



Johnson County Livable Community For Successful Aging

Newsletter

Issue # 2

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Livable Community
for Successful Aging
Policy Board

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Johnson County Livable Community for Successful Aging Initiative

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The Policy Board meets monthly in the Conference Room at the County Services Building – 2nd Tuesday at 2 PM. Board members are appointed by the County Board of Supervisors to serve specific terms of volunteer service. All meetings are open to the public.

A NEW LOOK – A BRIGHT FUTURE

The Johnson County Livable Community Policy Board has arranged for Elder Services Inc. to service and host the Livable Community Initiative. Our new address is: 1556 S. 1st Avenue, Suite A, Iowa City, Iowa 52240. And our new phone number is 338-0515.

We are grateful to Johnson County Public Health for servicing and hosting us since our formation. The move to Elder Services, Inc. will help us better utilize our resources and match up areas of responsibility.

With the slumping economy the Policy Board has adopted a greatly reduced working budget of \$24,000 instead of \$70,855. Funding arrangements are currently being explored.

Elder Services Inc. will hire or assign a staff person to work part time to help move the Initiative forward, plus Elder Services has assigned one of its employees to the task of maintaining our web site once it is operative.

During the past two months of transition, we have experienced a renewed thrust of activities as reported in this newsletter, which has been developed by Eve Casserly, our Secretary. I personally am encouraged about the future. There are some exciting possibilities at hand.

Thanks for your interest and your help. If you would like to be involved in one of our action teams (Community Partners, Health, Housing, Transportation and Web) please give me a call at 354-4618 or e-mail me at welshbob@aol.com. Together we can make a difference.

Bob Welsh, Chair
Johnson County for Successful Aging Policy Board

COMING: Older Americans Month – May 2009
“Living Today for a Better Tomorrow in Johnson Co.”
(see page 5 for participation details)

National Building Healthy Communities for Active Aging Award



The City of Iowa City was recently presented with a Building Healthy Communities for Active Aging Commitment Award from the Aging Initiative of the US Environmental Protection Agency. The Johnson County Livable Community for Successful Aging Policy Board was noted as a critical partner to the City of Iowa City to “analyze the community’s needs for active aging.” This award recognizes communities that are planning for and beginning to integrate smart growth and active aging and was one of three presented nationally. For award details go to: http://www.epa.gov/aging/bhc/awards/2008/bhcaa_2008_broch_final_508.pdf



Basics of the Johnson County Livable Community Web Site:

www.livablecommunity.org

Welcome
What makes Johnson County a Livable Community?
What is available to help me stay in my home?
What are my options when I can no longer stay in my home?
Search our Service Directory for more answers
About Us
Current Programs
Contact Us
Did we help?

Webmaster: Knowledge Meridian, Inc.
Tipton, IA 52772

LIVABLE COMMUNITY.ORG

Plans are progressing to launch our web site in May. The progress has been slow, but the site is taking shape. The web site Action Team is meeting Thursday morning, April 2nd, at 8 AM at Elder Services (1556 S 1st Avenue, Suite A) to review the site and suggest areas of improvement and marketing plans. You are invited.

Our plans are for the Johnson County agencies that serve older adults to enter their information in April. Unique features of this site are that the information on each agency will include a section on eligibility, costs and a map.

The web site will contain the following information:

- What Makes Johnson County a Livable Community? (We can all be proud of the resources we have.)
- What Services are Available to Help Me Stay in My Home? (We are fortunate to have a wide array of services.)
- What are my Options when I can no longer stay in my home? (This section will not only list what is available but will include information to help persons decide what is best for them.)
- The web will have an extensive service directory plus information on the Initiative and Current Projects. It is our plan to continually update this directory with new information.

This should be a valuable resource for the citizens of Johnson County and one that will encourage others to make Johnson County the place where they will grow up and grow old.

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COMMUNITY PARTNERS ACTION TEAM will meet Monday, March 30 at 3:00 PM in the new County Health and Human Services Building, Conference Room 203 C.

The Action Team will be sharing ideas about: 1) a survey of community needs with Christy Scheetz, Director of United Way of Johnson County, 2) a certification program for livable community friendly employers, 3) the value of a speakers bureau, and 4) the county web site.

For further information, contact Rod Sullivan, 356-6000 or rsullivan@co.johnson.ia.us

HEALTH ACTION TEAM which is being reactivated, will meet on Thursday, April 16 at 1:30 in the Public Health Conference Room in the new Johnson County Health and Human Services Building to examine the status of past plans and projects, plus to discuss additional ways of improving this area of a livable community.

For further information contact Katie Miller kmiller@co.johnson.ia.us or Jill Gleason jgleaso@kirkwood.edu

TRANSPORTATION TEAM: meets 2nd Tuesdays at 8:20 am at the Iowa City Public library. For further information, contact Joan Cook – 356-5218 or Eve Casserly – 351-1135.

ACTIONS IN PROCESS

“RAMPING FOR INDEPENDENCE” –

Registration required for this instruction workshop for businesses and volunteers who want to learn how to design and build safe usable ramps. This is hosted by the Evert Conner Center for Independent Living. Held March 31st - Iowa City Public Library-6:30 -9 PM. Register by calling the Evert Conner Center – (319)338-3870 (M-F).

A GUIDE FOR SENIORS - Transportation and Mobility Options in Johnson County:

– free – now in its second printing, details transportation options for seniors - now available at various sites including Elder Services, area libraries, senior living areas, government offices, and on the web site. Also available on the web.

CarFit Program: offered free to all ages at a June 20th Health Fair held at the Iowa City/ Johnson County Senior Center. Volunteers needed to help with the program. Program focus is teaching drivers how to make their vehicle "fit" the individual driver better and thus make the driver more comfortable and in better control." For further information or to volunteer to help, contact Susan Rogusky at 356-5224.

“WHEN TO STOP DRIVING” (aka **"We Need to Talk"**) – a train the trainers course offered in early April with Becky Groff, AARP State Associate Director for Community Affairs. Following course completion, expectation is there will be several trained persons in the community

who can respond to the requests by groups to give this talk.

“AGING WITHOUT LIMITS: A Directory of Activities, Classes & Life-Style Options for the Rapidly Growing Group of 21st Century aged-50 & up Citizens of Johnson County and the Surrounding Area” – now being printed in a new

and updated third addition. This popular book 64 page free book was first printed in 2006. It will be available in numerous local service & governmental settings in time for May Older American's Month. It is available now on the Livable Community web site and the county web site.

The National Center on Senior

Transportation: The Transportation group is applying for team scholarships for two workshops sponsored by the National Center on Senior Transportation (NCST). These will be held in Washington, DC in June and July. Fifteen teams will be chosen nationally for an “Accessible Community Transportation Institute” and ten for a “Senior Transportation Institute”. The NCST is sponsored as an Easter Seals project.

HOUSING ACTION TEAM: The Housing Action Team will be meeting on Tuesday, April 14th at 12:30 PM in the first floor conference room of the County Administration Building. The team will hear a report from Doug Boothroy and Glen Siders on possible amendments for the present building codes in the county that would help make units more livable with minimal or zero costs. Jane Gay will report for the Education workgroup concerning ways to educate all persons: 1) to the benefits of universal design in new construction and home modification; 2) about the assistive technology available to enable persons to stay in their homes.

Other areas of interest that will be discussed are: The creation of an Iowa Home for Life Task Force (Len Sandler), Reverse Mortgages (Andy Johnson), and what would be involved in a comprehensive housing policy/master plan for Johnson County (Carol Spaziani).

This Action Team would welcome all citizens interested in addressing the issue of affordable, accessible and adequate housing for all citizens

For further information or to offer suggestions contact Bob Welsh

PH: 354-4618 or welshbob@aol.com

Eat Better and Move More: A second phase of this program was offered in Tiffin and Oxford in fall of 2008. Each session had a nutrition education component including topics like blood pressure and cholesterol management, diabetes prevention, bone health, and dietary supplements. Participants also engaged in different types of physical activity including walking, stretching, balance exercises, and resistance training with bands and hand weights. Though Phase II ended in November, the group still meets for exercise sessions once a week. Every month a guest speaker also presents on a nutrition topic.

Because of the great success of the Eat Better and Move More program in Tiffin/Oxford, there is interest in offering the program to other rural communities in Johnson County. The Healthy Lifestyles subcommittee of the Health and Supportive Services Action Team is currently seeking funding for a program in Solon.

Trish Schiltz, MPH, CHES – J. Co. Public Health Assessment/Health Promotion Program Specialist

Fall Prevention Initiative: As they age, many people experience increasing difficulty with balance and safe mobility, which can lead to the common problem of falls. This past winter, in response to a request by the Johnson County Livable Community for Successful Aging Policy Board, Suellen Novotny, Executive Director of the Visiting Nurse Association, initiated a meeting of those interested in developing a fall prevention program for seniors. Two meetings have been held at the Visiting Nurse Association office, with a third scheduled at the end of March. A broad spectrum of community members has attended the meetings, including health care providers, government representatives, and interested community members.

The committee has agreed that there is a need to raise awareness of the health risk falls pose. A review of fall prevention services currently available in Johnson County found there are good services available to people already involved with the health care system or service agency, including exercise programs and home assessment programs. The same review found there was minimal information available to share with the community about fall prevention. The committee is currently looking at options to expand this educational component, including acquiring or developing materials to be used in

fall prevention programs and deciding the best ways to distribute this information.

In the future, this committee will function under the Johnson County Livable Community for Successful Aging Health and Supportive Services Action Team. If you are interested in joining this committee, please call the Visiting Nurse Association at 337-9686. New ideas are always welcome!

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FY09 Livable Community Partners

We extend our thanks to the following for their generous financial support of the work of the Livable Community for Successful Aging Initiative during this past year:



**The Johnson County
Board of Supervisors**



The Heritage Agency on Aging



The Iowa Legislature

We also want to thank the literally HUNDREDS of volunteers who have assisted this project in one way or another. Some may have put in a few hours. Others have given hundreds of hours of their time and talent. Every single one makes a difference.



**Coming in May:
The 47th Annual Celebration of
“Older Americans Month”**

May has been recognized as Older Americans Month every year since 1963, when President John F. Kennedy so designated it. Each year since the Federal Administration on Aging (AoA) issues a theme for Older Americans Month to assist our National Aging Services Network of state, tribal, area agencies on aging, and community services providers plan for activities that might take place in May or throughout the year. This year’s theme **“Living Today for a Better Tomorrow”** reflects AoA’s continued focus on prevention efforts and programs throughout the country that are helping older adults have better health as they age and avoid the risks of chronic disease, disability and injury.

Will your organization or council or business be doing something to recognize or honor or celebrate Older Americans Month.????

We will be writing up a special edition of this news letter to help publicize all the programs and events that we know about. We would like to help publicize your event or recognition if you let us know about it ! (submit info. By April 20th)

For example, the Heritage Johnson County Task Force on Aging will be sponsoring a special program honoring seniors that will be put on by the renowned **Riverside Theatre** folks. It is FREE – open to the public of all ages and will take place on Monday May 11th at 2 PM in the main floor Assembly Room at 28 S. Linn Street – IC/JC Senior Center. Public – all ages - welcome.

The Livable Community initiative plans to help publicize your recognition of our local Older Americans. Please let us know your plans no later than April 20th if you would like then included in our special May Newsletter. (address on page 1)

**Older Americans Month
May - 2009**

**Older Johnson County Residents:
How many are there?**

(as of July 1, 2007) *

AGE	Population	%	Males	Females
All Ages	125,692	100%	62,458	63,234
50/59	14,107	11.2%	6,914	7,193
60/69	7,377	5.9%	3,637	3,740
70/79	4,214	3.4%	1,877	2,337
80/84	1,416	1.1%	543	873
85+	1,419	1.1%	458	961
TOTAL Aged 50 +	28,533	22.7%	13,429	15,104

Source: US Census Bureau Population Division:
Released May 1, 2008
Prepared by: State Library of Iowa;
State Data Center Program.
www.iowadatacenter.org
with the assistance of Doug Beardsley;
Johnson County Dept. of Public Health

**And future populations – all ages?
Population Projections for the Future**

By area and by year

YEAR	United States	State of Iowa	Johnson County
2000	282,194,308	2,928,246	111,474
2005	295,895,897	2,955,587	111,474
2010	310,603,348	3,025,046	132,836
2015	326,038,477	132,836	144,919
2020	342,020,014	3,163,487	157,234
2025	358,302,480	3,238,144	169,690
2030	374,704,495	3,313,778	182,211
2035	391,189,767	3,390,030	194,782
2040	407,818,993	3,467,386	207,435

Source: US Census Bureau Population Division;
Provided courtesy Doug Beardsley, Director,
Johnson County Public Health