Golden Years

Help for older neighbors and the folks who care for them

For our seasoned neighbors and the people who love them. Getting older comes with plenty of wisdom, and sometimes a few new questions. Here are trusted places to turn, close to home. – Kathy

A good first call

Heritage Area Agency on Aging: **319-398-5559** or toll-free **1-800-332-5934**

211 Iowa, free help finding local services, 24/7: dial **2-1-1**

Rides

LIFTS door-to-door rides: **319-892-5170** (weekdays 7 a.m. to 5 p.m.)

Aging Services volunteer rides for adults 60+: **319-398-3644** (seven working days' notice, please)

Mount Vernon and Lisbon, adults 60+: Southeast Linn Community Center, **319-455-2844** (register first, then call 4 days ahead)

Meals

Meals on Wheels (Horizons), hot or frozen meals delivered: **319-398-3574**

A friendly voice

AARP Friendly Voice volunteers will call to say hello: **1-888-281-0145** (Spanish: **1-888-497-4108**). Their calls may show "Friendly Voice" or "800 Service."

Memory and caregiving

DeWolf Family Innovation Center, 9000 C Ave. NE, Cedar Rapids: **319-784-9200**. Family Caregivers Center: **319-221-8866**

Your home

Free legal advice for Iowans 60+, Legal Hotline for Older Iowans: **1-800-992-8161**

Property tax savings for homeowners 65+: ask your assessor; apply by July 1.

If someone seems lost or in trouble

Stay with them and speak kindly. If anyone is hurt or in danger, call **9-1-1**. Otherwise, police non-emergency: Cedar Rapids **319-286-5491** · Marion **319-377-1511** · Hiawatha **319-393-1212** · Sheriff **319-892-6100**

Worried about neglect or abuse?

Iowa HHS, anyone may call, 24/7: **1-800-362-2178**

Nursing home or care facility: **1-877-686-0027** (weekdays 8 a.m. to 4:30 p.m.)

Need to talk? Call or text **988**.

Medicare questions? Iowa SHIIP offers free, one-on-one counseling. Open Enrollment runs Oct. 15 to Dec. 7.

More details and links: linnneighbors.com/golden-years

Last checked: November 4, 2026 · Hours and numbers can change, so please call ahead.

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