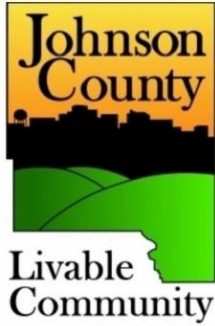


JCLC November 2025 Newsletter



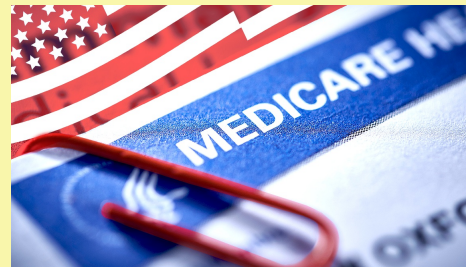
Johnson County Livable Community Information for Successful Aging

> the primary information resource for Seniors <

www.livablecommunity.org

Medicare Open Enrollment Ends December 7!

Medicare Open Enrollment runs from **October 15 to December 7**. This is your yearly opportunity to review and make changes to your Medicare coverage. Even if you're happy with your current plan, it's a good idea to compare options to ensure you're getting the best coverage and value for your needs in 2026. Need help navigating your choices? Call [1-800-351-4664](tel:1-800-351-4664) to speak with a representative at Iowa SHIP.



Social Security Cost of Living Adjustment (SS COLA) Updates

The Social Security Administration has announced a **2.8% cost-of-living adjustment (COLA) for 2026**. This increase is designed to help benefits keep pace with inflation. Starting in January 2026, beneficiaries will see their **monthly payments rise by an average of about \$56**. The annual COLA is based on changes in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W), which measures inflation in everyday goods and services. To learn more visit [2026 Cost-of-Living Adjustment \(COLA\) Fact Sheet | SSA](#) or read this [article from AARP](#).



LIHEAP

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

To be eligible, the total household income for an applicant must be at or below 200% of the 2023 federal poverty guidelines.

Household Size Annual Gross Income

1	\$31,300
2	\$42,300
3	\$53,300
4	\$64,300

[Click here for more information or to apply!](#)

Celebrating Veterans Day: November 11th



The JCLC Policy Board expresses heartfelt gratitude to all Veterans of Johnson County for the sacrifices they made for our country. On this special day, we honor your commitment to our nation with deep appreciation. We hope you take the time to feel valued and supported today. We thank you for your service!

There are many Veteran's Day Events taking place across Iowa:

- Nov 11 at 8am: [Veterans Day at Iowa Veterans Cemetery](#)
 - Event will also [be livestreamed on Facebook](#)
- Nov. 11 at 12pm: [2025 Veterans Week at The University of Iowa](#)
 - Ceremony at Veteran's Plaza
 - Veteran's Day Concert at Voxman Music Building (7:30-8:30pm)
- Nov. 11 9am-2pm: [Cedar Rapids Veterans Memorial](#)
 - Gallery and Veteran's Day Celebration event (10:30 am)
- Nov. 9 at 2pm: [Star Spangled Salute to Veterans - Des Moines Performing Arts](#)
 - Free concert by the Iowa Military Veterans Band
- Coralville public transit will offer free rides to veterans on Nov. 11 (with proof of military ID)

Please note: In observance of Veterans Day, all Johnson County buildings will be closed on Tuesday, November 11.

Community Connections Day & Veterans Stand Down

If you or someone you know is experiencing housing or financial hardship, visit the **Community Connections Day** event on Nov. 18 at the Robert A. Lee Rec Center. This event is targeted towards Veterans, but all are welcome to attend. There will be free health resources, give aways, free breakfast, and free haircuts!

Community Connections Day & Veterans Stand Down

Support & Resource Fair for Veterans and Individuals Facing Housing or Financial Instability



Free Resources

Flu/COVID vaccines, HIV/STD testing, mobile pantry, blood pressure screenings, benefit signups, Nalaxone, Healthy Foot Clinic & more!



Free Give Aways

FREE Coats, hats, gloves, hand warmers, other warm weather gear!



Free Breakfast

FREE breakfast starting at 9am while supplies last!



Free Haircuts

FREE haircuts provided by stylists experienced with all hair types and textures.

Sponsored By:



When: Tuesday, Nov. 18, 9am-12pm

**Where: Robert A. Lee Rec Center
220 S. Gilbert St.
Iowa City, IA**

Daylight Saving Time
ends Nov. 2nd!



Don't forget to set your clocks back one hour and enjoy that extra hour of sleep!

Johnson County Election on November 4th!

Make sure your voice is heard on city council seats, school board positions, and local tax measures!

Learn about the Candidates and Ballot Issues here: [November 4, 2025 City and School Election | Johnson County](#)

Find your Polling Place here: [Johnson County, Iowa Polling Places](#)



November is National Family Caregivers Month: Get Plugged In

Article by Harrison March, Heritage Area
Agency on Aging

National Family Caregivers Month is a time to recognize and honor those who help older adults age with dignity and independence. While “Family” is in the name, friends and neighbors certainly count, too. [Caregiver Action Network \(CAN\) is a national organization](#) that leads the observance and has announced this year’s theme: Plug-in to Care. It emphasizes the importance of connecting to “vital support tools, networks and educational resources.” While the main message behind the theme is valuable, there are a couple hidden meanings in the metaphor that I’m picking up on:

1. Plugging in is an action. It requires intention. Things (and people) don’t just magically plug themselves in, and when they do plug in it takes a little precision to get it right.
2. Getting plugged in keeps us going. When energy feels low or life is asking for more output, plugging in helps refuel and rejuvenate.

This November, what’s a small way you can take action and plug yourself in? What part of you could you try to recharge? [Connecting with educational resources](#), [socializing with other caregivers](#), or [learning more about respite care](#) are great ways to get started.

Iowa City's First Cycling Without Age Chapter Expands Access to Joyful Rides

Cycling Without Age at The Bike Library (CWA@BL) is proud to be the first and only community-based Cycling Without Age chapter in Iowa. As a volunteer-led program of the Iowa City Bike Library, **CWA@BL** offers free trishaw rides that bring people of all ages and abilities together to share the simple joy of cycling and celebrate *"the right to feel the wind in your hair."*

Rides are currently offered from Ashton House in City Park and at Legacy Senior Living.

Thanks to an AARP Community Challenge Grant and the support of the Iowa City Bike Library, CWA@BL is expanding accessibility with the arrival of the Nihola Combo (pictured right), a new trishaw designed to accommodate passengers who use wheelchairs.



The community is invited to celebrate the arrival of the Nihola Combo on Monday, November 3, from 12:00–1:00 p.m. at 820 Park Rd (Ashton House). The event will feature hot cider, trishaw rides, and opportunities to meet CWA@BL volunteers.

CWA@BL depends on dedicated volunteers to pilot the trishaws and assist with ride scheduling, outreach, bike maintenance, fundraising, and event support. To get involved or schedule a ride, visit bit.ly/cwabl.



Iowa City Homeowner Rehab is Accepting Applications!

Do you need help with home repairs, accessibility improvements, or radon mitigation? Apply for Iowa City Homeowner Rehab. To qualify, your household must be below \$66,200 (1-person) or \$75,650 (2-person). You may be able to receive a loan of up to \$24,999 to make necessary changes to your home.

As part of the application process, you will need to create a login through Neighborly Software. You can find more information on how to do this and apply under the Community Development Block Grant (CDBG) Homeowner Rehab tab on this website: [Housing Rehabilitation Resources | Iowa City, IA](#) Paper applications are also available in the Neighborhood and Development Services Department on the second floor of City Hall, 8 a.m.-5 p.m. Monday-Friday. Please note, for paper applications you will need to provide paper copies of all required income/asset verifications to complete your application

IOWA CITY HOMEOWNER REHAB

IOWA CITY
A UNITED CITY OF LITERATURE

Iowa City assists income eligible homeowners with repairs to improve the safety, livability, and energy efficiency in their homes.



UP TO \$24,999 IN ASSISTANCE IN THE FORM OF A FORGIVABLE LOAN

- ✓ Home must be owner-occupied.
- ✓ Household must be below 80% of Area Median Income (AMI):
 - 1-person household: **\$66,200**
 - 2-person household: **\$75,650**
 - 3-person household: **\$85,100**
 - 4-person household: **\$94,550**
 - 5-person household: **\$102,150**
 - 6-person household: **\$109,700**
- ✓ Applications are accepted on a first come, first serve basis. Applicants that meet a priority category, such as households below 50% AMI, will be considered first. There is no cost to apply. **Must meet program requirements to qualify.**

Examples of Eligible Improvements



Roof repair or
replacement



Accessibility
improvements



Water heater
replacement



Heating & cooling system
repairs or replacement



Siding repair or
replacement



Radon
mitigation

Property Eligibility

- ✓ Must be located within Iowa City municipal boundary.
- ✓ Single-family homes, condos, and manufactured housing units are eligible.
- ✓ Cannot be located in a floodplain.



LEARN MORE
icgov.org/housingrehab

St. Mary's will have take-home Thanksgiving meals available on November 27th. Meals can be picked up at the parish or delivered to your home. If you would like to register for a meal, call (319) 337-4314 or email icstmary@icstmary.org.



Other Thanksgiving Resources:

- **Operation Give Birds:** Non-profit that provides free Thanksgiving meals that families can cook in their own home. Sign-ups will open early November. Keep an eye on their [website](#) and [Facebook](#) for more information!
- **North Liberty Community Thanksgiving Meal:** Nov. 27, 11am - 2pm at the South Slope Community Center. You can request meal delivery by contacting Stacia Rath at stacia@iowamatrix.org or texting 319-325-4771. More information and a flyer will be available soon!

Iowa State University: A Journey Through Parkinson's

If you're struggling with Parkinson's disease or know someone who is, it's helpful to know where to find support on the journey. Through this virtual program, you can learn about the causes and symptoms of Parkinson's disease, how treatments work, and therapeutic activities to do at home. To learn more and register, visit: [A Journey Through Parkinson's Disease | Iowa State University Extension and Outreach Health and Human Sciences](#)

A Journey Through **PARKINSON'S** DISEASE



If you are struggling with Parkinson's disease (PD) or know someone who is, it is helpful to know where to find support on the journey.

Join us to learn about:

- causes, symptoms, and treatments of PD, and
- therapeutic activities that can be done in the home.

Three, one-hour sessions
No cost

Scan to find a list of
upcoming events



go.iastate.edu/CAZF9P

2025 Upcoming Virtual November Session Dates:

Nov. 3- 1:00 PM

Symptoms to Diagnosis

Nov. 10- 1:00 PM

Causes of PD to Treatment

Nov. 17- 1:00 PM

**Alternate Therapies-
At Home Tools**

Register by Friday, Oct 31st

Online Registration:

<https://go.iastate.edu/XUAUML>

Program Contact: Carol Ehlers
xehlers@iastate.edu 712-732-5056

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext. HS 90 November 2024

Ear Buds: An Audiobook Walk

Looking for an opportunity to dive into a good book and get outside? Join the Iowa City Public Library and Bookmobile at Terry Trueblood for a 2 mile (or as far as you want) walk. Bring headphones, library card, and a mobile device and walk at your own pace. Library staff will be available to help you put an e-audiobook on your device. For more information about the event and to sign up, visit: [Ear Buds: an audiobook walk | Iowa City Public Library](#)

EAR BUDS: AN AUDIOBOOK WALK



Friday, November 7
10:00 - 11:30 am
Bookmobile & Terry Trueblood
Recreation Area

Looking to try something new? Try Chair Yoga at the North Liberty Library!

Join Chair Yoga at the North Liberty, where movement meets mindfulness in a gentle, accessible way. Perfect for all mobility levels, this class helps improve **flexibility, reduce stress, and boost overall well-being**. Whether you're new to yoga or a seasoned practitioner, come as you are and leave feeling refreshed. **Chair yoga is free with no registration required. It meets from 11:45-12:15 every first and third Tuesday of the month in library meeting rooms C and D.**



What's going on in JoCo?

Click the links below!

[North Liberty
Senior](#)

[TRAIL of Johnson
County Events](#)

[Iowa City Senior
Center -November](#)

[Solon Senior
Support](#)

<u>Connections Lunch</u>	<u>Calendar</u>	<u>& December Program Guide</u>	<u>Newsletter and events</u>
<u>Iowa City Events Calendar</u>	<u>North Liberty Events Calendar</u>	<u>Coralville Events Calendar</u>	<u>AARP Iowa Events Calendar</u>
<u>Upcoming Events at Hancher</u>	<u>Upcoming Events at the Stanley Museum of Art</u>	<u>Upcoming Events at the Englert Theatre</u>	<u>Alzheimer's Association Upcoming Events</u>



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

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