



## *Flu vaccination more important than ever*

Health experts across the nation are warning of the possibility of a “twindemic”—an overlap between coronavirus outbreaks and flu cases



during the 2020-2021 flu season. They note that because older adults are at higher risk of severe illness from both COVID-19 and

influenza, it makes getting a flu vaccine this year more important than ever.

William Schaffner, M.D., medical director of the National Foundation for Infectious Diseases, says, “The best time to get vaccinated is from mid-September through the month of October.”

He adds that adults 65 and older should ask their health care provider for either the high-dose or adjuvanted flu vaccine, both of which produce a stronger immune response (and therefore more protection against the flu). This year, the high-dose vaccine is quadrivalent instead of trivalent, meaning it protects against four strains of flu instead of three, and a quadrivalent version of the adjuvanted vaccine will also be available.

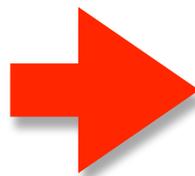
## **A Message from the Board**

In these last weeks of summer, you may have noticed that we’ve added **more in-person, outdoor member events** to the TRAIL calendar. Hats off to TRAIL’s Social and Educational Programs Committee for finding safe and creative ways to keep us connected.

Our members are loving these socially distanced gatherings. Even across six feet of driveway, said one member last week, seeing, talking, and laughing with TRAIL friends is like a restorative tonic. Let’s drink it in while the weather permits!

We’d like to alert members and non-members alike to a virtual event on Thursday and Friday of this week, September 17-18. The **2020 Iowa Aging Summit** marks the 40th anniversary of the [University of Iowa's Aging and Longevity Studies Program](#) and is being hosted by the UI.

The agenda includes a Zoom presentation about TRAIL at **1 PM on Friday, September 18**, featuring remarks by TRAIL Board Chair Susan Shullaw and Chair-Elect Alex Taylor, followed by an audience Q & A. (Tell your friends!) The conference concludes with a special keynote presentation by renowned opera star and Iowa native **Simon Estes** on Friday at 4:15 PM.



The conference is free and open to anyone interested in the older adult experience, but **REGISTRATION CLOSES AT 5 PM TODAY, SEPTEMBER 14**. Visit [www.iowaaging.org](http://www.iowaaging.org) to see the

full agenda, register, and receive log-in information. Additional questions can be directed to Jen Knights at [jen-knights@uiowa.edu](mailto:jen-knights@uiowa.edu) or 319-335-3750.

We encourage members of the TRAIL community to attend the summit and to share your thoughts about what you learn. Especially during the pandemic, we welcome new ideas that can help us grow and thrive together.

## Checking in with Amanda Lensing

Amanda Lensing holds many positions in the Iowa City community, and surprisingly, “It all works together,” she says.

Not only did Amanda join TRAIL’s Fundraising Committee in January 2020, but she is the senior living communities program coordinator for the UI Stanley Museum of Art, is on the membership committee of 5224Good, volunteers with Girls on the Run as an assistant coach at Horace Mann Elementary School, volunteers once a week at the Coralville Community Food Pantry, and can often be found supporting her parents’ business, Lensing Funeral & Cremation Service.



“I love fundraising,” she says, “but I barely got my feet wet with TRAIL when the COVID pandemic hit. Much of our work has moved online, so I can’t wait until I can get out into the community more. And I hope I can get more people my age involved in elder roles in the community,” says Amanda, who turns 40 this year.

In the last year or so as she has worked for many nonprofit organizations, Amanda sees the value of giving monthly.

“It’s so easy to give monthly. It is automatically deducted from my account, so it’s one less thing to remember to do,” she says. “When I see the auto-withdrawal, it’s a reminder to pause and think about what I’m doing and giving to. Plus, nonprofits have needs all the time, not just at the end of the year.”

**Interested in becoming a monthly giver to TRAIL?** You can easily do so via our online giving page at [trailofjohnsoncounty.kindful.com/](https://trailofjohnsoncounty.kindful.com/) or leave a message for Sue at the TRAIL Office and we’ll get back to you. Thanks!

## As the election nears: Programs highlight issues

As the November 3 general election nears, TRAIL and community members have several opportunities to learn more about candidates and issues, including:

- ★ **Thursday, September 24, from 5:30 to 7:30 PM**, Pints and Politics (TRAIL Virtual Event). Tune in at [www.thegazette.com/pintsandpoliticsseptember24](https://www.thegazette.com/pintsandpoliticsseptember24). Networking starts at 5:30, followed by the event from 6 to 7:30. The Cedar Rapids Gazette’s James Lynch, Todd Dorman, Lyz Lenz, Adam Sullivan, and moderator Erin Jordan will cover everything from the national scene to local happenings
- ★ **Monday, October 5, from 1 to 2 PM**, in a joint program with the Iowa City/Johnson County Senior Center, Brad Anderson of AARP Iowa will discuss election issues of importance to older Iowans. See TRAIL events calendar for more details.

This year, more than ever, mail-in voting will be an option for folks trying to avoid COVID-19. As a reminder, in Johnson County **request forms** for mail-in ballots are available through the Johnson County Auditor’s Office. The ballots themselves will be available beginning Oct. 5 and must be postmarked on or before Nov. 2 to be counted.

**Be aware** that the URL for the Johnson County website has changed to [johnsoncountyiowa.gov](https://johnsoncountyiowa.gov). The change was recommended by the United States Department of Homeland Security and the National Association of Secretaries of State.

You can also avoid election day crowds by voting early in person at the Johnson County Auditor’s Office beginning Oct. 5, and at various satellite locations to be listed on the Auditor’s web page.

### Thanks to our September-October newsletter sponsor

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## Pandemic brings “friendly visit” twist



Leave it to our intrepid TRAIL volunteers! They are not letting COVID-19 stop them from offering a popular TRAIL service—friendly home visits made to Full members.

Volunteer Committee Chair Marlea O’Brien says, “Our Full members looked forward to these visits and to the lively conversations and warm bonds they built with TRAIL volunteers as they met inside their homes.

“Restrictions required by the pandemic halted the indoor visits, but the volunteers have missed connecting with members and were determined to bring those visits back again. Our solution is porch and driveway visits for Full members who are comfortable meeting outdoors with individual volunteers in a socially distant way.”

**Here’s how it works:** Weather permitting and at an agreed-upon day and time, the TRAIL volunteer brings his or her own chair to the member’s driveway or outdoor porch, wears a mask and/or face shield, sits at least six feet away, and limits the visit to 30 minutes. Members provide their own seating and mask and/or face shield.

Full members interested in arranging a porch/driveway visit from a TRAIL volunteer—or who have questions about this service—should leave a message for Sue in the TRAIL Office at 319-800-9003, and she will call you back.

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**Keeping ourselves busy as we spend more time at home because of the coronavirus pandemic has led to all kinds of interesting “projects” for TRAIL volunteers. (If you would like to share your “COVID projects,” send your photos to [info@trailofjohnsoncounty.org](mailto:info@trailofjohnsoncounty.org).)**



Jody Hovland was so bored she painted two (dead) trees in her backyard silver and did a little yard decorating (*left and below*).

Meggie Dallapiazza made a social distancing hat (*below*).



Please join TRAIL in thanking and welcoming our latest 2020 Corporate and Organizational Sponsor:



AARP Iowa is partnering with TRAIL on a new **Johnson County Senior Housing Guide**. *More info coming soon!*

## TRAIL EVENT CALENDAR • SEPTEMBER—OCTOBER 2020

**NOTE:** Most of these events are virtual, that is, they are being held online. More details and registration information for each event can be found on [TRAIL's online calendar](#).

New events are added frequently, so check often to stay up-to-date.



### [TRAIL Yarning Group in the Great Outdoors](#)

Wednesday, September 16, 1:30 to 3:30 PM

North Hickory Hill Park Picnic Shelter (off North Dodge Street/Highway 1).

### [TRAIL Virtual Event Pick: Chat from Old Cap—Stanley Museum Update](#)

Wednesday, September 16, 3:30 to 4:30 PM

Stanley Museum Director Lauren Lessing will talk about the ongoing construction.

### [Iowa Aging Summit](#)

Thursday, September 17, 9 AM to 5 PM • *See more information on page 1.*

### [Iowa Aging Summit: TRAIL Presentation](#)

Friday, September 18, 1 to 2 PM • *See more information on page 1.*

### [Wonderful Books: Sharing Our Favorites](#)

Monday, September 21, 1 to 2 PM

Let's share our recently read books and recommendations in this Zoom meeting.

### [Hiking with Llamas! \\$](#)

Tuesday, September 22, 10 to 11:30 AM

Hike in a beautiful nature conservation area—accompanied by llamas.

### [TRAIL Virtual Event Pick: Solutions for a Safer Home](#)

Thursday, September 24, noon to 1 PM

Learn how to recognize fall risk factors in and around your home.

### [TRAIL Virtual Event Pick: Pints and Politics](#)

Thursday, September 24, 5:30 to 7:30 PM • *See story on page 2.*

### [Introduce Your Pet on Zoom!](#)

Friday, September 25, 1 to 2 PM (*new date*)

Five members will each have time to introduce their pets in this back-by-popular-demand Zoom event.

### [OWLS Nature Event: Bird Banding at Kent Park](#)

Monday, September 28, 10 to 11:30 AM

One of a series of outdoor events sponsored by Johnson County Conservation.

### [TRAIL Virtual Event Pick: University Heights, A Unique Community](#)

Tuesday, September 29, 1 to 2 PM

### [Election Issues that Matter to Older Adults](#)

Monday, October 5, 1 to 2 PM • *See story on page 2.*

### [TRAIL Book Club](#)

Thursday, October 8, 1:30 to 3 PM

Virtual meeting; details will be provided to members in advance.

### [Aging in Place Forum: Housing Options When Deciding to Downsize](#)

Wednesday, October 14, noon to 1 PM

A Zoom event presented by Johnson County Livable Community.