

Johnson
County

Johnson County Livable Community For Successful Aging

**The JCLC
Newsletter**

Issue # 6

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Livable Community
for Successful Aging
Policy Board

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Bob Welsh – *Heritage Johnson County Task Force on Aging*

The **Johnson County Livable Community (JCLC)** initiative is a program of the Johnson County Board of Supervisors. In 2008, following three years of review, comprehensive survey and data collection, a 16-member Policy Board was appointed. JCLC partners with organizations and businesses to address and facilitate personal independence and an active civic and social engagement for Johnson County residents. Action teams and work groups assist and promote successful aging for all. For more information visit the JCLC Web site at www.livablecommunity.org.

The Policy Board or its representatives meets bi-monthly – County Services Bldg. – 855 S. Dubuque St.– Iowa City – 3 PM - 2nd Tues. Meetings are open to the public. Board members are appointed by the County Board of Supervisors to serve specific terms of volunteer service to the community.

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Message from the Chair

Happy New Year! As we turn our calendars and start a new year, it is always a good time to reflect on the past year and look forward to our next steps. I am very proud of the work of the many volunteers involved with the Livable Community Initiative. We have many accomplishments to celebrate.

In 2010, we have more tasks ahead and are finding additional needs to address, including mental health, outreach to rural seniors, chore services, end of life care, disaster preparedness and others. So, as we are building our way to make Johnson County a place to grow up and grow old successfully, I hope that you will join us in service and become a member of a Livable Community action team in 2010.

Patti

" PAGE TWO "

IN-THE-COUNTY



Editor's Note: *This page is an experiment - suggested by Lone Tree Councilor Kice Brown - to add a "Page 2" that covers just things*

happening in the county OTHER than in the Iowa City/ Coralville /U Heights area. Will it work? That depends on **YOU** and what you contribute to it. Here is a list of places and some of what goes on. What can you add?

Hills – Mayor, Russell Bailey - population, 642* in 2007 - named for early settler Thomas Hill. Home of Hills Bank & Trust, biggest little bank in Iowa. A big community center hosts various doings for the public. Lou Jenn (of Jenn-Air Appliances) donated funds to build a nursing home and senior apartments after his own mother had to leave Hills at age 82 due to a lack of such a facility in Hills. St. Joseph's Church donated the land. Today **Atrium Village** serves elder residents of the area because of the generosity of Lou Jenn and the local church..



Lone Tree –“A **TRE**emendous place to Live” Mayor, Rick Ogren – 2007 population 1,156*. **Senior Dining and activities** offered weekdays at 203 1/2 North Devoe Street . Phone - 319.629.5144. Staff prepare super meals for seniors of our community and the surrounding area and offer a warm place to visit and enjoy the food and the company. Activities include daily games such as cards, Yahtzee, dominoes and bingo. We celebrate our patrons' birthdays and sponsor annual holiday celebrations. We also set up annual flu shots for the seniors in our community. If you are new to the community and want to drop in for lunch, **give us a call and we will set a plate for you.** Lone Tree works closely with the Visiting nurses who offer clinics, and screening. Meals on Wheels for shut-ins are available here also. Contact site manager Terri Mullinex.

North Liberty – Mayor, Tom. Salm – Population in 2007 was 10,982.* The new Rec. Center offers **special packages for seniors**, weekly senior dining with entertainment programs, a wonderful three-lane walking track, exercise equipment, heated pool, fitness classes, meeting rooms, attached city library, and more.



Oxford – Mayor, Don Saxton - 2007 population, 680*. Platted in 1868. Today it is in the limelight with the publication of “The Oxford Project by photographer resident Peter Feldstein and author Stephen Bloom – “an extraordinary tribute to ordinary people of the area”. Senior dining is held every Wednesday at St. Mary's Hall – call 319- 430.2443 for information and to participate.

Solon – Mayor, Rick Jedlicka - “**A Place to Put Down Roots**” 2007 population, 1,602*. **Home of the Solon Senior Advocates** – perhaps Iowa's top grass roots volunteer organization serving seniors – providing programs at weekday senior dining, community support, transportation with a van owned by the non-profit group. This is a great model for all other Iowa communities. Community is also known for Solon Beef Days, a celebration started in 1938 and its nearby MacBride State Park, built by depression era CCC workers in 1937 and named for former UI president and botanist Thomas MacBride.



Shueyville – Mayor, Bryan S. Bredman - 2007 population – 455*. The town was settled in 1855 – named for early resident William Shuey.

Swisher – Mayor, Scott Grabe – 2007 population, 837*. swisher2@southslope.net Clubs & Organizations - Woman's Improvement League of Swisher(WILOS);- Swisher's Men's Club; Legion Auxiliary--Men and Women; Volunteer Firefighters.



Tiffin –“**Crossroads of the Heartland**”. - Mayor, Royce Phillips – 2007 population 1,714*. Platted in 1867. Home of the popular Lark Supper Club, named one of the best steak houses in 1988 by Mid-West Living magazine. It was destroyed by fire in December 2000. **Tiffin Senior Lunch** – 3rd Monday Sept.-May at Grace United Methodist Church. Call 545-2281.

* Population figures cited – from the Johnson Co. Auditor web site.

The Un-Incorporated Towns in Johnson Co

Amish – aka - Joetown * – in SW Johnson County. The origin of the names is unknown. It was recognized by the US Post Office in 1857 as Amish. Expect to see horse and buggies in the vicinity.

Cosgrove * - Home of the Cosgrove Institute. Johnson County BOS continues to work on a Cosgrove village

plan as part of the Land Use Plan creating plans specific to each of the 11 unincorporated villages.

Elmira * – located NE of Iowa City not far from Oasis – once known as “the Railroad Hub”, a busy place.

Frytown * – a friendly quiet rural community located about 10 miles southwest of Iowa City. First settler, Jacob Fry, raised his 14 children there. It’s Farmers Electric Cooperative is the oldest electric co-op in Iowa, possibly oldest in the country, and was formed 20 years before the national Rural Electrification Administration was formed. While known as Frytown since the 19th century, and so listed on state maps, the U.S. Geological Survey calls it Williamstown.

Morse *– located in Graham Township.. Early settler A.W.G. Morse, kept journals which were recently published by Cedar Creek Press. Once a stop on the C RI & P Railroad, it contains several houses and the still very active Morse Community Club. Every year population swells to as much as 1,000 people when the community hosts a 3rd of July celebration, which includes a parade, food, and fireworks. The Community Club also hosts fund raisers during the year – with impromptu musicians entertaining and has euchre and pinochle tournaments all year round.

Oakdale – home to the Iowa Medical and Classification Center and a research campus of the University of Iowa. The old Oakdale once housed the state tuberculosis sanitarium which later became a state alcoholism treatment facility. Much of what is known as Oakdale is now within the city limits of Coralville.

Oasis * - Population about 20 as of 2005. Oasis contains several homes, a cemetery, and a functioning grain elevator. It was once a stop on The C RI & P Railroad. Oasis once featured a sign that greeted visitors but it tragically disappeared one night.

River Junction *– holds annual Old Settlers Picnic in September – old time costumes and entertainment and a great giant potluck with great OLD TIME PICNIC FOOD. Many other activities through the year including an annual Tractorcade traveling between several places. Find them at their web site: www.riverjunctionosa.org. River Junction, an old railroad town until 1933, once served a large trading area, having four grocery stores, a cement block factory, dance hall and two brickyards.

Sharon Center * – settled in the 1830’s by Welsh immigrants.. Sharon Center once had its own school system (1892-1944) including high school – all financed by the members of the community working together. It’s Welsh Church, built in 1871, stands today appearing just as it did all those years ago.

Sutliff * –This community was founded at the location of Sutliff's ferry, operated by Allan Sutliff. Its known for its bridge, built in 1898, listed on the National Register of Historic Places, and badly damaged during the Iowa Flood of 2008. Baxa's Sutliff Tavern and the Sutliff Cider Company are the two main public businesses.

Windham * a central gathering point in Windham is the Windom Store, a single building bar/grocery/community center located on the Black Diamond Road. Weekly euchre tournaments are among the attractions drawing people from the surrounding community area.

* Thanks to Betty Sedlacek for helping with the above.
* Thanks also to the Johnson County Historical Society.

Becoming Involved:

Johnson County Livable Community for Successful Aging sponsors a number of “Action Teams”/ Work Groups of people interested in specific areas and willing to direct some energy to those areas. The action teams welcome new members who may share current or additional interests. Active groups are as follows:

- Chore services/Home Modification/downsizing
- Communication
- Disaster Preparedness
- Educational campaign for Successful Aging
- Employment for Older Workers
- End of Life
- Entrepreneur program/businesses-serving aging
- Fall Prevention
- How to talk to your doctor
- Housing
- Inter-Generational Activities
- Make Johnson County a Livable Community
- Mental Health & Substance Abuse
- Outreach to Rural Communities
- Peer Listening/visiting
- Promoting Johnson County/awards criteria
- Senior friendly businesses/government, etc
- Transportation

HOW to become involved? If you would like to join in with one of these on-going target groups, please let us hear from you. Call the Livable Community Board secretary – Eve Casserly – at (319)351-1135 (casserly@mchsi.com) to be directed to a group that meets your interests. Community members involvement – by people of all ages and interests - is welcomed and needed.

What is Being Done?

Reports from the various JCLC workgroups

The Chore Services work group is comprised of three work topic areas from the Sept 18th JCLC Planning Event: Help to Make Simple Home Modifications, Establish comprehensive chore program, Help seniors to move. (Current definition of "Chore": A range of basic tasks requiring no licensing and minimal skill for most tasks.) Group consensus is that many Chore service providers exist in the Iowa City, Coralville area though many in need of the service may be unaware of the list of providers. Suggestion was to increase number of providers on the JCLC website. Fewer options exist in rural areas for chore service, particularly at a low- cost or a subsidized basis. The group seeks rural individuals to attend the next chore work group meetings. The group seeks input from the Rural Needs work group to assess efforts and consider combining forces. Additional meetings, or email survey, will be held to hear this report.

Mary Wiemann, co-chair Chore group



Communications Workgroup will meet the 3rd Wednesday of each month at 9:00 AM. Steve Duck, on behalf of this workgroup is requesting students to help in branding the Johnson County Livable Community Initiative (JCLC). The workgroup requests that all news releases be channeled through this committee. This workgroup is responsible for public relations, the newsletter and the web site www.livablecommunity.org. Meets the 3rd Wednesday at 9 AM in the County Health and Human Services Building.)

Disaster Preparedness work group co-chair Regina Galang of Access 2 Independence reports having completed training as a Community Access Specialist with focus in emergency prepared as part of a grant. Members have also participated in a Johnson County Medical Emergency Sheltering Planning Committee.

Educational Campaign for Successful Aging & How to Talk with your Doctor - This work group is just getting organized. Contacts have been made with Dr. Rick Dobyns, UIHC Geriatrics specialist, exploring the offering of programs on "how to interact with your doctor". The committee will discuss the organizing and arranging of this programming. Other tasks of the work group, that of improving the image of

aging throughout the community, will be explored by the committee as well.

(Linda Kopping and Susan Boyd are co-chairs of this work group.)

The Employment Committee completed the third of its three 50-Plus Employment Workshops at the Coralville Library. These workshops identified a population of unemployed seniors who completely lack computer skills and consequently access to the internet sites where job openings are listed. Some also lack basic interviewing skills. Our Committee is exploring a possible HACAP grant to provide computer training and coached taped interviews to address these needs. The Committee is also considering assisting a local employer to receive one of AARP's national top 50 "Best Employers for Workers over 50" award.

Happy New Year, Al Hood

The JCLC End of Life work group meets on the 2nd Tuesday of the month at 10:30AM at The Health and Human Services Building in Room 203B. The group's focus is on decisions at end-of-life. Our goal is to present an educational forum that can be taped and replayed on local cable that educates individuals on the decisions one faces when health issues arise.

(Chair – Maggie Elliott).

Entrepreneur Workgroup is being chaired by Jeff Noff. Thanks to Scott Gill and Keith Ruff arrangements have been made with the Entrepreneurial Center of the University of Iowa to discuss potential collaboration. The workgroup hopes to pursue the possibility of establishing a Beacon Hill type of project and the best way to market services that enable persons to stay in their homes.

The **Fall Prevention Workgroup** meets the first Monday of each month at 3:30 PM at the VNA Conference Room, Joyce Eland, Chair. This workgroup is working on the development of a year long Fall Prevention Awareness Campaign. A small group is working on the preparation of a grant to fund a multi-facet approach using the five building blocks of the Center for Disease Control: Education, Exercise, Medication, Vision, and Home Safety. The next meeting will be: February 1st.

The **Housing Workgroup** has approved a series of recommended changes in the Iowa City Code to increase accessibility. These recommendations have been approved by the Iowa City Council. These revisions will now be presented to Johnson County and to the other cities as they review their codes. This workgroup is also working on home modification.



Kelly will serve as work group chair. This workgroup meets regularly on the second Tuesday of each month.

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Following the September Community Planning meeting, the **Rural Outreach Committee** formed, and met for the first time in early December. The goals set by the committee include:

1. To encourage the Livable Community for Successful Aging Policy Board to direct all Action Teams to consider rural issues.
2. To identify senior leaders from each small community in Johnson County in order to gather information on current senior issues in each unique area.
3. To consider the benefits of supporting the replication of senior leadership/advocacy groups in small communities.



The committee members identified a dozen small towns in Johnson County and each agreed to find senior leaders in each town to interview. Information from these interviews will be used to develop further recommendations to the policy board on program and policy development. The next meeting is scheduled for late January. Please contact Amy Correia at 356-6090 or acorreia@co.johnson.ia.us if you are interested in joining this committee, or with any questions.

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The **Senior Friendly Workgroup** is exploring a way to enlist and recognize businesses, governmental units, social and religious groups, and individuals who are committed to working to make Johnson County an even better place to grow up and grow old. A self-declaration form has been drafted by Rod Sullivan. This form, as well as a method of recognizing the Livable Community partners, will be reviewed at coming meetings.

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The **JCLC Transportation Committee** meets the 2nd Tuesday of each month at 8:30 AM in Meeting Room B of the Iowa City Public Library. All Interested persons are welcome to attend. A special dual-faceted driving seminar for older drivers and their families is scheduled for February 11th and a program on assisted devices to help older drivers, passengers and families on March 1st, both at Coralville Public Library. Check announcements on page 8 of this newsletter for details. Pre-registration is needed for the February 11th dual seminars - ("Choices, Not Chances") and "We Need to Talk: Conversations with



Older Drivers") Both events are free and open to the public.

Joan Cook & Eve Casserly co-chair this group.

UPDATES

THANK YOU - Dr. Kathleen (Kitty) Buckwalter has been a part of the Johnson County Livable Community



Policy Board since its inception. Due to professional obligations she has submitted her resignation from the Policy Board. She will be missed. Kitty always worked hard to support and assist the Johnson County Livable Community policy board. She was always the first to respond to requests

for help. She consistently gave of herself and shared information that she felt would be helpful to the JCLC. Fortunately, she is remaining active in the Livable Community Initiative, she has recently helped pave the way for a Fall Prevention grant to be submitted in February. Kitty has been a true leader and Shining Star in the work of JCLC. Kitty Buckwalter is one of the persons that truly make Johnson County a Livable Community. Thanks, Kitty, for all you have done.

...the JCLC "Exec. Committee" – Patti, Mary, Amy & Eve.

~

Welcome Mary Willie!

Mary Willie has joined the Johnson County Livable Community group and Elder Services, Inc. In her position as Aging Specialist for JCLC she will be focused primarily on the Initiative's Web site – www.LivableCommunity.com. Mary has been an active member of the Employment work group and the newly established Communications work group.



Mary has extensive experience in communications and marketing, having served as Online Products Manager for Gazette Communications for over 12 years. Her educational background is in Home Economics education with specializations in human and family development and, consumer studies.

Mary can be reached by email at johnsoncounty@livablecommunity.org.

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Best Wishes to Kate Getty – who is leaving JCLC to join the Witwer Senior Center in Cedar Rapids.

Livable Community Policy Board recognized at statewide county meeting



CORALVILLE – The Iowa State Association of Counties (ISAC) awarded Johnson County Livable Community (JCLC) an Excellence in Action Award. The award presentation was made at the group’s annual fall general session held in Coralville last month. The JCLC award was the second grant made by the state organization.

Amy Correia, Johnson County Social Service coordinator, who submitted the nomination on behalf of the Johnson County Board of Supervisors, said the JCLC Policy Board represents a good example of multi-jurisdictional governmental and community leadership to address aging. “JCLC public and private coalitions enhance the area’s quality of life. The Livable Community approach brings agencies together to connect seniors with resources and choices that help maintain their autonomy. These innovative programs for successful aging encompass numerous agencies and programs, helping residents maintain independence and promoting the area’s quality of life.”

Bob Welsh, former JCLC chair, said Johnson County’s aging population is growing much faster than anticipated. “The Livable Community initiative ensures older persons and their families have easy access to information about services and activities. A livable community for successful aging offers affordable and assessable housing, supportive community features and services and adequate mobility options.

“We appreciate the support and recognition the Johnson County Board of Supervisors has given our aging population. Their efforts contribute greatly to the quality of life of all our residents”

Rod Sullivan, a member of the Johnson County Board of Supervisors, said the Livable Community initiative is a great inner-discipline activity to plan strategically and coordinate efforts to streamline services and eliminate duplication. “Collaborations and partnerships are uniting professionals and agencies to serve our citizens as they age. These pragmatic efforts make the most of our efforts and our limited financial resources. I’m very proud of the leadership role they’ve taken for our citizens.”

In 2005, the Johnson County age 65-plus population was nearly 9,500 or 24 percent of the total 130,443 Johnson County population (9,500 represented the 2010 60-plus population estimate).

According to Iowa Data Center population estimates, the 2009 Johnson County’s 50-plus population represents 24 percent (31,693) of the total 130,443 county population. This group is expected to grow to nearly 30 percent (60,316) of the total estimated population (207,435) by the year 2040.

Submitted by Linda Schreiber



Shown here receiving the award from ISAC President Gary Anderson are (L-R) Janelle Rettig (BOS), Dee Vanderhoef, Eve Casserly, Bob Welsh (all of the Livable Community board), Terrance Neuzil (BOS), Anderson, Amy Correia (Livable Community), Sally Stutsman (BOS) and Rod Sullivan (BOS and Livable Community board member).



YOU can support the Livable Community for Successful Aging Initiative with your 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.”

**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 !”*.....

Long-Term and Direct-Care in Health Care Bill



As the Health Care debate continues, there are many issues to tackle. While many of these issues do not always take center stage with the media, they are none the less pivotal for Iowans. One issue that I have been working on that carries a great deal of importance to me, and I am sure to many of you, is access to care. In Iowa, we must continue to offer high-quality care and retain high-quality workers. That includes investments in long-term and direct care workers and services. Increased demand for services, as well as the aging of baby boomers, makes it clear that we need a strong, highly trained, quality workforce to promote health and manage chronic disease, among other things.

I have included an amendment in the health care bill that will help Iowa ensure that we have the top-notch care-givers we need and will create long term cost saving through transparency and family assistance. My amendment will make investments in long-term and direct care-givers through workforce development, provide assistance to the families who care for their loved ones at home, and increase transparency so that people can make affordable and educated decisions about the kind of care they choose.

As we move forward on health care, I am committed to making sure that the ultimate bill puts Iowans first, and I look forward to continuing to fight on behalf of the Second District.

Iowa Second District Congressman Dave Loeb sack

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Iowa's Medication Disposal Program

Iowans can now properly dispose of unused and expired over-the-counter and prescription medications at participating pharmacies through the TakeAway program administered by the Iowa Pharmacy Association. More than 300 pharmacies in 96 of the state's 99 counties are participating in the pilot program funded by the DNR's Solid Waste Alternatives Program (SWAP). To locate an area participating pharmacy, go to www.iarx.org/takeaway

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Area Health Care: The Iowa City area boasts 1,088 physicians per 100,000 population, one of the highest physician-to-population ratios of any city in the United States. The U.S. average is 170.

Source: Jan. 2010 Corridor Careers.com



Johnson County....

- **Who are the people who live here in our county?**
- **What are their characteristics?**

JCLC asked life-long resident and Johnson County Supervisor Rod Sullivan to respond with his view of that question.

Here is what he had to say:

"If you asked me to picture a resident of Johnson County, Iowa, I would probably conjure up an image of a middle class white man, about 55 years old, wearing blue jeans, a Hawkeye jacket, and a ball cap.



No judgments about right or wrong; that is simply who pops into my head. If we review the most recent census data (2008 estimates), we can tell that my connotations are off base.

For starters, just over half the population (about 65,000 people) in Johnson County is female. About 22,000 live at or below the poverty line. In addition, Johnson County is home to approximately 4300 Latino Americans; 6000 Asian Americans; 5300 African Americans; and 400 Native Americans.

Numbers are even higher when you include A) students counted at their parent's place of residence; B) people who are not citizens but are here temporarily; C) undocumented workers; D) these populations tend to be the most undercounted, anyway.

It is more difficult to determine exact numbers, but Johnson County may have as many as 10,000 Lesbian, Gay, Bisexual, and Transgendered residents. Even more difficult to pin down - Johnson County may have as many as 15,000 residents with disabilities.

How does this relate to services for Seniors? Quite simply, all people age. Services targeted solely toward a middle income, straight, white, non-disabled male population will miss most people. As Johnson County ages, we must keep these demographics in mind."

CONCERNED

CHOICES



About Someone's Driving?
Maybe YOURS?



Then, Please



AND

TALK ABOUT IT

on:

Thursday,
Feb. 11, 2010

at the
**Coralville Public
Library**
1401 5th Street
Coralville, IA

**BOTH Seminars from
7:00 to ~8:30 PM**
Refreshments Provided.

FREE!

Pre-Registration Necessary!

Call 319-430-9757 to
Pre-register by
Wed., Feb. 10, 2010.

Iowa Program for Assistive Technology (IPAT) – making life easier for older drivers and passengers and their families: **IPAT Assistive Devices/ Driver Safety Workshop March 1st**

Jane Gay, co-director of Iowa Program for Assistive Technology (IPAT), will present a special program on assistive devices that will help older drivers, older passengers, their family caregivers and senior service agency personnel manage the tasks of getting into/out of vehicles – finding safe seating and operating procedures and will demonstrate Assistive Technology Devices (“AT Devices”) that can help at a program to be presented at **2 PM on Monday March 1st in Meeting Room A of the Coralville Public Library.** This event is being co-sponsored by the Johnson County Livable Community Transportation Committee and the Johnson County AARP Chapter. Members of the public of all ages are invited.



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State Transit Manager of the Year

Congratulations to Vicky Robrock, Coralville's Director of Parking and Transportation, who received the Federal Transit Administration 2009 Transit Manager of the Year award for the State of Iowa. The award recognizes outstanding dedication, commitment to transit, and adherence to the rules and regulations of the FTA. Robrock, whose flood recovery efforts were key to maintaining uninterrupted transit service despite severe flood damage to Coralville Transit's administration and maintenance facility, has been the Director of Parking and Transportation since 2002. Coralville Transit provides service to Coralville, downtown Iowa City, and North Liberty. **Coralville bus service can be FREE for the Elderly and Disabled. Call 319-248-1790 for instructions on how to access this valuable service.**



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The **CHOICES NOT CHANCES** *

Seminar will show you:

- How to prepare for the license renewal process;
- How vision and medical changes relate to aging and driving;
- How you can be an even safer driver; and
- How you may qualify for a special License.

*The Road to Driving Safer & Longer
Instructor: **Wanda Phares** is a Driver's License Supervisor 2 for the Iowa Department of Transportation.

AND



“WE NEED TO TALK:

**Conversations with
Older Drivers”**



The free seminar helps participants learn to talk with their loved ones about remaining active and participating in the community when it is time to limit or stop driving.

Among the topics covered:

- Identifying opportunities to begin a dialogue;
- Recognizing the warning signs that indicate an older adult may need to limit or stop driving; and
- Developing a plan using local alternate transportation so the older driver can stay connected to their community.

Instructors: Lavon Yeggy, RN, BSN, BC
& Elizabeth Koffron-Eisen