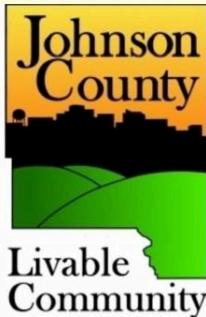


JCLC February 2026 Newsletter



Johnson County Livable Community
Information for Successful Aging
> the primary information resource for Seniors <
www.livablecommunity.org

Celebrating Black History Month

February is Black History Month! This year, the Association for the Study of African American Life and History (ASALH) is celebrating Black History Month with the theme of "A Century of Black History Commemorations."

From the [ASALH statement](#) on this years' theme:

"2026 marks a century of national commemorations of Black history. Dr. Carter Godwin Woodson, George Cleveland Hall, William D. Hartgrove, Jesse E. Moorland, Alexander L. Jackson, and James E. Stamps institutionalized the teaching, study, dissemination, and commemoration of Black history when they founded the Association for the Study of Negro Life and History (ASNLH) on September 9, 1915.

In 1925, when Dr. Carter G. Woodson planned the inaugural week-long observance of Black history, he could hardly have anticipated the imprint he would leave on the world. From Negro History Week to Black History Month, ASALH has carried forth the tradition, and the observances have become part of the warp and woof of American culture and increasingly the global community. For our 100th theme, the founders of Black History Month urge us to explore the impact and meaning of Black history and life commemorations in transforming the status of Black peoples in the modern world."

Read more about this year's theme and the origins of Black History Month at: [ASALH- Black History Month Themes](#)

1926-2026

ASSOCIATION FOR THE STUDY OF
AFRICAN AMERICAN LIFE AND HISTORY
THE FOUNDERS OF BLACK HISTORY MONTH
ASALH.ORG



CELEBRATE

BLACK HISTORY MONTH ALL FEBRUARY LONG



BLACK HISTORY MONTH

FEBRUARY, 2026

ASALH will hold innovative virtual
programming, celebrating the 2026
Black History Theme: A Century of
Black History Commemorations.

ANNUAL LUNCHEON

FEBRUARY 28, 2026

JW Marriott, 1331 Pennsylvania
Ave. NW, Washington, DC 20004



Iowa City's Black Future Fest

The Parables of the Future: Black Future Fest is a month-long celebration highlighting Afrofuturistic art, literature, fashion, and community imagination across Iowa City. Afrofuturism "expresses notions of Black identity, agency, and freedom through art, creative works, and activism that envision liberated futures for Black life," [according to the National Museum of African American History and Culture](#). Black Future Fest programming includes art galleries, film screenings, book panel discussions, a community forum, and more. Additional details and a full schedule of events can be found at: [IC Gov- Black Future Fest](#).

Black Future Fest was made possible through collaboration of Iowa City organizations like the Iowa City Senior Center, Iowa City Public Library, Public Space One, Dream City, and many more.



Celebrating Afrofuturism

PARABLES OF THE FUTURE: BLACK FUTURE FEST

January 19 – February 19, 2026

KEY FESTIVAL EVENTS

Hands of the Horizon: MLK Day of Service
January 19, 2026 — 10 AM–2 PM
Iowa City Senior Center
Food Drive and Community Mural Art Workshop

Octavia Butler Book Club
January 29 & February 12 — 12:00–1:00 PM
Hybrid at Iowa City Senior Center + Zoom
Community Reading of *Kindred* and *Parable of the Sower*

What Is Afrofuturism?
January 31, 2026 — 3–5 PM, PS1 Open House

Seeing the Future
February 12, 2026 — 6:30 PM, FilmScene
Afrofuturistic Short Film Screening & Director Talkback

Reading the Future
February 14, 2026 — 1:30–3:00 PM
Iowa City Public Library
Octavia Butler Panel Discussion

Love and Liberation
February 14, 2026 — 3:30–6:00 PM
Iowa City Senior Center
Gallery Opening & Afrofuturistic Fashion Show

**Beyond Divides in Iowa City's Black Community:
Building Bridges Between Us**
February 19, 2026 — 6:00–8:00 PM, Dream City
Community Discussion and Panel of Community Leaders

Logos: ICSC (Iowa City Senior Center), FRIENDS OF IOWA CITY MURAL CENTER, The Center for Afrofuturist Studies, FUTURISTICITY, IOWA CITY CITY OF LITERATURE, DREAM CITY, IOWA CITY PUBLIC LIBRARY, FILM SCENE, IOWA CITY FOREIGN RELATIONS COUNCIL, and UY (University of Iowa Y).

American Heart Month: Take Control of Your Heart Health

Article by Lisa Parlato (Johnson County Public Health)

This winter, take some time to focus on your heart. Cold weather causes blood vessels to constrict and makes the heart work harder to maintain body temperature, so it's important to help your heart stay healthy.

- **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**.

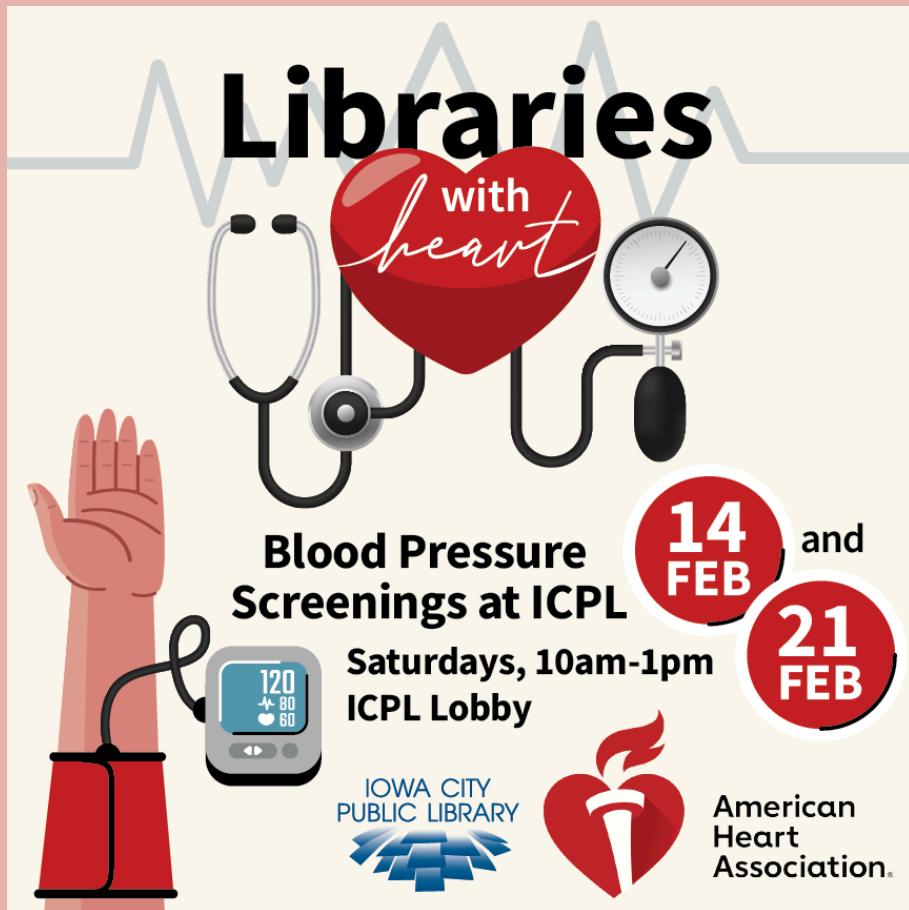
Here's a list of ways to keep your heart healthy all year:

1. **Keep moving in ways that feel good.** Regular physical activity helps keep your heart strong, lowers blood pressure, and improves circulation. This doesn't have to mean intense exercise! Activities like walking, gardening, swimming, and gentle stretching all count. Aim for movement most days of the week, even if it's broken into short sessions.
2. **Nutrition plays a key role: heart-healthy eating patterns emphasize fruits, vegetables, whole grains, beans, nuts, and healthy fats like olive oil.** Limiting salt, added sugars, and highly processed foods can help manage blood pressure and cholesterol. Staying hydrated also supports overall cardiovascular health, but drinking enough water can be less appealing when it's cold outside, so hot drinks like caffeine-free herbal tea can help you stay both warm and hydrated.
3. **Regular checkups and screenings by your doctor are important to monitor blood pressure, cholesterol, and blood glucose levels.** Screening helps catch potential problems early and make sure you receive any guidance or treatment you might need.
4. **Manage stress and get enough rest.** Chronic stress can affect heart health just as much as diet and exercise. Finding ways to relax like deep breathing, spending time with loved ones, or enjoying hobbies can make a real difference. Quality sleep is also essential for a healthy heart.
5. **Social connection protects your heart.** Research shows that staying socially active through community programs, volunteering, or regular contact with friends and family supports both mental and cardiovascular health.

To learn more, [click here to visit the American Heart Association website.](#)

Libraries with Heart at the Iowa City and Coralville Public Libraries!

Stop by the Iowa City Public Library for a **free blood pressure screening on February 14 and 21**. Regular blood pressure checks are an important part of staying healthy, and this quick screening can help you stay informed about your heart health. **No appointment is needed!**



The Coralville Public Library will also have **Libraries with Heart** offer blood pressure screenings at their weekly Chat 'n' Chai event on **Tuesday, February 3 from 10:00 a.m. to 11:30 a.m.** More information can be found on the [Coralville Public Library website](#). Screenings are free and no registration is required!

2025 Iowa Rent Reimbursement Applications Open!

If you are over 65 or have a disability, you may be eligible for partial reimbursement of your rent!



The Iowa Rent Reimbursement Program is a state program designed to give financial assistance to older Iowans (age 65 and up) and adults with disabilities who live in rental housing.

To be eligible, you must:

- Be 65+ OR be 18+ with a disability
- Have lived in Iowa and rented at a property subject to property taxes
- Have a household income below:
 - \$26,218 if applying for 2024
 - \$26,895 if applying for 2025

If eligible, you can receive up to \$1,000 as a direct deposit or paper check. The amount you receive is based on your annual income and the rent you paid.

Applications are submitted online through the [Iowa Department of Health and Human Services \(HHS\) website](#). You'll need to provide documents proving your identity, income, and rent paid. A list of necessary information and accepted documents can be found [here](#).

If you need assistance completing your application or would like additional information, please contact **Jeff Kellbach** (Johnson County Social Services, Aging Specialist) at **319-356-6090** or jkellbach@johnsoncountyiowa.gov.

February Heritage Area Agency on Aging Events:

Rent Reimbursement Clinics

The Heritage Area Agency on Aging will be hosting Rent Reimbursement Clinics on February 11 and 19 and March 13 at their Cedar Rapids office. **Clinics are walk in and no cost**. Learn more about these events on the [Heritage AAA Facebook](#) page.

Iowa Rent Reimbursement Program

Walk-In Clinics



Iowa HHS's Rent Reimbursement Program is now accepting applications for rent paid in 2024 and 2025. Eligible Iowans and/or their caregiver can attend a walk-in clinic at the Heritage AAA office for assistance completing their application.

For questions about the Rent Reimbursement Program,
please contact Iowa HHS at 515-420-6077.

Eligibility

- age 65+ or age 18+ living with disability
- income was less than \$26,895
- currently live in Iowa
- paid rent in Iowa at a property that pays property tax

What To Bring

- proof of disability
- proof of income
- proof of rent paid

Bringing this information greatly reduces the time it takes to complete your application.

Clinic Dates

Wednesday, Feb. 11
9 am – 12 pm

Thursday, Feb. 19
12 pm – 3:30 pm

Friday, March 13
12 pm – 3:30 pm

plan for at least 30 minutes

Heritage Area Agency on Aging • 319-398-5559 • www.heritageaaa.org

Advice on Aging

Heritage Area Agency on Aging will begin hosting a monthly walk-in service for seniors and their caregivers to get connected with community resources. "Advice on Aging" will take place the third Thursday of each month from 10 a.m. – 12 p.m. at the [Coralville Public Library's](#) Study Room. Stop by to learn about care services, get help with Medicaid applications, discuss elder abuse concerns or chat about anything else on your mind. No appointment is needed and there is no charge for Heritage AAA services.

This month, Advice on Aging will be on Thursday, February 19th at 10 a.m.

ADVICE ON AGING

Care services? Medicaid? Elder abuse concerns?
Aging is full of questions. Find the answers.



Third Thursday every month
10 a.m. – 12 p.m.
no appointment needed

Coralville Public Library
Study Room
1401 5th St


Heritage
Area Agency on Aging

www.heritageaaa.org • 319-398-5559

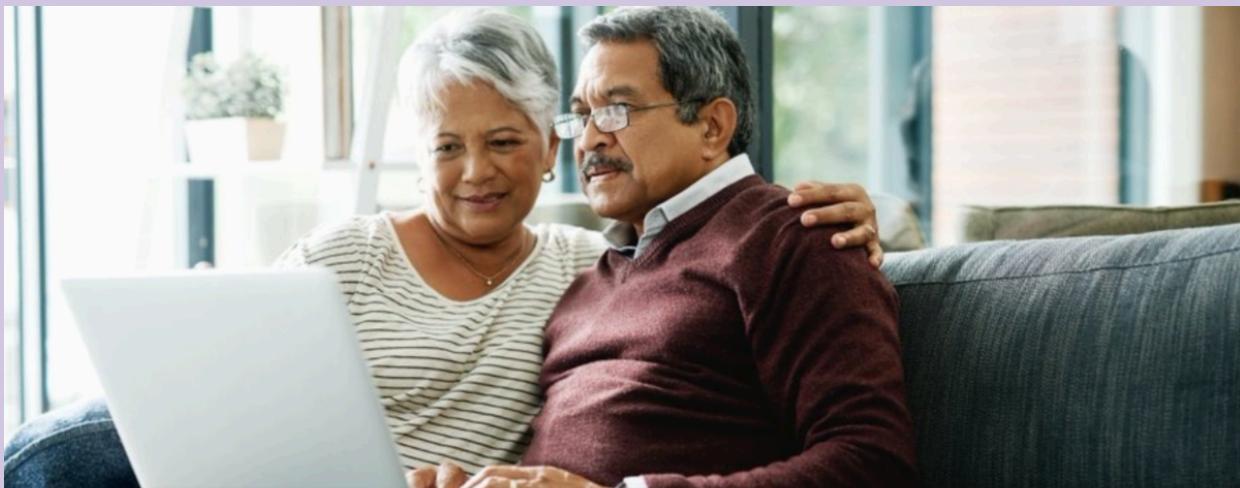
Elder Rights and Protection 101: February 9, 2025 at Coralville Public Library

Do you know the warning signs of elder abuse, scams, and frauds? Attend this informational event led by the Heritage Area Agency on Aging to learn about **action steps and local resources** to help you feel empowered to protect yourself and others from these harms. **This event is free and open to the public.** For more information, visit the Coralville Public Library website: [**Elder Rights and Protection 101**](#).



Alzheimer's Association 2026 Virtual Education Series

Join the Alzheimer's Association for informative virtual sessions covering a wide range of topics including brain health, caregiving, and Alzheimer's research. **All sessions will take place on Zoom from 11am-12pm.** In February, sessions are focused on empowering caregivers, but the series will continue through June! For more information about the Iowa Chapter of the Alzheimer's Association visit: [Iowa Chapter | Alzheimer's Association](#). To register for virtual education sessions visit: [Meeting Registration - Zoom](#). You only need to register once and can join as many sessions as you like!



Alzheimer's Association 2026 Virtual Education Series

Join us throughout 2026 for a variety of education topics that can be helpful for anyone affected by Alzheimer's or dementia or those interested in protecting their brain health. You'll learn about healthy habits to help prevent dementia, caregiving resources, the latest in Alzheimer's research and more.

Register once and join as many as you can.

Please reach out to Jessica Duncan at jsduncan@alz.org with any questions.

Series Schedule

All programs are from 11a.m.-12p.m. CST on Zoom

- 1.8 - Awareness Presentation | Local Dementia Resources in Iowa, Current Iowa Treatment
- Experience & Virtual Dementia Simulation
- 1.15 - The Empowered Caregiver: Building Foundations of Caregiving
- 1.22 - The Empowered Caregiver: Supporting Independence
- 1.29 - ALZ Talks: Take Charge of Your Brain Health
- 2.5 The Empowered Caregiver: Communicating Effectively
- 2.12 - The Empowered Caregiver: Responding to Dementia Related Behaviors
- 2.19 - The Empowered Caregiver: Exploring Care and Support Services
- 3.5 - Una Vida Sana Para Su Cerebro y Su Cuerpo con Dr. Jimmy Reyes
- 3.12 - Healthy Living for Your Brain and Body with helpful resources for Community Health Workers
- 3.19 - Awareness Presentation | Local Dementia Resources in Iowa, Current Iowa Treatment Experience & University of Iowa Research Update with Dr. Kat Britt, U of I
- 4.16 - Understanding Alzheimer's and Dementia
- 5.21 - 10 Warning Signs
- 6.18 Managing Money: A Caregiver's Guide to Finances



alz.org | 800.272.3900

ALZHEIMER'S  ASSOCIATION

Second Sunday Garden Forums: An ICPL and Project GREEN Partnership

For over 25 years, Project GREEN and the Iowa City Public Library have partnered to **bring local gardening experts to speak in our community**. This year, forums will take place at the ICPL from 2-4pm on Jan. 11, Feb. 8, and March 8. **All forums are free and open to the public!** Events will also be live streamed on ICPL's YouTube

channel. Information about this year's speakers can be found below or at: [ICPL Second Sunday Garden Forums](#).



Second Sunday Garden Forums



February 8
2-4pm • Meeting Room A

Creating a Pocket Prairie in Your Landscape
Kasey Hutchinson, Johnson County Dept. of Planning,
Development, & Sustainability

Kasey will discuss the benefits of pocket prairies and how to
design and build one in your own landscape.

 **IOWA CITY
PUBLIC LIBRARY**

 **PROJECT
GREEN**

Grand Babies: Intergenerational Storytime

Join the Iowa City Public Library and Iowa City Senior Center on **February 11** for an intergenerational storytime that brings together babies, caregivers, and older adults for stories, songs, and interactive activities! This free program fosters early literacy, social connections, and sense of belonging across generations. **Grand Babies will take place at the Iowa City Senior Center on the second Wednesday of each month from 9-10am. No registration required!** Visit the ICPL Website to learn more: [Grand Babies](#)

Grand Babies

Intergenerational Storytime



9:00 AM
Iowa City Senior
Center Assembly
Room, 1st Floor

2026 Dates

January 14

February 11

March 11

April 8

May 13

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 -January & February 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>





Try email marketing for free today!