

Livable Community For Successful Aging

Promoting programs for successful aging in
Iowa City and surrounding communities

The JCLC
Newsletter
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Johnson County Livable Community (JCLC) is an initiative of the Johnson County Board of Supervisors. Its 16-member Policy Board partners with organizations and businesses to address and facilitate personal independence and an active civic and social engagement for Johnson County residents.

Mission Statement: The mission of Johnson County Livable Community is to identify, organize, support and publicize resources to make all segments of Johnson County a livable community where persons can age successfully.

Johnson County Livable Community Policy Board



MESSAGE FROM THE CHAIR:

THANK YOU to the many persons who contributed to the success of the JCLC Oct. 22 “Fall Celebration and Report to the Community” including opening speaker Ro Foege, Director of the Iowa Dept. on Aging and emcee Sally Stutsman. And, a special thanks to Aging Specialist Mary Willie for her spectacular planning and execution and to Amy Correia for her work. “It’s amazing how much is being accomplished when hearing it listed point-by-point as was done in this annual :REPORT TO THE JOHNSON COUNTY COMMUNITY” about the work of the Livable Community during this past year and JCLC’s future targets. Read details here starting on page three.



We want to encourage folks of any age to contribute your TIME and ENERGY to this VOLUNTEER effort. The huge volunteer investment is a prime reason JC is considered a “Livable Community”. Our sponsor, the Johnson County Board of Supervisors, is supportive and dedicated. We are committed to volunteer program development and service delivery across the county

Eve Casserly

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" PAGE TWO "

IN-THE-COUNTY



Editor's Note: *This page is dedicated to covering activities in the county OTHER than in the Iowa City/ Coralville area. Public submissions are welcomed!. Send information to the JCLC office.*

Hills – A great little town with a park, churches, “biggest little bank in Iowa”. Population in July 2009: 772. Population change since 2000: +13.7%

Males: 389 (50.5%)
 Females: 383 (49.5%)

Median resident age: 36.9 years
 Iowa median age: 36.6 years
 Estimated median household income in 2008: \$71,036 (it was \$51,477 in 2000)
 Estimated median house or condo value in 2008: \$157,480 (it was \$106,800 in 2000)

Hills: \$157,480
 Iowa: \$120,700

SOLON HISTORY BOOK ON SALE! The Solon pictorial history book, “Solon Snapshots” is hot off the press and for sale at the Solon Public Library.

The **Solon War Memorial** now being built features four Indian black granite walls listing nearly 270 Solon residents who've served in combat dating all the way back to the Civil War and includes a single panel in the center dedicated to prisoners of war and those missing in action.. The completed monument also will have an arch highlighting to branches of the military.



Solon Senior Advocates provides van trips to various areas of interest. The Advocates had received a United Way grant which has paid travel costs. Recent trips have been to Amanas, Wilson's Orchard, Mount Vernon Farmer's Market, to Brietbach's in Balltown, River Museum and Aquarium in Dubuque, the Daly Winery, the Motorcycle Museum in Anamosa and a Washington County outing for a Mennonite meal coupled with stops at the Country Store and Stringtown. Solon residents are invited to call 624-2710 to make reservations or inquire about future outings.

Tiffin History Project

....seeks photos of the town's settlement through 1950s. Please contact Linda Schreiber at 319-936.8600 or lnschreiber@gmail.com or Shirley Yeries at the Springmier Community Library at 319-545.2960.

Tiffin's Springmier Library at 311 W. Marengo Rd, P.O. Box 530, Tiffin, Iowa (located north end of Middle School) posts the following Hours: Monday 10-6; Tuesday 10-6; Wednesday 10-1; Thursday 10-6:30; Friday 10-3; Saturday 11-2.

TIFFIN Community Service Day helps elderly and others: On Saturday, September 18, 2010 members of Grace UMC in Tiffin took to the streets of Tiffin to help their friends and neighbors with projects around their homes that they are unable to accomplish on their own. The group sought out Tiffin elderly residents and others who could use a helping hand. Projects included raking the yard, trimming bushes, fixing a broken step, cleaning up a spare bedroom, putting up storm windows, power washing the deck, washing windows.

Tiffin Fitness Club at Grace UMC has offered a series of Aerobics classes on Tues., Thurs. & Sat. and Strength Training classes on Mon., Wed. and Fri. Free classes continued through October, meet at varied hours, and are offered as a service to the community.

A new Tiffin City Park PICNIC SHELTER was dedicated to the City of Tiffin on September 19 by Tiffin Community Fund Board members Rev Beverly Marshall Goodell and Nick Pfeiffer. Mayor Royce Phillips and City Council members Chris Ball and Jim Bartels accepted the facility on behalf of the city. Community Fund Board member Bob Sentman was instrumental in raising funds and overseeing shelter construction.

Lone Tree - a small cozy community in the southeast corner of Johnson County. East Side Village in Lone Tree was established in 1968. The Village provides comfortable housing for those 55 years and older who meet low-income guidelines. The project was accomplished by the City of Lone Tree with assistance of the Housing and Urban Development (HUD) government program. If applicants are handicapped or have special needs, the age requirement is waived. PH: 319-629-4689.



New Directions - New Opportunities

was the opening address by Ro Foege, Director of the Iowa Department on Aging at the October 22nd JCLC Fall Celebration and Planning Event and Report to the Community – held at the First⁴ Presbyterian Church in Iowa City. Sally Stutsman, chair of the Johnson County Board of Supervisors, served as emcee.



JCLC Highlights of 2009/2010

– or “What was accomplished?” followed Mr. Foege’s address. These accomplishments are:

Six-show TV series were produced and aired throughout Johnson County to celebrate Older Americans Month and are still available for viewing on the City Channel 4 website. Topics included:

- Planning for Your Future
- “How to Talk with Your Doctor” (followed by a second presentation at the Senior Health Fair held last spring (*How to get a free copy? See page 8!*))
- Interviewing Strategies for Senior Job Seekers
- A tour of a universal design home in Coralville
- A panel discussion depicting transportation options and resources in Johnson County
- A look at chore service resources

Fall Prevention: A year-long campaign was organized by the Fall Prevention Action Team including a display at Sycamore Mall, a booth at the Johnson county fair on Senior Day, quarterly guest opinion pieces published in the Iowa City Press-Citizen, and a proclamation signed by the Board of Supervisors in September proclaiming Fall Prevention Awareness Week. The partnership included JCLC, Elder Services, VNA, Johnson County Public Health, UI College of Nursing, the University of Iowa Geriatric Education Center, the University of Iowa Injury Prevention Research Center, and Heritage Area Agency on Aging. The coalition submitted a grant

proposal to Wellmark Foundation to fund and implement a comprehensive fall prevention program in Johnson County. The coalition will learn in December if the proposed program has been funded.

50-Plus Employment Workshops Focused on 21st Century Job Seeking Skills partnered with Iowa Workforce Development, Iowa City Area Development Group and Kirkwood Community College produce three workshops focusing on contemporary job seeking skills, resumes, interviewing and networking. Through these workshops, the Action Team identified many senior job seekers are hampered by lack of Internet knowledge and an inability to use email – both necessary skills in today’s competitive job market. Plans are underway to address special computer training for seniors.

Transportation programs focused on senior drivers and transportation needs in Johnson County The Transportation Team co-sponsored several workshops. These included:

- AARP’s Iowa Driver Safety Program
- Assistive devices for older drivers and passengers program co-sponsored with Iowa COMPASS
- A workshop about Choices Not Chances/We’ve Got to Talk – initiating the conversation to stop driving

The Team also worked with the Human Services Transportation Advisory Group, a regional organization, helping coordinate convenient, reliable, affordable, accessible transportation services to residents of Johnson and surrounding counties.

This summer the popular Johnson County Transportation Options booklet had its fourth printing. Copies are available through libraries and county offices.

Plan Your Future Action Team focused on the things one needs to have organized and in place if one were to become incapacitated or die. The Solon Senior Advocate Board developed a twenty-two-page fill-in-the-blank document to help seniors plan. A link to the document is available on the Livable Community website.

The team also organized the “How to talk with your doctor” program and distributed copies of the book, *Talking With Your Doctor* produced by the National Institute on Aging.

Housing: The Housing Action Team worked with the Greater Iowa City Area Homebuilders Association to develop visit-ability standards that Iowa City and Johnson County have adopted. Accessible universal design housing is one of the important features of a livable community sought by this team.

Community Partners combines an education component regarding the economic impact of the maturing of Johnson County with an opportunity to invest in helping to make this county a livable community.

Communications Action Team produced the *Fact Sheet*. The data published in the Mayh JCLC News, focuses on the maturing of Johnson County and the economic impact that seniors have in the county. It will be updated when 2010 census data becomes available. The team also issues news releases to promote resources, events and educational opportunities for seniors. The logo on the front page of this newsletter has been a collaborative effort between JCLC and Johnson County. This is part of JCLC branding initiative.

The Communications team is also responsible for producing the quarterly JCLC newsletter and maintaining the LiveableCommunity.org website. Last spring, the UI Communications Department assisted in setting an in-depth testing of web site effectiveness to meet the needs of seniors and their families. Based on testing, plans are underway to revamp the website to better meet the needs of Johnson County seniors and the communication needs of JCLC.

- LOOKING FORWARD - **2010/ 2011**

Johnson County WRAP (Wheelchair Ramp



Accessibility Program) is about to launch. The mission of WRAP: provide affordable access to one's home on a timely basis for those in need. Often persons are unable to return to their home from the hospital and need to be

placed in an institution because they cannot get in or out of their homes. With guidance and inspiration from the Linn County WRAP program and assistance from Iowa Assistive Technology, the Housing Action Team has developed a WRAP program to help those in need obtain a permanent or temporary ramp. The collaboration includes Access2Independence (dedicated phone line and in-take worker to access the need), work with Elder Services (address funding sources and coordinate the project). The Carpenters Union and AFL are organizing a design team. Iowa Valley Habitat for Humanity will organize volunteers. This program will help many residents of Johnson County avoid costly institutionalization. A \$3,000 grant request was submitted to the Community Foundation of Johnson County to launch the program.

Planning Your Future - "We need to talk" Starting the conversation when it is time to stop driving and having one's affairs in order.

Plan Your Future and the Transportation Action Team members are jointly planning a multifaceted panel community presentation focused on beginning the conversation with a loved one, identifying resources available when one stops driving, how to access these services and how to have one's affairs organized in the event that one becomes incapacitated or dies. The program will include materials developed by the Solon Senior Advocates. The panel discussion will be held Feb. 9 starting at 6:30 PM in Meeting Room A of the Coralville library and will be televised.

Volunteer Transportation: In 2009 the JCLC Transportation action team wrote a successful grant for a committee of five to attend a Wash., D.C. Easter Seals training and education conference to improve transportation in the community for seniors and the disabled. Since attending this institute, the group has been working to set up a volunteer transportation program. There is a need among Johnson County's seniors for this service particularly to assess medical services. The Transportation Action Team continues to develop the volunteer plan and seeks funding to support the effort. The Johnson County Council of Governments (JCCOG) is a partner on this issue.

Employment: Many senior job seekers are hampered by lack of Internet knowledge and the inability to use e-mail – both necessary skills in today's competitive job market. A collaborative program to assist technology-challenged seniors will be a part of JCLC's upcoming programming. Training sessions for seniors will be provided by the public libraries throughout the county. **(see details on page 6)**

Community Partners Program Accomplishments and the programs currently in the works for next year demonstrate the "Action-Oriented" Johnson County Livable Community Policy Board and volunteer teams.

Recently, the Communication group brought Dave Swenson, economist for the state of Iowa and Iowa State University and the University of Iowa faculty to present economic and census data at a public forum at the IC Public Library. Several trends noted that have significant impact on Johnson County include:

- Johnson County is maturing. From 2000 to 2009, in Johnson County the senior 65-plus population **increased by more than 30%**.
- The increase in senior population is due largely to in-migration. Seniors move here, according to Swenson, for access to health care,

available housing options, and an active lifestyle here.

- Swenson’s analysis shows that the economic impact of seniors. “.is higher here because of the very high probability that medical spending will be captured within the county and there are comparatively fewer sales and service leakages to other areas.” In other words, seniors spend their money locally.

These trends support the need to continue to create a Livable Community here in Johnson County.]Community Partners Action Team is inviting individuals, organizations and businesses in the county to be a partner to develop programs such as the Volunteer Transportation Program; the WRAP program; expand the Livable Community website and add staff to coordinate efforts of the policy board and action teams.



Round Table Discussion groups:

Attendees of the Oct. 22 Livable Community Fall Celebration and Planning event participated in round table discussion and analysis of strengths, challenges,



opportunities and threats to progress in community building in Johnson County, drawing together recommendations from the participants for the future work of those volunteers, action teams and giving community direction to the JCLC policy board.



The JCLC Policy Board extends our special thanks to the Sycamore Mall Panera’s for bagels and Starbucks for coffee for the JCLC Conference attendees. Thanks also to all those volunteers who did so much to help with the event.



Calendar of Area Events

An Oct 20-22 conference – “Balanced Lives: Best Policies for the New Economy”, sponsored by the



Public Policy Center, the Department of Leisure Studies, and Johnson County Livable Community. This brought together experts from government, academia, business, and the community to explore ways to make our lives more rewarding in a sustainable way.



Creating the Second Half of Your Life: Intelligent Planning for MidLife Change:

Life, Work, Family, Success Thursday, November 4, 2010 – at the Kirkwood Center – Cedar Rapids This one-day conference is designed to help make intelligent mid-life decisions that will lead to greater personal fulfillment and satisfaction in the years ahead.

Learn how to create a fully engaged psychological, strategic and financial “second half.” Learn how to create the fully engaged psychological, strategic and financial “Second Half”. Mary Willie will be present.

To register - to www.kirkwood.edu/ce or phone 1-800-332-8833. Conference fee: \$99 – includes lunch. Co-Sponsored by the Johnson County Livable Community for Successful Aging



Have you resisted exercising and increasing your level of activities because of a fear of falling? The Heritage Area Agency on Aging offers “The Matter of Balance” program for seniors (60-plus) who want to improve their quality of life by managing their concerns about falling.. The class consists of eight, two-hour sessions. Classes are being scheduled now. Call Heritage at 1-800-332-5934 for information.

Live Well - Plan Well For you and your family

Thursday, Nov. 4th, 2010 – Hotel Vetro – Iowa City. The seminar, co-sponsored by the Iowa Insurance Division and the Iowa Department on Aging, will focus on consumer and financial protection and

education for older lowans. Sessions are scheduled to include:

- Fighting Financial Fraud
- Advance Directives for Health Care Decisions
- Choosing Facility-Based Care
- Accessing Services to Stay at Home

There is no cost to attend the seminar series. Lunch will be provided. The Live-Well-Plan-Well events are open to the public. For further information or to register, [visit www.livewellplanwell.org](http://www.livewellplanwell.org)

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A Celebration of Caregivers: A Wellness Day for Family & Friend Caregivers of Older Adults

Friday November 19, 2010 – Kirkwood Training & Outreach Center, 3375 Armar Drive in Marion. Registration and continental breakfast at 8:30. Conference will be from 9:30 to 3:15. Lunch is provided.

To register for this free conference, call Heritage Area Agency on Aging at 1-800-332-5934

Free respite care is offered. For arrangements, phone Janet Hrabak at 319-377-9808.

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new! - **Caregiver Support Group** - Meets on the first and third Wednesday from 1 to 2:30 p.m. at MidWestOne Bank, 1907 Keokuk in Iowa City. Sponsored by **Pathways Adult Daycare** and **Iowa City Hospice**. For information, call Brittany Houwen at 319.339-6162 or Jane Dohrmann at 319.688-4214

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JCLC Action Teams

JCLC Employment Committee: The



mission of the Employment Committee was to establish programs to assist seniors seeking employment and promote the hiring of retirees interested in full time, part time, seasonal or flextime positions.

We found enough interest in the fall 2008 to organize a conference with a visiting expert and several knowledgeable human resources officers as speakers. Plans to continue promoting retiree employment hit a stone wall when the recession hit.

But we wondered if the Johnson County unemployed population included a number of seniors who could be lacking in 21st century job seeking skills. Therefore a program was organized with an employment expert and a panel of human resources

personnel from major county employers to present current job hiring practices and job hunting skills, aimed at a 50-plus audience. There were 129 persons who registered and there was standing room only in the large Coralville Library meeting room.

We presented two follow-up programs. The first dealt with job seeking skills and resume preparation and the second with successful interviewing. Significant numbers of persons attended each session. It appears the objectives of these programs are being met by a combination on a continuing basis by Iowa Workforce Development and Kirkwood CC.

Our project, however, also identified another problem – a large number of seniors are not tied into the internet and do not have an e-mail address. The Employment Committee, pursuing the objective of training seniors to access the internet through cooperation with other County agencies, especially the libraries. Since this project comes more under the heading of communication than employment, this committee has become inactive and activate later if employment issues arise. A number of our Employment committee members will join the Communications committee to continue the internet project.

Al Hood, Employment Action Team Chair

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COMMUNICATIONS:

“TCS: Technology Challenged Seniors” Coming soon to a library near you

Are you a technology challenged senior? Do you know a senior who would benefit from improving his or her computer skills? JCLC, in partnership with area public libraries, is scheduling classes specifically designed for Technology Challenged Seniors. We'll let you know when a class is scheduled and registration becomes available. Or call us at 319-338-0515.

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Help Wanted: Volunteer teachers for TCS (see above): Skill requirements (some or all of the following):

- Ability to work with those with little or no computer use or knowledge
- Ability to create and manage an email account including sending attachments
- Ability to search the web and instruct others about searching and finding information
- Ability to use Microsoft Office Word to create documents
- Ability to use a social networking site such as Facebook and its features including adding video and photos.
- Ability to use Craigslist, Freecycle and E-Bay

- Ability to use an online photo-sharing site such as Flickr and can upload photos
- Ability to use a scanner.

Contact: June Braverman at 319-338-4139 or email at bravejune@gmail.com

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“Life’s Transitions” - The Plan Your Future and Transportation groups are planning a community presentation on February 9, 2011 from 6:30-8:00 PM at the Coralville Library. One focus of the presentation will be on driving, one of life’s transitions. How can we approach the conversation when driving becomes a concern? What resources are available within our community that can provide alternatives to driving one’s own car? A panel of individuals working in the field will be available to answer questions as well as those who have faced this issue personally.

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.....AREA UPDATES....



RSVP has moved! Joan Cook, Director of our area RSVP (Retired Senior Volunteer Program) announced her office has moved from the Senior Center to the Elder Services office at 1556 S. First Avenue in Iowa City.

Phone number for RSVP is now **319-338-0515**.
Joan’s e-mail address remains the same – jcook@elderservicesinc.com

RSVP VOLUNTEER OPPORTUNITIES:

Work from home one to two hours a week to update the LiveableCommunity.org website with contact information; eligibility for services; cost of services; services provided; keywords that visitors to the site might use to search for a service provider; and, details about the service. Computer and website access is necessary. Training is provided.

Rock & Read openings are still available at Weber, Garner and Hoover & Lucas

Math tutors - homework help - for South East – decimals and fractions

Salvation Army- kettle ringers are needed beginning Nov 15th. Volunteers may sign up on the website.

There are other opportunities in the development stage you will hear about soon. Call Joan at RSVP – 338-0515 – to learn more or to sign up!

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Transportation Assistance: For Medicaid Recipients Does Medicaid Insurance cover

you or your family? If so, you could qualify for a Medicaid transportation benefit to help you access health care services. Iowa Medicaid Enterprise (IME) has contracted with TMS Management Group, Inc. to arrange non-emergency medical transportation for Iowa Medicaid recipients. TMS Management Group, Inc. began operating the statewide transportation brokerage on October 1, 2010. **Medicaid members need to call the brokerage call center at 1-866-572-7662** to qualify for the transportation benefit and to arrange transportation for health care appointments.

Couple of things to consider

In the past, the Medicaid transportation benefit only applied to members “seeking health care outside of the community in which they live”. The transportation benefit now includes members seeking health care inside the community in which they live or in-community transportation.

TMS will not qualify or coordinate transportation for those who have transportation benefits through Home and Community Based Services (HCBS) or Medicaid ‘waivers’. Members will continue to arrange Medicaid waiver transportation as they currently do.

Questions?

Call TMS Management Group, Inc. at 1-866-572-7662
information by Gina Johnson –JCLC Transportation group

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A thoughtful HOLIDAY gift suggestion for your SEATS-eligible Senior, or for yourself. Gift Pass Cards (Punch Cards) good for 10-rides with SEATS are available. Call SEATS at 339-6128 to purchase a gift pass card or to ask your questions about eligibility guidelines for your own Special Senior or for yourself.

Caring Hands & More is able to transport individuals in our Lincoln Town Car. Caregiver attendant escort or errand service is also available.

Bruce Teague, Executive Director, Caring Hand's & More. 319-337-8922 -www.caringhandsandmore.com

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Senior Meals move to Coralville

Recreation Center: The Coralville Recreation Center is now host to Senior Dining through Elder Services. A hot meal is served every Tuesday at 11:30 a.m. in the Lounge. Person over 60 years of



age are asked for a suggested donation of \$3 per person. The price for persons under 60 years of age is \$4. Reservations can be made in advance prior to 9:00 am on Tuesdays by calling the Elder Services kitchen at 319-356.5212. Older Americans Act eligibility registration forms are required and assistance is available to complete these forms.

Before or after the meal, attendees can take advantage of walking in the gymnasium, playing a game of billiards, or gathering a group to play cards. A free exercise class is also held for seniors on Monday, Wednesday, and Friday mornings from 9:30 to 10:15 a.m. at the Coralville Recreation Center. For more information on these and other opportunities for seniors, contact the Coralville Recreation Center at 319-248.1750.

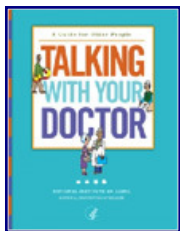
Source: City of

Coralville news announcement – 10-20-10

NEWS RELEASE Kirkwood Community College:

Heritage Area Agency on Aging names new Director:

Kirkwood Community College announced that Ingrid Wensel has accepted the position of Director of the Heritage Agency effective Jan. 1, 2011. Ingrid, Associate Director of Heritage for the past 10 years, succeeds Liz Selk as Director. Liz will retire from her post on Dec. 31, 2010. Best Wishes, Liz, we will miss you! ...and Congratulations, Ingrid!



Talking With Your Doctor: A Guide for Older People - How well you and your doctor talk to each other is one of the most important parts of getting good health care. But, talking to your doctor isn't always easy. It takes time and effort on your part as well as your

doctor's.

In the past, the doctor typically took the lead and the patient followed. Today, a good patient-doctor relationship is a partnership. You and your doctor can work as a team, along with nurses, physician assistants, pharmacists and other health care providers to solve your medical problems and keep you healthy.

This means asking questions if the doctor's explanations or instructions are unclear, bringing up problems even if the doctor doesn't ask, and letting the doctor know if you have concerns about a particular treatment or change in your daily life. Taking an active role in your health care puts the

responsibility for good communication on both you and your doctor.

All of this is true at any age. But when you're older, it becomes even more important to talk often and comfortably with your doctor. That's partly because you may have more health conditions and treatments to discuss. It's also because your health has a big impact on other parts of your life, and that needs to be talked about too.

To request a free copy of the helpful book "Talking With Your Doctor" go to : the web site www.nia.nih.gov/HealthInformation/Publications/TalkingWithYourDoctor/ and click on "Order Print Copies" – or write to the National Institute on Aging, US Dept. of Health and Human Services, Office of Communications and Public Liaison, Bldg. 31, Bethesda, MD, 20892-2292. Request NIH Publication No. 05-3452.

EQUIPMENT SPOTLIGHT:

Wellness Wizard No matter what age you are, receiving help to remember important things may be necessary. The Wellness Wizard is a device that aids in reminding loved ones of important tasks and also gives peace of mind.



The Wellness Wizard is connected to a land-line phone. Once connected, reminders can be recorded to notify the person of any daily activity that may be needed, e.g. medication, appointments, lock the door at night. When a message is activated, it will continue to play until the user presses the large yellow button. If the button is not pushed within 20 minutes, an emergency contact is called automatically. The reminders can be recorded using the device or remotely through the telephone. Reminders can be set up to repeat as needed or for a day in the future.

For more information on this device, please contact Safety Response Systems at: 973-872-9400 or visit their website at www.safetyandwellness.com.

This information is brought to you by the Iowa Program for Assistive Technology & Iowa COMPASS. For information about possible devices to help with other tasks, please call Iowa COMPASS at 800-779-2001.

Submitted by Jane Gay – Iowa COMPASS

NOTE: Used medical equipment

Referral Service (UERS) – call 1-800-779-2001 or go online to www.iowacompass.org

The Olmstead Decision: **Real Choices for Iowans**

Two women living in institutions in Georgia decided that they wanted to live in their home communities. Staff agreed, their social workers agreed – everyone agreed except Commissioner Olmstead, who felt it would be too expensive to have these women living in the community and it would be unsafe for them as there were no services in the community.

After months turned into years, the U.S. Supreme Court handed down the “Olmstead Decision” in 1999. This ruling is in response to a case filed against Commissioner Olmstead of the Georgia Department of Human Resources. This important civil rights ruling is having a profound and positive effect on the lives of people with disabilities and people who are aging throughout the US – including people in Iowa

In the Olmstead Decision (1999), the U.S. Supreme Court ruled *“It is illegal to force individuals with disabilities to live in institutions to receive services they would be able to received in community settings with the appropriate supports.”*

This means that individuals with disabilities have the right to receive services in settings of their choice. The decision by the US Supreme Court, based on the Americans with Disabilities Act of 1990, says:

- When a state isolates people with disabilities without justification, it is illegal discrimination.
- Federal law can require states to provide community-based services, in addition to institutional placements, for people with disabilities.

For more information about the Olmstead Decision in Iowa, go to: www.olmsteadrealchoicesia.org (Olmstead Real Choices IA)

AGING IN PLACE: “No Place Like Home”

re-printed from Aug. 11¹ – Press Citizen Letter to the Editor

If you ask the retired members of my congregation where they would like to live out their final days, most say they would prefer to live in their own home. This response is typical of older adults throughout our country. No matter how nice the assisted living or nursing home facility is nearby, aging Americans agree “there’s no place like home.”

In more than 50 places across the nation, a grass-roots “village” movement has proven effective in helping people live out their lives in their own homes. The “village” concept allows older adults who share a geographic neighborhood to pool their resources in order to obtain access to a wide range of services they are no longer able to perform for themselves.

Residents pay a membership fee that varies from \$25 to \$600 or more a year to obtain assistance with things such as transportation, grocery delivery, home repair and dog walking. Such programs may have paid staff members to help coordinate services, but many are completely run by volunteers. The first such membership organization, Beacon Hill Village, was developed in 2001 for residents age 50 and older in the Beacon Hill region of the heart of Boston.

For almost a year now, a workgroup associated with Johnson County Livable Community, an initiative of the Johnson County Board of supervisors, has been exploring options to help area seniors successfully “age in place.” If you want to learn more about the “village” model for senior living, look for “Villages let elderly grow old at home” by Haya El Nassar in the July 26 issue of USA Today.

If you are interested in exploring how you or your business can get involved in developing a “village” model in Johnson County to help older adults stay healthy, keep their homes, and receive the services they need at a price they can afford, please contact me at 319-545-2281 or revbev@southslope.net

Rev. Bev Marshall-Goodell – Tiffin-JCLC “Aging in Place” action team

UNITED WAY COMMUNITY ASSESSMENT:



Research has shown us for many years that the foundation of a quality life are an education that leads to a stable job, enough income to support a family through retirement and for each person to have the best possible mental and physical health. Education, Income and Health are the essential building blocks and if one of them is removed, instability is created. That instability not only affects the individual, it can impact our entire community.

In the United Way of Johnson County 2010 Community Assessment, the increase in poverty for seniors in Johnson County is startling. According to the 2000 US Census and the American Community Survey (2006-2008), poverty amongst seniors in Johnson County increased by 63% from 2000 to 2008. There are now an estimated 580 seniors living in poverty in Johnson County including nearly 400 over the age of 75. Our seniors living in poverty are some of our most vulnerable neighbors in the community.

With an increased demand for services and more individuals facing the challenges of poverty, it is important for our community to work together, across all sectors, to make an impact in the lives of our neighbors. It is time for everyone to become involved, to find a way to create impact. There are many opportunities. The United Way of Johnson County is convening Commissions to set 10-year community-

wide goals in the areas of Education, Income and Health. Find out more information on the 2010 Community Assessment at www.unitedwayjc.org. Volunteer with a Senior Dining site, deliver meals to our seniors who are unable to come to a dining site, volunteer for an action team through Johnson County Livable Community, advocate for seniors at the local, State and national levels. Whatever you can do, it can have an impact.

Community, advocate for seniors at the local, state and national levels. Whatever you can do, it can have an impact.

Patty Fields – Director of Community Impact - United Way of J Co.

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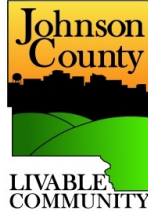
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Policy Board members are appointed by the Johnson County Board of Supervisors for three year terms.

Year-End Gifts Support JCLC



JCLC is a community-based volunteer organization dedicated to the making of all segments of Johnson County a livable community where persons can age successfully. *We thank each of you who support this mission*

At this time of year many people make decisions about the organizations they would like to support with year-end gifts. Please consider Johnson County Livable Community as you make these decisions in your own household. When you make a gift, pledge, or plan for a future gift to Johnson County Livable Community, 100 percent of your gift stays at home and directly benefits the people and communities of Johnson County.

Gifts for JCLC by check can be made by sending them



to : **Community Foundation of Johnson County**
325 E. Washington St.
Iowa City, IA 52240

And be sure to write on the Memo Line of your check

“Johnson County Livable Community” *

*** NOTE:** *Tax Deductible Donations to Johnson County Livable Community, in care of the Community Foundation of Johnson County, may be targeted with to the JCLC “Endowment Fund” or to the JCLC “Charitable Giving Fund”. Contributions to the “Endowment fund” are eligible to receive a 25percent Endow Iowa tax credit (1). Contributions to the Charitable Giving Fund do NOT receive the Endow Iowa Tax Credit. If you state no preference, your undesignated funds will go 50 percent to endowment Fund and 50 percent to Charitable Giving Fund.*

(1) **Endowment funds deductibility as described in The 2008-2009 Annual Report of the Community Foundation of Johnson County, p. 8.**