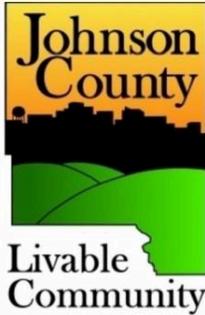


JCLC March 2026 Newsletter



**Johnson County Livable Community
Information for Successful Aging**

> the primary information resource for Seniors <

www.livablecommunity.org

Daylight Saving Time Starts on Sunday, March 8th!

Remember to set your clocks one hour ahead!



Free Community Meal

March 27, 2026 at the Coralville Public Library

The Coralville Public Library and Coralville Community Food Pantry will be hosting a **free community meal on Friday, March 27 from 5:00pm-7:00pm**. This Community Meal will celebrate the incredible talent of local chefs and the rich diversity of the Coralville community! For more information, visit [Community Meal - Coralville Public Library](#).



March is Women's History Month!

Iowa Women's Archives: Women's History Month Lecture

Celebrate Women's History Month by attending **Dr. Ashley Howard's lecture "Finding Black Joy in the Iowa Women's Archive" on March 11 at the Iowa City Public Library**. Dr. Howard will discuss her experiences researching and teaching with the Iowa Women's Archive at the University of Iowa. By sharing the depictions of Black life and joy found in the Women's Archives, Dr. Howard amplifies stories of Black Iowans as they see themselves. To learn more about this event, visit: [ICPL- Women's History Month Lecture](#). To learn more about the Iowa Women's Archive and local women's history, visit: [Iowa Women's Archive](#).

Iowa Women's Archives

Women's History Month Lecture



Finding Black Joy in the Iowa Women's Archives

Dr. Ashley Howard, assistant professor of history at the University of Iowa, will discuss her experiences researching and teaching by integrating rich depictions of Black life and joy preserved in the Iowa Women's Archives to amplify stories of Black Iowans as they see themselves.

Wednesday, March 11

4:30–6 p.m.

Iowa City Public Library

Meeting Room A

Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person with a disability who requires a reasonable accommodation in order to participate in this program, please contact Anna Holland in advance at anna-holland@uiowa.edu



Co-sponsored by:
Iowa City Public Library

Lawn Mowing Service Applications Open Until March 20!

The **Aging Services Home
Accessibility and Repair Program** is

pleased to offer **lawn mowing service** for older adults in the community again this year. The basic lawn mowing service is meant to serve low-income older adults or adults who may not be physically capable of completing lawn mowing themselves.



UnityPoint Health
AbbeHealth Services

To apply please call 319-398-3647 and select **option 4** to discuss the application process. **Please note that completed applications are due by March 20th, so please call as soon as possible.**



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.

March Heritage Area Agency on Aging Events

Rent Reimbursement Clinics

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

Iowa Rent Reimbursement Program

Walk-In Clinics



Area Agency on Aging

6301 Kirkwood Blvd SW
Cedar Rapids, IA 52404



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, March 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


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

Csomay Caregiver Support Group: Spring Webinar Series

Join the Csomay Center for Gerontological Excellence for their Spring Webinar Series. These webinars are **free** and will take place over Microsoft Teams. On March 24, the topic will be "**Healthy Eating 101**" and on April 28, the topic will be "**Aging and The Law.**" Links to register for the March and April sessions will be posted on the [Csomay Center's Facebook page!](#)

Csomy Caregiver Support Group

Spring Webinar Series



Join the Csomy Center for our Spring Webinar Series!
All webinars will take place over Microsoft Teams.

Death Collective of Eastern Iowa	Cathy Gehris: Healthy Eating 101	Jill Watskey: Aging & the Law
Tuesday, February 24 th	Tuesday, March 24 th	Tuesday, April 28 th
12:00 - 1:00 PM	12:00 - 1:00 PM	12:00 - 1:00 PM



Scan here to register
for webinar #1.

Or, register for
webinar #1 via Bitly:
<https://bit.ly/4tzY4jF>

IOWA

College of Nursing
Barbara and Richard Csomy
Center for Gerontological Excellence

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 March, sessions are focused on brain health and dementia awareness, 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

March Events at the Iowa City Public Library

Second Sunday Garden Forums

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**

March 8
2-4pm • Meeting Room A
Monitoring Kent Park Bluebirds:
Learning the Hard Way
Ben Rowold, Johnson County Conservation Board Volunteer

For more than a decade, Ben has combined his lifelong interest in nature with hands-on stewardship to monitor the bluebird nest box trail at F.W. Kent Park.

IOWA CITY
PUBLIC LIBRARY

PROJECT
GREEN

Grand Babies

Join the Iowa City Public Library and the Iowa City Senior Center for **Grand Babies**, an intergenerational story time that brings together babies, caregivers, and older adults for interactive activities! This **free program** fosters early literacy, social connections, and sense of belonging across generations. The next event will be March 11th from 9-10am at the Iowa City Senior Center. Learn more at: [ICPL- Grand Babies](#).

Grand Babies

Intergenerational Storytime



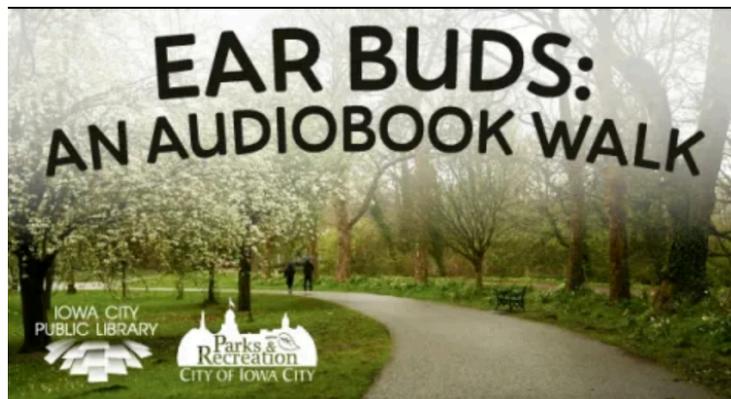
9:00 AM
Iowa City Senior
Center Assembly
Room, 1st Floor

2026 Dates

January 14 February 11 March 11 April 8 May 13

Earbuds: An Audiobook Walk

Join ICPL staff and the Bookmobile at Sycamore Greenway Trail from 10am-11am on March 27! Stroll at your own pace while listening to a book on your mobile device. The full walk will be two miles, but you can adjust the length to your needs. Board the Bookmobile to get free coffee or tea and browse the collection of books on board. Learn more information and register for the event at: [ICPL- Ear Buds](#)



Iowa City Downtown Gallery Walk: Friday March 6, 5:00pm-8:00pm

For over 25 years, this event has taken over downtown and filled your favorite businesses with wonderful works of art. **This free event is open to the public!** Enjoy a self-guided tour of shops, galleries, and museums that have featured artists and curated pieces of art. For additional information and a gallery walk map, visit: [Gallery Walk | Iowa City Downtown District](#).

IOWA CITY DOWNTOWN DISTRICT

Downtown Iowa City

Gallery Walk

! DOWNTOWN IOWA CITY !

5-8 pm
Mar. 6

SEE GREAT ART! WIN A \$50 GIFT CARD FROM PRAIRIE LIGHTS BOOKS!

Pick up a map at any of the participating venues, collect seven or more punches, and drop off the card at your last Gallery Walk stop. You'll then be entered in a drawing to win a \$50 gift card from Prairie Lights Books!

SCAN FOR MORE INFO



AKAR
Arts Iowa City's ArtiFactory
Blick Arts Materials
Daydreams Comics
Glassando
Iowa Artisans Gallery
Iowa City Public Library
Iowa City Senior Center
Iowa Conservatory
Main Library Gallery,
University of Iowa Libraries
Mosaic
Prairie Lights Books
Public Space One
r.s.v.p.
Textiles
University of Iowa
Stanley Museum of Art
Willow & Stock

IC
IOWA CITY DOWNTOWN DISTRICT

LOVE THIS PLACE

Powerful Tools for Caregivers: An Educational Series by Iowa State University Extension and Outreach

Through this six-week course, you will learn ways to take care of yourself, reduce stress, improve your caregiving confidence, and establish balance in your life as you care for others. The course runs from **April 2nd to May 7th 2026** and will take place in person at the Johnson County Extension Office (3109 Old Highway 218 South Iowa City, IA 52246). There is a \$10 cost for the class.

For more information visit: [ISU Extension and Outreach](#).

To register, visit: [Powerful Tools for Caregivers - Adults](#)



Powerful Tools
FOR Caregivers
of adults with chronic conditions

Feeling stretched caring for a family member or friend?

Powerful Tools for Caregivers is a class designed to provide you—the caregiver—with skills to take care of yourself.

The series of six classes, held once each week, offers tools and support to help you **reduce stress, solve problems, and communicate confidently** when faced with tough decisions.

Scan the code or follow the link below to learn more.

<https://go.iastate.edu/NAG1WH>

Dates

Thursdays from April 2, 2026 to May 7, 2026

Time

12:00 PM - 1:30 PM

Location

Johnson County Extension Office
3109 Old Hwy 218 S.
Iowa City, IA 52246

Cost

\$10 (Includes The Caregiver Helpbook)

Registration

<https://go.iastate.edu/NAG1WH>

Questions?

Dawn Dunnegan - dunnegan@iastate.edu;
319-217-9474

Barbara Dunn Swanson -
bdswanso@iastate.edu; 563-886-6157

The fees for service will be used to offset direct expenses and to support the Health and Human Sciences County Extension Program. This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/legal. HS 136 March 2025

IOWA STATE UNIVERSITY
Extension and Outreach

May 20, 2026: Corridor Conference on Aging

Mark your calendars for this educational event happening on May 20, 2026. The 2026 Corridor Conference on Aging: Aged to Perfection will have speakers, resources, and community organizations to help you age well! **The event is free for individuals 60 and older!**

Registration is required to attend this event. You can find more information and register at: [Corridor Conference on Aging | Kirkwood Community College](#).

CORRIDOR CONFERENCE ON AGING

AGED to PERFECTION

Join us for this **FREE*** full-day event created for adults **60 and better!**

Kirkwood Community College and Heritage Area Agency on Aging will bring together top-notch speakers, practical resources, and trusted community organizations who understand what matters most to today's seniors.

May 20, 2026

Linn County Regional Center | Hiawatha, Iowa

FEATURED KEYNOTES

Active Minds, Active Lives: Embracing the Journey of Optimal Aging

Jennifer E. Jones, MSH-PH
Csomay Center for Gerontological Excellence | University of Iowa

Nourishing Health as We Age

Sarah L. Francis, Ph.D., MHS, RDN
Dept. of Food Science and Human Nutrition | Iowa State University

BREAK OUT SESSIONS

FINANCES **Smart Money Moves**
Brian Thompson | Peritia Advisors

HOME SAFETY **Living Safely, Living Well**
Erica Schroeder-Cerda | LivWell Seniors

MINDFULNESS **Staying Connected**
Megan Thole | Hello Mindful You

HEALTH **When Memory Fades**
Abby Weirather & Becky Krapfl
DeWolf Innovation Center

TECHNOLOGY **Click with Confidence**
Laura Symmonds | Heritage Agency

PRESENTING SPONSOR:



*FREE to Seniors 60+ | Pre-registration: Required to attend. | Seats fill fast! Register today.

Call us at 319-398-1022 (option 5) or visit www.kirkwood.edu/agingconference.

What's going on in JoCo?

Click the links below!

North Liberty Senior Connections Lunch	TRAIL of Johnson County Events Calendar	Iowa City Senior Center Website	Solon Senior Support Newsletter and events
Iowa City Events Calendar	North Liberty Events Calendar	Coralville Events Calendar	AARP Iowa Events Calendar

[Upcoming Events at Hancher](#)

[Upcoming Events at the Stanley Museum of Art](#)

[Upcoming Events at the Englert Theatre](#)

[Alzheimer's Association Upcoming Events](#)



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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!