounty@livablecommunity.org)  
phone: 319-356-6090

### JCLC Policy Board

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Janelle Rettig  
Rosemary Schwartz  
Bob Welsh  
Sadjia Pals, *Liaison*

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## Problem Gambling Awareness **Have the Conversation**

*by Audrey Schroer, Employee Assistance Program Coordinator, Prelude Behavioral Services*

March is Problem Gambling Awareness Month, and Prelude Behavioral Services encourages Iowans to have the conversation about when a pastime becomes a problem.

In 2016, 1 in 3 adults in Iowa reported that they know someone with financial, physical, or emotional problems caused by gambling. **It might sound surprising, but research shows that if an individual spends more than 2% of their annual income on gambling, it could be a sign of problem gambling.** This can be critical for individuals on fixed incomes.

How do you know if you or someone you love has a gambling problem? If you answer “yes” to any of the following questions, you may have a gambling problem and should seek support at 1-800-BETSOFF (238-7633) to connect with caring professionals in your area.

During the past 12 months:

1. Have you become restless, irritable, or anxious when trying to stop/cut down on gambling?
2. Have you tried to keep your family or friends from knowing how much you gambled?
3. Did you have such financial trouble as a result of your gambling that you had to get help with living expenses from family, friends, or public assistance?

