

Johnson County Livable Community CONNECTIONS:

Your Primary Source for Seniors

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The JCLC
Newsletter
Issue 11

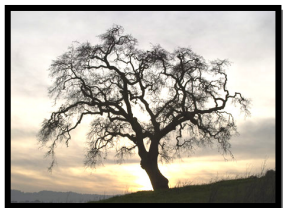
MAY 2011

Published Quarterly
by
Johnson County
Livable Community
Policy Board

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

Mission Statement:

Help Johnson County become a livable community where everyone can age successfully.



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CHAIR's Corner: **"We Need YOUR Help!"**

May, Older Americans Month, will be observed locally with proclamations from municipalities throughout the county, events by many organizations and JCLC-TV series dedicated to older adults and their families in the Johnson County community.



JCLC volunteers have assembled a 20-page

booklet listing of the services available for seniors and the disabled in Johnson County and is available at local libraries or at county offices.

The JCLC policy board has completed phase 2 of its Strategic Planning work, a series of discussions identifying goals and how to best achieve them. Note the revised mission statement (above left).

And now for the request part of this message:

We need YOUR help! You may know nearly all the work of JCLC is carried out by volunteers donating their time, talent and often money. We do have a great part-time staff person (seven hours per week) in Mary Willie, formerly a Cedar Rapids Gazette staff.

WE NEED YOUR HELP to raise funds to revise the JCLC website, develop and publish information including the Aging Resources handbook and the Transportation Options book.

We are very grateful to local businesses. Specifically a big THANK YOU for contributions goes to Johnson County AARP Chapter, Elder Services Inc., Hamburg Inn, Iowa Valley Habitat for Humanity, MidWestOne Financial Group, University of Iowa Community Credit Union and US Bank.

Now I am asking YOU – loyal citizens of Johnson County who care about the area as a place to live, who have friends or relatives who are older or disabled or who have intentions of getting older one day to consider contributing to Johnson County Livable Community. A Dollar-a-Month would be helpful or any amount, \$5, \$20, \$50 or more. Many givers will make a big difference.

Please consider making an investment in the work of JCLC to commemorate Older Americans Month.

To make a tax-deductible contribution, make your check out to Community Foundation of Johnson County (324 E. Wash. St. – Iowa City – 52240) and write on the memo line of the check "Johnson County Livable Community."

Thank YOU for your support and encouragement.

Eve Casserly, JCLC chair



"PAGE TWO"

Happenings in Johnson County



Editor's Note: This page is dedicated to activities outside those of the metro area. Public submissions are welcome.



2011 Tiffin-fest

Save the Date – July 8-9
Parade Friday evening
Fireworks on Saturday evening at dusk
Major Festivities in City Park

Tiffin Fitness Club at Grace UMC

Free fitness training at Grace United Methodist Church

Aerobics classes are offered:

Tuesdays – 1 - 1:45 p.m.
Thursdays – 9:30 -10:15 a.m.
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.
Fridays – 8:30 - 9:15 p.m.

Call 545-2281 to register for classes

Tiffin Senior Gathering - Monday April 25

9 a.m. to 2 p.m. Life Pointe Church Gathering Room,
400 Stephans St (across from Casey's).

Lunch and Refreshments, Games and Fellowship.

All seniors and wannabes are invited to meet and enjoy seeing old friends and making new ones

Share your ideas for future gatherings. Organizers are eager to plan monthly events. For more information call Lynette Roberts 319-855-0449.

May 7, 2011 Citywide Garage Sale and Used Book

Sale at the Springmier Community Library. Donations welcome including DVD's and cookbooks. Bring to library by April 30. No magazines or college texts.

Editor's Note: Kudos to Tiffin City Clerk, Ruth Demuth, who does a truly marvelous monthly Tiffin newsletter, sent with the city water bills.

SOLOON SENIOR ADVOCATES Van Trips

*Wed. Apr 13 –Windstar trip to Circa 21-Rock Island Dinner Theater. Cost \$50.

May 19 – Swedish Museum/Swedeburt & Theater Museum/Mt. Pleasant

June 16 – ISU, Ames, Reiman Gardens -Hickory Park

Thursday July 21 – Steam Engine Train ride from Rock Island to Walcott and back – 11 a.m. -1 p.m.; Celebration Bell boat ride - 2 p.m. Lunch later

Wed. Aug. 3 – Circa 21 Dinner Theatre: "Hairspray"

Fri. Aug 12 – General Store Restaurant/Stone City

*Thurs. Sept. 22 – Windstar – Kalmes Restaurant – St. Donitus – Trolley Tour of Galena

Thurs. Oct. 20 – Mennonite Meal/Kalona Salina Bontrager, Stringtown and Country Store visits.

Starred trips April & Sept. are Windstar bus trips. Donations pay part of the cost. Seniors pay the rest. Sign up and pay fee in advance. P.O. Box 99. Call 624-2710 for info or to register.

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

SOLOON Old Gold Senior Dining has a "sponsored meal" each month, courtesy of one of the local businesses. Other times bingo, speakers and birthday cake is featured. Daily meals served at 11:30 a.m. in the Solon United Methodist Church Fellowship Hall. Call 624-2251 for reservations.

May 4 - Solon's Senior of the Year will be announced at the Solon City Council meeting.

Editor's Note: Thank you Sandy Hanson. Sandy writes the monthly SOLOON SENIOR ADVOCATE news, and does much for the Solon Community.

JOHNSON COUNTY FAIR: July 25-28, 2011.

GREAT ENTERTAINMENT and fun events for all ages. Senior Day – TBA.



Lone Tree Senior Dining offers food, fun, birthday/holiday celebrations

Seniors in Lone Tree and the surrounding community may have hot, nutritious meals prepared in our kitchen by our staff. We assist the elderly and the handicapped and offer a place to visit and enjoy food and company.



Daily activities include games including cards, Yahtzee, dominoes and bingo. We celebrate our patrons' birthdays along with annual holidays. We also provide annual flu shots for seniors.

Be sure to watch the calendar for the Visiting Nurse who offers clinics and screenings.

We offer "Meals on Wheels" to those who can't get out. If you or a loved one need of our services or desire more information, please contact our site manager. 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.

Terri Mullinex, Site Manager
203 1/2 N. Devoe St. – PH: 319.629.5144



OAM 2011: Older Americans: Connecting the Community. Older Americans Month is an opportunity to show appreciation and support for our seniors as they

continue to enrich and strengthen our communities. This year's theme — Older Americans: Connecting the Community — honors the many ways in which older adults bring inspiration and continuity to our communities, and highlights how technology helps older Americans live longer, healthier and more engaged lives.

The 2011 theme, "Older Americans: Connecting the Community," reflects what an older American in Johnson County is about. The services and support systems and the many activities available to seniors help to make Johnson County a great place to live."

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and had few programs to meet their needs. Interest in older Americans and their concerns has grown. OAM themes reflect lengthening life span and unprecedented multiple generations of "older Americans." Assuming "senior" represents 65-plus, there will be 71.5 million by 2030. Life span and baby boomers are driving new opportunities.

Locally, in celebration of Older Americans Month, JCLC is planning a series of informative videos that will be broadcast on local cable outlets, proclamations proclaiming May as Older Americans Month and a display in the foyer of the Johnson County Administration Building. Broadcast schedule information for the videos, when available, will be posted to the website at www.LivableCommunity.org.



Iowa Department on Aging Director Harvey:



I am delighted to be appointed as the Director of the Department on Aging and will take this challenge as an opportunity to continue a strong advocacy for Iowa's elders. And, look forward to working cooperatively with other aging advocacy groups, "listening" to local issues and finding ways our Department might have some role in enhancing the lives of older persons, caregivers, and through the Aging and Disability Resource Centers, persons with disabilities. I believe the opportunities are many ... along with the challenges. One of the

biggest changes the network has experienced in many years will be to fulfill the charge in HF 45 to reduce the number of area agencies on aging. We are planning meetings with area agencies on aging, their Board leadership and the Commission on Aging to establish the best process we can to improve service delivery and increase advocacy as required by the Older Americans Act and Iowa law. I look forward to working with all of you!

*Donna K. Harvey, Director, Iowa Department on Aging
510 E 12th Street, RM 2 Des Moines, IA 50319
PH: 515-725-3301 office; Website: www.aging.iowa.gov*



**Pat Harney, Chair
Johnson County Board of Supervisors**



The Johnson County Board of Supervisors believes in and is committed to value our senior citizens. Our belief is demonstrated by a Strategic Priority to improve quality of life – Strategic Goal V: Johnson County will provide and promote opportunities to improve quality of life.

Within that goal, the tactic is to identify and prioritize measurable goals that may include health and supportive services, transportation/mobility, housing, community and economic development, culture and life-long learning, public safety civic engagement, volunteer and employment opportunities.

This is a lot to address. However, we believe these goals are achievable by staying focused and working together. Our Social Services Department will coordinate the Board of Supervisor's efforts. Other departments will participate, as well as the Johnson County Livable Community Policy Board. We are hopeful to have a plan in place this fiscal year.

Pat Harney

Community Calender

Gen Silent

Sunday, April 17, 2011 @ 7 p.m.

Bijou Theater — Iowa Memorial Union

WITH A SPECIAL APPEARANCE BY DIRECTOR STU MADDUX



The new documentary by award-winning director and filmmaker Stu Maddux asks six Lesbian, Gay, Bisexual, Transgender seniors if they will hide their lives in order to survive in the care system.



The free film is sponsored by:
The Iowa City/Johnson County

Senior Center, The UI Chief Diversity Office, The School of Social Work, The Aging Studies Program, The Johnson County Livable Community for Successful Aging Policy Board, Bijou Theater, The UI LGBT Staff & Faculty Association, Mark Holbrook and Michael Lensing. Open to the public.

If you are a person with a disability who requires an accommodation in order to participate in this program, please contact Jefri Palermo in advance at 319-335-3750. Presented by the JCLC Visibility Action Team

THURSDAYS: 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? Maybe you just need some extra help using a computer. You're invited to join your peers for a free, two-hour drop-in session. No sign-up needed! Senior Tech Zone is sponsored by the Johnson County Livable Community and the Iowa City



Public Library in the Computer Lab. Senior Tech Zones are held Thursdays from 10:30 a.m.-12:30 p.m.

April 17 - The Iowa City Hospice 12th Annual Walk for Dignity, 1 p.m. Willow Creek Park in Iowa City

April 30 - Johnson County NAMI (National Alliance on Mental Illness) walk beginning at City Park, Lower Level, Iowa City – 10 a.m.

May 1 – Third annual Elderberry Tea. 11:30 a.m. to 1 p.m. University Club at 1360 Melrose Avenue. Tickets \$25. Call Elder Services for information 351-0515.

May 2 – “Trash or Treasure: Downsizing Basics” 2 p.m. at the Iowa City | Johnson County Senior Center. A panel of local experts will discuss downsizing challenges encountered by seniors and their families, and provide tips. Panel members include Ann Donahue, Scott Parshall, Rex Brandstatter, and Chris Bangston. The panel will specifically address two scenarios – the first when seniors, themselves initiate and participate in the downsizing effort, and second, how the process differs when the senior is unable to actively participate. Co-sponsored with Johnson Co. AARP and JCLC.

May 6 – 7 p.m. at Prairie Lights: Public readings of poems by noted older poets will be held in conjunction with Older Americans Month in May. The Senior Center's Reading Aloud group will read poems by Elizabeth Bishop, Donald Justice, Stanley Kunitz, W.S. Merwin, Wisława Szymborska and W.B. Yeats.

The readers, directed by Ina Loewenberg, are Jim Curry, Julia Davis, Rob Dietrich, Jonnifer Ellsworth, Chuck Felling, Maggie and Nelson Gurll, Pat Huff, Nancy Lynch, Cari Malone, and Betty Norbeck.

An identical, one-hour program will be held at the Iowa City Senior Center on Tuesday, April 26, at 3 p.m.

May 6 – Universal Design Open House – 10 a.m.- 2 p.m., 2651 Whispering Meadows Dr. This Iowa Valley Habitat for Humanity build sponsored by students at University of Iowa Tippie School of Business.



May 9 – Chuck Palmer, Director of the Iowa Department of Human Services, speaks at 2 p.m. in Room 203 of the County Health & Human Services Bldg. at 855 S. Dubuque Street.

May 17 – University of Iowa Steel Drum Band presents a free outdoor concert at 6:30 p.m. at FW Kent Park Whip-Poor-Will Shelter. Bring lawn chairs or a blanket.

May 20 to Sept. 2: Friday Night Concert Series. FREE, family-friendly live concerts performed by area bands have been held on the Pedestrian Plaza in downtown Iowa City since 1991.

May 21-Sept. 3 – Downtown Saturday Night – Concert series at the Weatherdance Fountain Stage

May 26 – Heritage Area Agency on Aging Annual Volunteer Recognition event at Kirkwood Community College

June 2nd – early August – Coralville Music in the Park



Free Summer Concerts Thursdays from 6:30 to 8 p.m. at S.T. Morrison Park. Pick up some fresh produce or delicious baked goods at the adjacent Coralville Farmers' Market

June 3 – Court Hill Consort – free wood-wind quintet – 6:30 p.m. at FW Kent Park Youth Group Camp. Bring lawn chairs or blankets.

June 3-5 – Free Fishing Weekend at Kent Park No license required – *all other IDNR fishing rules and regulations will apply.*

June 6 – A Key Step in Fall Prevention – A Key Step in Fall Prevention – 2 p.m. at the Iowa City | Johnson County Senior Center. Poor vision increases the chances of falling. The program addresses issues related to increased risk due to conditions or diseases that limit vision among seniors; selection of glasses for proper fit and type; tips to keep kitchens safe for seniors with limited vision; and services available through the Iowa Department for the Blind. Local speakers include Reid McDonald and Mary Lea Kruse, along with Barb Weigel speaking on behalf of the Iowa Department for the Blind. Co-sponsored by Johnson County AARP and JCLC.

June 14 – Drollinger Family Concert – 7 p.m. at F.W. Kent Park Youth Group Camp – free concert of Americana, Celtic and Folk music. Bring lawn chairs.

June 3 - 5 –Iowa Arts Festival in downtown Iowa City, A juried fine arts show featuring 125 fine artists, entertainment, kids'activities and food vendors.

June 11- August 13 – Sept. 3 - Free Movie Series on Saturday nights starting at sunset on the Pentacrest from June 11 - August 13. Bring blanket or lawn chairs.

July 1-3 - Iowa City Jazz Festival: Since its humble beginnings in 1991 as an intimate local gathering of jazz aficionados, the Iowa City Jazz Festival has transformed into a nationally-recognized event with an average annual audience of more than 50,000.



Coralville's Annual Fourth of July Fest in S.T. Morrison Park offers something for everyone. Activities begin with a free July 3 concert featuring The Grass Roots and Herman's Hermits starring Peter Noone, and continue on the Fourth with a parade, carnival, band concert, spectacular fireworks.

July 8 - 9 – Annual TIFFIN FEST (see page 2)

July 15 - 16 – 40th Annual Solon Beef Days: Parade, special events, food and games. The Solon Public Library Foundation will launch a "Calf Classic" to raise funds for the library's planned expansion.



July 25- 28 - JOHNSON COUNTY FAIR - GREAT ENTERTAINMENT – fun events for all ages.



August 5 - 6 – Annual Swisher Fun Days

Aug. 10 -14 - Johnson County Country School Celebration

Annual Barn Tour – Sat. Aug. 13
Call Johnson Co. Historical Society
to register 319.351.5738.



August 12 -14 - Sand in the City – downtown Iowa City/Iowa Avenue. Sand sculptures designed and built by teams representing some of the community's businesses and local organizations.

September 2011 –Iowa City | Johnson County Senior Center 30th Anniversary month-long celebration. Watch for coming announcement of special events.

UIHC Medical Museum:

"The University of Iowa Hospitals and Clinics Medical Museum is developing a new exhibit about behavioral and social determinants of health, focusing on children and older adult populations in Iowa. We will provide information, interviews and interactive activities to help illustrate the impact that your environment and your choices will have on your health throughout your life. We hope to premiere the exhibit later this spring. We'll keep you posted!"

Gwen Persons, Museum Writer, UIHC Medical Museum

NOTE: JCLC will be featured in the "older adults" portion of the exhibit described above.

RAGBRAI XXXIX Coralville Needs Volunteers

You don't have to ride a bicycle to participate

The July 29 will be the fourth time Coralville has hosted RAGBRAI. The city was a stop in 1995, 2001 and 2006. Josh Schamberger, president of the Iowa City/Coralville Area Convention and Visitors Bureau, said he expects more people to be involved with RAGBRAI this year. The event has grown exponentially. Between 15,000 and 20,000 riders, plus support crews, are expected to visit Coralville. All of the hotels in the area are booked for the weekend. Coralville RAGBRAI has adopted a tailgate theme for the overnight stop. **"Coralville U: Tailgate Tested, Tailgate Approved."**



Volunteers are needed for hospitality and information booths, beverage garden, campgrounds, shuttle and sanitation services. Housing is also needed for about 3,000 bicyclists searching for a place to stay in homes, yards, etc. Willing residents are asked to volunteer to open their homes to bicyclists needing restrooms, showers and places to sleep. The RAGBRAI website, www.coralvillerragbrai.com, has information for anyone interested in the Coralville RAGBRAI overnight stop. Information on housing and volunteering are available on the site or contact volunteer Recruitment Committee Co-Chairs Patti Fields (pfields@unitedwayjc.org) or Sherry Proud (sproud@ci.coralville.ia.us) or call 319.248.1750

The RAGBRAI riders will also pass through Oxford July 29 on their way to Coralville and will pass through West Branch on July 30 as they head east.



TV Programming

In celebration of Older Americans Month, JCLC is sponsoring the following locally-made videos on local cable outlets:

"When Driving Becomes a Challenge: Conversations and Options"

Driving represents independence and freedom for many older adults. The idea of limiting or giving up driving can be a deeply personal and emotional issue. A panel (Dr. Richard C. Doby, Geriatrician, UIHC; Susan Boyd, community senior advocate and volunteer; Lavon Yeggy, Memory Loss Specialist, Legacy Gardens; Tom Brase, Director, Johnson County SEATS; Linda Severson, Human Services Planning Coordinator,

Metropolitan Planning Council of Johnson County; Moderator, Lori Benz, JCLC Policy Board member) discusses factors that influence driving performance, how families can initiate conversations with older adults about driving safety, and community resources that help older adults' maintain mobility when they stop driving. (Program was held in Feb. at the Coralville Library)

“Trash or Treasure: Downsizing Basics”

(See Community Calendar – May 2)

Older Americans at Prairie Lights

(See “Community Calendar – May 6)

“Homes for Life: A Tour of a Local Home”

Video showcases one of the first area homes to qualify the Homes for Life certification offered by the area Home Builders Association in conjunction with city and county building departments. The house, owned by Carol Thompson and Ernie Nicholas, includes universal design features and meets Energy Star requirements. (Encore presentation of a popular 2010 OAM video.)

“How to Talk With Your Doctor”

Senior activist and community volunteer, Susan Boyd, and Dr. Paul Mulhausen, Iowa Geriatric Education Center discuss how to make patient-doctor conversations more satisfying for both. Tips from the video include how patients should prepare for the visit, and what they should expect in return from their doctor. (Encore presentation of a popular 2010 OAM video.)

TRANSPORTATION NEWS

The fifth edition of JCLC's “A Guide for Seniors: Transportation & Mobility Options in Johnson County” is available now at libraries and government offices.

Where's the bus? Check BONGO!

(“bus-on-the-go”)

Recently, the Johnson County Council of Governments awarded area transit systems \$37,000 to implement bus stop signs for a new interactive bus tracking system called BONGO (“Bus on the Go”). The new system allows riders to check bus arrival times, as the system provides real-time updates about route locations, and arrival times for particular stops. BONGO has been installed for the Iowa City, Coralville, and University of Iowa Campus systems.

A GPS tracking device has been installed on each bus. The device sends a signal every 10 seconds with updates about locations, based on latitude and longitude. Riders are then provided with a predicted arrival time — information they can access with a variety of technology, including: **Texting:** Text “nbus bongo” and the bus stop number (located on the bus stop signs), to 41411. Users can also opt to receive a



text message when the bus is nearing a specific stop.

Computers or smart phones: Access the system's website at www.ebongo.org for information, or use your camera phone to scan the image of the QR code on a bus stop sign. This will upload the bus stop's web page to your phone's browser.

From Iowa City's Planner Newsletter- submitted by Janelle Rettig

CARING THROUGH READING ...is a

collaboration between Iowa City Hospice and the Iowa City Public library to provide stimulation and companionship through reading to residents in long term facility and assisted living settings.

- Provides 1 – 2 reading sessions per month. The Iowa City Public Library provides literature packets that emphasize light humor, growing up in Iowa, farm and animal stories.
- Works with your Activities Director to schedule reading dates.
- Provides an orientation to all Caring Through Reading program volunteers which includes an overview of Iowa City Hospice services, an introduction to dementia, nursing home and assisted living facility considerations and reading program protocols. Volunteers are provided Iowa City Hospice name tags.

We are excited to bring this Iowa City Hospice service to facilities in the Johnson County Community..

If you need more information or are interested in becoming a volunteer, please contact Sarah Neary, Volunteer, Program Coordinator, at 319-351-5665 or Sarah.Neary@iowacityhospice.org

ED. NOTE: Currently, the program has 12 readers who visit 9 area facilities.

Communication Action Team

Print mini-version of JCLC website available:

“Directory of Aging Services and Resources”

JCLC website's (www.livablecommunity.org) goal is to offer a complete listing of area aging services and resources available in Johnson County. A free paper mini-version is available for those who need information, but do not have access to a computer. The Print edition is available at area libraries and government offices.

Visibility Action Team

The Johnson County Livable Community has created a new workgroup called the Visibility Action Team, the purpose of which is to identify and address issues facing older Lesbian, Gay, Bi-sexual, Transgender, Transexual, Queer and Intersex (LGBTQTQI) members of the Johnson County community. Our group meets the first Friday of the month at The Johnson County Senior

Center at 1:30 p.m. We welcome your participation!
The group has identified the following goals:

- Create collaborative relationships with programs and services for aging lowans at the University and in the community.
- Assess the needs and concerns of the older LBTTQI community, collect/report on data.
- Compile a list of resources for the older LBTTQI community. Publish it on the web and in a brochure format.
- Design and provide culturally-competent training to service providers in Johnson County. Engage the medical school, nursing, assisted living, nursing homes, visiting nurses, volunteers, social workers, counselors, hospice providers in attending training.
- Provide a Resource Fair of businesses and services for older LBTTQI perhaps during Pride Month.
- Create a panel of older LBTTQI who are willing to speak, mentor, interact with LBTTQI youth in inter-generational projects.
- Address issues of ageism among the LBTTQI community
- Provide a way for older LBTTQI and those not out to report instances of discrimination, abuse and neglect.
- Research and develop housing options for older LBTTQI.

Visibility Action Team members: Audrey Banner- College of Pharmacy and MPH student; Sharon Beck-Chief Diversity Office, University of Iowa; Amy Correia-Johnson County Human Services; Heidi Cuda-MECCA; Michelle Buhman-Iowa City/Johnson County Senior Center; Mark Holbrook-Geology Dept. and UI Aging Studies Program; Michael Lensing- Lensing Funeral Home; Emily Light- Iowa City/Johnson County Senior Center; Susan Murty-School of Social Work, and End-of-Life Care Program; Jefri Palermo, School of Social Work; Sandy Pickup- Free Medical Clinic; Kelley Putman-Rehabilitation and Mental Health Counseling student; Lindsay Salvatore-Urban Planning Graduate Student; Mary Wiemann-Elder Services; and Claire Wofford-School of Social Work student.

Sure Steps Fall Prevention progress report

Preparatory work for the **Sure Steps Fall Prevention** project, a two-year project funded by the Wellmark Foundation, has begun in earnest.

Announced in December 2010, Johnson County Livable Community will receive grant funds quarterly for the duration of the grant.

Project goals impact adult seniors and health care professionals:

Adult seniors:

- Increase awareness of direct and personal costs of senior citizens falling
- Assess adult seniors personal and environmental risk factors
- Promote ways to reduce falls, and motivate adult seniors to make homes safer with exercise, medication review and a vision exam

Health care professionals:

- Increase risk assessment use among health care professionals and develop consistent referral protocols
- Provide easily-accessible fall prevention continuing education opportunities for professionals
- Develop and evaluate treatment processes from emergency care to community-based services

Coalition board members include Doug Beardsley, JCPH, Joyce Eland, VNA, Inc, Tim Getty, Heritage Area Agency on Aging, John Lundell, Iowa Injury Prevention Research Center, IPRC, Sherry McKay, UI College of Nursing Faculty Practice, Dr. Paul Mulhausen, Iowa Geriatric Education Center, IGEC, and Bob Welsh, JCLC, Mary Wiemann, Elder Services. Mary Willie, JCLC, serves as project coordinator and grant administrator.

To read a complete report, visit our website:

www.livablecommunity.org

First Quarter Milestones

Community awareness-related milestones for the first three months of the project include presentations to two community groups and four professional groups. At each presentation, information needs and program strategies were discussed and input gathered from seniors and professionals in attendance. Based on feedback, brochures and materials are in the design phase, and web pages are under development. Online information will be located on the www.livablecommunity.org website.

JCLC policy board member, Lori Benz, worked extensively with Mary Willie, to develop a community awareness campaign strategy. Utilizing the strategy, Mary Wiemann and Bob Welsh identified key groups and locations to reach seniors, family caregivers, and community and service club members. In September, the groups will be contacted to request the opportunity to present fall prevention information in conjunction with Fall Prevention Awareness Day.

A core *Sure Steps* strategy is to existing resources when available. JCLC Fall Prevention Action Team volunteers, Pam Willard and Shar Hawn, are

conducting a search along with contacting organizations to identify existing materials which may be included or referenced.

Joyce Eland and Sherry McKay completed literature and tool reviews for existing nursing-level risk assessments, which will result in the selection of tools and referral protocols for testing. The intended result of this component of the project is to increase usage of personal and home risk assessments among health care professionals; and to establish consistent referral protocols following an assessment. McKay and Eland are on schedule to complete the first phase of the work. Assessment tools testing and referral protocols will be this spring.

McKay and Eland also lead efforts to develop and test transition of care protocols from an acute setting to community-based services following a senior's treatment for injuries as the result of a fall or for those seniors who are identified as at-risk to fall. Discussions have been held with key managers at UIHC. The next phase of the project will be to identify specific patient populations based on demographic data. Future steps for this component include exploring possible processes for engaging patients and encouraging their sign-up for fall prevention evaluations.

The first *Matter of Balance (MOB)* fall awareness classes in conjunction with the *Sure Steps* project were held at Legacy Ridge with 15 participants. Each MOB series includes eight, two-hour classes and requires a minimum of two volunteer coaches. Johnson County seniors can attend MOB classes at no charge. A second series is scheduled at Legacy Ridge, and two coaches have been recruited. Tim Getty, who co-leads the *Sure Steps* exercise component, along with Mary Wiemann, have scheduled the next coach training session in early May. To volunteer or learn more about coaching MOB classes, contact Tim at 319.398.5559.

Getty, in collaboration with the Iowa City | Johnson County Senior Center, is scheduling MOB classes at the Senior Center. Promotion for these classes will include programs on SCTV. Emily Light, Senior Center Community Outreach Specialist and Mary Willie are coordinating these programs. JCLC volunteer, June Braverman, assisted in the development of the plan.

Dr. Paul Mulhausen developed a survey to identify fall prevention training needs for health care professionals. Results of the survey will be used to develop web-based fall prevention training modules. The survey was distributed to attendees at the April Consortium on Aging meeting. Mulhausen reports modules development is on schedule to be completed by December 2011. In addition to work on the training modules, Mulhausen wrote and submitted a fall prevention Op-Ed piece to the *Iowa City Press-Citizen*.

In February Dr. Mulhausen led the 2011 Geriatric Lecture Series. The series is focused on fall prevention, and each month a new webinar will address a specific falls prevention topic. Health care professionals may elect to earn continuing education credit units for viewing webinars. The February webinar was viewed by 10 Johnson County registered visitors. Access to the series is open to the public for a nominal fee. Series information is available at <http://www.healthcare.uiowa.edu/igec/>.

Administrative tasks completed in the first quarter include a resource contact database; process evaluation procedures, led by John Lundell and Mary Willie with assistance from Lisa Roth (IIPRC); progress evaluation grid, developed by Doug Beardsley and John Lundell; and, online tools to facilitate coalition communication. The *Sure Steps* coalition board meets the third Wednesday of every month.

By Mary Willie

Housing Action Team Report

JCLC Housing Action Team focuses on promoting universal design, and helping make homes more accessible. Universal Design benefits all, not just the senior and disabled populations.

Readers are to invited attend a **Build It and Show It OPEN HOUSE** May 6, 10 a.m. to 2 .m., 2651 Whispering Meadows Drive. This fully-accessible Habitat for Humanity build was sponsored by students at University of Iowa Tippie School of Business.

To help make homes more accessible, JCLC has assembled a team to build ramps, and as needed make minor repairs. Agency partners include: Access2Independence, Elder Services Inc., the Carpenters Union/AFL-CIO and other labor organizations, and Iowa Valley Habitat for Humanity. Housing Action Team members are assisting with this work. Details are on the Livable Community website: www.livablecommunity.org. St. Mary's Catholic Church offers grant funds to households that have no other assistance available. Donations are welcomed.

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UI Geriatric programs Rank among the top 10 in nation

U.S. News & World Report ranks nine University of Iowa graduate programs and colleges among the 10 best in the country, according to a report issued in mid-March. Each year, *U.S. News* ranks professional-school programs in business, education, engineering, law and medicine via data from surveys conducted in fall 2010 and early 2011 with administrators at more than 1,200 programs and involving some 13,000 academics and professionals.

The report reveals the following UI programs were ranked in the top 10: Speech-language pathology, No. 1; audiology, No. 2; physician assistant masters, No. 2; nursing specialty - nursing service administration, No. 2; nursing specialty - **gerontological/geriatric, No. 2;** printmaking, No. 2; rehabilitation counseling masters/doctorate, No. 2; sociology specialties - social psychology, No. 3; physical therapy masters/doctorate, No. 5.

The Corridor Business Journal – 03-16-11

Elder Abuse Initiative

In 2002, the Iowa Department on Aging launched the Elder Abuse Initiative (EAI). This partnership with Area Agencies on Aging, the Department of Human Services, and other community stakeholders provides enhanced prevention, detection and reporting of elder abuse while also offering local advocacy and system coordination to ensure the protection of Iowa's Seniors.

Within the Heritage Area Agency on Aging, the Elder Abuse Initiative operates by means of a Regional Protective Services Coordinator. Service is available in Linn, Johnson, Cedar and Jones counties. Other referrals will be evaluated on a case-by-case basis. When a referral is received, the Regional Protective Services Coordinator gathers information and determines whether the referral is appropriate for EAI, then a Protective Services Specialist will contact the client to make an assessment of needs, identify potential or real risk, provide an evaluation of dependency, and coordinate service delivery. The efforts of the Elder Abuse Initiative have been to:

- Assist the Department of Human Services to assess service needs and level of dependency of persons 60 and older
- Allow for interventions by the aging network in cases that may not be abuse under the law
- Introduce vulnerable, at-risk older adults to the aging service network via outreach efforts
- Utilize funds provided through the Older Americans Act to allow individuals to safely remain in their home
- Provide community awareness about elder abuse and the solutions the Elder Abuse Initiative can offer

According to Iowa Code, dependent adult abuse includes the following criteria: a dependent adult, a caretaker, and an allegation of abuse recognized by Iowa Code 235B or 235E.

A Dependent Adult is defined as a person, age 18 years of age or older, who is unable to protect his/her own interests; or unable to adequately perform or

obtain services necessary to meet essential human needs, as a result of a physical or mental condition, which requires assistance from another.

A Caretaker is a related or non-related person, who has the responsibility for the protection, care, or custody of a dependent adult as a result of assuming the responsibility voluntarily, by contract, through employment, or by order of the court. Note not all elder abuse cases are dependent adult abuse cases and not all dependent adult abuse cases are elder abuse cases.

Elder Abuse has six categories: 1) Denial of Critical Care by a Caretaker; 2) Self-Denial of Critical Care; 3) Financial Exploitation; 4) Sexual Abuse and Exploitation; 5) Physical Abuse; and 6) Emotional / Psychological Abuse.

Warning Signs of Possible Abuse:

- Lack of heat and/or water, unsanitary, or hazardous conditions
- Lacks clothing to provide protection from weather
- Lack of cleanliness, personal or medical care
- Advancing memory difficulties, confusion
- Significant weight loss, malnutrition, dehydration
- Unexplained injuries or injuries inconsistent with the explanation
- Withdrawal, depression, or isolation
- Mail / newspaper not collected
- Caretaker is evasive about financial arrangements, unusual activity in bank accounts, unpaid bills, new poverty

Questions or referrals, contact Tracey Robertson, Regional Protective Services Coordinator, The Heritage Agency, at 319-398-5559 or email tracey.robertson@kirkwood.edu

To report suspected dependent adult abuse, call 800-362-2178.

Click on the following link to hear a Johnson County interview about elder abuse and the Older Adult Death Review Team with Iowa Public Radio <http://iowapublicradio.org/newsroom.php> Under the story "Task Force Takes Aim at Elder Abuse," click on "Listen." *Scroll to the air date of 03.18.11 to locate.*

*Tracey Robertson, Regional Protective Services Coordinator
Heritage Area Agency on Aging.*



SPRING: Time to get back outside into the garden!

Now that spring has arrived, we want to go outside. Many fun-filled and rewarding hours can be enjoyed if the

appropriate tools are used. No matter what your problem, there are adapted tools to help make gardening enjoyable again.

Everyone will enjoy the new ergonomic Natural Radius Grip garden tools that reduce hand or back strain and fatigue.



OXO garden tools have gel material in the soft, non-slip handle. The gel flexes to provide cushioning when digging into tough and compacted soil. The blue tint

of the gel helps the tools stand out in the garden.

Tools with long handles are



available to allow gardening from a non-bending position so gardening can be done by

people who are sitting or who have back problems.

Foxtail Sliding Faucet Handle makes it easier to turn the faucet off and on?

And there are garden tools for persons who are one handed. If you or someone you know would like to



learn more about these products or any others that would make life a little better, call us at Iowa COMPASS. Our Product Search specialist is able to find items that would meet your needs. So if gardening is your pleasure, we can help. No matter what, we can help!

Submitted by Jane Gay, Iowa COMPASS
Call 800.779.2001

UERS: Used Equipment Referral Service: Do you know of adapted equipment not being used? Do you need equipment but there's just no way to afford items from a vendor or store? Then call Iowa COMPASS because UERS is a FREE service for buying and selling used adapted equipment. 1-800-779-2001 or log onto www.iowacompass.org and look for the UERS link.

AARP 2011 Survey of Older Iowans*

Iowa Medicare Beneficiaries - 513,929

Long Term Care Recipients in Iowa

receiving Home-Community Service 14%

LT care recipients in Nursing Homes 86%

Est. number of Iowa Caregivers 450,000



- 80% of 50-plus surveyed favored stronger enforcement of standards in nursing homes
- 83% favored allowing funds now only used for nursing home care to also be used for long-term care that helps people stay in their own homes/communities.

Social Security Beneficiaries 574,315

Retirees: 388,139

Widow(er)s: 52,462

Disabled Workers: 68,425

Retirement Security

- 33.6% of non-government workers aged 55-64 are without workplace retirement benefits
- 21.4% of Social Security recipients rely on this for 90% or more of their total income
- 56.5% of Social Security recipients rely on this for 90% or more of their total income

NOTE TO LEGISLATORS: Older Iowans VOTE!

72% of Iowa residents age 50-plus voted in the last election

* Survey conducted by AARP Iowa from Jan. 5 to 25, 2011



Senior Citizens'

Resources <http://www.usa.gov/Topics/Seniors.shtml>

Find government resources for seniors on money, housing, health, consumer protection, and more.

- **Caregivers' Resources** Help providing care, benefits, long-distance caregiving, legal matters, caregiver support
www.usa.gov/Citizen/Topics/Health/caregivers.shtml
- **Consumer Protection for Seniors** Consumer fraud, elder rights, advocates for nursing home residents.
www.usa.gov/Topics/Seniors/Consumer.shtml
- **Education, Jobs, and Volunteerism for Seniors** Adult education, AARP working options, SeniorCorps.
www.usa.gov/Topics/Seniors/Education.shtml
- **End-of-Life Issues** Advance directives, estate planning, hospice.
www.usa.gov/Topics/Seniors/EndofLife.shtml
- **Federal and State Agencies for Seniors** Administration on Aging, Social Security Administration, Veterans' Health Administration.
www.usa.gov/Topics/Seniors/FederalState.shtml
- **Grandparents Raising Grandchildren** Benefits and assistance, health and safety, state resources.
www.usa.gov/Topics/Grandparents.shtml
- **Health for Seniors** Disease, health care facilities, Medicare, nutrition.
www.usa.gov/Topics/Seniors/Health.shtml
- **Housing for Seniors** Reverse mortgages, in-home help, nursing home comparison, and more.
www.usa.gov/Topics/Seniors/Housing.shtml

- **Laws and Regulations Concerning Seniors**
Age Discrimination in Employment Act, Medicare Modernization Act, Social Security Act.
www.usa.gov/Topics/Seniors/Laws.shtml
- **Money and Taxes for Seniors**
Investing, tax counseling, estate planning...
www.usa.gov/Topics/Seniors/Taxes.shtml
- **Retirement** Pension plans, benefits calculator, retirement ages.
www.usa.gov/Topics/Seniors/Retirement.shtml
- **Travel and Recreation for Seniors**
Amtrak senior discount, older drivers, travel tips.
www.usa.gov/Topics/Seniors/Travel.shtml

It's Your Call

This quarter, we're launching a new column, "It's Your Call," written by local Senior Advocate Betty Kelly. You can read Betty's entire column online at: www.livablecommunity.com. Here's a summary of Betty's legislative top picks.



In the first few weeks of a state legislative session silly proposals with little chance of becoming law are presented while important work is done in committees. However, the 2011 session has been politically divided between the chambers, resulting in a "do-nothing" approach to critical issues.

One bill passed and signed by the Governor was cost-cutting legislation contained in Taxpayer 45. Section 20 of this bill directly affects the elderly in Iowa by reducing Area Agencies on Aging from 13 to possibly five. The plan to implement this change is due by December 15, 2011, to the Standing Committee on Human Resources of the Senate and House of Representatives and joint appropriation subcommittee on Health and Human Services. This change will affect many elderly increasing the distance to area agencies, changing familiar personnel, longer waits for services like case management, other changes providers for meals on wheels and less consumer input via advisory councils.

The number of Iowa's nursing inspectors is low compared to other states. A federal report found Iowa's inspectors cite fewer homes for deficiencies than inspectors in 39 other states. Some legislators seem to be paying heed. A Senate budget subcommittee approved a plan to allow Iowa to rehire the 10 inspectors using money from the Medicaid Fraud Account.

Many good bills failed to escape the March and April legislative funnel, but there are bills that need our support! Consider contacting your representatives!

- HF649 - relating to and making appropriations for Health and Human Services and Department on Aging.
- SF 465 & HF 537 - relating to assisted living programs, including voluntary cessation of program operations and decertification, and providing penalties.
- SF119 - relating to the creation of and use of moneys in a home and community-based services trust fund and making appropriations.

- SF127 - relating to and making an appropriation for the case management program for the frail elderly.
- SF492 - requires a court appointed guardian to notify family members before any ward of the state is removed from their home.
- SF234 - sets reimbursement for providers of services under medical assistance home and community-based waiver for the elderly to be recalculated annually on July 1, based on the skilled nursing facility market-based index utilized by the centers for Medicare and Medicaid. This bill will help providers to render services to enable persons to stay in their home. An AARP survey found 80 percent of Iowans wish to remain in their homes. Home care is cheaper than institutions.

With the end of the Senior Living Trust Fund we need to secure adequate funding for home and community-based services for the elderly.

Everyone from the Governor on down needs to hear from you and it's your duty to voice an opinion on legislation. To send an e-mail: you use the legislators name@legis.state.ia.us

To call: Senate switchboard 515-281-3371 House switchboard 515-281-3221. To send a letter to a member of the legislator or Governor Branstad:

Name
State Capital
1007 East Grand Avenue - Des Moines, Ia. 50319

The head of Senate: Mike Gronstal
The head of House of Representatives: Kraig Paulsen
Governor Branstad <https://governor.iowa.gov/contact/>
At this site you will find a form to fill out. Or write him or call 515-281-5211.

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JCLC Board plans for strategic future

The 16 Policy Board members of the Johnson County Livable Community (JCLC) are undergoing a three-stage process to develop a three-year strategic plan for the organization.

Policy Board chair Eve Casserly said the time is right for the Policy Board to take the next step in planning goals and objectives that help older Johnson County residents age well.

A three-member subcommittee, comprised of Lori Benz, Susan Boyd and Amy Corriea, is working to assist the Policy Board with the planning process. Andy Johnson, Johnson County Board of Supervisors Administrative Assistant, is facilitating the Policy Board discussions.

In 2008, Johnson County Board of Supervisors appointed the 16-member board after three years of study, surveys and data collection. Eve said, "Last month, the Policy Board discussed and developed mission and vision statement drafts and core values. Next, we'll define internal and external organizational relationships."

The board will meet April 12 to continue the planning process. In May, the group will meet to complete the third step: develop goals and objectives including an evaluation process.

Policy Board meetings are held from 2:30 to 4:30 pm on the second Tuesday of every other month at the JC Health and Human Services building on East Benton Street, across from the Johnson County Administration Building. Policy Board meetings are open to the public.

Eve said the process will give Policy Board members and partners an operation plan and guidelines. "Operating plans that allow for necessary, periodic adjustments are realistic given today's quickly changing landscape of community demographics, resources, needs and expectations for successful aging."

Submitted by JCLC volunteer Linda Schreiber

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 - LDklickmeister@aol.com

Doug Beardsley - 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 – Past Chair, 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 Co. 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- Past Chair - 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

Your Gifts Support JCLC

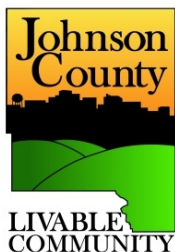
JCLC is a community-based **volunteer** board (appointed by the Johnson County Board of Supervisors) dedicated to making of all segments of Johnson County a livable community where persons can age successfully. When you make a gift, pledge, or plan for a future gift to Johnson County Livable Community, 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:** Contributions to Johnson County Livable Community, c/o Community Foundation of Johnson County, may be directed to the JCLC "Endowment Fund" or JCLC "Charitable Giving Fund." Endowment Fund contributions are eligible for an Endow Iowa tax credit; Charitable Giving as a contribution for tax purposes.