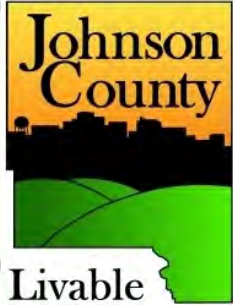


Johnson County Livable Community Information for Successful Aging



Livable
Community

Old Age Is
Always
15 Years Older
Than I Am



2011 State / County Senior Population

Iowa

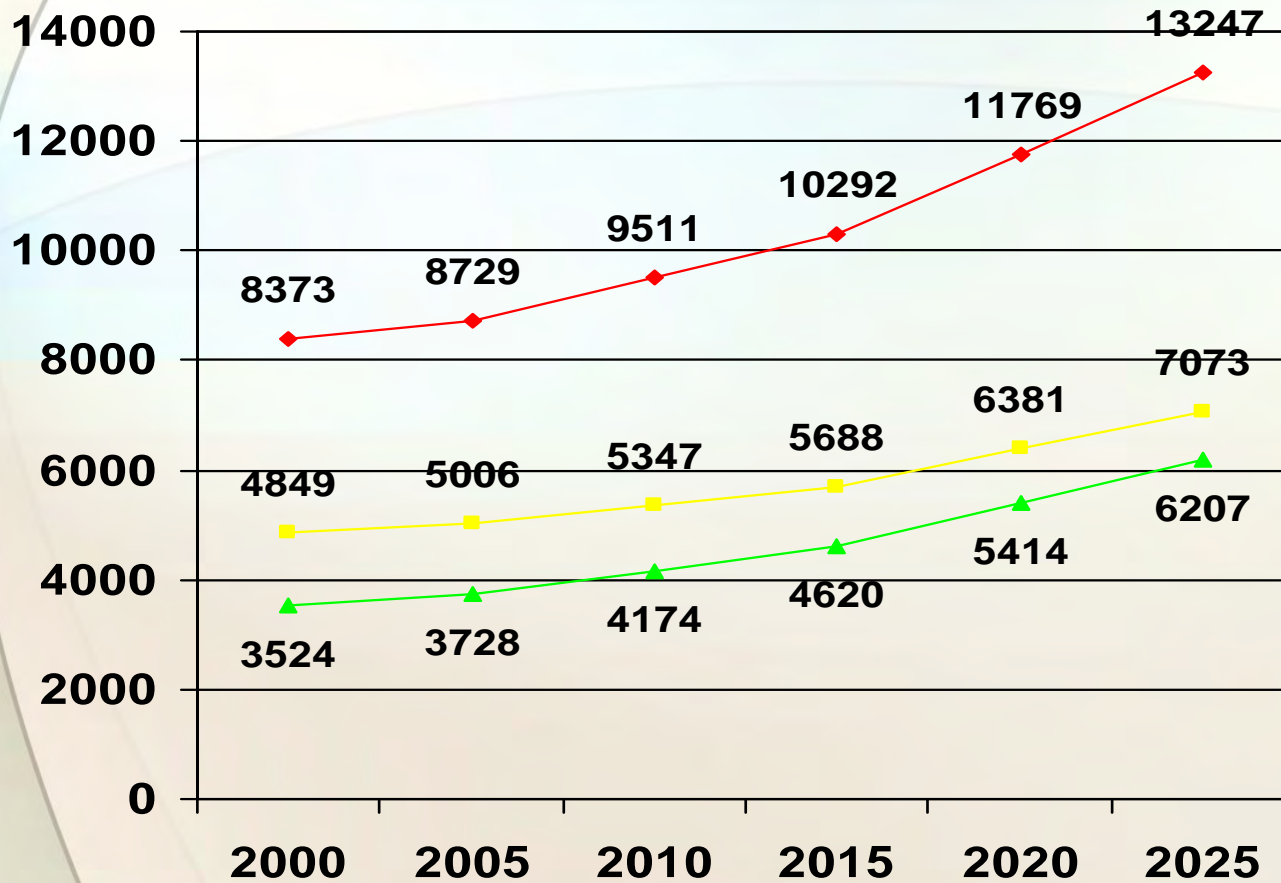
- 15 percent – 65 plus
- 21 percent – 60 plus
- 21 percent – older than 55 years

Johnson County

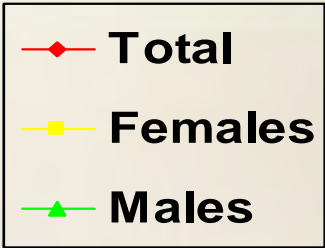
- 9 percent – 65 plus
- 13 percent – 60 plus
- 20 percent – older than 55 years



Johnson County Population U.S. Census Projections 65+ 2000-2025



65 +
2011 – 11,211





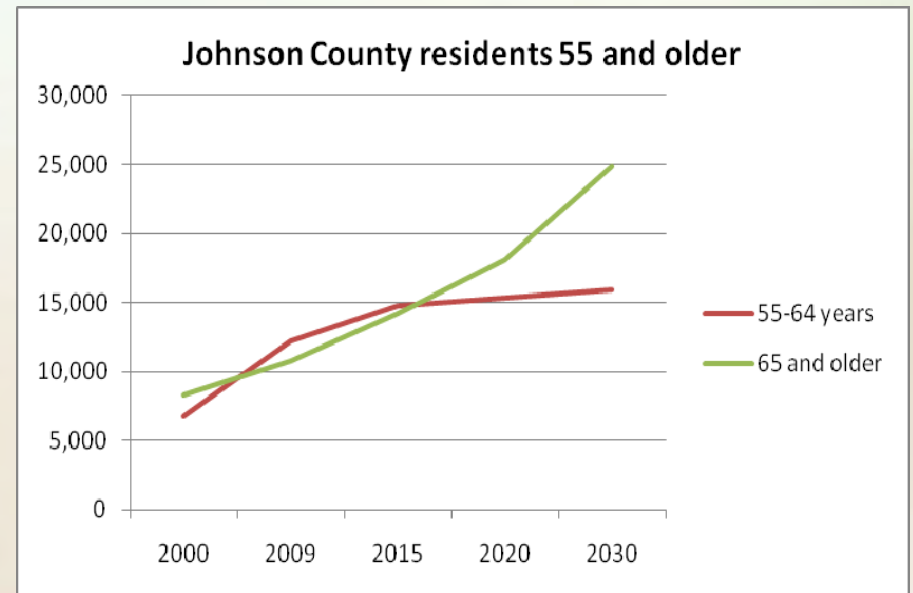
Johnson County Population U.S. Census Projections 65+ 2000-2025

Johnson County residents ages

	55-64 years	65 and older
2000	6,797	8,300
2009	12,193	10,825
2015	14,789	14,161
2020	15,361	18,132
2020	15,938	24,894

Woods & Poole Economics 2009

Actual 2011
65 and older – 11,211



YOUNG AT HEART

Slightly older
in other places.

www.cafepress.com/GeezerShop



Johnson County Demographics

Age 55+

Employees:

- 2004—8,933
- 2006—10,185
- 2010—14,008

Age 65+

Households: 7,860 or 14.9 percent of all households

Education:

- High School Diploma—89.1 percent
- Bachelor's Degree or higher—30.7 percent

Source: US Census 2009

Seniors are responsible for **\$398 million** in spending EVERY year and **nearly 4,900 jobs** in Johnson County.

That spending is circulated in the local economy to provide additional services and more jobs.

RETIREMENT



States ranked from first to worst on retirement

By Chris Kahn • Bankrate.com

Check out how your state ranks for retirement

Overall rank	State	Cost of living	Crime rate	Community well-being	Health care quality	Tax rate	Weather
1	Wyoming	19	5	20	37	1	8
2	Colorado	30	25	6	14	19	3
3	Utah	7	22	19	7	23	6
4	Idaho	3	2	27	21	27	7
5	Virginia	22	4	15	13	21	10
6	Iowa	11	12	4	5	22	39

March 23, 2015



Best Cities for Successful Aging

2014



MILKEN INSTITUTE

Changing the World in Innovative Ways



2013 10 Best College x

livability.com/top-10/college/10-best-college-towns/2013

LIVABILITY TOPICS FIND A CITY BEST PLACES TO LIVE TOP 10 MOVING BLOG

2013 10 Best College Towns

College

Our Top 10 College Towns 2013 list showcases communities with strong ties to the universities that call them home. These places offer residents a high quality of life thanks largely to the impact the college has on the town.

6 Iowa City, IA



Iowa City area recognized as leader for older adults

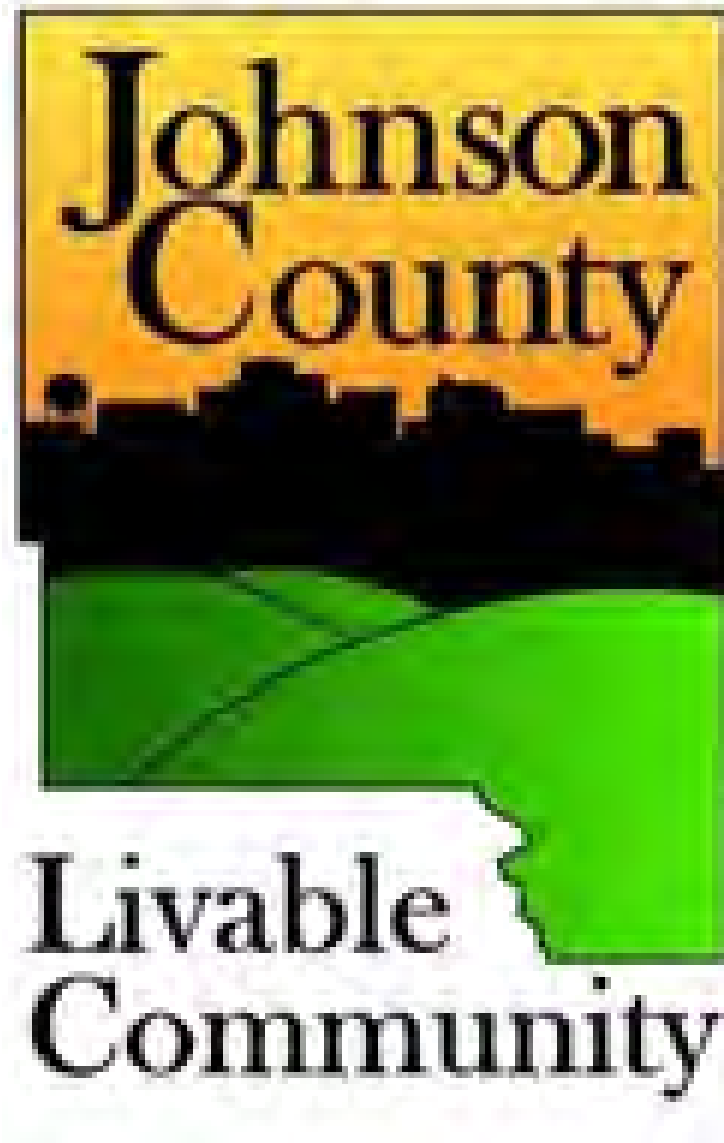
Money magazine:

Iowa City – top 100 small U. S. cities, and one of the top five college towns in the U.S.

ONE of the top FIVE college towns
In the U. S. offering

- Strong job opportunities
- Great schools
- Safety
- Quality health care
- Numerous activities





JCLC for Successful Aging Speaker Bureau



POLICY BOARD MISSION

MISSION: To serve as a unifying structure that fosters effective collaboration, communication, and education that will build and sustain a livable community for successful aging

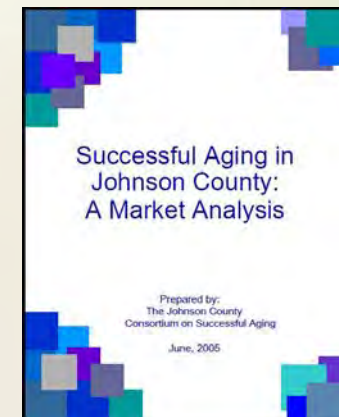


JCLC HISTORY

March 21, 2004—Create Johnson County Strategic Plan on Aging

2005 Report Recommendations:

1. Encourage more “senior friendly” efforts by local governments, businesses and organizations
2. Use follow-up studies (Health and Supportive Services, Transportation, Housing, Successful Aging) to
 - a) Define specific needs of Johnson County seniors
 - b) Identify best practices and viable responses
 - c) Obtain stakeholder support to address needs
3. Create independent, current and comprehensive information repository of programs/services/policies
4. Recruit professional staff to help implement recommendations





JCLC HISTORY: 2006 Planning Forum

JCLC developed four reports:

Aging

Health & Human Services

Housing

Transportation



JCLC HISTORY: 2006 Planning Forum

JCLC Aging Report

Suggests *expanding opportunities* for education and leisure activities.

Programs and services offered by faith-based and other organizations should increase as well as opportunities for paid work and volunteering.

© Randy Glasbergen
glasbergen.com



**“Your doctor can only do so much.
The rest is up to you. Stop getting older.”**

Trying to slow down the aging
process?



Try sending it through
Congress



That will slow **ANY**thing down



JCLC HISTORY: 2006 Planning Forum

JCLC Housing Report

Suggests Johnson County should increase information to older adults and develop or administer increased housing options along with the supply of affordable, adequate, and accessible housing.

Services to allow persons to age in place should also increase.



DEFINING OUR VISION

To help Johnson County become a more livable community where everyone can age successfully



DEFINING OUR VISION

Johnson County will be a livable community which has:

- Health and supportive services
- Transportation and mobility options
- Affordable, accessible, and appropriate housing
- Community and economic development
- Cultural, volunteer, life-long learning and employment opportunities
- Public safety

Which together facilitate personal independence and the engagement of residents in civic and social life.



KEY PURPOSES of POLICY BOARD

- Prepare Johnson County to address the needs of an aging population
- Serve as a unifying structure that brings together common interests and collective resources to foster effective collaboration, cooperation, communication, education, and direction of efforts that will build and sustain a livable community for successful aging



POLICY BOARD MEMBERS

- Appointed to 3-year terms
- No less than 10 and no more than 16 members
- 2 to 3 representatives of Johnson County government, including a Board of Supervisors member
- 4 to 7 individuals affiliated with organizations/other governmental bodies working on issues of aging or livable communities in Johnson County
- 3 to 6 residents of Johnson County, with at least 2 members residing outside of the urbanized area, serve in an at-large capacity



EXPECTED STRATEGIC OUTCOMES

- Improve communications and outreach efforts to Johnson County residents
- Increase community dialogue on successful aging

Successful Aging in a Livable Community

This?



Or this?





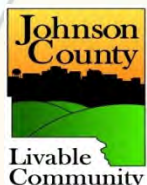
OUR CURRENT ACTION TEAMS

Transportation

Housing

Falls Prevention

Communications



HOUSING ACTION TEAM

Leads collaborative efforts to ensure these important components remain available for older residents of Johnson County:

- **Affordability**
- **Accessibility**
- **Assistive Technology Equipment**
- **Universal Design**
- **Home Safety**
- **Housing Accessibility Project (HAP)**
- **Availability and Housing Options**



FALLS PREVENTION ACTION TEAM

Informs residents about the costs and risk factors associated with falls, and encourages prevention:

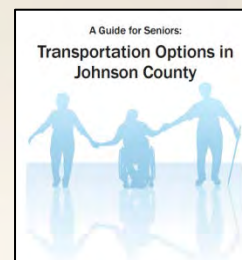
- **Sure Steps program** helps prevent falls and maintains your safety in the home
- **Home safety and personal risk assessments** are completed by a registered nurse at no charge
- **A Matter of Balance program** helps manage falls and increase activity levels
- **Stepping On program** empowers older adults to carry out health behaviors that reduce the risk of falling



TRANSPORTATION ACTION TEAM

Works to help seniors maintain independence:

- **Inventory of transportation and mobility options** guide identifies metro and rural area service providers in Johnson County
- **Affordable transportation to vital medical appointments:** partnered with Elder Services' RSVP program, Metropolitan Planning Organization of JC, Iowa City and Coralville Transits, and SEATS to create the Medical Transportation Program





SENIOR CITIZEN RV



COMMUNICATIONS COMMITTEE

Creates and updates materials to help the JCLC Policy Board and Action Teams

- inform the community about overall goals and efforts
- publicizes events and activities
- disseminates informational resources for successful aging throughout the community

*New design
cell phone
for seniors*





SENIOR CITIZEN TEXTING CODES

ATD	At The Door
BFF	Best Friend Fell
BTW	Bring The Wheelchair
BYOT	Bring Your Own Teeth
FWIW	Forget Where I Was
GGPBL	Gotta Go Pacemaker Battery Low
GHA	Got Heartburn Again
LMDO	Laughing My Denture Out
OMMR	On My Massage Recliner
OMSG	Oh My! Sorry, Gas
ROFLACGU	Rolling On Floor Laughing And Can't Get Up
TTYL	Talk To You Louder



COMMUNICATIONS COMMITTEE

- [*Directory of Aging Services*](#)

Provides links to community resources



COMMUNICATIONS COMMITTEE

Directory of Aging Services and Resources

www.livablecommunity.org/Services/Default.aspx

Free Hotmail Windows Mark... Customize Links Windows Media [Show next pag... Windows ABC News: Top ...

rtion Safe Search THIS PAGE IS SAFE VAULT IS CLOSED SHARE VIA FACEBOOK

Johnson County Livable Community Information for Successful Aging [Contact](#) | [Newsletter](#) | Font Size:

Home **Find Services** Events Our Resources About Get Involved!

- Common Questions
- Category Definitions
- Terms of Use
- Update your organization

[Home](#) > Find Services

Find Services

Search our entire Directory of Aging Services or search by category for answers. Enter a keyword or click on a category and scroll down to see services offered. To add your organization to this directory or to update your information, go to our Directory Login page ([click here](#)) to login or create a new account.

Disclaimer: Individual service providers are responsible for keeping their information up-to-date. Johnson County Livable Community does not endorse any service provider(s), nor does JCLC make claims regarding and cannot be held responsible for the conduct of any organization listed.

Enter a keyword Select a category & press search [show all](#)

Keyword Search [View Category Definitions](#)

Page size: 50 131 items in 3 pages

ORGANIZATION NAME	ADDRESS	PHONE
AARP Driver Safety	601 E Street NW, Washington, VA 20049	888-227-7669
AARP of Johnson County	1556 First Avenue - Suite B, Iowa City, IA 52240	319-335-0431
Access to Independence of the Eastern Iowa Corridor	1556 S. 1st Ave Suite B, Iowa City, IA 52240	319-338-3870



COMMUNICATIONS COMMITTEE

- Works with the JCLC Specialist to coordinate and contribute articles to produce our free [Connections](#) newsletter, emailed to more than 1,500 readers quarterly



Johnson County Livable Community Information for Successful Aging

> the primary information resource for seniors <

Spring 2015

Spruce up for Spring!

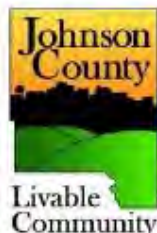
Spring is coming, a good time to freshen up your living space. Here are some tips to consider.

- **Check the medicine cabinet.** Get rid of expired, unused medication. Store medicines in a cool, dry, dark place.
- **Clear up clutter.** Keep floors and walkways clear to easily navigate. Remove throwrugs to prevent falls or place carpet tape under rugs to prevent slipping. Arrange frequently used items to be easily accessible. Check carpeting on stairs to make sure it is firmly attached. Open blinds and curtains and raise shades for better day lighting. Install night lights in the bathroom and hallways. Coil or tape telephone and computer cords along a wall out of the way. Set the hot water heater to 120°F to prevent accidental burns. Never try to move heavy objects or furniture on your own. Use cordless cleaning tools and lightweight equipment for household chores.
- **Have an emergency plan in place.** Know who to call in an emergency and have your phone programmed accordingly.
- **Periodically check your smoke alarm system, fire extinguisher, and emergency kit,** which may include a flashlight and spare batteries, Band-Aids, triple antibiotic ointment, medications, protein bars, a current medication list, and names and phone number of family or friends to contact in an emergency.



Inside This Issue...

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Household Hazardous Waste	3
Medication Disposal	3
Volunteer Spotlight	4
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Around the County	6
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Free Tax Help	8
It's Your Call	9
Interpretation Hotline	10



www.LivableCommunity.org

Johnson County Livable Community is an initiative of the Johnson County Board of Supervisors. JCLC partners with businesses, organizations, professionals and volunteers to address and facilitate personal independence and an active civic and social engagement for Johnson County senior residents. Action teams and work groups assist and promote successful aging for all. The *Connections* newsletter is produced quarterly; contact us with your ideas!

www.LivableCommunity.org | 319-356-6090



Johnson County Livable Community

JCLC partners with businesses, organizations, professionals and volunteers to address and facilitate personal independence and active civic and social engagement for Johnson County senior residents.



Spring Cleaning: Reduce, Recycle, Renew!

by Sally Leme, JCLC Communications Committee

The time for spring cleaning is approaching. Help make Johnson County a cleaner, more livable community by resolving to reduce, reuse, and recycle.

Reduce

Waste reduction is the BEST way to keep materials out of the landfill. Simple ideas: purchase reusable items, eliminate junk mail, use canvas bags when grocery shopping, buy in bulk to decrease packaging waste.

Reuse

Use a travel mug or a water bottle rather than disposable containers. Use rechargeable batteries. Visit the Iowa Valley Habitat for Humanity ReStore to donate or purchase building materials or used appliances. Find or donate historical architectural items at the Salvage Barn. Both are located at 2401 Scott Blvd. SE in Iowa City.

Recycle

Recycling keeps material out of the landfill, conserves natural resources, and saves energy needed to produce new resources. Use curbside recycling or recycling centers.

Iowa City Landfill & Recycling Center

3900 Hebl Avenue SW, Iowa City

Iowa City East Side Recycling Center

2401 Scott Blvd. SE, Iowa City

- Consider reselling. See "Consignment" in the telephone book.
- Furniture can be donated to local households in need at no cost through the Furniture Project (319-358-6800).
- Donate unwanted items to charity:

Goodwill Stores

985 Highway 6 E, Iowa City
2551 Heartland Pl., Coralville

Salvation Army

1116 Gilbert Court, Iowa City

- Household items, clothing, and furniture can be donated to "Rummage in the Ramp," an annual Iowa City sponsored effort held in late July that aims to keep tons of reusable items out of the landfill and redirected to those in need. In 2014, 31.3 tons was sold and diverted from the landfill. Contact the City of Iowa City Recycling Coordinator at 319-887-6160 or email jennifer-jordan@iowa-city.org.





Johnson County Livable Community

Information for Successful Aging

Contact | Newsletter | Font Size:

- Home
- Find Services
- Events
- Our Resources
- About
- Get Involved!

Quick Links

- In-Home Services
- Education/Cultural Events
- Health & Medical
- Housing for Independent Living
- Transportation

[View All Services](#)



JCLC Communications Committee



Spring News
Read what is happening in Johnson County in our latest Connections newsletter



Sure Steps Fall Prevention Project
One out of three Iowans age 65+ fall each year. Learn the steps you can take to prevent falls.



Iowa City ranks #1 small metro for aging!



Common Questions



Get Involved!



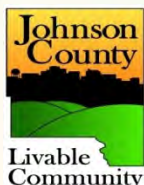
News & Events



JCLC RESOURCES

Grant-associated collaborative efforts

- 2010-Sure Steps funded by Wellmark Foundation, Elder Services, grantee (Falls Prevention Action Team)
- 2012-Medical Transportation Program funded by New Freedom Foundation, Elder Services, grantee (Transportation Action Team)
- 2012-Newsletter Grant funded by Community Foundation of Johnson County, JC DHS, grantee on behalf of JCLC (Communications Committee)
 - *Connections* newsletter emailed to 1,500+ readers



JCLC FINANCES AND STAFF SUPPORT

Your help is needed to ensure our seniors age well:

- **Volunteer** – work group or Action Team
- Make **private, tax-deductable gifts** to support Johnson County Livable Community via the Community Foundation of Johnson County
 - Charitable Giving Fund
 - Endowment Fund – may qualify for a **25 percent tax credit**

For more information visit our website www.livablecommunity.org

The screenshot shows the homepage of the Johnson County Livable Community website. The browser address bar displays "livablecommunity.org/Default.aspx". The page features the Johnson County Livable Community logo and tagline "Information for Successful Aging". A navigation menu includes "Home", "Find Services", "Events", "Our Resources", "About", and "Get Involved!". A "Quick Links" sidebar lists: In-Home Services, Education/Cultural Events, Health & Medical, Housing for Independent Living, and Transportation, with a "View All Services" button. A central image shows two men at a computer, captioned "JCLC Senior Tech Zone at IC Public Library". On the right, there are three news items: "Spring News" (Connections newsletter), "Sure Steps Fall Prevention Project" (fall prevention for seniors), and "Iowa City ranks #1 small metro for aging!" (Best Cities for Successful Aging award).

Home - Johnson Col. x
livablecommunity.org/Default.aspx

Johnson County Livable Community
Information for Successful Aging

Contact | Newsletter | Font Size: + -

Home Find Services Events Our Resources About Get Involved!

Quick Links

- In-Home Services
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View All Services

JCLC Senior Tech Zone at IC Public Library

Spring News
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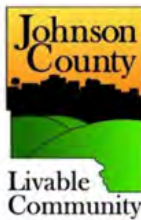
Sure Steps **Sure Steps Fall Prevention Project**
One out of three Iowans age 65+ fall each year. Learn the steps you can take to prevent falls.

Iowa City ranks #1 small metro for aging!
Best Cities for Successful Aging

? Common Questions

Get Involved!

28 News & Events



View Events

Home > Events

Events

Have an event to post on our website? [Click here](#) to submit.

<input type="text"/>	-- All Categories --	3/3/2016	3/3/2017	<input type="button" value="Search"/>	view all »
Keyword	Category	From	To		this month »



[Senior Tech Zone: Thursdays at the Iowa City Public Library](#)

Thursday, Mar 3, 10:30 am to 12:30 pm

Iowa City Public Library



[Webinar: Falls Prevention for Adults Aging with Disabilities](#)

Thursday, Mar 3, 2:00 pm to 3:30 pm

online



[Piano Sundays: Old Capitol Museum](#)

Sunday, Mar 6, at 1:30 pm

Old Capitol Museum, The University of Iowa

You can't help
getting older,
but you don't have
to get **old.**

(GEORGE BURNS)



