

JANUARY 2025 ISSUE



**SOCIAL  
SERVICES**

Livable Community  
for Successful Aging

## Livable Community for Successful Aging Newsletter



In a livable community everyone can age successfully and live a vital life with the opportunity to flourish in the community.



**ANNUAL  
GOALS FROM  
JCLC**



**TAKE THE SURVEY**



**HEALTHY  
AGING**

*And more!*

Visit our Website: [www.livablecommunity.org](http://www.livablecommunity.org)

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**Dear Community Members,**

As we step into 2025, our commitment to understanding the needs and priorities of Johnson County remains strong. We have outlined several key goals that will guide our efforts throughout the year and beyond.

 **Complete the JCLC Community Survey and Analyze the Results**

In early 2025, we will continue distributing the JCLC Community Survey to gather valuable input on issues affecting the livability of Johnson county. Your feedback is crucial in shaping the future of successful aging. Please go to [livablecommunity.org](http://livablecommunity.org) to complete the survey! After collecting survey responses, we will analyze the data carefully to identify emerging trends, areas for improvement, and the evolving needs of the community.

 **Create an Action Plan Based on the Survey Results**

Once the data from the survey is analyzed, we will use the findings to develop a detailed action plan. This plan will focus on addressing the most critical livability concerns, ensuring we target these needs through specific initiatives and recommendations. Whether it involves enhancing healthcare services, improving transportation options, or creating more opportunities for social engagement, the action plan will establish clear goals and timelines for execution.

 **Revise the JCLC Strategic Plan for 2025-2028**

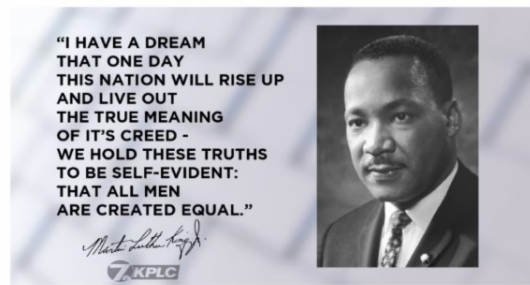
Building on the action plan, we will update the JCLC Strategic Plan for the period of 2025-2028. The revised plan will address the current needs related to aging and livability in our community, align with the county's broader goals, and create a clear pathway for long-term success.

Thank you for your continued support of our shared vision. We are excited to work together as we move forward in this phase of growth and progress. Let's make 2025 a year of meaningful change for our community.

**Sincerely,**

John Kalohn

Chair of Johnson County Livable Community for Successful Aging



## Schedule of Events

### **Monday, January 20, 2025**

Iowa City Senior Center

11:00am-12:00pm: Historical African American Poetry Discussion: "Turn Me Loose: The Unghosting of Medgar Evers"

Mercer Park Aquatic Center

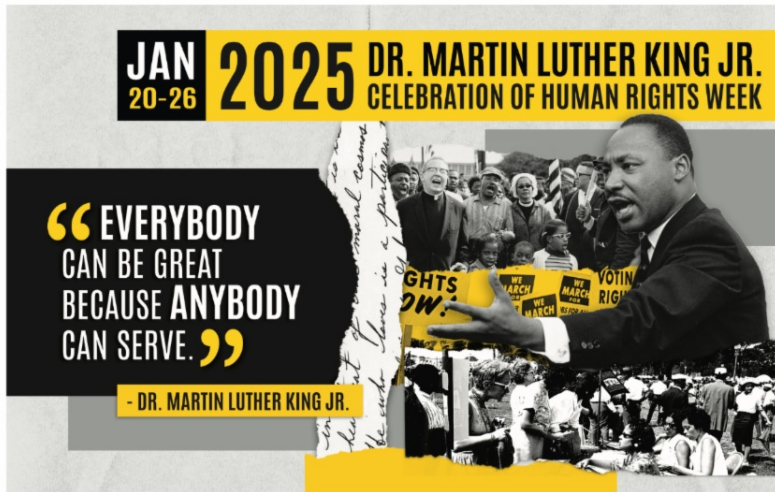
9:30am-12:30pm: Community Service Project, speeches, presentations, food, and activities. Supporting CommUnity with a diaper drive.

Coralville Public Library

5:30pm: Join the Coralville Public Library in the rotunda for a commemorative reading of Martin Luther King Jr.'s famous speech by members of the community.

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Thursday, January 23, 2025, 10:00am - 8:00pm  
Stanley Museum of Art

On Thursday, day 4 of MLK Week, the Stanley Museum of Art will be hosting an all day art workshop in collaboration with Multicultural and International Student Support and Engagement. The program, **Art and Expression**, will be led by students from the MISSE Cultural Houses and will focus on creating a collaborative mural on large sheets of paper that reflects themes of justice, equality, and unity that Dr. King championed throughout his life. Students and visitors are invited to participate and express ideas of social justice through art. Art and Expression will be ongoing throughout the day. The murals will remain up on display in the lobby until the end of MLK week (Sunday, Jan. 26, 2025). This event is free and open to all.





## Iowa Rent Reimbursement

Are you aged 65+ or under age 65 and have a diagnosed disability; with a household income less than \$26,218.99?

You may be eligible for partial rent reimbursement for claim year 2024, from the State of Iowa.

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Applications can be completed starting on  
January 2, 2025 online [HERE](#)

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Missed out on last year?  
Applications for the 2023 claim year  
can be completed now.



Monday, January 20  
4:30pm - 6:30pm



Coralville Public Library  
Meeting Room A&B, Lower Level Rotunda, E. Jean  
Schwab Auditorium

Find out how you can get involved in your community during our volunteer fair, featuring a number of local organizations with volunteer opportunities.

## VOLUNTEER OPPORTUNITIES



Volunteer Income Tax Assistance (VITA) is a national IRS sponsored program that provides free tax preparation of federal and state tax returns for low income households. On average, it costs a taxpayer nearly \$300 to have their return prepared and filed by a tax firm. This money can instead be used for basic needs, such as groceries and rent.

Volunteers are critical to the success of the VITA program. VITA volunteers are needed to help prepare and file tax returns. No previous experience is necessary. Volunteers will complete IRS training to become certified tax preparers. Volunteer greeters are also needed to welcome tax payers to the tax clinics and gather needed paperwork.

[Sign up to volunteer today!](#)

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## Sleep: A Key to Healthy Aging



How do our sleep needs change as well age? What is REM sleep? How does sleep impact my memory, my heart, and my pain? Why do I pee so much at night? Attendees will walk away with answers to these questions and more. Come learn things you can immediately apply to your lives to sleep better and age better. Presenter: Jake Raecker, DPT

January 16, 2025  
2:00pm - 3:00pm  
Iowa City Senior Center

**REGISTER HERE**

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## Build Better Bones: The Impact of Exercise on Bone Health



Exercise, specifically weight-bearing and impact exercise, is critical for people wanting to maximize their bone health and avoid fractures as they age. Unfortunately, many people with low bone density, osteopenia, or osteoporosis have been told, “don’t bend, lift, or twist”, creating confusion and fear about what they can and can’t do. This class will cover why certain types of movement are helpful for bone health and how you can strengthen your bones as you age.

Presented by Jake Raecker.

January 9, 2025

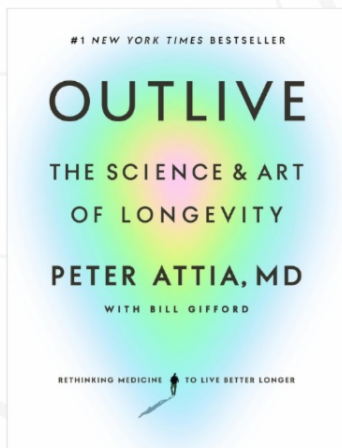
2:00pm - 3:00pm

Iowa City Senior center

[Register here](#)

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## What's Good for Your Heart is Good for Your Brain: Discussing "Outlive" by Peter Attia



"Dive into Peter Attia's book ""Outlive"" with Michelle Voss and her team from the UI Health, Brain & Cognition lab. This engaging four-week series will explore how heart health and metabolic health influence your risk for cognitive decline and Alzheimer's. Learn why physical activity and good sleep habits are crucial for brain wellness.

Each week, will have assigned readings from the book, group discussions and interactive activities, and time to reflect on our own lifestyle and develop strategies for health. Don't miss this chance to enhance your understanding of brain wellness in a supportive and interactive environment!"

**REGISTER HERE**



Samuel & Emma A Ranshaw House  
515 Community Dr., North Liberty



Begins Thursday, January 9, 2025 ,  
a 4-week series

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## 5 Dressing Tips During Cold Weather

1. Choosing the perfect layered clothing: snug based layer on skin, insulated middle layer such as wool or fleece, & a protective outer layer that is wind and water resistant.
2. Quality Thermals: Investing in high-quality thermal clothing is crucial for enduring cold climates.
3. Protecting Extremities: Gloves, socks, hats, and waterproof boots should be selected with warmth and practicality, particularly thermal socks keeping feet snug without constriction--promoting healthy blood flow.
4. Hydrate your skin: Moisturizing becomes a critical ritual in preventing the dryness and cracking caused by cold air. Face, hands, and lips are especially vulnerable.
5. Other accessories to keep you warm: Scarves, gators, and facemasks are essential when outdoors in extreme temperatures, particularly while completing snow removal. Don't forget to stay cozy indoors: Slipper socks are a great accessory to have at home. With grippers on the sole they help with traction on indoor wood and tiled surfaces.

Source: Discovery Senior Living

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 **NAMI** Johnson County

National Alliance on Mental Illness

in partnership with



# CONNECTION RECOVERY SUPPORT GROUP



5:30pm to 7:00pm  
every Tuesday



## NAMI CONNECTION IS:

- a support group that offers respect, understanding, and hope for adults living with mental health conditions
- free and confidential
- led by two trained facilitators living in recovery themselves



Zoom ID: 541 968 849  
password: connection  
dial in 312-626-6799

for more information, email [rplace@namijc.org](mailto:rplace@namijc.org)

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A photograph of two women, one younger and one older, smiling warmly at each other. The younger woman is on the left, and the older woman is on the right, with her arm around the younger woman's shoulder. The background is a soft-focus outdoor setting with greenery.

# FAMILY SUPPORT GROUP

### What is NAMI Family Support Group?

NAMI Family Support Groups, offered by NAMI affiliates in communicates across the country, are free confidential and safe groups of families helping other families who live with mental health challenges.

NAMI Johnson County, the local organization of the National Alliance on Mental Illness, will offer its NAMI Family Support Program via Zoom. **Join us Thursday Evenings from 6:30 pm to 7:30 pm.**

Mary Issah  
Executive Director  
NAMI Johnson County  
Phone: 319.337.5400  
Email: [mary.issah@namijc.org](mailto:mary.issah@namijc.org)

### How to Access

Head over to [www.zoom.us](http://www.zoom.us) and enter the Meeting ID: 896 1070 9952 OR

Dial in from your cellphone  
+1 312 626 6799 US  
(Chicago)

Contact Mary @ [mary.issah@namijc.org](mailto:mary.issah@namijc.org) to receive password for computer and/or phone Zoom meeting access.



**City of Tiffin**  
**Christmas Tree Pickup:**  
**Thursday, January 9th.**



Questions regarding Christmas Tree pickup can be directed to our contracted provider, LRS-IOWA #319-665-4498.

For live holiday trees and greenery to be recycle-ready, set them the curb for pickup; do not place them in a bag. Remove all lights, decorations, wires, tinsel, stands, or any other non-organic material. Trees larger than six feet tall should be cut into sections.



**Compost**  
**natural**  
**holiday**  
**trees**



**IOWA CITY**  
A UNESCO CITY OF LITERATURE

Johnson County residents who do not have curbside composting can bring natural, unflocked trees to the Iowa City Landfill's Compost Facility to be composted at no cost. The landfill is open Monday to Saturday from 7 a.m. to 4:30 p.m. Beginning on Jan. 11, 2025, Saturday hours at the landfill will change to 7 a.m. to noon.



Tickets are \$60/person and will go on sale January 2, 2025

REGISTER: Online at [icgov.org/senior/registration](http://icgov.org/senior/registration)

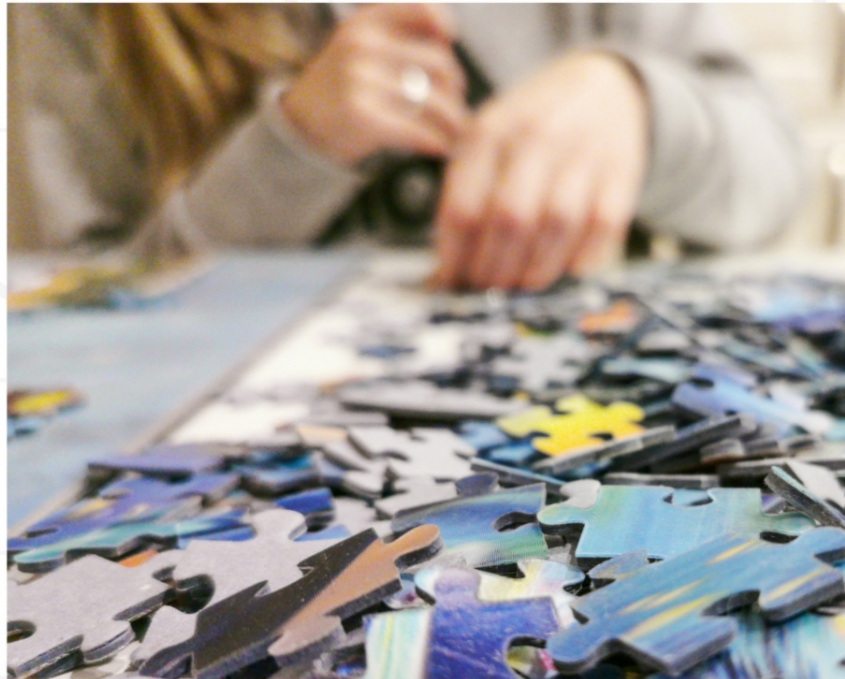
By phone, call 319-356-5220 In-person at the  
Senior Center, 7 days/week during open hours

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## ICPL Adult Puzzle Palooza: A Team Puzzle Competition



Are you a dissectologist? Do you love jigsaw puzzles? Join ICPL's Winter Puzzle Palooza - a Team Jigsaw Competition.

Twelve teams of 3-4 players will have 90 minutes to assemble the same 500-piece puzzle. The team that finishes first wins! If, at the end of 90 minutes no one has completed the puzzle the team with the fewest free pieces will be declared the winner. The winning team will receive a new 1000-piece puzzle.

Pre-registration is required for the competition and is limited to 12 teams. Please have only one member of your team register.

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COMMUNITY EVENTS



Winter doesn't have to be dull. Beat the bitter with ice sculptures, fire performances, ice skating, snowzilla slide, bonfire, fireworks and more. All programming is free.

Saturday, Jan. 25, 2025  
2 to 8 p.m.

Penn Meadows Park  
355 E Penn St

Parking is available in the park's north and south lots,  
at City Hall, Penn Elementary and nearby public

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