

JCLC February 2024 Newsletter



Johnson County Livable Community Information for Successful Aging

> the primary information resource for Seniors <

www.livablecommunity.org

Black History Month Events

THE CITY OF IOWA CITY CELEBRATES

BLACK HISTORY MONTH



The City of Iowa City will host numerous events throughout February 2024 to commemorate Black History Month.

The month will feature book clubs, presentations, crafting projects, film screenings, and more, aimed at celebrating the impact Black Americans have had on our country, and educating people on the barriers Black Americans have faced, and still face today.

Below is a short summary of each event. For details, [visit icgov.org/BHM2024](https://www.icgov.org/BHM2024).

Source: <https://www.icgov.org/government/departments-and-divisions/equity-and-human-rights/martin-luther-king-jr-day-2024>

Check out the University of Iowa's Black History Month events at
<https://studentlife.uiowa.edu/celebrations/black-history-month>

BLACK HISTORY MONTH 2024

Thursday, Feb. 1

All Black Affair: Soulful Celebration

7 - 9 p.m.
McVey Theatre, Theatre Building

Friday, Feb. 16

Retro Rhythms Roller Fest: Roll Bounce Movie Night

7 - 9 p.m. | Afro House

Wednesday, Feb. 21

Verses Unveiled: An Evening of Poetry with Donika Kelly

6 - 8 p.m. | Afro House

Saturday, Feb. 24

Soulful Grooves: A R&B Showcase with **scope productions**

7 - 9 p.m. | Black Box Theater, IMU

Thursday, Feb. 8

Rest is Resistance with Candyce Briggs

6 - 8 p.m. | Afro House

Saturday, Feb. 17

Neon Nights: A Roller Disco Extravagnza with **CAB**

7 - 10 p.m. | International Ballroom, IMU

Thursday, Feb. 22

Harmony in Heritage: BHM Arts and Crafts Extravaganza

6 - 8 p.m. | Afro House

Legacy Illuminated: A Presentation on the Lulu Merle Johnson Exhibit

Wednesday, Feb. 28 5 - 6:30 p.m.

Thursday, Feb. 29 noon - 1:30 p.m.
Afro House

Iowa Rent Reimbursement

If you're a low-income Iowan aged 65 or older or a low-income disabled adult you may be eligible for a partial reimbursement of your rent. You can now apply for reimbursement for 2023 and 2022 claims using any device that connects to the internet. To be eligible you need to be 65 or older in the claim year or be at least 18 and totally disabled in the claim year. **You can access a printable form here.**

Income Limits

- To be eligible for Rent Reimbursement for claim year 2022, your total annual household income must be less than \$25,328
- To be eligible for Rent Reimbursement for claim year 2023, your total annual household income must be less than \$25,328

**Click here for more information and to apply
online**

AARP Foundation Tax Aide Program

Free tax preparation services are available by appointment at the Senior Center from early February through mid-April. Low to moderate income taxpayers, especially those age 60+, can receive this free service, provided by trained volunteers of the AARP Foundation Tax-Aide Program.

AARPSM
Tax-AideTM

Clients will schedule an intake appointment to drop off and inventory their tax-related materials and sign some forms. A counselor prepares the tax return while the client waits in the 1st floor lobby. The counselor will consult the client with any questions, then review the completed return with the client before e-filing. Expect the process to take about 60-90 minutes.

Clients must bring copies of federal and state tax returns for the most recent year filed, photo ID and Social Security card for each taxpayer included on the return, W-2 forms, 1099 forms (including Social Security benefits statement), and bank routing/account info for direct deposit/debit.

[Click here to make an appointment](#)

League of Women Voters 2024 Legislative Forum

The second legislative forum with a focus on Healthcare is coming up on February 24th at The Center Assembly Room (28 S Linn St, Iowa City) from 9:30-11:30AM. All legislators have been invited. The event will be live streamed on Facebook, and recorded to the LWVJC website and City Channel 4.

The format will offer legislators some time for opening remarks. The League of Women Voters of Johnson County will then ask a question to get things started. The floor will then be opened up to anyone in attendance to ask a question.



JOIN US FOR THE FEBRUARY LEGISLATIVE FORUM



**LEAGUE OF WOMEN VOTERS®**
OF JOHNSON COUNTY, IOWA

SATURDAY, FEBRUARY 24, 2024

9:30 - 11:30 AM

FOCUS ON HEALTHCARE

IOWA CITY SENIOR CENTER ASSEMBLY ROOM
28 S. LINN ST., IOWA CITY



In-person and live streamed to LWVJC Facebook page



Iowa City Senior Center Extends Hours

The Iowa City Senior Center (ICSC) is pleased to announce the extension of its operating hours on nights and weekends, thanks to the generous support from the Iowa City Council and the City Manager's Office. This exciting development allows us to better serve the needs of our

community members. Starting this weekend, the ICSC will be open on Saturdays from 9 a.m. to 1 p.m. and Sundays from noon to 5 p.m. Additionally, we have extended our weekday hours until 7 p.m. Monday through Thursday, providing more opportunities for the public to enjoy our facilities.

We are delighted to offer our spacious rooms for public use, allowing individuals and organizations to reserve them for meetings and events. For assistance with room reservations, please contact Kristin Kromray at kkromray@iowa-city.org or call 319-356-5220.

Members of the ICSC have exclusive access to our exercise spaces and billiards rooms, providing a welcoming environment for physical activity and social interaction.

In our commitment to inclusivity, the ICSC offers scholarships to low-income seniors, allowing them to become members for only \$10 per year. For City of Iowa City residents, the annual membership fee is \$40. Senior Center membership is available to anyone aged 50 and above, regardless of place of residence.

We also invite individuals to experience our state-of-the-art fitness equipment designed specifically for our 50+ community members. For a nominal fee of \$5, guests can enjoy a week-long pass to explore and utilize our facilities.

For more information about the ICSC and its programs, please visit our website at icgov.org/senior or contact LaTasha DeLoach, Senior Center Coordinator, at ldeloach@iowa-city.org or 319-356-5220.

Source: <https://www.icgov.org/Home/Components/News/News/1035/390>



DISASTER PREPWISE

An Emergency Preparedness Tool

Disaster or local emergencies have recently impacted communities in the Midwest. We are inviting you to participate in a study that aim to facilitate disaster and emergency preparedness among Iowans.



We are inviting adults 60 years and older to participate in a Disaster PrepWise program. Your participation will take about 2 hours during which you will work with a trained volunteer to develop personalized emergency plans. You may also be asked to complete an optional interview after the program so that we can hear your reactions to the program and recommendations to improve it.

There is no cost to participate, and you are free to stop your participation at any time. Confidentiality will be kept within the limits allowed by law, and your identity and responses will not be shared or used in reports. Compensation will be provided for those who participate in post-program interview.

If interested, please contact Luis Torres (319-486-3326 or ltorres1@uiowa.edu)

IOWA College of Public Health

Powerful Tools for Caregivers

ISU Extension and Outreach is hosting a **virtual Powerful Tools for Caregivers of Adults with Chronic Conditions series** on Tuesdays beginning February 27th. This six-session series is designed for caregivers who provide care for a spouse, parent, or friend with a chronic condition such as dementia or Alzheimer's disease. Sessions will be February 27, March 5, 12, 19, 26, & April 2 from 1:00 PM to 2:30 PM via Zoom.

Topics covered: Tools and support strategies, communication techniques, stress reduction ideas, and resources to assist family caregivers with their concerns related to caregiving.

Registration details: This program is \$40/participant, but scholarship opportunities are available for residents of Johnson County. Program materials will be mailed to those registered. See the attached flyer for more details.

- Registration can be found online at: <https://go.iastate.edu/F9ZEDH>

To learn more, visit <https://www.extension.iastate.edu/humansciences/ptc>. This course will be led by Master Trainers for the Powerful Tools for Caregivers program. Contact Phyllis Zalenski, Family Wellbeing Human Sciences Specialist, at zalenski@iastate.edu or 319-465-3224 for information on scholarships or with any questions.



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.

Everyone benefits when you take care of yourself...

Scholarship Opportunity:
Participants from Benton, Bremer, Buchanan, Delaware, Dubuque, Iowa, Johnson, Jones, and Linn counties can use promo code "PTCFUNDS" to register with a scholarship waiving the registration fee from MH/DS of the East Central Region

The fees for service will be used to offset direct expenses and to support the 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/diversity/ext. HS 136 December 2021

Dates

February 27, March 5, 12, 19, 26, April 2, 2024

Space is limited, register today.

Time

1:00 PM to 2:30 PM

Location

Virtual Series -- ZOOM link will be sent to those registered. Program materials will be mailed.

Cost

\$40.00/participant (See Scholarship Information)

Registration

<https://go.iastate.edu/F9ZEDH>

Questions?

Barb Dunn Swanson, bdswanso@iastate.edu

Dionne Daedlow, daedlow@iastate.edu

Phyllis Zalenski, zalenski@iastate.edu

www.extension.iastate.edu/humansciences/ptc

Lensing Funeral & Cremation Service
invites you to attend

Mending Hearts

*an event held around
Valentine's Day
to celebrate those that have
experienced a loss.*

**Wednesday, February 21, 2024
5-6:30PM**

The Kirkwood Room

515 Kirkwood Avenue, Iowa City

a meal and musical entertainment,
as well as a few lovely surprises

Limited seating, please RSVP
to Mandi Lensing **by February 16th**
amanda.lensing@gmail.com or (319) 338-8171
please indicate any dietary restrictions



Local Programming and News

Click on the categories below to access more information

Senior Connections Lunch	AARP Iowa Events	Alzheimer's Association Upcoming Events	
Silver Linings Older Iowans	Hancher Auditorium Upcoming Events	Iowa City Senior Center Iowa City- January and February Activity Guide	

**Stanley Museum of
Art Calendar**

**Trail of Johnson
County Calendar**

**UI Center of
Human Rights
Events**



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

[Unsubscribe jkellbach@johnsoncountyiowa.gov](mailto:jkellbach@johnsoncountyiowa.gov)

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