



# Johnson County Livable Community For Successful Aging

Newsletter

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Livable Community  
for Successful Aging  
Policy Board

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*Press Release: Administration on Aging:*

## May is Older Americans Month



**President Barack Obama proclaims May as Older Americans Month, following a tradition begun in 1963 by President John F. Kennedy.**

**“Living Today for a Better Tomorrow”, the theme for the 2009 celebration, reflects the continued focus of the Administration on Aging on prevention efforts and programs that, throughout the country, are helping older adults have better health as they age and avoid the risks of chronic disease, disability and injury.**

“Providing care and support for our Seniors with the dignity and respect they deserve is a cornerstone of our society,” said Congressman Loeb sack. “In Congress, I will fight to provide our Seniors with the health care, resources, and tools they need to grow in their communities while still living healthy and fulfilling lifestyles



US 2<sup>nd</sup> District Representative Dave Loebsack



**“Johnson County is a wonderful place to live in large part because of the progressive activism of our senior community.”**

Terrence Neuzil  
Chairperson

Johnson County Board of Supervisors

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## The Livable Community Policy Board

A Message from the Chair

The Johnson County Board of Supervisors has appointed four new members to the Livable Community for Successful Aging Policy Board. Two agency representatives appointed are Stephen Trefz, of the Mid-Eastern Community Mental Health, and Scott Gill, Evert Conner Center for Independent Living. Two at-large representatives appointed are Susan Boyd and Dee Vanderhoef.

We are most appreciative of the past services rendered by Suellen Novotny of VNA and of Richard Tibbetts and Karen Franklin.

The location change from Johnson County Public Health to Elder Services Inc. is working well. Mary Wiemann, Director of Elder Services has hired Kate Getty to work with the Initiative as its part-time staff person. Kate’s phone number is 338-0515.

On May 4<sup>th</sup> at 2:00 PM at the Iowa City Public Library we are excited to introduce to citizens our livable community web site, [www.livablecommunity.org](http://www.livablecommunity.org) (see listing under calendar of events on page 2) This web site will include unique features not found on most web sites. It will include information on eligibility and costs of services, plus an interactive map.

Service providers who are located in Johnson County, or provide a service not provided in Johnson County, are encouraged to go on to the web and apply to be included.

Bob Welsh

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## “Living Today for A Better Tomorrow”

### Iowa Second in Quality of Life Ranking: Iowa

ranks second in the nation in Quality of Life according to Congressional Quarterly Press. This is a widely published comparison of the 50 states issued each year by the Washington-based group. Factors, including a healthy population, safe neighborhoods, and excellence in education, contributed to Iowa's best showing in three years. "Iowa is a great place to live and raise a family, and Iowa remains in a strong position to create jobs and compete worldwide" said Governor Chet Culver.



EDITOR'S NOTE: Here below is a positive message from one local Older American who daily demonstrates being devoted to "Living Today for a Better Tomorrow"

### **"Aging, Independence, and Cerebral Palsy: a Personal Perspective"**

by Keith Ruff – Iowa City

I have Cerebral Palsy which is a non progressive birth defect. During my 63-Years of Life I have managed to maintain Independence with minimal personal assistance and minimal physical and structural accommodations. Even though Cerebral Palsy is not progressive, over time I will experience some decrease in physical and cognitive functioning, as all individuals do.

With continued daily assistance I am confident I will be able to maintain my current residence. However, as I get older the use of assistive technology will play a larger role in my Independence.

Hopefully, I won't have to retire. I enjoy my work at the Evert Conner Rights and Resources Center for Independent Living. And, I feel having to get up every morning and to go to the office has kept me vivacious and energetic. Health permitting, I plan on working the rest of my life.

Lastly I would like to say if one has a positive attitude towards life one can live independently and productively regardless of their "ability". For me Cerebral Palsy is just a small part of the "Fabric of My Life".

Keith Ruff – Connor Center

## IN OTHER NEWS:

### **When to Stop Driving seminar**

The "When to Stop Driving" course, taught by Becky Groff of AARP Iowa, was completed on April 1<sup>st</sup> at the Elder Services Conference room. Congratulations to the following area persons who completed this course: Hanna Hanson, Coralville Police Dept.; Rev. Elizabeth Koffron-Eisen, Coralville; Larry Meister, Solon Senior Advocates; Linda Severson, JCCOG, Kate Skapyak, Bickford Cottage; Connie Sjostrom, Iowa AARP Driver Safety Program; Mike Van Gorder, The Conner Center; and Lavon Yeagar of Iowa City Hospice. Sponsored by the Livable Community Transportation Committee and AARP Iowa. These graduates are now qualified to teach this class to local groups. Connie and Liz are planning to be co-teaching a public class on this in the near future. Watch for announcements.

### **How Does Your Car Fit?**

**A new safety program for older motorists** The adult public is invited to Iowa City's first ever CarFit event from 1:30 - 5:30 PM on Saturday, June 20 in the US Bank parking lot, Linn and Washington Street, in Iowa City. Developed through the American Society of Aging, AAA, AARP and the American Occupational Therapy Association, CarFit is the first program to offer older adults the opportunity to check how their personal cars "fit" them.

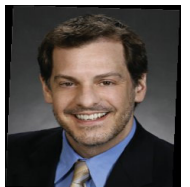
Trained professionals lead older drivers through a 12-point checklist with their vehicle, recommend car adjustments and adaptations, and offer community specific resources and activities that could make their cars "fit" better or enhance their safety. An occupational therapist also will be on hand to provide information to older drivers on how to maintain and strengthen driving health.

CarFit is being held in conjunction the 1:30-5:30 health and services fair from at the Iowa City Senior Center. Sponsors are the Senior Center in partnership with Bickford Cottage, Iowa Hospice, and US Bank

CarFit Appointments are required. Call 356-5220 to register or contact Susan Rogusky, 356-5224

### **AGING & ACTION FORUM: Partnering Through Hard Times**

- a one-day forum on May 13<sup>th</sup> will replace the traditional Governor's Conference on Aging (GCOA) – The annual Governor's Conference on Aging is cancelled due to budget reductions within the Iowa Department of Elder Affairs in FY 09 and projected for FY 10. . Iowa Dept. of Aging Director John McCalley states, "Given the current state of the



economy, the Culver Administration wants to hear from older lowans about the issues they are facing, so that we can develop ways to support them." This forum (8:30 a.m. to 4 p.m.) will focus on area of concern to older lowans – specifically, housing & transportation, elder abuse & fraud, Long term care & health care and employment It takes place May 13, 2009 at the HyVee Hall in central Des Moines. This event will be free with a target audience of older lowans and will have an attendance cap of 300. Check IDA web site at [www.iowa.gov/elderaffairs](http://www.iowa.gov/elderaffairs) for updates.

### **Iowa Department of Aging awards to locals:**

The "Betty Grandquist" award is made to one individual in the State of Iowa who has contributed an exemplary amount of service in the field of Aging. We are pleased to be informed that Bob Welsh, chair of the Livable Community Policy Board and major initiator of the Livable Community concept in Johnson County, will receive this award at a luncheon ceremony at the Governor's AGING & ACTION forum on May 13<sup>th</sup> in Des Moines. Eve Casserly of Coralville will receive a "Shining Star" award for new/innovative service work.

### **Heritage Area on Aging selects**

#### **Outstanding Elected Public Official - 2009**

Rod Sullivan, in his second term as a member of the Johnson County Board of Supervisors, will be honored as the 2009 "Outstanding Public Official" by The Heritage Agency on Aging at their May 28<sup>th</sup> Annual Awards Recognition Event, a 9:30 breakfast event at Kirkwoods Continuing Education Center. This award is given to one person in the seven county area served by Heritage in recognition of the special hard work by the award winner in promoting services for seniors and other citizens.



In nominating Rod, Johnson County Task Force on Aging members said, "Johnson County is fortunate to have Rod Sullivan as an elected official who is a champion for all including the aging."

As a member of the Johnson County Board of Supervisors, Rod was a leading voice among the supervisors in establishing the Johnson County Livable Community for Successful Aging Policy Board, serves on that Board and also serves as chair of its Community Partners and Engagement Action Team.



The Johnson County Court House

## **Livable Community TV Series in May**

In honor of Older Americans month, the Johnson County for Successful Aging Initiative organized a variety of panels to discuss what makes Johnson County a livable community for Older Americans. Approximately 20 community members offered their expertise on topics ranging from Housing to Volunteerism to Transportation to Education. We are very proud of the access to services and opportunities Johnson county offers and wanted to showcase a few of them. We hope to make this an annual event featuring various areas of community interest and service. The City of Iowa City was instrumental in providing expertise in filming and Elder Services, Inc hosted the panels. They will be shown throughout the May on the Cable channel.

*Kate Getty – Aging Specialist*

*ED. NOTE: Watch your cable channel for scheduling.*

## **Older Americans Month – May 2009 Happenings in Johnson County**

*Johnson County Area Events we know of that may be of interest to Older Americans are listed here below:*

**April 30<sup>th</sup>** Johnson County Board of Supervisors proclaims May as OLDER AMERICANS MONTH in Johnson County. 9 AM meeting at the BOS office.

**May 1, 2 & 3** – "The Baker's Wife" – Iowa City Community Theatre. 7:30 PM on May 1 & 2 - 2 Pm on Sunday May 3. \$13 for seniors. Montgomery Hall at the 4H Fairgrounds.



**May 3<sup>rd</sup>** – West High School is site of 2 PM Cedar Rapids Symphony concert - Masterworks VII: Bohemian Rhapsody - Emil Viklický, Piano - Iva Bittová – Soprano. Mr. Viklický will be Maestro Timothy Hankewich's guest for the "Insight" discussion before the concert. "Insight" will begin at 1 p.m. at West High School. Senior prices available. Call 800-369-TUNE (8863).

**May 4<sup>th</sup>** – AARP of Johnson County presents May service events – with formal unveiling of the Livable Community web site, to help you, your loved ones, your organization to know what services are available to help them stay in their homes, what are their options when they need to move, plus what are the features that make Johnson County a Livable Community and what is being done to make it an even better place to

grow up and grow old. 2 PM – Meeting Room A – Iowa City Public Library

**May 4<sup>th</sup>** AARP of Johnson County is collecting age appropriate books/CD's, personal care items and suitcases for the kids at the Iowa State Juvenile Home in Toledo. Bring your STUFF to donate. Meeting Room A at the Iowa City Public Library –at 1:30 PM.

**May 4<sup>th</sup>** – Kentucky Derby at 2:45 at Walden Place – “Come place your bets”!

**May 4<sup>th</sup>** – The City of Lone Tree proclaims May as OLDER AMERICANS MONTH in Lone Tree. 6:30 PM in the Council Chambers - City Hall in Lone Tree.

**May 5<sup>th</sup>** - The City of Iowa City proclaims May as OLDER AMERICANS MONTH in Iowa City. 7 PM in the Council Chambers at City Hall in Iowa City.

**May 5<sup>th</sup>** – Cinco de Mayo fun at 2 PM at Walden Place. Public invited. “Como se dice piñata”?

**May 5<sup>th</sup>** - LitFlicks - free screening of *Appaloosa*, a 2008 western based on the book by Robert B. Parker, 6:30 pm. Free popcorn. Coralville Public Library.

**May 5<sup>th</sup>** - New Horizons Band Ensemble Concerts 2:30 - 4:30 PM in the Assembly Room at the Iowa City Senior Center with Director Don Coffman.

**May 6<sup>th</sup>** - University Band/Concert Band performance at the Iowa Memorial Union Main Lounge - Free. 8 PM. Sponsor - U of Iowa Division of Performing Arts.

**May 7<sup>th</sup>** New Horizons Band Ensemble Concerts - 2:30 - 4:30 PM in the Assembly Room at the Iowa City Senior Center with Director Don Coffman.

**May 7<sup>th</sup>** –2009 Irving B Weber Days History Lecture with Jeff Stein, Archives of Iowa Broadcasting, Wartburg College – lecture at 7:30 PM Meeting Room A, Iowa City Public library.

**May 7<sup>th</sup>** - Bickford Senior Living hosts it's Annual Shopper's Showcase Thurs. May 7<sup>th</sup> from 3 to 7 pm. Features home-party businesses, local artists and specialty shops. Bickford Senior Living - 3500 Lower West Branch Rd in Iowa City. Call Kate Skapyak at 319-325-4964 for information. Open to the public.

**May 8<sup>th</sup>** The Iowa City Hospice Singers – aka the “June Braverman Singers”– will be doing our “Sing Into Spring” song fest from 1-2:30 at several selected area retirement and long term care facilities. Call Margaret Reese at Iowa City Hospice if you would like to be part of this fun group and do some good while you're at it. 319.688-4219.

**May 9<sup>th</sup>** - 39th Annual Project GREEN Garden Fair: 9:00 am - 11:00 am, Carver-Hawkeye Arena. Free admission and free parking.

**May 9<sup>th</sup>** - "Mother's Day Music" - Englert Theatre and the Iowa City Public Library fundraiser with acclaimed violinist Tricia Park teaming up with Iowa City's own piano prodigy Conor Hanick. Program including works by Messiaen, Brahms and Prokofiev. At the Englert – 7:30 PM - \$20 Seniors 65+. (reserved seating).

**May 10<sup>th</sup>** – Happy Mother's Day – Walden place invites the public to come meet Elvis at 6:30 PM

**May 10<sup>th</sup>** “Trout Fishing in America”, a Hancher event being held at West High Auditorium – Guitarist Ezra Idlet and bassist Keith Grimwood with music for adults & children alike. 2 PM. \$12.50 -\$25; Senior discount for those 65+. Phone (319) 335-1160 for reservations.

**May 11<sup>th</sup>** - Solon Senior Advocates Board selects a "Solon Senior of the Year", an award given an individual who has been nominated by the community for outstanding service to the community of Solon.

**May 11<sup>th</sup>** - the Heritage Johnson County Task Force on Aging sponsors a special program by Ron Clark and Jody Hovland, founders of *Riverside Theatre*. Open to the public of all ages. 2:15 PM - Assembly Room at the senior center at 28 S. Linn Street.

**May 12<sup>th</sup>** - AARP Driver Safety Class meets from 10 AM to 2 PM in Room 208 at the Iowa City Senior Center. Instructor – Ron Bandy. Fee - \$12 – checks payable to AARP at the beginning of the session. Advance registration is required. Call 356-5220.

**May 12<sup>th</sup>** - New Horizons Band Spring Concert - 2:30 - 4:30 PM in the Assembly Room at the Iowa City Senior Center. Director: Don Coffman

**May 12<sup>th</sup>** – The City of North Liberty proclaims May as OLDER AMERICANS MONTH in North Liberty. 7 PM in City Council Chambers in North Liberty.

**May 12** The City of Coralville proclaims May as OLDER AMERICANS MONTH in Coralville – at 7 PM in City Council meeting in Council Chambers, Coralville City Hall.

**May 12<sup>th</sup>** - 2<sup>nd</sup> annual Springtime Singing Jam with the Voices of Experience and Paul Corbiere's Beat for Peace Drum Ensemble. The Lemme Children's Choir, under the direction of Ms. Lu Hileman and Assistant



Director Ms. Andrea Eganhouse, also perform. 7 - 8:30 PM at the Englert Theater. Free admission.

**May 13<sup>th</sup>** - AGING & ACTION FORUM: Partnering Through Hard Times - a one-day forum at HyVee Hall in Des Moines replaces the traditional Governor's Conference on Aging - due to our state's "hard times". Time: 8:30 to 4 PM. Free. Pre-registration required. Two local Johnson County persons will be receiving special awards at the event. (Notices on page 5/6).

**May 13<sup>th</sup>** - It's a Mystery! Librarian Georgia Heald leads the 10 AM discussion on *The Castlemaine Murders* - by Kerry Greenwood a cozy historical mystery set in Australia. This takes place in the Jean Schwab Auditorium of the Coralville Public Library.

**May 15<sup>th</sup>** - One of a Kind and Tell Me Your Story: Reception honoring Ellen Buchanan's 20<sup>th</sup> anniversary of producing local history videos about people who have made a difference in our community. 4:30-6 PM with formal program at 5:30 Persons interviewed over the years will be special guests, as well as A.K. Traw, who has provided research assistance. Meeting Room A - Iowa City Public Library.

**May 16<sup>th</sup>** - Community Stories Project Exhibit opening. Features stories/pictures from communities all over the county. Johnson County Historical Society at 860 Quarry Rd. - Coralville - 2-4 PM. Free Will donation.

**May 17<sup>th</sup>** - Weber Days - Genealogy Resources - expand your knowledge of your own family history - with Rosemary Tiwari, Newsletter Editor of the Iowa City Genealogical Society - Iowa City Public Library computer Lab, 2<sup>nd</sup> Floor. Registration required. Call the reference desk to register. 356-5200 - option 5.

**May 18<sup>th</sup>** - Senior Potluck sponsored by the Coralville Rec. Dept. takes place at the Shelter by the Duck Pond in Morrison Park. (Rec. Center if bad weather) - promptly at 12 noon. Bring a covered dish to share and your table service. Meat, drinks, camaraderie and program are provided. Donations welcomed.

**May 20<sup>th</sup>** - Solon City Council proclaims May as Older Americans month in Solon and honors the "Solon Senior of the Year". The award winner and the Mayor will be the subject of a feature article and picture in the next issue of the Solon Economist.

**May 21<sup>st</sup>** "Tee Off for Philanthropy, Team Up for Community" 3<sup>rd</sup> annual golf outing benefit for the United Way of Johnson County and the Community Foundation of Johnson County. Finkbine Golf Course. Registration continues through May 9<sup>th</sup> or until all

available slots are filled. Participation - \$500 per foursome; \$125 per individual. Register by mail, e-mail, fax. Forms available at [http://www.unitedwayjc.org/2009\\_Golf\\_Outing\\_Registration.php](http://www.unitedwayjc.org/2009_Golf_Outing_Registration.php) "Golf Outing"; United Way of Johnson County; 1150 5<sup>th</sup> St. - Coralville - 52241.

**May 21<sup>st</sup>** - Trains Across Iowa - Rudolph Daniels, Western Iowa Tech Community College in Sioux City. All Aboard for Iowa rail adventure of past, present and future of the Hawkeye State's railroads. 12 noon - Mtg. Room A, Iowa City Public Library. This is a **special "Third Thursday" program, planned for those 55 and up.** Open to the public. Persons attending are encouraged to bring a sack lunch. Lunches are available by reservation with a \$2 suggested contribution toward the cost. Call the Reference Desk to register. 356-5200-option 5.

**May 22<sup>nd</sup>** - University of Iowa Steel Drum Band Free Outdoor Concert: The steel Drum Band takes the audience on delightful tour of percussion-based music from around the world. Free. 6:30 PM. Kent Park.

**May 23<sup>rd</sup>** - *Barn Dance*: Beginners lessons - 7:30 - 8 PM; main event 8 - 11 PM. Site - Iowa City Senior Center. Live band. \$5 cover at the door.

**May 25<sup>th</sup>** - Civil War Remembrance Day - including period music performed by the Marengo Civil War Band and Civil War Re-enactors. Free and open to the public at the Herbert Hoover Museum in West Branch. Shows at 1:30 PM and again at 3:00 PM.

**May 25<sup>th</sup>** - Plum Grove, home of Robert Lucas, Iowa's 1<sup>st</sup> territorial Governor, opens for the season. Regular hours 1-5 PM - Wed. - Sunday. 1030 Carroll Street in Iowa City. Free.



**May 25<sup>th</sup>** - Dan Zanes and Friends: Memorial Day, Monday, May 25, 3 pm - Upper City Park - Benefit event for Hancher Auditorium. get ready to dance on Memorial Day as Zanes brings his funky, folksy, family music to Upper City Park for a benefit performance for Hancher. You should probably bring your lawn chairs or blankets. Free! Donations encouraged.

**May 26<sup>th</sup>** - May 26<sup>th</sup> - (and other dates) - Visit to the Grape Escape Vineyard & Winery in Pleasantville. Wines of Iowa III series will visit selected Iowa wineries. Each trip includes lunch, wine tasting, classes, tours and charter bus transport. Other series visits are White Oak Vineyards in Cambridge (June 2), Brush Creek Winery in Bellevue (June 9), Penoch Winery in Adel (June 16<sup>th</sup>) and Stone Cliff Winery in Dubuque

(June 23<sup>rd</sup>). Trips are from 9am to 4 pm. \$75 per trip or \$350 for the full series. Contact Lindsey Abbott at OSHER/ UI Center on Aging –Ph: 319.384.4221.

**May 28<sup>th</sup>** Heritage Area Agency on Aging hosts their annual volunteer recognition event at KCC in Cedar Rapids. (NOTE: Johnson County Supervisor Rod Sullivan is targeted for a special award. (see p. 6.)

**May 28<sup>th</sup>** Coralville Public Library hosts “Stage on the Page”, a drama discussion group meeting at 10 AM at the library. The focus on this date will be *August: Osage County* – a drama by Tracy Letts - a major new Broadway play that unflinchingly and uproariously exposes the dark side of the Midwestern American family” ([www.augustonbroadway.com](http://www.augustonbroadway.com)). Winner of 5 Tonys and the 2008 Pulitzer Prize for Drama.

**May 28<sup>th</sup>** Lookout Films, Inc Presents: Ten More Good Years, a documentary by Michael Jacoby. Introduces remarkable LGBT (lesbian, gay, bisexual and transgender) Elders who share inspiring stories of their lives and Queer History. 6:30 PM – Senior Center:

**May 29<sup>th</sup>** – Post Card Reminiscing at 2:30 at Walden Place. Bring old post cards to share and talk about.

**May 29<sup>th</sup>** – Older Americans with Disabilities: the Evert Conner Rights and Resources Center for Independent Living hosts a Pancake Breakfast and High Blood Pressure Screening from 8 to 11AM at the Evert Conner Center -730 S. Dubuque St. – IC Iowa City, IA 52240). [Donations are always welcome, but the food and health screenings are free.]

**May 29<sup>th</sup>/30<sup>th</sup>** - 30th Annual Mennonite Relief Sale. Iowa's largest quilt auction, handmade furniture and crafts, flowers and bedding plants. Auctions, food, buggy rides. Johnson County Fairgrounds. Phone 646-6870 for information.

**May 30<sup>th</sup>** – Irving Weber’s Iowa City – 10 AM to 6 PM. Learn about Iowa City area history with Iowa City’s official historian, Irving B. Weber. Weber’s History programs will play all day on the Library Channel. Meeting Room A. Iowa City Public Library. NOTE: Program will be canceled in case of rain.

**May 31<sup>st</sup>** - Chamber Singers of Iowa City perform Mozart’s *Vesperae de Dominica* ("Sunday Vespers") and Haydn’s famous *Requiem*. 3 – 4:30 PM. Opstad Auditorium at City High School. Seniors - \$12.

**May 31<sup>st</sup>** - Join us for an Elderberry Tea in Celebration of Older Americans Month - May 31, 2009. Tea & lunch - seatings at 11AM & 1:30PM;

University Athletic Club, Melrose Avenue, Iowa City. Reservations, call 338-0515. Cost \$25 per person. Sponsored by Elder Services, Inc.



## Johnson County Livable Community for Successful Aging Initiative 2009 Policy Board Members

**Bob Welsh – Chair**

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**Mary Wiemann - Vice-chair – Elder Services, Inc.**

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**Eve Casserly – Secretary, newsletter editor**

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**Susan Boyd – Iowa City**

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**Dr. Kathleen Buckwalter – University of Iowa**

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**Carl Kice Brown – Lone Tree City Council**

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**Patti Fields – United Way of Johnson County**

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**Scott Gill – The Connor Center for Independent Living**

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**Linda Kopping – Iowa City Senior Center**

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**Rod Sullivan- Johnson County Board of Supervisors**

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**Steve Trefz – Mid-East Iowa Community Mental Health**

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**Dee Vanderhoef – Iowa City**

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*The Policy Board meets monthly in the Conference Room at the County Services Building – 2<sup>nd</sup> Tuesday at 2 PM.  
Board members are appointed by the County Board of Supervisors to serve specific terms of volunteer service.*