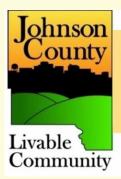
JCLC September 2025 Newsletter



Johnson County Livable Community Information for Successful Aging

> the primary information resource for Seniors<

www.livablecommunity.org

2025 Healthy Aging Fair



OVER 70 COMMUNITY RESOURCE TABLES & BOOTHS



OCTOBER 8, 2025 1:00PM - 4:00PM



NORTH LIBERTY COMMUNITY CENTER 520 W. CHERRY ST. NORTH LIBERTY, IA 52317



Contact us (319)356-6090



jkellbach@johnsoncountyiowa.gov

Event Highlights

Fall Prevention Screenings

Protect your health with a fall prevention screening and learn how to remain steady

Flu Shots <

Protect yourself against the upcoming flu season

Tai Chi Demonstrations

A great way to improve balance, fitness, and mobility

Health Screenings <

Many different health screenings available





















Snow Removal

Nobody wants to talk about snow in September, but now is the time to plan ahead if you need assistance with having your driveway and sidewalks cleared of the white stuff. AbbeHealth Aging Services is



currently accepting applications through **September 26, 2025.** Snow removal is under the umbrella of the Home Repair and & Accessibility Program. You can **apply online here** for the Home Repair & Accessibility Program, but will need to call to complete the separate application for snow removal. The snow removal which runs November 15, 2025 through March 15, 2026.

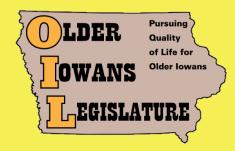
This service, which is very basic, is ideal for those who have physical disabilities,

severe arthritis, neuropathy, heart conditions or other risk factors and cannot afford regular snow removal.

For more information and to complete the snow removal application, please contact Kichia McDore, Community Resource Specialist- Aging Services at kichia.mcdore@unitypoint.org or by phone at 319-398-3647 Option 4.

Older Iowans Legislature

The Older Iowans Legislature is holding their Annual Meeting on Monday, September 29, 2025 from 8:30AM-2PM. There is an in-person (at State Capitol) and Zoom option to attend the meeting.



The Older Iowans Legislature is the only "Grass Roots" organization in Iowa that continually strives to produce an opportunity for older Iowans to complete their lifelong journey in dignity, with respect from others, and receiving support when necessary. Their members advocate State Legislators, the Governor and staff, and other organizations to assist in improving the "Quality of Life" for Older Adult Iowans. They have historically placed special emphasis on the frail elderly however their overall goal is to make Iowa that model state for all Older Adults. Get involved by joining the Older Iowans Legislators and stay active in assisting others.

Click here for more information about the Older Iowans Legislature or to participate in the Annual Meeting

September is Recovery Awareness Month

Here's what's happening in our communities to support recovery and resilience in Johnson County.

Harm Reduction Vending Machines

Free vending machines offering naloxone (Narcan), Plan B, and other health and safety items have been installed at the Coralville Public Library, North Liberty Library, and The Deadwood in Iowa City. Another will be added outside the Johnson County Health and Human Services building in the coming months.

All items are free and available to anyone—no ID or personal info required. Supplies may vary by location and over time. Funding for the machines and naloxone comes from national opioid



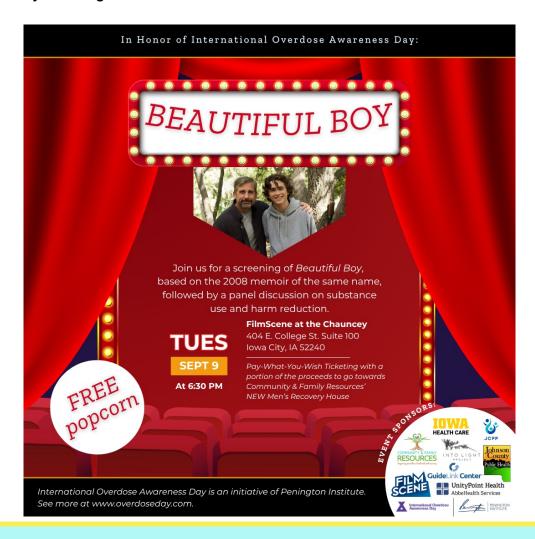
settlement dollars. Items include naloxone, gun locks donated by the VA Iowa City Healthcare System, and condoms, personal lubricants, emergency and over-the-counter contraceptives, hygiene kits, wound care kits, and sharps containers provided by Johnson County Public Health's Integrated Testing Services program.

"This initiative reflects Johnson County's commitment to real solutions for our

community's health and safety," said Supervisor Mandi Remington. "By increasing access to tools like naloxone, we can prevent overdose deaths, reduce disease transmission, and protect our whole community. Harm reduction is public health—it saves lives while building toward long-term solutions."

A public awareness event will be held **September 22, 2025, at 9:30 a.m. at the Coralville Public Library**, featuring community leaders speaking about the program.

Learn more about Johnson County's opioid prevention, treatment, and recovery resources at: https://johnson-county-opioid-response-johnsoncounty.hub.arcqis.com/



Caregiver Wellness Day

Save The Date for The Heritage Area Agency on Aging Caregiver Wellness Day!

This year's event will be held on November 6th in Iowa City at St. Andrew Presbyterian Church. Speaker lineup, registration information and more details will be released in the near future.



November 2025

Wednesday	Thursday	Friday
5	we're celebrating you!!	7

St Andrew Presbyterian Church Iowa City, Iowa

Walk to End Alzheimer's

The 2025 Walk to End Alzheimer's Iowa City walk will be held Saturday, October 11th at Big Grove Brewery & Taproom, 1225 S. Gilbert St., Iowa City, IA 52240.

Registration begins at 8:30AM with the opening ceremony at 9:30AM and the walk immediately following. There will also be a free Post-Walk concert.

For questions about the event, please contact Tad Hulst at tstatus.com at 319-238-7645 extension 8302.





LIHEAP

The Low-Income Home Energy Assistance Program (LIHEAP) will begin accepting applications for the new program year, beginning October 1st. Individuals age 60 and better and/ or disabled will be able to apply October 1, 2025 and everyone else beginning November 1, 2025.

Click here for more information





JoCo Livable Community | 855 S. Dubuque St., Suite 202B | Iowa City, IA 52240 US

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