

Johnson
County



Johnson County Livable Community for Successful Aging

Newsletter

Issue # 4

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Livable Community
for Successful Aging
Policy Board

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The Policy Board meets monthly in the Conference Room at the County Administration Bldg – 2nd Tuesday at 2 PM. Board members are appointed by the County Board of Supervisors to serve specific terms of volunteer service.

Message from the Chair

The Livable Community Initiative is fortunate that Elder Services has employed Kate Getty to work with us part-time on the development of our web site www.livablecommunity.org and on various projects.



I trust you will let me know what you believe can be done to make Johnson County an even more “livable community” where persons can grow up and grow old. Together we can make a difference. My e-mail address and phone number are listed at left, and my mailing address is 84 Penfro Drive, Iowa City, Iowa 52246.

...Bob Welsh

Please support the Livable Community for Successful Aging Initiative



with a tax-deductible

donation. Checks should be made payable to the Community Foundation of Johnson County. On the memo line please write “Livable Community for Successful Aging.”

Please mail your donation directly to:
....Community Foundation of Johnson County
....325 E. Washington Street
....Iowa City, IA 52240

“Your donation will help us to further the work of the Livable Community groups and help all of in our goal to make all of Johnson County **“a Great Place to Grow Up and to Grow Old !”**.....

NEWS RELEASE – July 1, 2009 - by Al Hood
Johnson County Livable Community Initiative
Standing room only at
‘50-plus Employment Workshop’

CORALVILLE – More than 120 job seekers participated in a free workshop that focused on helping mature workers find jobs. The 50-plus Employment Workshop featuring a panel discussion nearly filled the Schwab Auditorium at the Coralville Public Library to capacity.

Presenter and panel moderator Trish Thoms of Thoms Consultants said the workshop was timely to help Corridor workers who were recently laid-off. “Panelists urged participants to be open to explore new ideas. Today, applicants must apply on-line because many companies don’t even take a paper application.”

Thoms added. “Businesses have made changes in the hiring process that many mature job seekers haven’t experienced. Many need individualized attention and assistance, and they aren’t comfortable using the computer or the Internet.”

Al Hood, chair of the Livable Communities Employment Committee, said 50-plus workers have a real need. “The recession and low unemployment have made job searches very difficult for mature laid-off workers. Many of those attending the workshop had worked for their former employers a number of years before they were laid off.”



Hood said the Internet has dramatically changed how job searches are conducted. “The workshop discussion centered on familiarizing attendees with current and new job application processes and resources available in the area.”

Brenda Dodge, manager of the Iowa City Iowa Workforce Development office, said participants were surveyed to determine industry and training needs. “Many in the Johnson County area are interested in working either full- or part-time and they are qualified. Others may need retraining. The workshop was an effort to help them make the right connections.”



Workshop participants represented multiple industries including information technology, education, healthcare, accounting, Human Resources

administration, telemarketing, technicians, banking and manufacturing.

The workshop was videotaped and will be aired on local channel 4 in the near future.

The Johnson County Livable Community Initiative created partnerships with Iowa Workforce Development, Kirkwood Community College, Elder Services, Iowa City Area Development Group and a group of well-connected community volunteers to coordinate the workshop.

Employer representatives included Trisha Murphy, Riverside Casino; Sarah Bloome, Mercy Iowa City; Jennifer Kurka, Pearson; Ronda Stout, Sedona Staffing; and Jane Monserud, University of Iowa.

For more information about training or applications contact:

Iowa Workforce Development
Brenda Dodge, Manager Iowa City IWD Office
1700 S. 1st Avenue, Suite 11B
Iowa City, IA 52240-6036
319.351.1035
Brenda.Dodge@iwd.iowa.gov - www.iwd.org

Kirkwood Community College
Kim Johnson, Executive Director, Continuing Education
Programming & Dislocated Worker Program
Kirkwood Skills to Employment
1030 Fifth Ave., S.E. - PO Box 5454
Cedar Rapids, IA 52403-5454
319.398.5525
Kim.Johnson@kirkwood.edu - www.kirkwood.edu

Retired Seniors Volunteer Program (RSVP) and SeniorCorps
Joan Cook, Executive Director
28. S. Linn Street-
Iowa City, IA 52240
319.356.5218
jcook@elderservicesinc.com - www.elderservicesinc.com

HACAP SECEP
Joe Nassif
1515 Hawkeye Drive - P.O. Box 490
Hiawatha, Iowa 52233
319.393.7811
joe.nassif@iwd.iowa.gov - www.hacap.org

AARP - scwaterloo@mchsi.com

In 2007, the Johnson County Board of Supervisors appointed a policy board for the Livable Community for Successful Aging to advance Johnson County as a livable community where persons can grow up and grow old.

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Trish Thoms, Thoms Consultants tthomstnj@yahoo.com; phone 319.573.0010

SOURCE: Linda Schreiber, lnschreiber@gmail.com; phone 319.936.8600

Johnson County Fair 2009

July 27th -31st

The Fall Prevention Workgroup will have an exhibit at the County Fair booth on Senior Day at the fair - **Wednesday, July 29th**. Some fun activities are being planned. Helpful information will also be available. Joyce Eland, from Visiting Nurses is heading this project with assistance from Dr. Paul Mulhausen, Iowa Geriatric Center, Sherry McKay, College of Nursing, and others.

There will also be handouts available on the Livable Community Web Site. We hope to see you at the Fair. **Look for the Johnson County Booth!**



#

Senator Tom Harkin speaks at June 6th

Johnson County Health Summit: This forum, presented by AARP and Divided We Fail was co-sponsored by the Johnson County Livable Community Initiative. Senator Harkin indicated that he believed that health care reform would happen this year. He gave the following sketch of what he feels it will look like. There will be a public option of some form. Pre-existing condition will be covered and there will be mental health parity, plus dental care. In each state there will be a structure to approve all policies offered in the state. There will be strong emphasis on prevention and best practices.



Following Senator Harkin's remarks, Bruce Koepl, Senior State Director, Iowa AARP, moderated a question and answer period. When Senator Harkin stated that it would take up to five years to put everything in place, one woman yelled out, "I don't have that long." Ingrid Wensel, Associate Director of the Heritage Area Agency on Aging, requested that Project 2020, a program to strengthen home-and-community based services, be a part of any health care reform.

This forum was held in Johnson County because of the advocacy of the Livable Community Initiative highlighting that "Johnson County is an ideal place to grow up and grow old."



Johnson County Population – 2008

Age	How Many?	% of Total Pop.	Male	Female
0-19	34,505	26.9%	17,221	17,284
20-34	39,646	30.9%	20,219	19,427
35-49	24,221	18.9%	12,335	11,886
50-65	19,305	15.1%	9,524	9,781
65 & Up	10,417	8.1%	4,501	5,916
TOTALS	128,094	100%	63,800	64,294
All ages				

Source: Iowa State Data Center
www.data.iowadatecenter.org
Population as of July 1, 2008



Population changes – Johnson County 2000 to 2007 *

Locality	2000 pop.	2007 pop.	Change since 2000
Iowa City	62,220	67,062	+ 7.78%
Coralville	15,123	18,250	+ 20.68%
N. Liberty	5,367	10,982	+ 104.62%
Tiffin	975	1,714	+ 75.79%
Solon	1,177	1,602	+ 36.11%
Lone Tree	1,151	1,156	+ .43%
U. Heights	987	1,024	+ 3.75%
Swisher	813	837	+ 2.95%
Hills	679	642	- 5.45%
Oxford	705	680	- 3.55%
Shueyville	250	455	+ 82.0%
West Branch (Johnson Co. only)	86	84	- 2.33%
City Totals	89,533	104,488	+ 16.7%
Rural Total	21,473	21,404	- .32%
County TOTALS		125,892	+ 13.41%

*Data as of July 1, 2007

Johnson County Auditor
www.johnson-county.com/auditor/misc/census.htm

ECONOMICS !

Benefits area seniors give to their community?

- Increased tax base (retail and property).
- Increased number of positive tax payers,
- Increased retail sales.
- Increased number of volunteers.
- Increased church contributions.
- Increased employment.

Spendable Retirement income – Johnson Co:

IPERS (June 30, 07 to July 1, 08) - \$27,396,987

TIAA– CREF – (they won't release this information)

Social Security-

Retirement workers @ month - \$10,780,000

Workers @ year - \$129,360,000

Workers + spouses @ year- \$133,224,000

\$643,000 RSVP report – Johnson County's

local RSVP- of Johnson, Iowa, Des Moines and Muscatine Counties (Retired Senior Volunteer Program) headed up by Joan Cook is one



local volunteer venue. RSVP Work stations represented include all area hospitals, court system, local law enforcement agencies, multiple services

areas with the area schools, U of Iowa and Kirkwood CC, Crises Center, Red Cross, Salvation army, area libraries, non-profit children and family services, older adults assistance

including Meals on Wheels, Resident Advocate committees, home safety checks, tax assistance, and on and on. Their recent annual report listed 596 registered local volunteers who contributed 39,934 hours at a value to the area community of almost \$643,000.

.....Source: www.theindependentsector.org



NOTE: The value of volunteer time is based on the average hourly earnings of all production and non-supervisory workers on private non-farm payrolls (as determined by the Bureau of Labor Statistics). Independent Sector takes this figure increasing it by 12 % to estimate for fringe benefits

“Service is the rent we pay for living. It is the very purpose of life and not something you do in your spare time.”

Marion Wright Edelman

US AGING FACTS& FIGURES:

US Census Bureau

(2007 figures)

- 37.9 Million:** # of people 65+ in the US in 2007
(13% of the total population)
- 88.5 Million:** # of people 65+ projected in 2050.
(20% of the nation's population)
- 518 Million:** projected 2009 world population- 65+
- \$28,305** – US Median Income of persons 65+
- 9.7%** - the percent of 65+ in poverty level
- \$190,100** – Median net worth for older families
- 9 Million** – # people 65+ who were military veterans.
- 5.8 Million** – # 65+ in the labor force
- 15%** - percent of persons 65+ in the labor force
- 74%** - age 65+ with at least a high school diploma
- 19%** - age 65+ with a bachelor's degree or higher
- 7.3 Million** - # taking adult education courses
- 54%** were married
- 31%** were widowed. - **27%** lived alone
- 6%** lived in their children's homes.
- 1.5 Million** persons aged 65+ lived in nursing homes
(4% of all people in this age group)
- 78%** - age 65+ are registered to vote
- 63%** actually voted in the last election
- 80%** owned their own homes
- 5.5 million** were age 85 and older
- 96,548** were centenarians (age 100 or more)
- 601,000** – # of projected centenarians in 2050 by US.

Notable Quotables

- 79% of AARP members say it is very important for them to be able to stay home as long as possible if they or a family member needs long term care. (1)
- The US Supreme Court's Olmsted decision affirms that people with disabilities who need long-term supports have the right to receive them in the least restrictive setting consistent with their need. Unnecessary institutionalization is unlawful!
- Iowa spends 2/3's of its Medicaid resources on institutional care. (2)
- Iowa has more nursing home beds per 1,000 residents over the age of 65 than any other state in the U.S. (3)
- The monthly cost for Iowans receiving supports under the Medicaid Elderly Waiver averages \$503, compared to \$2,687 in monthly Medicaid costs for nursing homes. (4)

1) AARP Home & Community Based Care
long term care survey 2003

2) Iowa Medicaid Enterprises

3) Centers for Medicare & Medicaid Nursing Homes
Data Compendium 2005

4) Iowa Dept. of Human Services Title 19 Report of Expenditure
by Category of Services – statistical report June 2007



"Accessible Community Transportation Institute"

– Washington, D.C. – July 12-15th

Johnson County was selected by Easter Seals Project Action National Center on Senior Transportation (NCST) to be one of 15 proposed teams in the US to receive an all expenses paid grant paying for a five-member local team to participate in a transportation planning Institute in Washington, DC in mid-July 12-15th.

Participant Sally Stutsman reports the following:

"The Institute was extremely well organized and very productive. We were kept very busy. We were very fortunate to have Peter Rogoff, head of Federal Transportation Administration (FTA), as one of our luncheon speakers. The focus of the Institute was for each team to develop an action plan that we could take back to our community to address a specific transportation issue. Easter Seals had excellent staff and faculty available to us in developing our plan. Easter Seals Project Action will continue to offer assistance to our team as we work through the plan we developed.

Sally Stutsman – Johnson County Supervisor

Others on the Iowa Team were Tom Brase/Johnson County SEATS, Chris O'Brien/Iowa City Transit; Marc Rahe/ Goodwill Industries and Dee Vanderhoef/Livable Community Transportation Committee.

The teams selected to participate were from: Chelan Douglas Mobility Council, Washington State; Metro/Atlanta, Georgia; Delaware County Pennsylvania; Greeley/Weld County Colorado; Houston Texas; Ada and Canyon Counties, Idaho; **Johnson County Livable Community, Iowa;** Lexington, Kentucky; North Dakota Souris Basin Transportation; Clearwater , Idaho; Northern Arizona Transportation; Oshkosh, Wisconsin; Southeast Tennessee Accessibility Connection;

Shiawassee County, Michigan); and Sussex County, New Jersey.

Application for this Institute was made by the Transportation Committee of the Johnson County Livable Community Initiative.

* * * * *

CARFIT Program was held June 20th at the Iowa City Senior Center. Sponsored nationally by AARP, AAA, and American Occupational Therapists Association, it offers older adults the opportunity to



check how well their personal vehicles "fit" them. Some examples are knowing how to adjust one's mirrors can greatly minimize blind spots for drivers changing lanes and measuring the distance between the driver and the steering wheel (at least 10

inches) to reduce the risk of serious injury in a car accident. The program also provides information on adaptive devices for driving. Twelve seniors completed the CarFit evaluation. Comments and feedback included: "really glad to learn the importance of the wheel distance from my chest to keep me safer in case of an accident", "Going over the check list was very valuable", "I never knew how to tilt my steering wheel!", "Testing the blind spot and how to correct for better vision was very helpful", "I didn't realize the seat belt could be lowered - good to know!" For more information, for Technician training, or to sign up for notice of a next CarFit event, contact Susan Rogusky, (356-5224) or e-mail - Susan-Rogusky@iowa-city.org.

.....report by CarFit volunteer technician Linda Severson

Did you Know?

- * Iowa older driver fatality rates mirror the national picture of risk that rises with aging. At the same time, Iowa's population is growing relatively older.
- * A 30 percent increase in the number of Iowans over the age of 65 is expected by the year 2020.
- * Iowa ranks 4th in the nation in the percentage of population over the age of 65, and is second only to Florida in the percentage of licensed drivers over age 85

Iowa Safe Mobility Decisions for Older Drivers Forum

* * * * *



IDA (Iowa Department of AGING....formerly Dept. of Elder Affairs) and IDOT (Iowa Dept. of Transportation) are collaborating in development of a new web site for senior drivers focusing on senior transportation issues. You can check it out at:

www.iowasafeandmobileseniors.org It recently was pilot-tested in four areas across Iowa including here in Johnson County – on July 2nd - at the Coralville library. Tests were conducted by IDOT personnel Lisa Hennessey and Florida DOT consultant Fran Carlin-Rogers. Local persons donating time to help with the study determining the final form of the web site were: Sharon Arbogast, Rex Brandstatter, Lois Bartelme, Eve Casserly, Ken Fearing, Margie Fearing, Karin Franklin, Jan Gerlits, Marilyn Jensen, George Klein, Joan McMillan, Linda Muston, Ray Muston, Maggie O’Dea, Charity Rowley, and Bob Welsh. ***IDA (Iowa Dept. of Aging) and IDOT (Iowa Dept. of Transportation) appreciates your help!***

While at the Coralville library testing site, DOT personnel reviewed the Johnson County Senior Transportation Options Booklet (2,000 copies now distributed in the county) and were impressed.

IDOT’s Florida consultant Fran Carlin-Rogers - assisting with the testing – later e-mailed this comment about the Livable Community Senior Transportation Options Book:

“I am very impressed that Johnson County Livable Community for Successful Aging Initiative has provided this wonderful resource for your citizens. It helps seniors and families search for mobility choices a great starting point. Hats off to Johnson County. Many communities talk about doing something like this, but Johnson County has done it & done it well!”

* * * *

IDOT’s Senior Drivers program available: Professional presentations to your group can be arranged with Iowa Dept. of Transportation personnel as speakers. The presentation includes a brief film and take-home materials. This would be of benefit to seniors and others involved with seniors. For Information about how to schedule a short presentation for your group, contact the Livable Community Transportation Committee (call the Livable Community Office for details.)

**- The WEB SITE –
A WORK IN PROGRESS**

www.livablecommunity.org

is a work in progress. New features are being added, the most noticeable of which is the use of the home page for news updates. Work is also being done to obtain inclusive information on all of the service providers.

You are encouraged to examine this website and click the “contact us” button to let us know what suggestions you have to make this site more users friendly.

Welcome

What makes Johnson County a Livable Community?

What is available to help me stay in my home?

What are my options when I can no longer stay in my home?

Search our Service Directory for more answers

About Us

Current Programs

Contact Us

Did we help?

*Webmaster: Knowledge Meridian, Inc.
Tipton, IA 52772*

GRANT OPPORTUNITIES

The Livable Community Initiative is actively involved in two grant applications. Elder Services has worked closely with the Heritage Area Agency on Aging which has submitted a grant application to the U.S. Administration on Aging for “Community Innovations for Aging in Place.” If funded, this would provide half-time funding for the Aging Specialist, plus ¾ time for an option counselor. The Livable Community Policy Board has written a letter of support for this application, committing to helping the other six counties in the Heritage Area in their exploration of what they can do to be counties where persons can grow up and grow old.

The Initiative has set in motion the exploration of a Wellmark Grant. It is hoped that this grant will enable development of a comprehensive replicable model that could be used across Iowa and South Dakota to reduce falls using the five building blocks of an effective community-based prevention program as identified by the National Center for Injury Prevention and Control. The five building blocks are: Education, Exercise, Home Safety, Medication and Vision. An impressive list of partners has been enlisted to assist in this project.



Local Olmstead/ADA Anniversary Celebrations:

Join Access 2 Independence of the Eastern Iowa Corridor (formerly “The Conner Center for Independent Living”) in commemoration two events that created broad civil rights protections for people with disabilities nationwide.

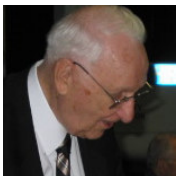
The 10th Anniversary Celebration of the **Olmstead Supreme Court Decision** and Town Hall Meeting at the Newman Catholic Student Center on **July 24, 2009 – 9:30 am to 11:30 am**. Senator Bob Dvorsky will be in attendance at this event.

The 19th Anniversary of **Americans with Disabilities Act (ADA)** at the Pedestrian Mall on **July 25, 2009, 10:00 am to 2:00 PM**. Enjoy movies, music and activities for the whole family featuring the New Horizons Band and Jeffrey Morgan and the Say Uncle Band

For more information contact Access to Independence of the Eastern Iowa Corridor at 319-338-3870

* * * * *

Lifetime Achievement Award: was presented to Bob Welsh, chair of the Livable Community Initiative - by Iowa’s Department of Aging at it’s May 13th “AGING & ACTION: Partnering through Hard Times” (formerly Iowa Governor’s Conference on Aging) in Des Moines. Bob was honored with the “Betty



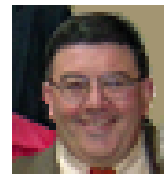
Grandquist Lifetime Achievement Award for his many decades of volunteer work on behalf of seniors (and people all ages) on a community level, a state level and a national level. Congratulations Bob! Well Deserved.

Eve Casserly received Award – also at the Department of Aging and Action



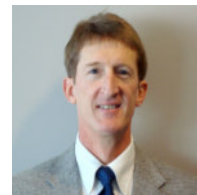
a Shining Star Iowa May 13th event.

Outstanding Elected Public Official - Rod



Sullivan was selected as the 2009 "Outstanding Public Official" by The Heritage Agency on Aging at their May 28th Annual Awards Recognition Event at the Kirkwood Continuing Education Center. This annual award is given to one person in the seven county area served by Heritage in recognition of the special hard work by the award winner in promoting services for seniors and other citizens.

An Amazing Talent: Demonstrating his great versatility, Livable Community Board member Doug Beardsley, Director of Johnson County Department of Public Health, served (with lovely wife Jill) as Choreographer and Lead Dancer(s) in



Coralville City Circle Acting Company of Coralville’s gala mid-June production of “HELLO, DOLLY!” at the Englert Theatre. As one theatre enthusiast and former Livable Community policy

board member commented, “The costumes, set and particularly the movement & dancing are the best I have ever seen on stage in any non-professional theatre.” Most impressive – wonderful performance - and thanks to Doug for lending his talents to our community.

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Livable Community Board News: Election of officers for the coming year will take place at the August 11th 2 PM board meeting – to be held in the BOS first floor conference room. These meetings are always open to the public. Public input is welcome....in person, by telephone, by e-mail or by letter.