



# Johnson County Livable Community Information for Successful Aging

> the primary information resource for seniors <

Spring 2019

## Older Americans Month – May 2019

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month.



The 2019 theme, **Connect, Create, Contribute**, encourages older adults and their communities to:

- **Connect** with friends, family and services that support participation.
- **Create** by engaging in activities that promote learning, health and personal enrichment.
- **Contribute** time, talent and life experience to benefit others.

Older Americans Month was created to raise awareness of problems facing the older adult population and to honor them. This year's theme emphasizes the importance of socialization, lifelong learning and community.

*The Johnson County Livable Community Policy Board is planning a series of programs for Older Americans Month. Stay tuned for details and your invitation to **Connect, Create & Contribute**.*

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## Stepping On, Spring 2019 Falls Prevention Programs

**February 21 – April 4, 2019**  
Thursday afternoons 3-5pm  
UIHC River Landing, Coralville

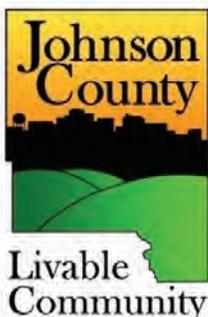
**April 12 – May 24, 2019**  
Friday mornings 9:30-11:30am  
Visiting Nurse Assoc., Iowa City

**April 12 – May 24, 2019**  
Friday afternoons 1-3pm  
Visiting Nurse Assoc., Iowa City

Several Stepping On falls prevention programs are offered throughout the year. In these 7-week workshops, participants learn important exercises and strategies to better manage their own risk of falls and how to prevent and reduce falls. Participants will practice strength and balance exercises and learn how medications, vision, safe footwear, and home modifications can affect risk of falls. The Stepping On program is for independent community-dwelling older adults who have fallen, are at risk of falling, or who have a fear of falling.

### To register & learn more:

Visit <https://uihc.org/stepping> or [www.vnaic.org/falls-prevention](http://www.vnaic.org/falls-prevention)  
Contact Kathleen Lee, [kathleen-lee@uiowa.edu](mailto:kathleen-lee@uiowa.edu), 319-384-5681  
Contact Lola Feldkamp, [feldkampi@vnaic.org](mailto:feldkampi@vnaic.org), 319-337-9686 ext. 1155



[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!



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## Meals on Wheels, More than Meals

by Sofia Mehaffey, Interim Executive Director, Elder Services

Every morning, around 4:30am, a light goes on in a squat brick building and some of the most dedicated individuals I have had the pleasure of knowing begin their day. Bread deliveries arrive, donuts and coffee are set out for volunteers, and ovens whirl to life before the first rays of sunlight break over the horizon. These are the beginnings of a day that will see the production, packaging, and delivery of more than one thousand meals for a program called Meals on Wheels.

Hot, nutritious meals are delivered to the homes of people who are over 60 years of age and homebound in Linn and Johnson counties by a volunteer force consisting of retirees, business professionals, stay-at-home parents and others.

Through weekly rural routes reaching Washington, Cedar and Iowa counties, Meals on Wheels participants regularly receive a supply of breakfast bags and fresh-frozen meals.

Other participants break bread together weekdays at Southeast Linn Community Center in Lisbon, Oakhill Jackson Church in Cedar Rapids, and The Iowa City/Johnson County Senior Center in downtown Iowa City.

At 2210 9th Street, Suite 1, in Coralville, Information and Referral Specialists field phone calls and walk-in inquiries. They expertly and compassionately guide clients and caregivers to programs and resources that help older adults age safely in the community and in the home where they have built their lives.

Meals on Wheels truly provides more than just meals—studies have shown that a daily well-check with a volunteer and socializing over a nutritious meal can improve quality of life and reduce the risk of falls.

### Learn more

If you or someone you know would like to volunteer, make a donation, or become a recipient of the Meals on Wheels program, please contact Elder Services. Visit [www.elderservicesinc.org](http://www.elderservicesinc.org), call 319-338-0515, or email [dnott@elderservices.org](mailto:dnott@elderservices.org).

*In Johnson County, Meals on Wheels is a program of Elder Services, Inc. Elder Services, Inc. provides programs, services, and resources to assist persons age 60 and over in Johnson County and east central Iowa to stay active, independent, and safe in their homes.*



### MEALS ON WHEELS

Frequent in-home visits provide unique opportunities to meet nutritional needs, combat social isolation, address hazards and improve holistic care



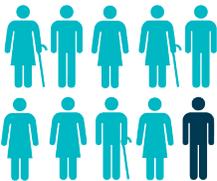
NEARLY  
**9 MILLION SENIORS**  
FACE THE THREAT OF HUNGER



**1 IN 4 SENIORS LIVES ALONE**

**1 IN 5 FEELS LONELY**

and the negative effects of loneliness on health are similar to smoking up to 15 cigarettes a day



**9 OUT OF 10 RECIPIENTS**  
say Meals on Wheels helps  
them feel more secure



Meals on Wheels helps keep  
**8 OUT OF 10 RECIPIENTS** who have  
previously fallen from falling again

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



# Johnson County Livable Community

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## Welcome! Meet the Newest Board of Supervisors Elected to Serve Johnson County Residents

### Pat Heiden

Pat Heiden of Iowa City was elected to the Board of Supervisors in 2018.

Pat has lived in Johnson County for more than 40 years and looks forward to bringing her expertise to the Board of Supervisors, especially in the area of senior housing and services.

Pat retired from Oaknoll Retirement Residence in 2016 after 36 years of service, the last 22 years as the Executive Director. She has volunteered her time and served on not-for-profit boards, including The Community Foundation of Johnson County, Iowa City Community School District Foundation, United Way of Johnson and Washington Counties, Mercy Hospital Foundation, Iowa City Hospice and Riverside Theatre. She is a member of St. Mary's Catholic Church, Iowa City Noon Rotary, 5224Good, Johnson County League of Women Voters, Johnson County Democrats Central Committee and Altrusa Club.

Pat holds a bachelor's degree in General Studies from the University of Iowa, a Master of Health Care Administration from St. Joseph's College in Windham, Maine, and is a licensed Nursing Home Administrator in the State of Iowa.

[www.johnson-county.com/dept\\_supervisors.aspx?id=2051](http://www.johnson-county.com/dept_supervisors.aspx?id=2051)



### Royceann Porter

Royceann Porter was elected to the Board of Supervisors in 2018.

Royceann is a recognized community leader who has been devoted to improving the lives of her neighbors.

For decades, Royceann has been an advocate in Johnson County on a wide array of issues, including mental health services, affordable housing, veterans' services, workers' rights, restorative justice and opportunities for youth. She also has experience working with city and county leaders to craft policy solutions.

Prior to being elected to the Board of Supervisors, Royceann worked as a project organizer for the Teamsters.

Royceann holds a degree in social work from Kirkwood Community College and served on the Iowa City Community Police Review Board.

[www.johnson-county.com/dept\\_supervisors.aspx?id=2047](http://www.johnson-county.com/dept_supervisors.aspx?id=2047)

### Johnson County Board of Supervisors

Johnson County Administration Building  
913 S. Dubuque Street, Suite 201, Iowa City, IA 52240  
[www.johnson-county.com/dept\\_supervisors.aspx?id=2011](http://www.johnson-county.com/dept_supervisors.aspx?id=2011)  
319-356-6000

### Your Johnson County Board of Supervisors



Janelle Rettig, Pat Heiden, Royceann Porter, Rod Sullivan, Lisa Green-Douglass



# Johnson County Livable Community

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## Legislative Session 2019 Issues on Caring for Older Iowans

The beginning of the 2019 legislative session provokes new or heightened awareness about many topics—including issues about successful aging in Iowa. Keep on the lookout for opportunities to learn more about the issues and ways to give a voice to your knowledge and experience. For your convenience, a few opportunities are included here.

### Learn About the Issues

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

### Let Your Voice be Heard

Contact your representatives about issues that are important to you.

#### Senate —

Switchboard 515-281-3371

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

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

Zach Wahls, District 37  
[zach.wahls@legis.iowa.gov](mailto:zach.wahls@legis.iowa.gov)

#### House —

Switchboard: 515-281-3221

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

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

### Johnson County 2019 Legislative Forums

[www.facebook.com/League-of-Women-Voters-Johnson-County-201879713216037/](https://www.facebook.com/League-of-Women-Voters-Johnson-County-201879713216037/)

The upcoming legislative forums are sponsored by the League of Women Voters of Johnson County. 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. The goal of Johnson County League of Women Voters is to empower citizens to shape better communities worldwide.

*Forums are Free and Open to the Public*

#### Legislative Forum: environmental issues

**Saturday, February 23, 9:30-11:30am**  
Schwab Auditorium, Coralville Public Library,  
1401 5th St, Coralville, Iowa 52241

#### Legislative Forum: service, labor, housing

**Saturday, March 23, 9:30-11:30am**  
North Liberty City Hall,  
3 Quail Creek Cir, North Liberty, Iowa 52317

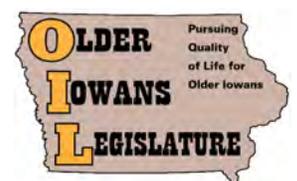


### Older Iowans Legislature

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

The Older Iowans Legislature (OIL) is a nonpartisan, nonprofit, all-volunteer organization with the mission of advocating on behalf of Iowa's senior citizens. In order to determine the priority issues affecting the state's growing aging population, OIL sends out an annual survey to older adults and uses the results to figure out the agenda for the annual meeting. The meeting is held towards the end of each year, which allows OIL members to discuss their goals for the next legislative session.

In the past few years, OIL has supported increased funding for home- and community-based services, the Iowa Department on Aging, Area Agencies on Aging, and LifeLong Links, and the expansion of the Elder Abuse Law.





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## Tax Assistance is Available at the Senior Center

by Michelle Buhman, MFCS, Program Specialist, The Center

Each year, the Iowa City/Johnson County Senior Center partners with the AARP Foundation Tax-Aide Program to offer free tax help to taxpayers with low and moderate income, especially those age 60 and above.

Through April 15th, trained volunteers work with participants to prepare and e-file tax returns, ensuring participants receive applicable tax credits and deductions.

### Schedule an Appointment

Tax-aid appointments are required. Call the Senior Center at 319-356-5220 to schedule.

Appointments are held Monday through Thursday at the Senior Center, located at 28 South Linn Street in Iowa City.

### What to Bring

Participants will need to bring the following documents to their appointments:

- Government issued identification
- Social Security cards or other official documentation for yourself and all dependents
- Wage and earning statements (Form W-2, W-2G, 1099-R, 1099-Misc) from all employers
- A copy of last year's federal and state returns
- Checkbook if you choose to do a direct deposit of any refund(s)

### Rent & Property Tax Rebates

Help is also available for completing rent and property tax rebates for seniors and disabled individuals. As time permits between tax appointments, assistance is available on first-come, first-served basis.



## Springtime Reminders

### Daylight Saving Time 2019

"Spring forward" one hour. Daylight saving time 2019 in Iowa will begin at 2:00am on Sunday, March 10 (Saturday night). Set your clocks forward one hour.

"Fall back" one hour. Daylight savings time ends at 2:00am on Sunday, November 3 (Saturday night). Set your clocks back one hour.

### Fire Safety

Test your smoke detectors, replace the batteries, and clean the covers.



# Johnson County Livable Community

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

Find more events on our [Events Calendar](http://www.LivableCommunity.org) at [www.LivableCommunity.org](http://www.LivableCommunity.org)

<b>HILLS</b> <a href="http://www.hills-ia.org">www.hills-ia.org</a>			
2 <sup>nd</sup> Tuesdays	Hills Senior Potluck 2 <sup>nd</sup> Tuesdays, info <a href="mailto:cityadmin@sharontc.net">cityadmin@sharontc.net</a>	12pm	Community Center, 110 Main St.
<b>LONE TREE</b> <a href="http://www.lonetreeiowa.com">www.lonetreeiowa.com</a> & <a href="http://www.lonetreewc.com">www.lonetreewc.com</a>			
Daily	Senior Dining (\$5.50/3.50), RSVP by 9am to 319-629-5144	12pm	Community Bldg, 203 Devoe St.
2 days a week	Senior Function Fitness (\$) on Tuesdays & Thursdays	9:30am	Wellness Center, 209 Devoe St.
<b>NORTH LIBERTY</b> <a href="http://www.northlibertyiowa.org/events">www.northlibertyiowa.org/events</a> & <a href="http://www.northlibertylibrary.org/events/category/adult">www.northlibertylibrary.org/events/category/adult</a>			
Mondays	Coffee & Conversations	10am	Library, 520 W. Cherry St.
3 days a week	Arthritis Aquatics Program (\$3) on Mon, Wed & Fri	10am	Community Pool, 520 W. Cherry St.
Fridays	Senior Dining, Social & Activity (\$5), RSVP to 319-626-5716 * March 1 Presentation: <i>Men &amp; Their Hair</i> , RSVP by 2/28	11:30am	Community Center, 520 W. Cherry St.
March 2	NL Optimist Pancake Breakfast (\$)	7am-1pm	Community Center, 520 W. Cherry St.
March 28	Cinema & Cerveza	2:30-4:30pm	Library, 520 W. Cherry St.
April 26	Mississippi Dinner & Dance Cruise (\$80), RSVP by 3/27 to 319-626-5716	5-11pm	Community Center, 520 W. Cherry St.
<b>OXFORD &amp; TIFFIN</b>			
Wednesdays	Super Sixties Lunch, RSVP to 319-828-4784	12pm	St. Mary's, 133 E. Main, Oxford
3 <sup>rd</sup> Tuesdays	Oxford Public Library Book Club, info 319-828-4087 or 319-400-8436 or <a href="mailto:oxfordlibrary@southslope.net">oxfordlibrary@southslope.net</a>	7pm	Library, 112 Augusta Ave., Oxford
Feb.22	Hike It: Naturalist Walk at Kent Park	10am	Education Center, F.W. Kent Park
March 16	Backyard Habitat, RSVP to <a href="mailto:fowen@co.johnson.ia.us">fowen@co.johnson.ia.us</a>	10-11:30am	Education Center, F.W. Kent Park
March 22	Hike It: Naturalist Walk at Clear Creek Trail, Tiffin	10am	3196 Half Moon Ave NW, Tiffin
<b>SOLON</b> <a href="http://www.solon-iowa.com">www.solon-iowa.com</a> & <a href="http://www.solon.lib.ia.us/archive/lib-cal/spl-cal">www.solon.lib.ia.us/archive/lib-cal/spl-cal</a>			
Weekdays	Old Gold Meal, Daily (\$3.75), RSVP to 319-624-2251	11:30am	Methodist Church, 122 N West St.
2 <sup>nd</sup> Wednesdays	Alzheimer's Caregiver's Support Group	3:30pm	Solon Library, 320 W Main St.
3 <sup>rd</sup> Fridays	Senior Conversations, info 319-624-2678 * Feb. 15 - No Senior Conversations	10:30am	Solon Library, 320 W Main St.
Last Fridays	Meal (\$7.50) & Movie, RSVP to 319-624-2678 * Fri Feb 22, <i>The Last Suit</i>	11am-3pm	Solon Library, 320 W Main St.
Feb. 27	Game Night for Adults	7-8:30pm	Solon Library, 320 W Main St.
<b>SWISHER &amp; SHUEYVILLE</b>			
Tuesdays biweekly	Coffee & Conversation, 319-857-4090, <a href="http://swisherlibrary.org">swisherlibrary.org</a> . * Feb. 26 Bingo fun and prizes	10am	Swisher Library, 72 2nd St. SE



### Spring Forward One Hour

Sunday, MARCH 10, 2am, Daylight Savings Time begins. Test smoke detectors, clean the covers and replace batteries.



### National Take Back Day

Saturday, APRIL 27, 2019.  
Find disposal sites near you.  
<https://takebackday.dea.gov>



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## National Prescription Drug Take Back Day

### Easy & Anonymous Local Drop-Off Locations

by Callissa Mescher, Intern, Johnson County Social Services

Saturday, April 27, 2019, is National Prescription Drug Take Back Day, which addresses a significant public health and safety issue. The Drug Enforcement Administration (DEA) created National Drug Take Back Day to remind the public about the importance of properly disposing unused medications.

Prescription drugs stored in home cabinets are a significant cause of accidental poisoning, and it is best if drugs are removed from the home once they are no longer needed. The “Take Back” initiative also warns that unsafe disposal of medications poses a threat to public health and safety.

**T**oo often, unused prescription drugs find their way into the wrong hands. It is dangerous and often tragic. That's why it is great when thousands of folks from across the country clean out their medicine cabinets and turn prescriptions in—safely & anonymously.

The DEA states that most abused prescription drugs come from family and friends, which means anyone could be a “drug dealer” and not even know it.

When medications are flushed down a toilet or drain, they enter the wastewater treatment system. Unfortunately, many of these treatment systems are not designed to remove medications. Because many people are unaware of this, a vast array of pharmaceuticals—including antibiotics, anticonvulsants, mood stabilizers and sex hormones—have been found in drinking water supplies of at least 41 million Americans.

In Johnson County, year-round programs allow you to easily get rid of medications. The Johnson County Sheriff's Office says residents can safely and anonymously dispose of expired, unused and unwanted medications at their office, at 511 South Capitol Street in Iowa City. Their Take Back collection box is in the main lobby, open 24/7 to the public. The Iowa City Landfill and Recycling Center accepts sharps and needles on Tuesdays, Thursdays and Saturdays with an appointment.

Many local police departments and pharmacies have year-round drug disposal programs, but it is best to call and make sure they accept the type of drug you want to dispose of.

#### Learn More

Visit <https://takebackday.dea.gov>

Call 800-882-9539



## Get Involved with Livable Community!

*Johnson County Livable Community Action Teams and Committees address specific areas of need related to successful aging.*

### Caregiving Committee.

Identifies the needs of caregivers and actions to address those needs. Meets bimonthly on the 1st Tuesday at 1:30pm, 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 3rd Wednesday at 8:30am, Health & Human Services Building.

### Falls Prevention Action Team.

Informs residents about the costs and risks associated with falls; encourages prevention with educational programs. Meets monthly on the 1st Tuesday at 8:30am, Visiting Nurse Association, 1524 Sycamore St.

### Housing Action Team.

Addresses housing issues in the community. Meets monthly on the last Monday at 10:30am, Health & Human Services Building.

### Transportation Action Team.

Helps maintain independence in transportation. Meets quarterly on the 2nd Tuesday at 8:30am, Iowa City Public Library.

**Please join us!** For more information, contact Jeff Kellbach at [jkellbach@co.johnson.ia.us](mailto:jkellbach@co.johnson.ia.us) or call 319-356-6090.



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### North Liberty Senior Council Creates Connections

#### Men & Their Hair—Artifacts of Barbering

On Friday, March 1, from 11:30am to 1pm during the regular North Liberty Senior Dining event, Doris Montag will narrate her extensive collection of barbering artifacts, and share the history of shaving and the barbering profession. From one of her talks, “The History of Ordinary Things,” her presentation covers “cut throat” razors, strops, shaving mugs and products from the 1800s, as well as “safety” razors and travel kits of the early 1900s. Doris is known for her homespun humor, which she brings to this unique collection of shaving items from the past.

Montag is a curator of historical collections; one who unlocks the stories within artifacts. She began in 2005 at the Herbert Hoover Presidential Library where she was mentored by former Curator Maureen Harding. Now, for the patients and visitors of the University of Iowa Hospitals and Clinics, Montag has installed 12 exhibits—considering it her personal contribution to the healing environment.

Made possible by a donation from Hills Bank and Trust Company, Montag’s presentation is an example of what the North Liberty Senior Council makes available to area residents age 55 years and above. North Liberty Senior Council is an independent, self-sustaining volunteer organization that coordinates Senior Dining every Friday, Older Americans Month events in May, and special collaborative events with area businesses and organizations.



To attend North Liberty Senior Dining on Friday, March 1, 11:30am to 1pm, for a special presentation by Doris Montag, **Men & Their Hair—Artifacts of Barbering**, call the North Liberty Recreation Department at 319-626-5716 by noon on Thursday, February 28. The cost of \$5 per person includes a catered meal held at the North Liberty Community Center, located at 520 W Cherry Street in North Liberty.

#### North Liberty Senior Dining, Fridays

Every Friday from 11:30am to 1pm, at the North Liberty Community Center (520 W Cherry St., North Liberty, IA 52317), North Liberty Senior Dining gives area seniors a chance to connect, make new friends, eat lunch provided by local restaurants, and enjoy interactive presentations for just \$5 per person. Reservations, required by noon on Thursday, are taken by the Recreation Department at 319-626-5716.

##### **Typical menu and activities**

- first Friday, Pizza Ranch chicken & BINGO
- second Friday, Zio Johnno’s pasta & presenter
- third Friday, (TBD) & BINGO
- fourth Friday, Yang Chow Wok & presenter
- fifth Friday, Mirabito’s Italian & presenter

For current information, visit <https://northlibertyiowa.org/calendar/north-liberty-events>. Senior Dining may occasionally be cancelled for holidays and other conflicts. Meals and activities are subject to change without notice.

#### Learn more about North Liberty Senior Council

- Visit [www.facebook.com/NorthLibertyIowaAreaSeniors](http://www.facebook.com/NorthLibertyIowaAreaSeniors)
- Contact Angela McConville, North Liberty Special Projects Coordinator, 319-626-5722, [amconville@northlibertyiowa.org](mailto:amconville@northlibertyiowa.org)



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## Good Oral Health Contributes to Healthy Aging

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



As we age, we might start to notice changes or challenges with our oral health that had not been problems before. Examples include loss of taste or a change in the way foods feel in our mouth, dry mouth, gum disease, or an increase in cavities.<sup>1</sup> There are a number of reasons for these varying issues.

Dry mouth is commonly caused by medications prescribed in later years of life and can eventually lead to cavities. Cavities are generally the most surprising of these changes as they are generally associated with children. However, risk of developing cavities does increase with age. Plaque, the main cause of cavities, builds up over time and eats away at the tooth's hard outer surface. Even teeth with fillings are at risk because plaque can build up underneath a cracked filling and cause decay.<sup>1</sup>

The same bacteria that causes cavities also affects dentures, so it is just as important to keep your dentures as clean as your natural teeth. Use toothpastes specifically made for dentures instead of regular toothpaste or household cleaners.<sup>1</sup> Dental visits are still important even if you have dentures and no natural teeth.<sup>2</sup>

Research shows that having poor oral health puts you at increased risk for heart disease, stroke and diabetes. Specifically, gum disease is linked to increase risk of heart disease and is known to worsen existing heart conditions. Bacteria that comes with gum disease and inflammation is what causes or worsens heart disease and is also shown to play a role in strokes.<sup>1</sup>

Tobacco use is strongly linked to increased problems with gum disease, cavities, tooth loss and oral cancer. It can also slow down the healing process after dental procedures and decrease success rates of dental implants.<sup>1</sup> If you are concerned about your tobacco use, call 1-800-QUIT-NOW (784-8669) or visit [www.QuitLineIowa.org](http://www.QuitLineIowa.org) to access qualified tobacco cessation coaches and other necessary support to successfully kick tobacco addiction for good.

To aid in keeping your mouth healthy, it is recommended that you visit a dentist regularly, avoid tobacco, and brush and floss daily. When brushing your teeth, use toothpaste with fluoride to protect your mouth from cavities.<sup>3</sup> Be sure to talk to your provider about the best ways to prevent cavities and gum disease and how best to care for your dentures if you have them.

References & Resources (Accessed January 28, 2019)

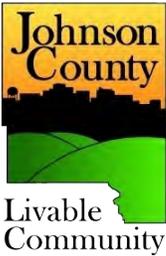
1. What Older Adults Need to Know About Oral Health. University of Illinois at Chicago College of Dentistry. March 15, 2017. <https://dentistry.uic.edu/patients/oral-health-older-adults>
2. Oral Health for Older Americans. Centers for Disease Control and Prevention. July 10, 2013. [www.cdc.gov/oralhealth/publications/factsheets/adult\\_oral\\_health/adult\\_older.htm](http://www.cdc.gov/oralhealth/publications/factsheets/adult_oral_health/adult_older.htm)
3. Older Adults and Oral Health. National Institute of Health, National Institute of Dental and Craniofacial Research. [www.nidcr.nih.gov/sites/default/files/2018-01/older-adults-oral-health.pdf](http://www.nidcr.nih.gov/sites/default/files/2018-01/older-adults-oral-health.pdf)

## Local Clinics Help Seniors Access Dental Care

**University of Iowa, College of Dentistry & Clinics and Geriatric & Special Needs Clinic** — Services are provided by pre-doctoral students carefully supervised by faculty, and participation in their educational program results in a reduced fee. In addition to the comprehensive dental care clinics, they also provide a Geriatric and Special Needs Clinic for elderly and for mentally, physically, and medically complex patients. Call 319-335-7499, or contact the Geriatric Mobile Unit at 319-335-7373 or [dentistry-gmu@uiowa.edu](mailto:dentistry-gmu@uiowa.edu). Visit [www.dentistry.uiowa.edu/patient-care-dental-clinics](http://www.dentistry.uiowa.edu/patient-care-dental-clinics).

**Dick Parrott Free Dental Clinic** — Provides basic dental care services for uninsured patients. Services depend on availability of current volunteers. Call 319-337-4459. Visit <http://freemedicalclinic.org/pages/our-services.php>.

**2019 Iowa Mission of Mercy, Iowa Dental Association** — This once-a-year, large scale dental clinic provides free oral health care on a first-come, first-served basis to individuals who face barriers to receiving dental care. The 2019 September 20-21 clinic is located in Davenport, Iowa. Call 800-828-2181. Visit [www.iowadental.org/foundation/iowa-mission-of-mercy](http://www.iowadental.org/foundation/iowa-mission-of-mercy).



**Johnson County Livable Community**  
*Information for Successful Aging*  
Johnson County Social Services  
855 S. Dubuque St., Ste. 202B  
Iowa City, Iowa 52240  
[www.LivableCommunity.org](http://www.LivableCommunity.org)  
[johnsoncounty@livablecommunity.org](mailto:johnsoncounty@livablecommunity.org)  
319-356-6090

### **JCLC Policy Board**

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## **Simple & Free: Pantry Exchange Now Open at the Iowa City/Johnson County Senior Center**

The Iowa City/Johnson County Senior Center is pleased to announce the installation of the **Simple & Free: Pantry Exchange** which uses a familiar, compelling concept to assist those with food insecurity. Studies show that older adults are at a higher risk of being food insecure.

The Simple & Free: Pantry Exchange offers a place where members and neighbors can freely give and take nonperishable food items and personal items—as the embodiment of community, charity, justice and sharing economy.

Open to the public weekdays from 8am to 5pm, the Pantry Exchange is located on the ground level of The Senior Center (28 South Linn Street in Iowa City) near the Washington Street entrance.

The Iowa City/Johnson County Senior Center accepts nonperishable food items and toiletries to be dropped off in marked baskets for volunteers to sort, organize and stock the pantry as needed.

For more information contact [Daniela-Bularzik@iowa-city.org](mailto:Daniela-Bularzik@iowa-city.org).



<http://www.giveitbacktoseniors.org/>