



The Volunteer Issue

*From the
Executive Director*

We need you!

Volunteers are the lifeblood of our organization. Volunteers assist our members in a variety of important ways, all of which are helping older Johnson County adults age more securely in their homes.

With our membership growing and more people venturing out, service requests have increased significantly. During the years 2018-2021, we averaged **29** requests/month. In 2022, we have averaged **74** requests/month. And to the credit of our existing volunteer base, they have met every request. But we especially need more persons willing to provide

transportation for members. Even once every two months would make a difference. In addition to driving, here are some other ways you can play a vital role in helping our members maintain their independence:

- ➔ **Home services** (simple repairs, errands, outdoor chores)
- ➔ **Medical advocacy** (accompanying members to doctor appointments, asking questions, and recording instructions)
- ➔ **The *Rise and Shine* program** (for members who desire daily contact with TRAIL)

The great part about volunteering with TRAIL: **you will have no set schedule or commitment to weekly service.** Taking on one or two requests a month would be very helpful.

Please consider joining our volunteer team. (Did you know you can be a member AND a volunteer?) To get started, call the TRAIL Office at 319-800-9003 or email Member and Volunteer Services Coordinator Jessica Hahn at membersupport@trailofjohnsoncounty.org.

—Bob Untiedt

More volunteer opportunities with TRAIL

In addition to fulfilling service requests, volunteers are needed to serve TRAIL on the Board of Directors and committees:

- ➔ Members of the **Board of Directors** provide organizational leadership and serve as positive and

effective advocates for TRAIL within the greater Johnson County community to enhance TRAIL's long-term success.

- ➔ The **Social and Educational Committee** organizes programming to help TRAIL members make new friends, explore their interests, and remain active and engaged in the community.
- ➔ The **Membership Committee** organizes member-appreciation events, special communications to members (birthday cards, condolences, renewal acknowledgments), and new member orientations, all to enhance member satisfaction.
- ➔ The **Volunteer Committee** serves to recruit, orient, and retain volunteers.
- ➔ The **Development Committee** assists in securing philanthropic support to ensure TRAIL's financial viability.
- ➔ The **Marketing & Communications Committee** raises awareness of TRAIL and provides communications via the *TRAIL Guide* newsletter, social media, website, and direct mail.

If you are interested in serving on one of these committees, please contact Executive Director Bob Untiedt at bob@trailofjohnsoncounty.org.

TRAIL runs on volunteers!

—Diana Lundell

Serving on the Marketing & Communications Committee and writing for the *TRAIL Guide* newsletter, I thought I was doing my part to support the success of TRAIL and older adults in Johnson County. But as membership numbers have increased, so has the need for service volunteers.

Knowing that transportation is the number-one requested service, I admitted to myself that I could spare a few hours a week to drive members to appointments. Soon I learned that I could volunteer as my schedule allows and also sign up for other service requests that I feel capable to handle—like gardening work and home projects.

At first it was just about “filling the need,” but soon I found that I was enjoying:

- ▶ Getting to know members and hearing about their interesting lives
- ▶ Trading experiences and advice on everything from successful aging to movies and books
- ▶ Sharing tea, a pumpkin bar, and conversation to brighten a member’s day
- ▶ Discovering new places in the Iowa City/Coralville area
- ▶ Receiving SO MANY “thank yous” for small efforts on my part that often mean so much to members

If you can spare a few hours a week to help, especially to provide transportation, please contact the TRAIL Office at 319-800-9003 or email membersupport@trailofjohnsoncounty.org.

Welcome, new TRAIL members!

Carolina Anhalt
Mark Bagnoli
Barbara Buddin
James Christensen
Carmella Cobb
Sharon Hansen
Brendan Holly
Patricia and Tony Manzo
Bob McDonald
Joyce Paul
Paul Retish
Ann and Terry Smothers
Susan Watts

“It’s a problem that a lot of seniors face—not knowing who they can turn to for help—and I want to be part of a program that tries to fight against that.”

“Volunteering with TRAIL is my way of paying it forward.”

TRAIL volunteers in their own words

“I put myself in the other person’s shoes and think how happy I would be to have someone help me out.”

“I could do the home check for [the members] on my own time. And I enjoyed it because I was helping someone else enjoy their time away.”

“I think TRAIL is a very unique opportunity to help each other. It just makes so much sense.”

“With TRAIL, you know you are helping someone with practical everyday needs. The fun part is the variety of requests and making new friends and acquaintances.”

“Everyone is so appreciative and tells you so.”

“I learned that volunteering was going to be really easy. You can select the times of day you are available, plus you are able to pick and choose from the online list of opportunities.”



'Creepy' camaraderie

Three intrepid TRAIL-ers spent a day together traveling Iowa roads on the “creepy” day trip suggested in the October-November issue of *The TRAIL Guide*. Shown above: Theresa Tometich and Micki Miller (photo by Lesanne Fliehler). First, lunch at the Franklin Hotel in Strawberry Point, which has had ghostly sightings in its history. Then on to the Endinburgh Manor outside Scotch Grove (near Monticello). The TV show “Ghost Adventures” has featured the paranormal activities in the manor.

The best part of the day: time spent getting to know each other. “These social events are ‘my time,’” said Theresa. “I highly recommend attending any TRAIL event!”

Medicare open enrollment continues through December 7

Medicare recipients now have their annual opportunity to review and change their Medicare insurance plans, whether they are enrolled in traditional Medicare with a Medicare supplement (Medigap) plan or a Medicare Advantage plan.

You can explore your coverage options on [Medicare's website](#). The site can provide you with a summary of your current coverage and help you compare plan costs and drug and pharmacy costs. The site is also a great place to start if you are new to Medicare.

Life Transition Service now on TRAIL website

The Life Transition Service now has a home on the TRAIL website. To learn more about this new service for Full members, visit [TRAIL Life Transition Service](#). There is also a new blue banner just underneath the photo on the TRAIL homepage. That link will also take you to the service's homepage.

Get the help you need in case of a fall

Falls among older adults are extremely common, with three million seniors being treated in emergency departments for fall injuries yearly, according to the Centers for Disease Control and Prevention (CDC).

A medical alert device is a life-saving tool that can ensure seniors receive the help they need if a fall or other emergency occurs. A new resource from [MedicalAlert.org](#) helps aging adults and their caregivers learn about and choose a medical alert system that best fits their needs. See the guide at [choosing the best medical alert system](#).

Thanks to our NOVEMBER—DECEMBER newsletter sponsor



Lorraine Bowans

CSA, SRES, CAPS, CLIPP
Senior Resource Specialist
LivWell Seniors, LLC
319-331-5032 cell
319-250-1577

lorraine@livwellseniors.com
www.LivWellSeniors.com

We can help you choose senior housing, assisted living, independent living, memory care, or a nursing home that best fits your family's needs. We are an independent agency and our services are always free to our clients.

NOTE: Some events are virtual, while others are in person. Full details for each event can be found on [TRAIL's online calendar](#).

New events are frequently added, so check TRAIL's weekly calendar preview emailed on Fridays or the [online calendar](#) to stay up-to-date.

Calendar key: **BLUE** events are hosted by and for TRAIL members. **GREEN** (virtual) and **YELLOW** (in-person) events are hosted by other groups but may be of interest to TRAIL members.

Members pay their own fees if there is a cost associated with an event (\$).

TRAIL Guide is published on or about the 15th of each month by the TRAIL Marketing & Communications Committee for the benefit of TRAIL members, donors, volunteers, vendors, and friends. If you have questions or suggestions about the newsletter, email info@trailofjohnsoncounty.org.

If you attend a TRAIL-sponsored in-person event, please wear a mask.

[UI Stanley Museum of Art: A Guided Tour](#)

Tuesday, November 15, 1 to 2:30 PM

UI Stanley Museum of Art, 160 West Burlington Street, Iowa City

[Nile Kinnick's Time in Iowa City Pre WWII](#)

Wednesday, November 16, 10:30 to 11:30 AM

UI Main Library Special Collections—Third Floor
125 West Washington Street, Iowa City

[Wine and Cheese at Connie Peterson's Condo](#)

Friday, November 18, 5 to 7 PM

Home of Connie Peterson, Iowa City

[Wonderful Books: Sharing Your Favorite Biography or Memoir](#) (via Zoom)

Monday, November 21, 1 to 2 PM

[Amana Pre-Season Excursion](#) \$

Wednesday, November 30, 9:30 AM to 2 PM

The Amana Colonies, Amana

[New Member Orientation](#) (via Zoom)

Friday, December 2, 1:30 to 3 PM

[We Are What We Wear: Fashion Through the Ages](#)

(via Zoom)

Tuesday, December 6, 2 to 3 PM

[Member Happy Hour](#) \$

Tuesday, December 6, 4:30 to 6:30 PM

Orchard Green, 521 South Gilbert Street, Iowa City

[TRAIL Book Club: The Beautiful Ones Are Not Yet Born by Ayi Kwei Armah](#)

Thursday, December 8, 1:30 to 3 PM

Location TBD



[Festive Holiday Treats Demonstration and Tasting](#)

Friday, December 9, 3 to 4:30 PM

Home of Ann Romanowski, Iowa City

[Flower Arranging with Willow and Stock Florists](#) \$

Tuesday, December 13, 9:30 to 10:30 AM

Willow and Stock Flower Shop, 207 North Linn Street, Iowa City

[Winter Gift Giving and Reading Suggestions](#) (via Zoom)

Wednesday, December 14, 10:30 to 11:30 AM

Anne Mangano of the Iowa City Public Library will share suggestions, both fiction and nonfiction.

[Conversations with Bob](#) (via Zoom)

Wednesday, December 14, 2:30 to 3:30 PM

See TRAIL's [online calendar](#) for more events, including community events.

TRAIL member and Iowa City artist Jo Myers-Walker had an opening reception for her show "Creating for a Cause" at the Iowa Artisans Gallery on November 4. More information about these works can be found at [Left Bank Studio](#).