



Livable Community for Successful Aging Newsletter



In a livable community everyone can age successfully and live a vital life with the opportunity to flourish in the community.



HEALTHY AGING



TAKE THE SURVEY

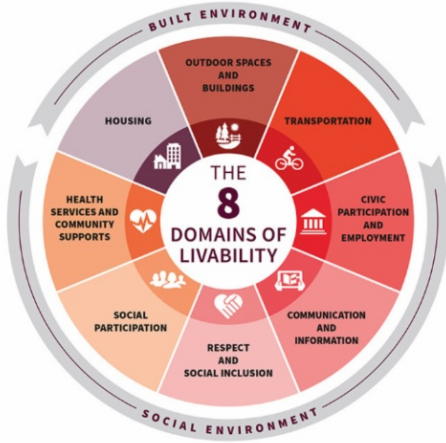


TAX HELP

And more!

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DON'T FORGET

**JOHNSON COUNTY
RESIDENTS INVITED TO
SHARE THEIR VIEWS ON
LIVABILITY FOR AGING
SUCCESSFULLY**

The Johnson County Livable Community for Successful Aging Policy Board is completing a survey aimed at understanding the experiences and perceptions of residents aged 45 and older regarding livability in Johnson County.

[CLICK HERE to complete the survey!](#)

Or scan this with your phone camera:



English



Arabic



French



Spanish

February is Black History Month



“The 2025 Black History Month theme, African Americans and Labor, focuses on the various and profound ways that work and working of all kinds – free and unfree, skilled, and unskilled, vocational and voluntary – intersect with the collective experiences of Black people. Indeed, work is at the very center of much of Black history and culture. Be it the traditional agricultural labor of enslaved Africans that fed Low Country colonies, debates among Black educators on the importance of vocational training, self-help strategies and

entrepreneurship in Black communities, or organized labor’s role in fighting both economic and social injustice, Black people’s work has been transformational throughout the U.S., Africa, and the Diaspora. The 2025 Black History Month theme, “African Americans and Labor,” sets out to highlight and celebrate the potent impact of this work.”

Read more at: <https://asalh.org/black-history-themes/>



Iowa Rent Reimbursement

If you're a low-income lowan aged 65 or older or a low-income disabled adult you may be eligible for a partial reimbursement of your rent. You can now apply for reimbursement for 2024 and 2023 claims using any device that connects to the internet. To be eligible you need to be 65 or older in the claim year or be at least 18 and totally disabled in the claim year.

Income Limits

To be eligible for Rent Reimbursement for claim year 2024, your total annual household income must be less than \$26,219

To be eligible for Rent Reimbursement for claim year 2023, your total annual household income must be less than \$25,328

You can apply online at

<https://benefits.stateofiowahhs.org/program/rentreimbursement>

You may access downloadable paper applications at the following links:

2024 application- <https://johnsoncountyiowa.gov/sites/default/files/2025-01/2024%20Iowa%20Rent%20Reimbursement%20Form.doc>

2023 application- <https://johnsoncountyiowa.gov/sites/default/files/2025-01/2023%20Iowa%20Rent%20Reimbursement%20Form.doc>

If you need help completing the application, you may reach out to Jeff Kellbach, jkellbach@johnsoncountyiowa.gov or by calling 319-688-5842.

www.livablecommunity.org



Medical Transportation Program

The 55+ RSVP Medical Transportation Program provides rides for seniors and disabled adults who have no other means of getting to medical appointments. Without this transportation, many would not access vitally needed medical services, especially in the rural areas of our communities.

Responsibilities:

- Complete one-hour training, at no cost
- Drive client to a medical appointment
- Maintain a valid driver's license and automobile insurance.

Rewards:

- Provide a meaningful experience for the driver, as well as the client
- Become a necessary link between the clients and their health care provider
- Provide assistance to seniors and disabled adults of any age that helps to keep them safe and independent in their own homes

Mileage reimbursement available



VOLUNTEER OPPORTUNITIES



Volunteer Income Tax Assistance (VITA) is a national IRS sponsored program that provides free tax preparation of federal and state tax returns for low income households. On average, it costs a taxpayer nearly \$300 to have their return prepared and filed by a tax firm. This money can instead be used for basic needs, such as groceries and rent.

Volunteers are critical to the success of the VITA program. VITA volunteers are needed to help prepare and file tax returns. No previous experience is necessary. Volunteers will complete IRS training to become certified tax preparers. Volunteer greeters are also needed to welcome tax payers to the tax clinics and gather needed paperwork.

[Sign up to volunteer today!](#)

Protect Your Heart During the Winter Months



Cold weather can impact heart health, especially for older adults. Exposure to cold causes blood vessels to constrict, leading to increased blood pressure and a higher risk of heart attack or stroke. Since the heart has to work harder to maintain body temperature, cold weather can also aggravate angina (chest pain).

Here's what you can do to keep your heart healthy when it's cold:

Dress warmly and wear layers to maintain body heat




- Limit time outdoors, taking regular breaks to warm up inside if needed
- Be cautious with physically strenuous activities, like shoveling snow
- If you experience new or worsening heart-related symptoms (such as chest pain, shortness of breath, dizziness, or a racing or irregular heartbeat), seek medical attention. To learn more, click here to visit the American Heart Association website.



Unlock the KEYS to Dementia Prevention!


Join our *weekly class* at the Iowa City Senior Center, running Thursdays from **March 6th to May 8th, 10 am–12 pm.**


Each week, we'll explore a new "key" to dementia prevention:

-  **Eat Well**
-  **Get Moving**
-  **Sleep Better**
-  **Right Medications**

...and more!

Learn from expert guest speakers, including a **dietician, fitness expert, and pharmacist**, and benefit from personalized support through **one-on-one health coaching** with University of Iowa student health coaches in addition to the weekly classes.

 **Iowa City Senior Center**

 Thursdays, March 6–May 8

 10 am–12 pm

Registration is \$20

To sign up, email **Lisa Parlato** at lparlato@johnsoncountyiowa.gov.

For more details, contact Lisa and/or visit www.brainhelpandhope.org.

Family & Friends Dementia Education Class

February 20, 2025
10:00am - 12:00pm
Iowa City Senior Center
Room 308



Caring for a loved one with dementia can be challenging, especially when faced with the unknowns of the disease. This free class, presented by staff from Bickford Home Care, will help to offer insight and support to family and friends as they adjust to caregiving for a loved one with dementia.

How to Maintain Your Mental Health in Winter



1. Get out and exercise
2. Keep up healthy eating and sleep habits
3. Have a support system and stay connected
4. Keep up with your appointments
5. Meditate and be mindful

The weather is getting colder and colder. And with the rise of respiratory illnesses, we're spending even more time indoors, away from our family and friends. These winter months can take a toll on your physical and mental well-being. You may find yourself feeling more irritable, having low energy, or even struggling to do day to day routines. Maintaining your mental health through these winter months is important in supporting your overall health, safety and wellness. These tips can help you beat the winter blues and manage those negative feelings.

When to seek help:

- Feeling depressed most of the day
- Decreased interest or pleasure in activities that you used to enjoy
- Changes in weight and appetite
- Feeling worthless, hopeless, or excessively guilty
- Difficulty concentrating more than usual
- Experiencing strong mood swings
- Thoughts of death, suicide, or harming others

Find out more information:



Source: Discovery Senior Living

www.livablecommunity.org

CAREGIVER 101

Crash courses and practical advice for caregivers of older adults

All sessions are free to attend and live on Zoom at 12 p.m.

JAN 30 **HEALTHY EATING MADE EASY**
Improve your loved one's diet and overall health with creative and sustainable changes
Nicole Johnson, RD, LD from Hy-Vee
Zoom ID: 988 4791 2884 | call-in: (646) 876-9923

DEMENTIA CONVERSATIONS **FEB 27**
Break the ice on uncomfortable but important topics: driving, decision-making and more
Jessica Duncan from the Alzheimer's Association
Zoom ID: 966 4181 8396 | call-in: (309) 205-3325

MAR 27 **SADNESS, DEPRESSION & GRIEF**
Understand and navigate the difficult emotions that come naturally as a part of caregiving
Susan Hoyler, LMHC from Mercy Family Counseling
Zoom ID: 947 7025 7683 | call-in: (646) 931-3860

Caregiver 101 is presented by



Area Agency on Aging

www.heritageaaa.org | (319) 398-5559

FREE TAX SERVICES



The Johnson County Volunteer Income Tax Assistance (VITA) Program provides FREE income tax preparation and filing to low to moderate income Johnson County residents.

TWO EASY WAYS TO FILE:



Visit www.johnsoncountyiowa.gov/vita to schedule an appointment with an IRS-certified tax preparer. Appointments available at the Iowa City and North Liberty Public Libraries for households earning less than \$67,000 in 2024.

OR



Prepare and file your own return online, anytime, anywhere by accessing tax software at www.johnsoncountyiowa.gov/vita.



WHAT YOU NEED:

- Social Security or ITIN cards for everyone on your tax return
- Picture ID for taxpayer and spouse
- All income statements: W-2, 1099, 1099-R, Social Security Benefits Statement and all other income sources
- Prior year tax return
- Bank account number and routing number (for direct deposit of any refund)
- Student loan interest statement
- Statement from Child Care Provider (includes total paid and tax ID number)
- Healthcare Market Place Statements: Form 1095-A, B, or C
- Any letters received from the IRS
- Expense statements 1098T, 1098E, 1098
- If self-employed, income receipts and expenses



www.johnsoncountyiowa.gov/vita.



Every year, from early February to mid-April, AARP Foundation Tax-Aide **provides tax assistance to anyone, free of charge**, with a focus on taxpayers who are **over 50** and have low to moderate income. You don't need to be an AARP member to use the service. Tax-Aide volunteers will prepare and e-file your Iowa and Federal tax returns to help you receive all the credits and deductions you're entitled to. Volunteers are IRS-certified every year, so they understand the latest changes and additions to the tax code. Contact the Senior Center to make an appointment beginning Jan 21. Clients must bring copies of federal and state tax returns for the most recent year filed, photo ID and Social Security card for each taxpayer included on the return, W-2 forms, 1099 forms (including Social Security benefits statement), and bank routing/account info for direct deposit/debit

COMMUNITY EVENTS



Tickets are \$60/person and will go on sale January 2, 2025

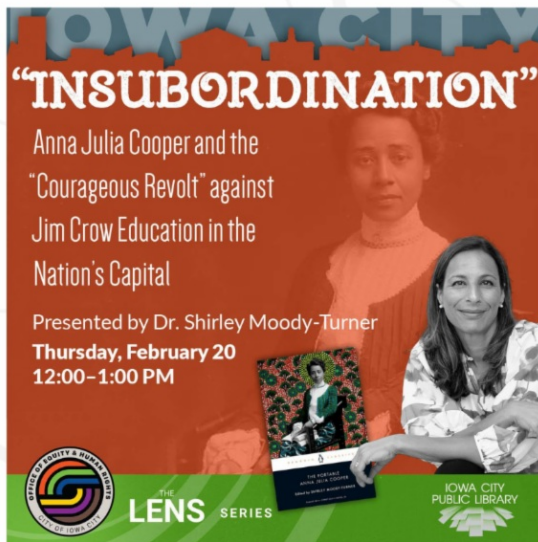
REGISTER: Online at icgov.org/senior/registration

By phone, call 319-356-5220 In-person at the Senior Center, 7 days/week during open hours

www.livablecommunity.org

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COMMUNITY EVENTS



Thursday,
February 20, 2025
12:00pm - 1:00pm
Iowa City Public Library
In-person & livestream
event
Meeting Room A

The February Lens Webinar Series will feature author Shirley Moody-Turner. In this talk, Dr. Moody-Turner will discuss her biography-in-progress on trailblazing Black educator, Anna Julia Cooper, and her recent Washington Post article, “How the Black Female Head of a DC School was Punished for Leading.” She’ll examine what was at stake in the battles over Black education at the turn of the twentieth century and how the national ascendancy of Jim Crow segregation played out in the local politics affecting the lives of Black Washingtonians. Most importantly, she’ll explore Anna Julia Cooper’s “Courageous Revolt” against Jim Crow education and show how Cooper was punished for carrying out the work she was hired to do.

How to watch: Join in Meeting Room A to watch the webinar together or watch remotely, registration is at:
https://us06web.zoom.us/webinar/register/WN_F48GC7NoRNO-uyC0B2LRiA#/registration.

www.livablecommunity.org

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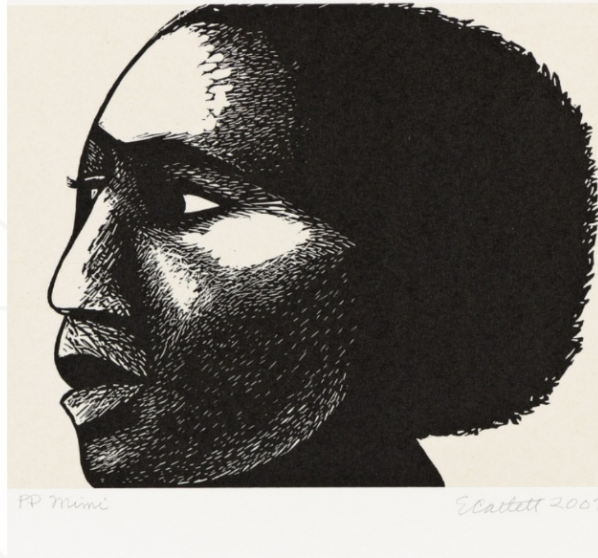
COMMUNITY EVENTS

**Exhibition Opening:
it's a fine thing**

Thursday, February 13,
2025 6:00pm to 8:00pm

Stanley Museum of Art

160 West Burlington
Street, Iowa City, IA
52242



This exhibition explores the rich and often overlooked landscape of the Black Midwest, challenging conventional narratives and celebrating the resilience and creativity of Black Midwestern artists.

Program begins at 6 p.m. with opening remarks, followed by refreshments and music. Event concludes at 8 p.m.

Learn more: <https://stanleymuseum.uiowa.edu/its-a-fine-thing>

COMMUNITY EVENTS



Breaking Bread

Walking through grief while learning about our community and connecting over food and conversation

FEBRUARY PROGRAM



We'll help you find a nearby caregiver, find the best local senior housing option, or connect you with an advisor who will provide information on funding your care needs.

WEDNESDAY, FEBRUARY 19, 2025

from **5:15-6:30PM**

*monthly on the Third Wednesday of the Month
program begins around 5:30PM*

The Kirkwood Room

515 Kirkwood Avenue, Iowa City

RSVP by FEBRUARY 14 to

Mandi Lensing

(319) 338-8171 | mandi@lensingfuneral.com

www.livablecommunity.org

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Johnson County Social Services | 855 S. Dubuque St., Suite 202B | Iowa City, IA 52240 US

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