

Livable Community For Successful Aging

Promoting programs for successful aging in
Iowa City and surrounding communities

**The JCLC
Newsletter**
Issue # 10
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Livable Community
for Successful Aging
Policy Board

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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.

Johnson County Livable Community Mission

Statement: 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

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MESSAGE FROM THE CHAIR:

Much has transpired for Johnson County Livable Community in the last three months. While there will be more detail elsewhere in this newsletter, on behalf of the Policy Board, I want to thank three outgoing policy board members for their service and contributions. Board of Supervisor member Rod Sullivan is replaced by Janelle Rettig as the county readjusted assignments the first of the year. Liz Selk of Heritage moved to St. Louis to enjoy retirement and grandchildren. Congratulations to Ingrid Wensel on becoming the new HAAA director and Policy Board member. A big thank you to Steve Trefz of Mid-Eastern Iowa Mental Health Center for his service to the Board. And welcome to Jeff Nock of Goodwill of the Heartland who has served as a JCLC action team volunteer for a long time.



As has been said again and again, one of the major foci of JCLC is in building partnerships. Never has this been more meaningful than with the Wellmark “Sure Steps” grant. JCLC has worked so hard on this last fall. At least eight area agencies are involved. In early December, we were delighted to learn the grant has been funded and work has begun. Congratulations to all. As the old AARP slogan reads, “United We Stand, Divided We Fail.”

We are developing a print “mini-version” of the JCLC website and hope to have it out by late winter. We are looking forward to a busy and exciting year, building new partnerships and continuing ongoing ones. Your support is sought and needed.

Eve Casserly, chair

Special thanks to Linda Schreiber – who writes, reviews and edits various materials for us, including this newsletter.

" PAGE TWO "

IN-THE-COUNTY



Editor's Note: This page is dedicated to activities in the county OTHER than in the Iowa City/ Coralville metro area. Public submissions

are welcomed. Send information to the JCLC office.

~
TIFFIN – the community went all out for the Christmas season with Mr. and Mrs. Santa Claus helping “kids of all ages” celebrate, seeking names and addresses of elderly and shut-in residents who were not able to get out in the community, with a visit by the North Pole residents. The city Christmas decorating contest, judged Dec. 23, awarded winners three awards focusing on types of homes including displays for Best Single Family Home, Best Mobile Home Park display and Best Multiple-Housing Unit display.

~
Tiffin Fitness Club at Grace United Methodist: For more information about free fitness training or to register for classes, call at 545-2281. **Aerobics classes are offered:** Tuesdays (1-1:45 pm), Thursdays (9:30-10:15 a.m.) and Saturdays (8:30-9:15 a.m.). **Strength training classes are offered:** Mondays (6:30-7:15 p.m.), Wednesdays (4-4:45 p.m.) and Fridays (8:30-9:15 p.m.).

~
Tiffin Fire and First Responders Annual Soup Supper: Saturday, January 22, from 4 to 8 p.m. -Tiffin Fire Station featuring Homemade Chili and Homemade Chicken Noodle Soup, Cinnamon Rolls, Apple Sauce, Relishes. FREE WILL DONATION. Come & enjoy and thank you for your continued support!!!

~
Tiffin's Springmier Library (Located at the North End of Middle School) invites patrons to “start” your New Year right. Visit the library and see all the new books selected by community members. (Eight public patrons representing ages from preschool to seniors went to Barnes & Noble on a Sunday afternoon). Also, volunteers are close to a finishing volume 1 of the Tiffin History Project. Watch for information. Friends of Library and volunteers needed, contact library 545-2960. Springmier Library is an American Star Library.

SOLOIN - Exercise against Falls: Exercise Tuesday & Thursday at 10 a.m. at the Family Life Center gym. Please join us – call Sandy Hanson, 624-2710, or Betty Croy 624-2294.

SOLOIN Old Gold Dining - New Wrinkle: The Senior Advocate van will ferry residents of the Retirement

Village to and from the monthly-sponsored meals at Old Gold Dining the second Wednesday of each month at no charge. Please call Ron Herdliska - 624-2113 for reservations.

- **Cards:** Old Gold Dining is introducing card games each Friday following the meal – either pinochle or euchre. Sign-up at Old Gold Dining or call Art Tellin 624-2824. All meals served at 11:30 a.m. in the Solon United Methodist Church Fellowship Hall. Please call ahead at 624-2251.

- **Bingo** for prizes every Tuesday & Thursday

SOLOIN SENIOR ADVOCATES, INC. Van Trips Tentative van trip schedule for 2011.

- Jan 20-JC Historical Museum/UIHC Medical Museum
- Feb 17- Maria's Tea Room/CR Art Museum/
Granger House
- Mar 17-Belle Plaine Café/Gladbrook-MatchStick
Museum
- * - **Apr 21**-Bily Clocks/Spillville-McCafrey's
Restaurant/ Norwegian Museum-Decorah
- May 16-Theater Museum/Mt Pleasant-Swedish
Museum/Swedeburg
- June-Hickory Park Restaurant/Reiman Grdns/Ames
- July 21-Circa 21/Rock Island-'Hairspray'
- Aug 17-Senior Day at Iowa State Fair
- Aug 18- General Store Restaurant/Stone City
- *- **Sep 22**-Van Buren County/Bentonsport
- Oct 20-Mennonite Meal/Kalona-Stringtown/
Country Store
- Nov- Christmas Events

~
The Senior Advocates will assume all trip and admission costs for dates that are not starred for the Advocate van and Care Center van. The asterisk-highlighted trips in April & September are Windstar bus trips. Donation monies will defray some of the costs and seniors will help pay the balance. Sign-up deadlines will be announced, charges for cancellations or substitutions may be made. Call 624-2710 for info.

JOHNSON COUNTY: Trails East & West

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Harry Graves, Johnson Co. Conservation, has secured a REAP Grant for a County Trail System from Ireland Ave to Half Moon Ave. Phase Four Trail IDOT bidding is planned for the summer 2011, with construction to begin in 2011.

See Johnson County planned trails on the updated JCCOG Trails map, available at Tiffin City Hall and on the county website. JCCOG is developing master plan for grant applications to help expedite funding to complete trails to-and-from Tiffin, connecting the Coralville Trail System and heading west to Kent Park.

Ice Fishing Clinic- Feb. 12 – 9:30 a.m. – noon at Lake Iowa and 2-5 p.m. at Kent Park. Pre-registration requested. Call Brad Friedhof at 319.645.1011. Some equipment is available for public use. Sponsored by the Johnson County Conservation Board.

~

Lunch with Santa at Lone Tree Senior Dining:

At every Lone Tree Senior Dining Christmas Meal since 2002, I've dressed as Santa and been the "greeter" as our clients arrived, helping them with their coats, providing providing candy canes and calling "**MERRY CHRISTMAS**" quite a bit. At this year's Christmas meal, after I sat down to eat with the other seniors, the lady sitting across from me commented she wanted to prove to her family she'd eaten with Santa and she took my photo with her cell phone and posted it to Facebook!



(Kice Brown, above)

What I find more important than the anecdote above is the work Mr. Dickey's 8th grade Lone Tree School Civics Class prepared for our January council meeting. The class reviewed three projects to enhance economic development and recreation in Lone Tree. A "swimming pool" group identified Slater, IA, as a community, similar to Lone Tree in size and location relative to larger cities that built an outdoor swimming pool 5 years ago. They raised money through grants, community donations and bonds which increased the tax levy. The pool does not support itself, there is a \$50,000 loss each year. The class concluded a pool could only be used 3 months per year would not be a wise investment for the Lone Tree community. A second, "bowling alley" group concluded this would be private enterprise. However, after the third "recreation|fitness facility" group investigated the Peosta Community Centre, the class concluded that such a facility would benefit the ENTIRE Lone Tree community.

In conjunction with the council the students will conduct a survey to assess community attitude and interest. The council is very excited by this proposal, and we will hold a discussion meeting to determine the community's interest in a recreational community center that will serve the needs of all residents of Lone Tree and its rural surrounds. BTW, there are some recreational|fitness facilities at the Lone Tree School, but these facilities are not available to all while the school is in session. I plan to insist the council use Universal Design standards. During our failed attempt to build a new facility to retain the University of Iowa family clinic in Lone Tree I emphasized Lone Tree

needed to include a facility where our seniors could have supervised exercise, including cardiovascular exercise. I will continue to emphasize that facilities for our seniors be included in the design of this project.

Submitted by Santa, aka Lone Tree Councilor Kice Brown

~

When Driving Becomes a Challenge Conversations and Options.

A joint project between the JCLC Transportation and the Plan Your Future action teams

The format is a panel presentation with 5-7 minutes for each presenter

Date: February 9

Time: 6:30 - 8 p.m.

Location: Coralville library, Room A (channel 4 will record for future broadcasts)

Panel:

- Susan Boyd**, community member
- LaVon Yeggy**, Hartford driving trainer
- Dr. Rick Dobyys**, Geriatric physician at the University of Iowa
- Transportation Group:** Tom Brase, Roger Bradley and others will address resources including SEATS, area bus services, cabs and other options

Moderator: Lori Benz

Wellmark Foundation Awards Grant for Fall Prevention

A coalition of local organizations has been awarded a two-year, \$115,415 grant, to



fund a comprehensive, countywide fall prevention program. The award was announced December 6 by Wellmark Foundation Director Matt McGarvey. The program, named **Sure Steps**, was the result of efforts of the JCLC Fall Prevention action team to bring local organizations together to collaborate and find solutions to the needs of seniors and the community.

In addition to JCLC, **Sure Steps** coalition members include: Elder Services, Inc., Heritage Area Agency on Aging, Johnson County Public Health, UI College of Nursing Faculty Practice, UI Geriatric Education Center, UI Injury Prevention Research Center, and the Visiting Nurse Association of Johnson County (VNA).

Sure Steps consists of five phases that will engage seniors, family caregivers, in-home service and health care providers and acute care personnel and will use

an interdisciplinary, community-based approach. The

Sure Steps program will:

- 1) Implement a public awareness campaign to inform the community about the risks to senior health and independence caused by falls. And that falls can be prevented.
- 2) Increase home assessment and reduce personal risk by standardizing tools, coordinating efforts and increasing the use of services.
- 3) Increase physical activity of older adults through local resources and classes, including implementing nationwide fall awareness program, *A Matter of Balance*.
- 4) Develop and distribute a web-based fall prevention training program targeted to care providers who work directly with older adults.
- 5) Educate emergency room personnel about fall prevention principles, and set up innovative protocols to transition care from an acute setting to community-based services.

Sure Steps board members who will oversee management of the grant include: Joyce Eland, VNA; Sherry McKay, UI College of Nursing; Tim Getty, Heritage Area Agency on Aging; Dr. Paul Mulhausen, UI Geriatric Education Center; John Lundell, UI Injury Prevention Research Center; Doug Beardsley, Johnson County Public Health, Mary Wiemann, Elder Services, Inc.; and, Bob Welsh, JCLC. Elder Services, Inc. will serve as fiscal agent for the grant. Bob Welsh will chair the board.

Mary Willie, JCLC Aging Specialist, will administer and coordinate the grant program. The grant application, written by Mary Willie, drew on a previous application by Joyce Eland to the Retirement Research Foundation. JCLC Policy Board members, Lori Benz and Liz Selk, reviewed the Wellmark Foundation application.

For information about **Sure Steps** contact Program Coordinator Mary Willie at 319-930-2607, or email suresteps@livablecommunity.org

Submitted by Mary Willie, Program Coordinator

How you or your organization can help get the fall prevention message to seniors and their caregivers:

- Does your organization, or organizations of which you are a member, hold meeting programs with community speakers? If so, could a Sure Steps presentation be made to the organization?

- Do you plan events for any groups at which materials or displays about fall prevention steps would be appropriate?
- Do you have a newsletter in which we could provide a brief message about fall prevention?
- Do you have a website where a link to fall prevention information could be posted?
- Do you have fall prevention materials that we could reference and/or help you distribute?

Contact Sure Steps Program Coordinator Mary Willie at 319-930-2607 or email suresteps@livablecommunity.org



“A Matter of Balance, Managing Concerns About Falling”

– is a Sure Steps program available to seniors who are looking to improve their quality of life. It is designed to reduce the fear of falling and increase activity levels in seniors who have a fear of falling by managing their concerns about falling. The class consists of eight, two hour sessions. Participants learn to: view falls and fear of falling as controllable, set realistic goals for increasing activity, change their environment to reduce fall risk factors, and promote exercise to increase strength and balance. Group discussions, problem-solving, skill building, assertiveness training, and practical solutions are all included in this educational opportunity.

Upcoming Johnson County Matter of Balance classes: March: Iowa City/Coralville area; April: Iowa City; May: Solon. Dates and locations are being finalized. The cost for the class is \$5 for all eight sessions, and includes a manual. Class sizes are limited. Please contact Tim Getty, at The Heritage Area Agency on Aging, at 319-398-5559.

YOU WILL LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

WHO SHOULD ATTEND?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns.



Senior Exercise Class – three days per week – Monday, Wednesday and Fridays from 9:30 to 10:15 a.m. at the Coralville Rec. Center. **Free** – just drop by. It's in the Coralville Rec. Center small Gym.



COMMUNITY PARTNERS

The Community Partners Action Team, co-chaired by Mike Moran and Rod Sullivan, has set its goals: 1) educate businesses and individuals to the changing demographics in the county and encourage them to become senior friendly, and 2) provide businesses and individuals an opportunity to invest in Johnson County Livable Community.

Those choosing to become partners will be presented a decal for display.

Thus far MidWestOne Bank has invested at the highest level – 10 cents per senior in Johnson County or \$1,090. An individual has also invested at this level. A few other gifts have been received.

Funds received will be used to redesign of the website and for maintenance. This will allow persons to find services that are available to enable them to stay in their homes and the alternatives available when needed. The cost to redesign the website is estimated at \$8,500 to \$12,000.

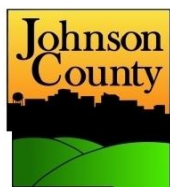
Investment funds received will also be used for: volunteer transportation, (\$15,000 to \$19,000 is needed to match grant funds); a housing accessibility program that provides ramps costing an average of \$1,000 each; staffing needs; and other programs.

The Community Partners Action Team has set an immediate goal to receive \$8,500 to \$12,000 investments for the website by March 15.

If you or your business is interested in becoming a partner, please contact Mike Moran or Rod Sullivan, and a member of the action team will contact you.

Transportation: The free booklet "TRANSPORTATION SERVICES: A Guide for Seniors: Transportation & Mobility Options in Johnson County" is available at various libraries throughout the county or at Elder Services. A fifth printing should be coming in the future, probably late winter. This group meets the 2nd Tuesday of each month at the ICPL – 8:30 am.

Partner



Livable
Community

Computer Classes Iowa City Public Library *

* Registration Required. Register online by visiting <http://calendar.icpl.org> or by calling the Reference desk at 356-5200 option 5.

Computer Help Session Stop in the Computer Lab and let us help you with your computer questions.

Google Basics* Go beyond the simple search bar and explore some of Google's popular features, including image, video, and news search.

Web Basics* Become familiar with a web browser, how to navigate through web pages, and use a search engine and a web directory.

Computer Basics* Learn the basic parts of a computer, how to operate a mouse, and navigate Microsoft Windows.

Word Basics* Learn the basic Microsoft Word functions, including how to create and save a document, format text, and review, preview, and print.

Class Schedule

Wed, Feb. 2, 10:30 – 11:30 a.m. **Google Basics***

Mon, Feb. 7, 7:00-8:00 p.m. **Computer Basics***

Wed, Feb 9, 10:30-11:30a.m. **Computer Help Session**

Wed, Feb. 16, 10:30 – 11:30 a.m **Web Basics***

Mon, Feb. 28, 7:00-8:00 p.m. **Computer Help Session**



Overdrive eBook and eAudio Demonstration

Do you download? Join the ICPL staff for a demonstration of our Overdrive service. Class is one hour long. Call the Fiction Desk at 356-5200 option 4 for more information.

Overdrive Schedule

Friday, February 11 3:00-4:00 p.m.

Friday, February 25, 3:00-4:00 p.m.

Senior Tech Zone: Want to learn how to use Google or make better searches? Or would you like to try your hand at Facebook, blogging or learn how to scan? Or maybe you just need some extra help using a computer. Come join your peers for a two-hour drop in session, no sign-up needed and it is free! Senior Tech Zone is sponsored by the Johnson County Livable Communities and the Iowa City Public Library.

Senior Tech Zone Schedule

Thursday, February 3, 10:30-12:30 p.m.

Thursday, February 10, 10:30-12:30 p.m.

Thursday, February 17, 10:30-12:30 p.m.

Thursday, February 24, 10:30-12:30 p.m.

HOUSING: The Housing team targets one of its primary immediate roles in the areas of Advocacy and Education. Plans include contacting decisions makers and advocating for Building Codes, Planning and Zoning Regulations, Universal Design (in commercial, public buildings, rental and owner occupied), Physical Accessibility to Historic Properties, and Legislation that will make housing accessible and affordable. The action team plans to educate developers, architects, contractors, financial institutions, service providers and citizens about Universal Design, Home Modification, Downsizing and various housing Options.

A subcommittee of the Housing Action Team has developed a collaborative group effort targeted to making homes in Johnson County accessible. This effort involves Access2Independence (as intake workers), Elder Services Inc.(as case managers), The Carpenters Union and other labor organizations (for design of wheel chair ramps) and Iowa Valley Habitat (for construction volunteers). **For information about services such as wheel chair ramp construction, please call 319-435-8224.**

Persons interested in joining the Housing team in these efforts are invited to the next housing action team meeting in the First Floor Conference Room of the County Administration Building on February 15th at 12:30 PM. Call Bob Welsh at 354-4618 for further information.

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Communications Work Group: Numerous work projects are underfoot – some of them are:

- Print mini-version of the JCLC Web site – Hopefully this 20 page booklet, a simplified and very basic version of the JCLC web site will be in print and available sometime in March.
- Computer classes for seniors at area libraries
- A clear concise brochure describing what JCLC is all about is being worked on.
- A monthly TV show is in planning stages
- Recent program was held featuring Lorin Ditzler, former worker with the Washington, DC based Livable Community organization (which has been in operation since 1977).
- Revised “FACTS” sheet about seniors in Johnson County when the most recent census information comes available.
- Learning about contemporary professional communications mechanisms – such as slogans – under the leadership of team members who are faculty at the UI School of Journalism.
- This newsletter & the web site

Join in the fun? Call Eve Casserly at 319.351-1135. The group meets the 3rd Tuesday of each month.

A NEW LGBT Action Team for JCLC is beginning and will next meet on Friday, Feb. 18, at 9 a.m. at the Iowa City Senior Center. The group plans to complete a needs assessment of LGBT elders in Johnson County and provide sensitivity training for service providers. The group also plans to bring the movie "GenSilent" to Iowa City to raise awareness about unique issues affecting LGBT seniors. Any interested persons are welcome to attend.

“GenSilent,” a movie about the perils of LGBT aging, opened at the GayCharlotte Film Festival, a program of Charlotte's Lesbian & Gay Center. “GenSilent” follows the lives of an elderly lesbian couple, a couple of aging mix-raced gay partners, and a dying transgender woman. These aging LGBT seniors fought for LGBT rights, and now they feel they must run back into the closet to hide from homophobic care-givers in nursing homes and assisted living facilities. For more information, email Jefri-palermo@uiowa.edu or Amy Corraia at acorreia@co.johnson.ia.us

submitted by Jefri Palermo - LGBT action team

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A Stanford Self-management Workshop –Powered by the National Council on Aging

Better Choices, Better Health, previously named Chronic Disease Self-Management Program (CDSMP), is a six-week workshop that provides tools for living a healthy life with chronic health conditions, including diabetes, arthritis, high blood pressure, heart disease, and chronic pain.

Participants can take steps toward a better life by signing up for a **free**, online version of the community-based Better Choices, Better Health. This is a limited-time pilot project available exclusively to residents of Iowa and six pilot states including California, Hawaii, Maine, Massachusetts, New Jersey and Oregon.

Better Choices/Better Health helps participants reduce pain and anxiety and manage a wide range of symptoms and conditions. Led by trained volunteer leaders, many with health conditions themselves, participants find practical ways to deal with pain, fatigue and stress. They discover better nutrition and

exercise choices, make informed treatment decisions, learn better ways to talk with their doctor and family about their health and get the support they need.

Participants can log onto the **free** sessions from any computer with an Internet connection, including dial-up. Each workshop group will include up to 25 people. Interactive sessions are posted on a secure website each week for six weeks. There are no set times for workshop sessions; participants may log on remotely at their convenience two or three times a week to set goals and make a step-by-step action plans. Sign-up for the on-line workshop at www.selfmanage.org/Signup

In addition to the online Better Choices, Better Health, in-person community-based self-management workshops are provided in Polk County and other counties in Iowa. Information on the community-based Better Choices, Better Health program is available by contacting the Polk County Health Department @ 515-323-5324 or visit www.iowahealthylinks.org

article supplied by Doug Beardsley, Johnson Co. Public Health Dept.

UI SENIOR COLLEGE

University of Iowa Senior College – Spring Session – will offer nine courses – sponsored by the UI Retirees Association and the Emeritus Faculty Association. Classes are open to all retired persons. A variety of courses will be offered, each lasting for four weeks. Cost is \$30 per course. Registration is open and available on a first-come, first-served basis. Review offerings at www.iowalum.com/srcollege or call the UI Alumni Association at 319/335-3294.

Johnson County League of Women Voters Legislative Forums

January 29: Legislative Forum, Iowa City Civic Center, Emma Harvat Hall, 9:30-11:30 a.m.

February 26: Legislative Forum, Coralville City Hall, City Council Chambers, 9:30-11:30 a.m.

March 26: Legislative Forum, North Liberty City Hall, City Council Chambers, 9:30-11:30 a.m.

DVIP's 14th Annual Souper Bowl – Thursday February 3, at the Clarion Highlander Hotel – 2525 N. Dodge Street in Iowa City - Tickets \$20 at the door. 5:30 to 7:30 p.m.

Tax Preparation Help Available

free to those earning \$49,000 or less in 2010
University of Iowa Tippie College of Business
VITA Program. No appointment is needed.

Iowa City Public Library – 123 S. Linn Street

Sundays	Mon./Tues.	Wednesdays
12:30-4 p.m.	5:45-8:45 p.m.	5:45-8:45 p.m.
Jan. 30	Mon April 4 & 11	Feb. 2,9,16,23
Feb. 6, 13, 20, 27	Tues. April 12	March 2, 9, 23, 30
March 6, 17	-	April 6, 13
April 3, 10	-	XTRA-Sat April 16 11am-5pm

Other Community Locations

I.C. Goodwill 1410 S First Ave (next to SE Jr. Hi).	Coralville NW Jr. Hi 1507 Eighth St	North Liberty Community Library 520W. Cherry St
Sundays	Mondays	Mondays
1-4 p.m.	6-9 p.m.	6-9 p.m.
Feb. 13, 20, 27	Feb. 7, 14, 21, 28	March 7, 21, 28
March 6	-	-

The AARP tax program for seniors and disabled is available by appointment at the **Iowa City Senior Center** – 28 S. Linn Street - from Feb. 1 through April 14. Call 356-5220 to schedule a time.

For tax work, bring the following information with you:

1. Proof of your identification (a driver's license or other photo ID).
2. Social Security or ITIN cards for you, your spouse, and everyone you support.
3. Copies of all tax returns filed in 2010.
4. Birthdays for you, spouse and dependents on tax return
5. Wage and earning statement(s) Form W-2, W-2G, 1099-R, from all employers, in all states.
6. Interest and dividend statements from banks (Form 1099)
7. If you have day care costs, total paid for daycare provider and the daycare provider's tax ID number (the provider's SSN or provider's Employer ID #.)
8. If you are a homeowner: Documentation of amount of real estate taxes and mortgage interest paid. If you received a first time homebuyer credit in 2008, bring your 2008 federal return.
9. To file taxes electronically on a married filing joint tax return, both spouses must be present to sign the forms

50-Plus Job Search Resources: Websites:
[Livable Community & Workforce Development job listing](#) (from Al Hood's Employment team)

- www.corridorcareers.com
- www.linkedin.com
- www.careerbuilder.com
- www.salary.com
- www.indeed.com
- www.Jobster.com
- www.simplyhired.com

Special Needs Assistance

IOWA DEPARTMENT FOR THE BLIND

When individuals experience a significant loss of vision and find it difficult to continue their active independent life styles, they can turn to the Iowa Department for the Blind (IDB) for solutions. The IDB is the state agency that provides services to keep individuals who are blind or visually-impaired living independently and working competitively. The Independent Living program operated by IDB primarily serves individuals ages 55 and older. Nine IDP staff members travel throughout the state, meeting with individuals in their homes to help implement easy ways to complete everyday tasks when vision loss makes things difficult. Things we might assist with include:

- Placing raised bumps on microwaves, telephones, remote controls, and other appliances so they can be set by touch.
- Converting phone numbers, addresses, and recipes to a format easier to use, such as large print or audio.
- Completing applications for the Library for the Blind and Physically Handicapped (to receive free audio books and magazines), free newspaper reading programs, and directory assistance exemptions.
- Labeling medications, clothing, canned goods and other household items for easier identification.
- Providing information on devices available to assist with every day tasks. This may include talking clocks, large print playing cards, or magnifiers.

Iowans who are unable to read standard print efficiently qualify for IDB free services. For more

information, call 800-362-2587, visit us online at www.IDBonline.org, email barb.weigel@blind.state.ia.us
Submitted by Barb Weigel: Iowa Dept. for the Blind



Before WebEyes and After WebEyes:

If reading computer screens is hard for you, WebEyes is very easy to use software.

It allows you to enlarge or reduce the size of text on web pages and web-based e-mail. You can get a free 15 day trial of this software at:

www.webeyes123.com. The software adds a toolbar with a large red + and - to enlarge or reduce the text on the screen. Another feature is to click the tab "read like a book" and the information is presented in a page format instead of scrolling information on the screen. When downloaded, the cost of WebEyes is \$25 and a 20 percent discount is available by using Promo Code: **DP 55**.

The information about WEB EYES is brought to you by the Iowa Program for Assistive Technology and Iowa COMPASS. If you would like information about possible devices to help with other tasks, please call Iowa COMPASS at 800-779-2001.

submitted by Jan Gay- Iowa COMPASS – jane-gay@uiowa.edu



Used medical equipment

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

~Introducing newly-appointed JCLC Policy Board member Jeff Nock:



Jeff is President and CEO of Goodwill of the Heartland and looks forward to working with the Board and the community to identify, organize, support, and publicize, resources to make all segments of Johnson County a livable community where residents can age successfully. When asked why Jeff wanted to join the JCLC Policy Board,

Jeff said, "There are 14,000 people in Johnson County who are senior citizens. Most of them want to remain independent as long as they possibly can. Helping our seniors achieve their goals is consistent with my personal faith and the mission of Goodwill of the Heartland. I am thankful and excited to be part of the JCLC Policy Board and look forward to working with Eve Casserly, the Policy Board, and the community to achieve the important mission of JCLC."

Supervisor Janelle Rettig joins Policy Board



County Supervisor Janelle Rettig joined the JCLC Policy Board effective January 1, replacing Rod Sullivan who was reassigned to other committees. Welcome, Janelle. She is an on-going supporter of JCLC, and serves on the Community Partners Action Team.

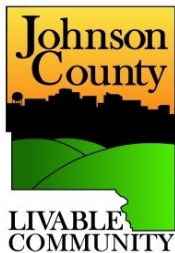
Janelle can be reached at 356-6000. And thank you, Rod, for all you've done to assist JCLC and for your continued work with the JCLC Community Partners action team.



Heritage Area Agency on Aging's Director Ingrid Wensel joins the JCLC Policy Board, replacing former director Liz Selk, who retired from her post at HAAA in December 2010.

Your Gifts Support JCLC

JCLC is a community-based, **volunteer organization** dedicated to making of all segments of Johnson County a livable community where persons can age successfully. 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" ***

www.communityfoundationofjohnsoncounty.org

*** NOTE:** Tax Deductible Donations to Johnson County Livable Community, in care of the Community Foundation of Johnson County, may be directed with to the JCLC "Endowment Fund" or to the JCLC "Charitable Giving Fund". Contributions to the "Endowment fund" are eligible to for a 25 percent Endow Iowa tax credit (1). Contributions to the Charitable Giving Fund do NOT receive the Endow Iowa Tax Credit.

(1) Endowment funds deductibility are described in the Community Foundation of Johnson County annual report.

Johnson County Livable Community for successful aging Policy Board members

Eve Casserly – JC AARP – Chair; Newsletter editor - 2011
319.351-1135 - Casserly@mchsi.com

Larry Meister - Solon Senior Advocates, Vice-Chair- 2012
319.624-2516 - LDklikmeister@aol.com

Doug Beardsley - JC Public Health Department - 2013
319.356-6040 - dbeardsley@co.johnson.ia.us

Lori Benz – University of Iowa - 2012
319-339-1855 - loribenz7@gmail.com

Susan Boyd - Iowa City - 2012
319.339-5948 - slizboyd@msn.com

Carl Kice Brown - Lone Tree City Council - 2013
319.629-5524 - kice@iowatelecom.net

Amy Correia - Johnson County Social Services - 2011
319.356-6090 - X 5703 - acorreia@co.johnson.ia.us

Patti Fields - United Way of JC – 2013
319.338-7823 - pfields@unitedwayjc.org

Scott Gill - Access 2 Independence of Eastern Iowa - 2011
319.471-3827 - scottg@access2independence.org

Linda Kopping - Iowa City Senior Center- 2012
319.356-5220 - Linda-kopping@iowa-city.org

Jeff Nock – Goodwill of the Heartland - 2013
319.331-2608 - jnock@goodwillheartland.org

Janelle Rettig - Johnson County Board of Supervisors
319.356-6000 - jrettig@co.johnson.ia.us

Dee Vanderhoef - Iowa City - 2011
319.351-6872 - deevanderhoef@gmail.com

Bob Welsh - JC Task Force on Aging - 2012
319.354-4618 - welshbob@aol.com

Ingrid Wensel - Heritage Area Agency on Aging - 2012
319.398-5559 - iwensel@kirkwood.edu

Mary Wiemann - Elder Services, Inc. - 2011
319.338-0515 - mwiemann@elderservicesinc.com

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

JCLC AGING SPECIALIST: Mary Willie
319.338-0515 – ma.willie@gmail.com