



## This evaluation can boost home safety

As people age, one of the biggest potential sources of danger is their own home. Falls are particularly devastating. They account for 25% of

hospital admissions among seniors and 40% of nursing home admissions. One in three seniors falls each year.

What can people do to protect themselves from falls and other hazards around their homes? There are obvious things—remove rugs with loose edges that are tripping hazards, for instance, or adequately light all rooms and the garage. But what else can seniors do to make their homes safer?

LivWell Seniors, a local senior living solutions business, is offering a free home evaluation to help TRAIL Full members identify potential hazards and suggest fixes. TRAIL member and service volunteer Lorraine Bowans, a Certified Aging in Place Specialist, performs an in-depth evaluation that lasts up to two hours, followed by a thorough report.

“I walk them around their house and see how they live their lives, noticing the things that maybe aren’t the safest way to do something,” she said.

For instance, leaving a rocking chair next to a bed and using that to balance when you get up in the morning. Or putting a microwave oven above a conventional oven, which increases the likelihood of burns from spilling hot food as you take it out.

Her report outlines potential hazards and recommends fixes. Some are simple—buy a cheap microwave and put it on the kitchen counter instead. Others might require more work, such as adding technology or small construction. For those, Lorraine has a list of contractors who specialize in work that makes homes safer. “We know lots of inexpensive ways to make the home safer,” said Lorraine.

For more information about a free home safety evaluation, contact Lorraine at [lorraine@livwellseniors.com](mailto:lorraine@livwellseniors.com) or call 319-250-1577.

## One small step: start the conversation

TRAIL members have made one decision already—opting to join TRAIL to support their decision to age in place. But there are other decisions that some may not have considered yet because they are a bit harder to think about.

Don’t let this subject scare you. Face it head on!

It’s possible you haven’t thought about your **future health care needs**. Or you have someone in your life who has wanted to start a conversation with you, but you haven’t wanted to discuss it. Here are some ideas:

- **Play pretend.** You’re watching a TV show where a character is facing a medical emergency. Put yourself in their shoes. What would you tell your family about the situation and what you would want to happen medically?
- **Write it down.** Before you have your own medical emergency, write down any thoughts you have about future care. What’s important to you? How might that translate into your health care wishes?
- **Drive the conversation.** Don’t wait for someone to start talking about your future medical wishes. You’re in the driver’s seat. Be open to starting the conversation with your health care team (family, doctors, other caregivers). They just might be waiting for you to do so!
- **Share it.** Make copies of what you’ve written down and share it with your health care team. They’ll be able to fulfill your wishes easily with that in hand. Don’t forget to place copies in any safe deposit box, your computer, or other spot designated for “important documents.”

Remember the Chinese proverb: A journey of a thousand miles begins with a single step. Take your first step today.

### Planning Your Next Chapter

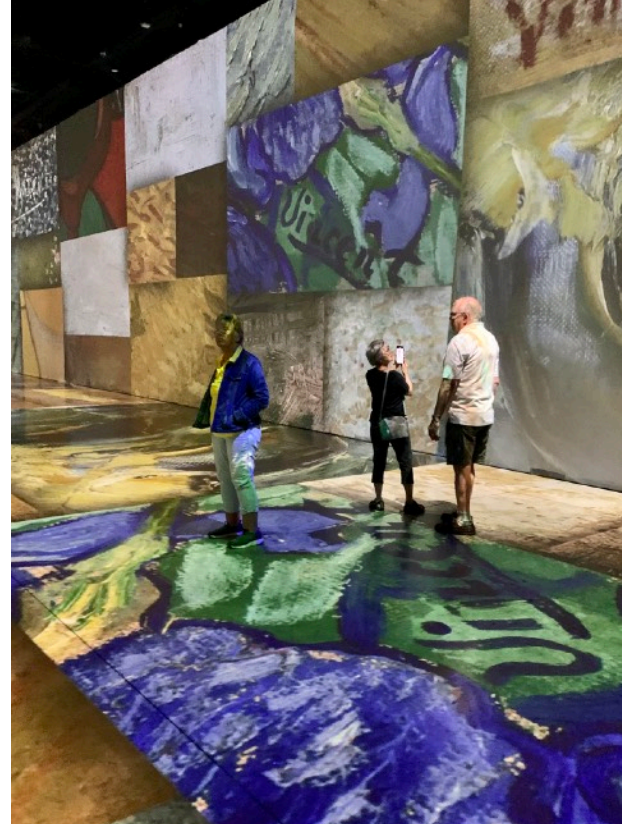
Mark your calendar for these three Thursdays: October 5, 12, and 19. As part of its Life Transition Service, TRAIL will present a three-part informative program called Planning Your Next Chapter:

- ▶ How Do I Want to Live?
- ▶ How Does My Plan Become a Reality?
- ▶ How Do I Plan Ahead for Future Care?

Barb Stein and Kaleigh Gilmore will facilitate the sessions, which will include guest speakers and hands-on activities. The TRAIL calendar will soon have more information and registration details.



Seven TRAIL members and TRAIL Executive Director Bob Untiedt attended the Beyond Van Gogh exhibit in Davenport on June 28. Beyond Van Gogh is an immersive exhibition of 300 of Van Gogh's masterpieces freed from their frames and enlarged to wall size so that you literally are in a field of sunflowers or a starry night—a truly unique experience! Pictured above, left to right, Connie Peterson, Paula Laube, Carol Throckmorton, Nancy Husted, Betsy Fischer, Bob Untiedt, Alfrieta Monagan, and Barbara Plakans.



## Cool celebrations for hot August days

The *TRAIL Guide's* writing staff typically enjoys highlighting a national day of celebration that applies to older adults, but nothing jumped out at us for August—except there are some really fun celebrations we thought you'd enjoy learning about. Mark your calendars!

- August 1—Enjoy a sweet treat on **Red Raspberry Cream Pie Day**. (Recipe: [Red Raspberry Cream Pie](#))
- August 2—**National Coloring Book Day** can be fun and a stress reliever. Download free pages to color. (Visit: [Coloring Book Day](#))
- August 8—Share your happiness and seek ways to infuse happiness in your life on **National Happiness Happens Day**. (Visit: [14 Ways to Foster Happiness](#))
- August 8—Rid yourself of some extra produce on **Sneak Some Zucchini onto Your Neighbor's Porch Day**.
- August 21—**National Senior Citizens Day** may mean there are special discounts and promotions at restaurants and stores in the area.
- August 22—Support those in need and inspire others to be kind on **National Be an Angel Day**.
- August 27—Play the oldest hand game in the world or use it to settle a dispute during **World Rock Paper Scissors Day**.
- August 31—Enjoy friends, fresh air, and a meal outside during **National Eat Outside Day**.



### IN MEMORIAM

**Sandra Mintz-Denburg**

*TRAIL member  
since 2023*

*See her obituary  
[here](#).*

Thank you to the July–August newsletter sponsor



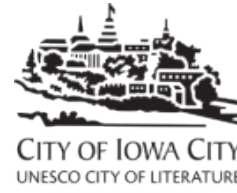
500 East Market Street, Iowa City  
319-339-0300 or 800-MERCY-IC (637-2942)  
[www.mercyiowacity.org](http://www.mercyiowacity.org)

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TRAIL is pleased to express our gratitude to the local businesses and other organizations whose commitment and generous support help older adults retain their independence within TRAIL's active and caring community.

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**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 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 (\$).

Want to attend an event, but need a ride? Call Jessica at 319-800-9003 or email her at [membersupport@trailofjohnsoncounty.org](mailto:membersupport@trailofjohnsoncounty.org).

**TRAIL Guide** is published on or about the 15th of each month by the TRAIL Marketing and 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](mailto:info@trailofjohnsoncounty.org).

**High Ceilings? Get Your Light Bulbs & Smoke Detector Batteries Changed**  
**Sunday, July 16** (central and east Iowa City) and **Sunday, July 23**  
 (central and west Iowa City), 2 to 6 PM

**Book Club—Read Together: Homegoing by Yaa Gyasi** (via Zoom)  
 Monday, July 17, 1 to 2 PM

**Hearing Educational Session: Hearing Loss and Amplification**  
 Tuesday, July 18, 10 AM to noon  
 Iowa City Senior Center, Room 302, 28 South Linn Street, Iowa City

**Cedar Rapids Kernels Game** \$  
 Wednesday, July 19, noon to 5 PM

**Hike Squire Point Trail**  
 Thursday, July 20, 10:30 AM to noon  
 Squire Point, 2800 Dubuque Street, North Liberty

**Technology to Support Dementia Care in the Home**  
 Friday, July 21, 1 to 2 PM  
 Iowa City Senior Center, Room 302, 28 South Linn Street, Iowa City

**Open Heartland Tour**  
 Monday, July 24, 10 to 11 AM  
 Open Heartland, 3 East Benton Street, Iowa City

**Hearing Educational Session: Tinnitus**  
 Tuesday, July 25, 10 AM to noon  
 Iowa City Senior Center, Room 302, 28 South Linn Street, Iowa City

**Picnic Lunch at the Iowa Raptor Center**  
 Wednesday, July 26, 11 AM to 1 PM  
 Macbride Field Campus, 3673 Raptor Ridge Road NE, Solon

**Wine and Cheese on My Porch**  
 Thursday, July 27, 5 to 6:30 PM  
 Home of Betsy Fischer, Iowa City

**Member Happy Hour**  
 Tuesday, August 1, 4:30 to 6:30 PM  
 Orchard Green, 521 South Gilbert Street, Iowa City

**National Pearl Button Museum** \$  
 Wednesday, August 2, 9:30 AM to 2:30 PM

**Tour Johnson County Historic Poor Farm**  
 Friday, August 4, 10 to 11 AM  
 Johnson County Poor Farm, 4811 Melrose Avenue, Iowa City

**Mild Cognitive Impairment vs. Dementia**  
 Friday, August 4, 1 to 2 PM  
 Iowa City Senior Center, Room 302, 28 South Linn Street, Iowa City



## **TRAIL Ice Cream Social**

**Thursday, August 10, 4:30 to 6:30 PM, City Park, Shelter No. 6**