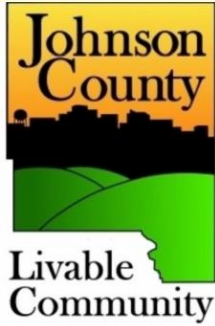


JCLC October 2025 Newsletter



Johnson County Livable Community Information for Successful Aging

> the primary information resource for Seniors <

www.livablecommunity.org

2025 Healthy Aging Fair

The Healthy Aging Fair is a free event at the **North Liberty Community Center** on **Wednesday October 8th from 1-4 pm**. All are welcome to attend!

Come early for a Dementia Friends presentation at 12 pm. There will also be presentations on Bone Health at 1:15pm, Meal Planning for 1 and 2 at 2pm, and an interactive Tai Chi demonstration at 3pm.

Flu and COVID vaccinations will be available (bring your Medicare card), as well as several health and falls prevention screenings. We will also have over 70 community organizations represented at the event.

You can find additional information here: [2025 Healthy Aging Fair | Johnson County](#)



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



jkeillbach@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

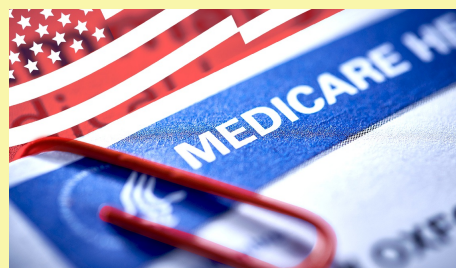
Health Screenings ◀

Many different health screenings available



Medicare Open Enrollment begins October 15th!

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? Make an appointment with a SHIP Counselor through the Iowa City Senior Center at this link: [Schedule Appointment with Iowa City Senior Center](#)





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 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.

| <u>Household Size</u> | <u>Annual Gross Income</u> |
|-----------------------|----------------------------|
| 1 | \$31,300 |
| 2 | \$42,300 |
| 3 | \$53,300 |
| 4 | \$64,300 |

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

Johnson County Election on November 4th!

Make sure your voice is heard on **city council seats, school board positions, and local tax measures!** Early and absentee voting opens on October 15th.

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](#)

Request Absentee Ballot here: [Absentee Ballot Request Form Instructions | Johnson County](#)



October TRAIL Seminar Series

Closing the Gap: Healthspan vs. Lifespan

TRAIL will present a five-part seminar series taking place throughout the month of October. The events are free and open to the public! Each Thursday afternoon session will explore how improved health habits and recent medical breakthroughs can increase our chances of living longer and with better quality of life as we age. Learn more and register here: [TRAIL Seminar Series](#)



CLOSING THE GAP: Healthspan vs. Lifespan

TRAIL of Johnson County, the aging-in-place nonprofit, invites the public to attend our

FREE, Five-part Seminar Series

Every Thursday in October from 1 to 2:30 PM*
North Liberty Community Center
520 W. Cherry Street, North Liberty

Each Thursday afternoon session will explore how improved health habits and recent medical breakthroughs can increase our chances of living longer and with better quality of life as we age.



The series kicks off on Thursday, Oct. 2, with opening remarks from UI Head Women's Basketball Coach Jan Jensen. Make plans to attend all five sessions of this informative and inspiring series!

*Note: The Oct. 2 session begins at 12:30 PM and includes lunch.

This series is made possible in part by generous support from Athletico Physical Therapy.

Register using the QR code
or at <https://tinyurl.com/2p9z7238>
or by calling the TRAIL office.



TRAIL of Johnson County
28 S. Linn St., #G03
Iowa City IA 52240
319-800-9003
www.trailofjohnsoncounty.org
info@trailofjohnsoncounty.org



OCT. 2

*Optimal Wellness:
A Proactive Approach*
Julie Fitzpatrick, DPT,
Optimal Wellness, PLLC

Welcome remarks by Jan
Jensen, Head Women's
Basketball Coach, University
of Iowa

OCT. 9

*Partnering with Your
Physician for Optimal Health*
Scott Eberly, MD, CMD,
Geriatric Medicine, University
of Iowa Internal Medicine

OCT. 16

*Total Joint: Understanding
Your Options, What to Expect
Before, During, and After
Surgery*
Dallas Vanorny, MD, PhD,
Orthopedic Joint Surgeon,
University of Iowa Health Care

OCT. 23

*Balance, Strength & Beyond:
Aging with Confidence*
James Norman, PT, GCS,
Athletico Physical Therapy

OCT. 30

*From Setback to Comeback:
Optimizing Recovery*
UI Health Network
Rehabilitation Hospital
*Safety and Independence:
Tools to Aid Daily Living*
Chris Nichols,
CarePro Home Medical

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 attshulst@alz.org or at 319-238-7645 extension 8302.



**WALK TO END[®]
ALZHEIMER'S**
ALZHEIMER'S  ASSOCIATION[®]

Save time, register today!

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

Caregiver Wellness Day

The Heritage Area Agency on Aging Caregiver Wellness Day is November 6th in Iowa City at St. Andrew Presbyterian Church. Additional information about the event may be found at <https://heritageaaa.org/caregiver/>



Celebrating you, the caregiver



CAREGIVER WELLNESS DAY

Thursday, November 6 • 8 am – 2 pm
St. Andrew Presbyterian Church • Iowa City
Registration Required: 319-398-5559

Learn

from local experts featured in the program and 25+ community resource tables

Connect

with fellow caregivers to share successes, memories and laughs

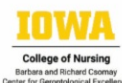
Enjoy

the day and respite care for your loved one at no cost thanks to our generous sponsors

Presented By



Champion Sponsors



What's going on in JoCo?

Click the links below!

| | | | |
|---|---|--|---|
| <u>North Liberty Senior Connections Lunch</u> | <u>TRAIL of Johnson County Events Calendar</u> | <u>Iowa City Senior Center - September & October Program Guide</u> | <u>Solon Senior Support 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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