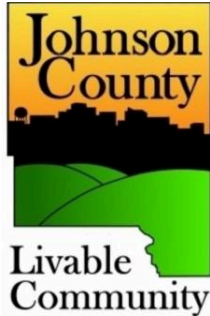


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JCLC January 2026 Newsletter



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

> the primary information resource for Seniors <

www.livablecommunity.org

Become a VITA Volunteer!

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-- money that could be spent to support basic needs like food or rent.



Volunteers are critical to the success of the VITA program. There are two ways to get involved: being a greeter or being a tax preparer. **No prior tax experience is needed for either role!** Volunteers will complete IRS training to become certified tax preparers. **Training for volunteers will take place in December and tax clinics will start in late January through April.** Thank you for considering helping out with this important program!



[Click here for more information or to sign up to volunteer!](#)

**Step Into Their World: An Interactive
Presentation on Dementia**

Join the Csomay Center for Gerontological Excellence and the Heritage Area Agency on Aging for an **interactive look into the experiences of those living with dementia**. The event will be at **Featherstone** from 2pm-3pm on **January 12**. Call **319-595-2270** to **RSVP** or visit the [Facebook event](#) for more information.

Step Into Their World

AN INTERACTIVE
PRESENTATION
ON DEMENTIA

Join us for an insightful conversation on dementia and an opportunity to simulate its physical effects

Monday, January 12, 2026
2 – 3 p.m.

FEATHERSTONE
AT HICKORY HILL

2450 Hickory Trail, Iowa City
RSVP encouraged: 319-595-2270



The Bob Welsh Speaker Series

Bob dedicated his life to the betterment of Johnson County through volunteerism, advocacy and the promotion of lifelong learning. This event is proudly hosted in Bob's memory by the Johnson County Task Force on Aging.



IOWA

College of Nursing
Barbara and Richard Csomay
Center for Gerontological Excellence

Presenter Janel Meints, CTRS, CDP

Celebrate Martin Luther King Jr. Day- January 19, 2026

Iowa City Parks and Recreation is partnering with the IC Human Rights Commission to **honor Martin Luther King Jr.'s legacy** with a volunteer drive and day of service. Join them at **Mercer Park Aquatic Center** on **January 19, 2026** for an event with volunteer sign ups with local non-profits, speeches and presentations, food, activities, and a diaper drive! **The event is free and open to the public!** Find out more at: [Martin Luther King Jr. Day 2026](#)

MARTIN LUTHER KING JR. DAY VOLUNTEER SIGN-UP DRIVE



January 19, 2026



Mercer Park Aquatic Center
and Scanlon Gym



9:30 a.m. - 12:30 p.m.

FOR MORE INFORMATION, VISIT:

icgov.org/MLK2026



Winter Weather Warriors (South District and Longfellow Neighborhoods)

Winter Weather Warriors is a **volunteer-led snow removal program** designed to support neighbors who may struggle to clear sidewalks and driveways during the winter months. Whether due to age, disability, illness, limited mobility, or other challenges, some residents face barriers to staying safe during snowy weather. How the program works:

- Volunteers “adopt” one or more nearby addresses and shovel after snowfalls of 1 inch or more.
- Neighbors who need help can sign up to be matched with someone nearby.
- Residents can also nominate a neighbor who may need support but isn’t likely to fill out the form themselves.



If you’re interested in signing up to receive help or to be a volunteer, visit the [Winter Weather Warriors website](#) or use the intake form for your neighborhood:

- South District – [Complete the South District Neighborhood Association's Winter Weather Warriors Intake Form](#)

- Longfellow- [Complete the Longfellow Neighborhood Association's Winter Weather Warriors Intake Form](#)



LIHEAP

The Low-Income Home Energy Assistance Program (LIHEAP) is accepting applications for the new program year. **Individuals age 60 and over and/or disabled individuals will be able to apply October 1, 2025.**

Applications will open for everyone else beginning November 1, 2025.

To be eligible, the total household income for an applicant must be at or below 200% of the 2023 federal poverty guidelines.

Household Size AAAAAA Annual Gross Income

1	-----	\$31,300
2	-----	\$42,300
3	-----	\$53,300
4	-----	\$64,300

[Click here for more information or to apply!](#)

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.

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

ICPL Winter Puzzle Palooza: A Team Puzzle Competition

Do you love jigsaw puzzles? Join ICPL's Winter Puzzle Palooza event for adults on January 17th. Puzzle Palooza is a Team Puzzling Competition made of **12 four- person teams**, who will have 120 minutes to assemble the same 500-piece puzzle. **The first team to finish will win a new puzzle as a prize!**

Pre-registration is required for this event! Registration opens Friday, January 2nd at 8am. Find more information and register here: [ICPL Winter Puzzle Palooza](#)



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](#).

Project GREEN and the Iowa City Public Library present



**Second Sunday
2026 Winter Garden Forums***
Meeting Room A — 2 to 4 p.m.
Free to the Public



Sunday, Jan. 11, 2026. Bur Oak Land Trust: Strategies in Environmental Conservation. Jason Taylor, Executive Director, has been instrumental in promoting land conservation efforts in the region, ensuring that natural habitats are preserved for future generations. His leadership at Bur Oak illustrates his commitment to environmental stewardship and community engagement. Jason previously worked at VentureLab.org and Project Lead The Way, providing innovative curriculum strategies for transformative learning experiences in science, technology, engineering, and mathematics (STEM) education, and was a key driver for innovative curriculum strategies and program development. He previously served in the United States Marine Corps and earned a B.S. in Environmental Science and an M.A. in Educational Measurement and Statistics from the University of Iowa.





Sunday, Feb. 8, 2026. *Creating a Pocket Prairie in Your Landscape.* Kasey Hutchinson, Johnson County Planning, Development and Sustainability. Since 2018, Kasey Hutchinson has served as Johnson County's Environmental Regulations Coordinator, ensuring that developments in unincorporated areas meet the county's environmental standards. She also manages the county's Soil Health Program and represents Johnson County on the Middle Iowa Watershed Management Authorities (MIWMAI), advancing regional efforts to protect and restore water resources. Kasey brings broad experience in water resource management, having worked across all levels of government, as well as in the private sector. She holds a B.S. in Environmental Science and an M.S. in Environmental Engineering from the University of Iowa.

Sunday, March 8, 2026. *Monitoring Kent Park Bluebirds — Learning the Hard Way.* Ben Rowold is a dedicated volunteer with the Johnson County Conservation Board. For more than a decade, he has combined his lifelong interest in nature with hands-on stewardship to monitor the bluebird nest box trail at F.W. Kent Park. He is now entering his 11th season of supporting this vital conservation effort. Although his professional career was with a government contractor before retiring in 2023, Ben has long valued opportunities to connect with the natural world. He also serves on the board of Iowa Master Naturalists, where he enjoys learning, sharing, and building connections with others who care deeply about conservation.



We Want to Hear from You!

In the spirit of the new year, JCLC is looking for feedback on ways to grow and improve our Newsletter. **Click the button below to take an anonymous 5 question feedback survey!** We appreciate your time in ensuring the Newsletter is relevant to your needs and interests!



Click here to take the Survey!

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 - November & December 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>



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