

JCLC May 2026 Newsletter



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

> the primary information resource for Seniors <

www.livablecommunity.org

Important Announcement:

Starting in July, JCLC will no longer be using Constant Contact to distribute our Newsletter.

To ensure you still get the Newsletter delivered to your email each month, please subscribe on the JCLC website:

[Livable Community Newsletter Subscriptions | Johnson County](#)

May is Older Americans Month!

JCLC would like to **recognize and honor** the incredible contributions older adults make in our Johnson County community. This year, the Older Americans Month theme is "**Champion Your Health,**" which focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. Learn more about this year's theme at **[Older Americans Month | ACL Administration for Community Living](#)**.

Celebrate Older Americans Month by attending these JCLC Events:

***I Like it Here* : Film Screening and Guided Discussion**
May 7th, 2026, 6:30pm

As part of their Community Collaborations series, FilmScene will be hosting a screening of *I Like it Here* in partnership with the **JCLC Policy Board, TRAIL, and other community organizations**. Leaders from these organizations will facilitate a **guided discussion** after the screening! You can learn more about the film and get tickets (pay what you can) at: [I LIKE IT HERE - FilmScene](#).



FILM SCENE

Community Collaborations

SPONSORED BY BARB MCFADDEN & TOM ROCKLIN

I LIKE IT HERE
THURSDAY, MAY 7, 6:30PM

PRESENTED IN PARTNERSHIP WITH
JOHNSON COUNTY LIVABLE COMMUNITY
FOR SUCCESSFUL AGING POLICY BOARD
AND TRAIL

ICFILMSCENE.ORG

Eat Well: Simple Nutrition Strategies for Healthy Aging

May 13, 10:00am-11:30am

Johnson County Health & Human Services Building
Room 203 (855 S. Dubuque St, Iowa City)

Join a practical, engaging session led by **registered dietitian Susie Roberts, RDN, LD**, who will focus on how everyday nutrition can support strength, energy, and overall wellness as we age.



EAT WELL: Simple Nutrition Strategies for Healthy Aging

Wednesday, May 13
10:00 to 11:30 AM

Johnson County Health & Human Services, Room 203
(855 S. Dubuque St, Iowa City)

Join us for a practical, engaging discussion led by **registered dietitian Susie Roberts, RDN, LD**, who will focus on how everyday nutrition can support strength, energy, and overall wellness as we age.



Livable Community
for Successful Aging



JOHNSON COUNTY
WELLNESS
supporting healthy lifestyles

Art Talk with Amanda Lensing
May 19, 3:00pm on [Zoom](#)



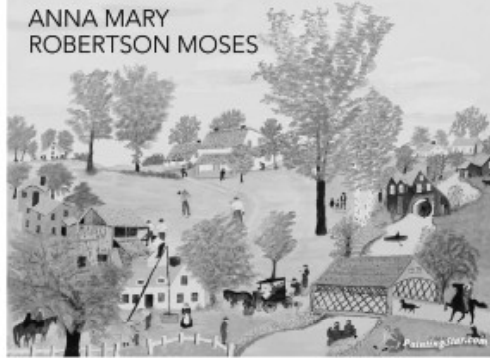
**Livable Community
for Successful Aging**

Meeting ID: 94084344620
Passcode: 557677
or click here for [ZOOM LINK](#)

ART TALK with AMANDA LENSING

join us in a celebration of
Older Americans Month
for an artful discussion on

ARTISTS & AGING



ANNA MARY
ROBERTSON MOSES

Taking a close look at how different artists have dealt with aging in their careers - from finding inspiration (and fame) in new mediums as they age to delegating the work to others to keeping their work to themselves.



DALE CHIHULY

**TUESDAY,
MAY 19, 2026
AT 10:30AM
VIA ZOOM
(ZOOM LINK IN
UPPER RIGHT CORNER)**



VIVIAN MAIER

May is Mental Health Awareness Month!

Article by Lisa Parlato, Johnson County Public Health

This May, celebrate the strength it takes to care for your mental health. Emotional wellbeing is essential for everyone, and taking small steps to support it can make a big difference.

**CredibleMind -
Johnson County
Public Health**

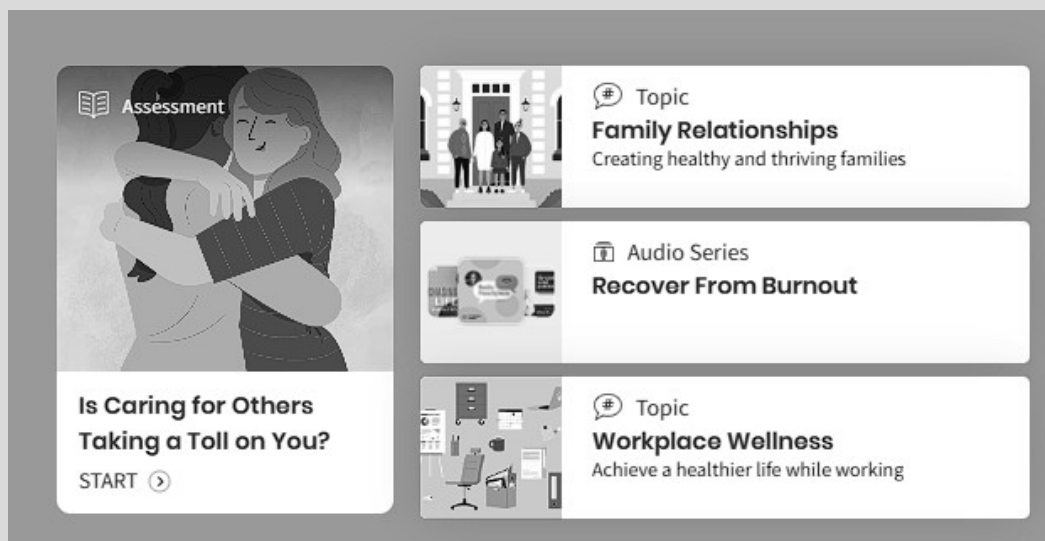
HealthyJoCo
live • work • learn • play



CredibleMind is a **free, private website** with real, trustworthy resources on things like **stress, sleep, relationships, and mental health**. You can explore articles, short videos, self-check-ins, and practical tools all at your own pace.

If you've been feeling **overwhelmed** or just not quite like yourself lately, CredibleMind is a great place to start looking for ways to feel better. You might also be supporting a partner, adult child, grandchild, or friend and looking for ways to show up for them while taking care of yourself, too. **You don't have to sign up to use the website, and no personal information is shared.**

Johnson County's CredibleMind website has helped over 500 people find help since 2024. Visit [CredibleMind](#) to explore the site today!



2026 NAMI Walk

This year's NAMI Walk of Johnson & Linn Counties will take place on **Saturday, May 2 at Terry Trueblood Recreation Area** in Iowa City, with activities in the morning and the walk beginning at **10AM**. Walking and donating to NAMI helps raise awareness and support free mental health programs for individuals and families in our community!

Learn more about NAMI, register for the walk, or donate at [NAMI Walks- Johnson County](#).



Primary Elections on June 2nd!

What is a Primary Election?

A primary election is an election in which voters choose their preferred candidates within a political party to advance to the general election. The candidates who receive the most votes in each party move on to the general election. The next general election will be November 3rd, 2026.



What offices are on the ballot?

- **Federal Level:** U.S. Senator & U.S. Representative
- **State Level:** Governor, Iowa House, Iowa Senate, Secretary of State, Auditor of State, Treasurer of State, Secretary of Agriculture, & Attorney General
- **Local Level:** Johnson County Board of Supervisors, County Treasurer, & County Recorder
 - **Recent Change:** Iowa Senate File 75 (passed in 2025) requires that Johnson County Supervisors are elected by district, rather than at large. Find additional information and your district at: [Supervisor Districts | Johnson County](#)

When and where can I vote?

- **In-Person Early Voting** starts May 13
- **Absentee ballots** must be requested by May 18
 - Learn how to request an absentee ballot here: [Absentee Voting | Iowa Secretary of State](#)
- **On Election Day** polls will be open from 7am-8pm
 - Find your polling place here: [Johnson County, Iowa Polling Places](#)

- You must bring a valid form of ID to the polls

Click here to find out more about voting and the candidates!

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.

Solon Aging Well Expo

May 19, 10:00am-12:00pm at the Solon Community Center

Join Solon Senior Support for their first Aging Well Expo! This free event will have local vendors, educational presentations, prizes, and more! Learn more about Solon Senior Support and the services they offer for older adults at [Solon Senior Support](#).



Solon Aging Well Expo

Solon Community Center | Tuesday, May 19th | 10:00 AM–12:00 PM

313 S. Iowa Street
Solon, IA 52333

Join us for our 1st Annual Solon Aging Well Expo— a day dedicated to resources, education, and community connections for older adults and their families. Meet local vendors, learn from informative presentations, explore services that support healthy aging, and enjoy door prizes and refreshments throughout the event.



AARP Senior Planet: Technology Education for Older Adults

Iowa City Public Library and Johnson County Public Health are partnering with **Senior Planet from AARP** to help older adults **use technology** to learn new skills, save money, get in shape, and make new friends. Classes are hosted at the Iowa City Public Library and are intended for adults 60 and over, but anyone is welcome!

Upcoming Senior Planet Classes at the ICPL include:

- May 4: Technology for Aging in Place

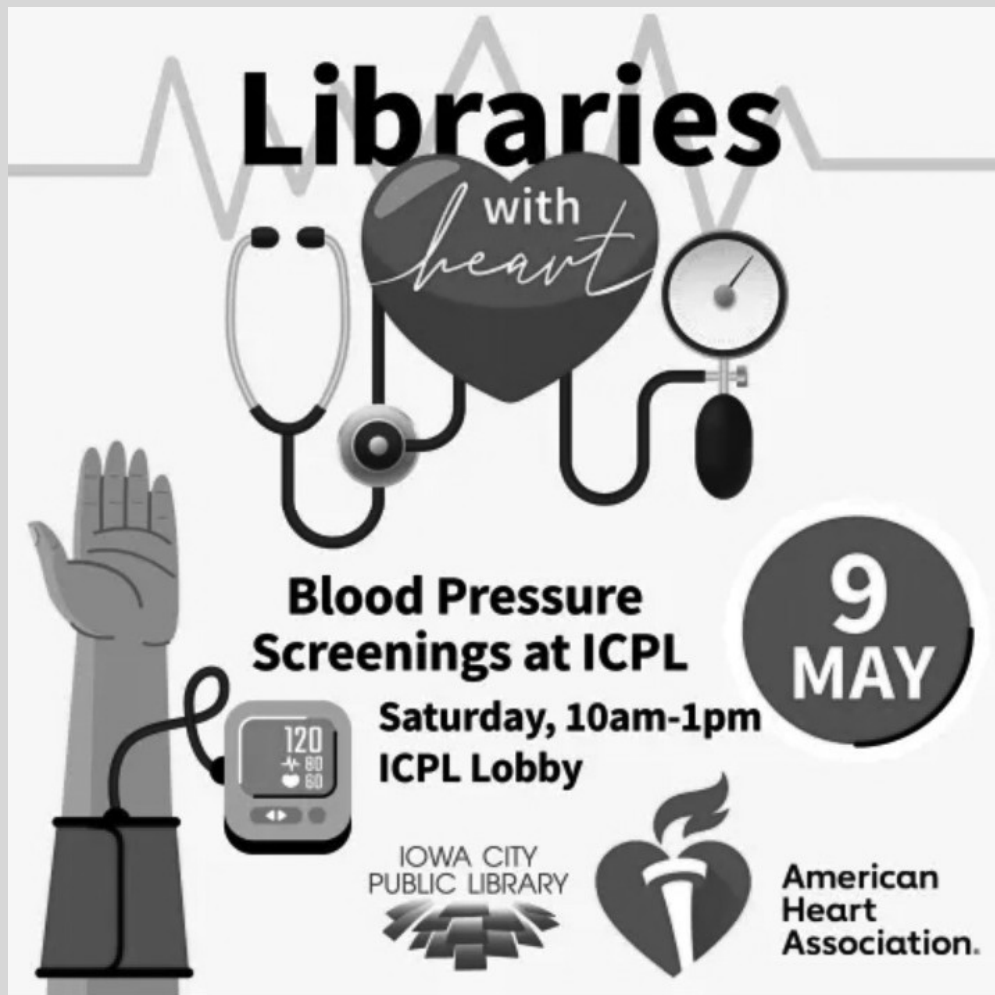
- May 12: Passwords, Passkeys, and More
- May 22: Messaging Apps
- June 15-July 15: Computer Essentials Course
 - This course meets Mondays and Wednesdays from 10:30-11:45 for 5 weeks

All courses are free, but **registration is required!** Additional information about the course content and registration for each course can be found at: [Senior Planet | Iowa City Public Library](#)



SENIOR PLANET
FROM **AARP**

**Free Blood Pressure Screenings
May 9 at the ICPL- No appointment needed!**



Stories Between Generations: Registration Open May 1 through May 15!

Stories Between Generations is a summer reading and letter exchange program **bringing Iowa City seniors and young people in grades 3 through 8 together**. Seniors and young people who have each selected the same book will be paired together as **pen pals!**

Space is limited to **20 older adults** and 20 youth participants. Participants will be notified of their partner and how to pick up their book on June 1st!

Find more information and register at: [Stories Between Generations | Iowa City Public Library](#)

Stories

Between Generations

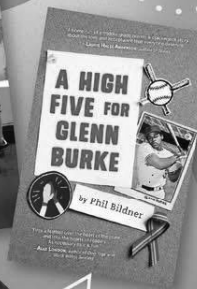
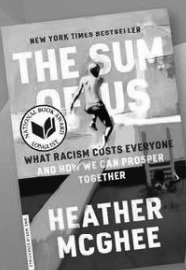
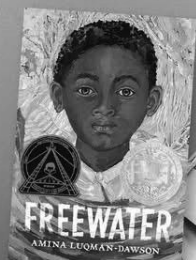
Stories Between Generations is a summer reading and letter exchange program bringing Iowa City seniors and young people in grades 3-8 together around books that matter.

**Friday,
May 1, 10am**

Registration opens.
Space is limited to 20
seniors and 20 young
people.

**Wednesday,
August 12, 1-2pm
Senior Center**

Readers will meet the person
on the other side of their
letters over a FREE catered
lunch!



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,
May 21st 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

Local Farmers Markets

Celebrate the start of Spring by visiting a Farmers Market near you! Visit [Find Local Food | Johnson County, IA](#) to learn where to find local produce and goods!



JOHNSON COUNTY

Farmers Markets 2026

CORALVILLE

Iowa River Landing & Ponseti Way, Coralville, IA
Wednesday, 4:30 p.m. - 6:30 p.m., June - October

FIELD TO FAMILY ONLINE FARMERS MARKET

Visit orders.fieldtofamily.org and 'Sign Up'. Order online Sunday at 5 p.m. - Tuesday at noon.
Pick up at Pepperwood Plaza (1067 HWY 6, Iowa City) or have orders delivered on Thursday.

GLOBAL FOOD PROJECT FARMERS MARKET

Johnson County Historic Poor Farm
4811 Melrose Ave, Iowa City, IA 52246
Saturday, 3:00 - 5:00 p.m. July- September

IOWA CITY

405 E. Washington St., Iowa City, IA 52240
Saturday, 7:30 a.m. - 12:00 p.m., May - October

SOLOM

Mushroom Park Parking Lot, Solon, IA
Tuesday, 4:00 p.m. - 6:30 p.m., June - September

SWISHER

66 2nd St SW, Swisher, IA 52338 | Thursday, 4:30 p.m. - 6:30 p.m., June - Mid-October

UNIVERSITY HEIGHTS

Former University Athletic Club Parking Lot, Melrose Ave., Iowa City, IA 52246 Tuesday, 4:00 p.m. - 6:00 p.m., May - September

WEST BRANCH

Heritage Square, West Branch, IA
Tuesday, 4:00 p.m. - 6:00 p.m., Mid-May - Mid-October



Look for this sign!

Senior Farmers Market Nutrition Program Update

The **Senior Farmers Market Nutrition Program** will officially start on **June 1, 2026**. This program provides \$50 in vouchers to use at approved vendors at any approved Farmer's Market in the State of Iowa to individuals that meet the qualifications. Heritage Area Agency on Aging will be **mailing applications** out mid-May to all consumers that received Farmers Market voucher last year. These applications will be mailed to the address supplied on last year's application.

This year there is also an online application that can be accessed starting May 1, 2026. Here's the link:

<https://idals.fillout.com/sfmnp-apply>.

If you have moved or did not receive the Senior Farmers Market Nutrition Program checks last year and would like an application mailed to you, please contact Tim Getty at the Heritage Area Agency on Aging at 319-398-7676. Please leave a voicemail clearly stating your name, address, telephone number and he will mail out an application for the program.

Please note: Due to a reduction in available vouchers, all distributions for 2026 will be managed by Heritage Area Agency on Aging like last year.

Senior Fridays at Coralville Community Food Pantry

The Coralville Community Food Pantry is excited to offer a special **Senior (60+) Shopping Hour** from **11 - 1pm every Friday**. This shopping hour will look the same as our other food assistance hours, but we will limited shoppers to seniors (60+) as well as individuals with limitations that might need a little extra time to shop with us.



Accessibility Shopping Hours

Fridays 11am-1pm

Open to seniors (60+) and individuals with disabilities



CORALVILLE COMMUNITY FOOD PANTRY

Proud member of



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 Website</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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