



Johnson County Livable Community
Information for Successful Aging
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FOR IMMEDIATE RELEASE

INJURY PREVENTION SCREENINGS

Older Americans Month 2014: “Safe today, healthy tomorrow”

Johnson County, Iowa — May is Older Americans Month and this year’s theme, “Safe today, healthy tomorrow,” focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible. Johnson County Livable Community will host two free screenings to help people determine their risks for injury and learn ways to improve health. Screenings will be held from 8:30 to 11:30 am on Sunday, May 18, at Coralville United Methodist Church, 806 13th Avenue (enter on 12th Street lower level and go to the Community Room and from noon to 3 pm on Wednesday, May 21, at the Visiting Nurse Association (VNA), 1524 Sycamore Street in Iowa City.

Individuals attending a screening should wear comfortable, low-heeled shoes. Screenings are conducted by trained volunteers with the oversight of a community expert. A nurse will be available to discuss medications and fall risk. Optional free cholesterol and blood pressure screenings will be conducted by staff from the VNA. No fasting is necessary. Questions? Call Joyce or Lola at 319-337-9686.

Physical activity and fitness make the most difference in fall prevention. Research shows being physically active helps with muscle and bone strength, balance, coordination, and can increase mental alertness. Unintentional injuries to older Americans result in at least 6 million medically treated injuries and more than 30,000 deaths every year. Johnson County Livable Community encourages older adults to learn about the ways they can avoid the leading causes of injury, such as falls.

Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May, recognizing older Americans for their contributions and demonstrating our nation’s commitment to helping them stay healthy and active.

Learn more about successful aging for all at 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. For more information visit the JCLC Web site at www.livablecommunity.org.

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