



Generations mix and mingle at Senior Center

If you have grandchildren—or if you were close to your own grandparents—you know the benefits of these generation-spanning relationships. Grandchildren can help you stay mentally sharp, stave off depression, and inject a big dose of fun into your life. And for the younger set, grandparents can provide wisdom, stability, and special friendships.

But you don't have to be a grandparent to appreciate these positives. Last fall the Iowa City/Johnson County Senior Center began holding monthly intergenerational social events to

“Many younger participants express appreciation for the life experience . . . that the older participants have to share.” —Emily Edrington

foster such community. The roster of events has included team trivia, speed friend-
shipping (like speed dating, but for making new friends), board game nights, and more.

“It doesn't take long for people of different generations to find things that connect them,” says Emily Edrington, the Center's community outreach specialist. “It's exciting to see a room full of people separated by 40, 50, or 60 years interacting as friends and equals just a short time after meeting.”

An informal committee made up of Senior Center members, college students, and community members plans these events. Fall 2018 events include a speed friendshipping event on Thursday, September 16, and a Dia de Los Muertos Celebration on November 1. For more information call the Center at 319-356-5220 or visit www.icgov.org/senior.

More ideas for TRAIL day trippers

Only in Iowa: Renovated barns

Iowa is known for many things, not the least of which are our farmlands and beautiful barns. On your next day trip, you can either just drive by or stop in to eat at these lovely barns:

Secret 1883 Octagonal Barn (West Liberty)—This 1883 barn is on the National Register of Historic Places and is one of the largest and oldest round barns in the United States. **Eats:** Head toward your next barn, but stop first in Mount Vernon to enjoy BBQ served in an old Victorian home at Big's BBQ and Brew Pub.

Sutliff Cider Co. (Lisbon)—Built in 1892, this former cattle barn hosts local musicians on Sundays. **Eats:** Hang out here and enjoy their cider. (Note: If you want to visit Sutliff in a group, check out TRAIL's September 24 Dine Around in the online [TRAIL calendar](#).)



Patrons listen to music at Sutliff Cider.

Barn on the Bluff B&B (Elkader)—Now a bed and breakfast housing up to 30, this 1901 barn has had guests visit from all over the world. **Eats:** Stop for a Gunder burger at The Irish Shanti in Gunder before traveling to the final barn.

Dairy Barn Bed and Breakfast (Ionia)—There are 8 guest rooms in this 1936 barn, which was built in the same spot after the older barn was struck by lightning and burned to the ground. **Eats:** Grab a steak or some seafood in New Hampton at the Pub at the Pinicon, if you're still hungry!

The **2018 All-State Barn Tour**, sponsored by the Iowa Barn Foundation, is September 22-23. Self-guided tours, special displays, and presentations are available. Learn more at www.iowabarnfoundation.org/events.htm.

This series of day trip ideas will continue next month!

Driven to help

TRAIL volunteer Wally Helms likes to drive. He also likes to help people. Turns out, that is a perfect combination for many Full TRAIL members, who could use help with transportation around the community.

Even before he retired as the priest at St. Thomas More Catholic Church in 2013, Wally was thinking about how he would use his free time to help others.



He was already driving a Meals on Wheels route and reading the newspaper on the radio for the blind, when he heard the call for TRAIL volunteers about a year ago.

“That appealed to me because I could volunteer when there is a need and I have time—not be

on a rigid schedule,” he says. “The office sends requests on the computer and if I’m available, I drive TRAIL members to their appointments—medical appointments, but also meetings, and social events.”

Wally recommends volunteering as a way to meet new people, see other areas of the community, and find joy in helping others. “I put myself in the other person’s shoes and think how happy I would be to have someone help me out.”

Volunteer orientation sessions are held monthly at varied locations; *see dates at right.*

To learn more about volunteering with TRAIL, call the office or visit www.trailofjohnsoncounty.org.

“The Silver Screen: Aging through the Lens of Popular Cinema” • Monday, Oct. 1, 2 PM, Coralville Center for the Performing Arts. Profs. Teresa Magnum and Corey Creekmur will discuss stereotypes of aging in the cinema. *Watch for details!*

**SAVE
THE
DATE!**

August and after: TRAIL calendar

MEMBER-ONLY EVENTS

Please register in advance for any of these events.

The events in this section are for TRAIL members only. If you would like to join TRAIL, please contact the TRAIL office or visit www.trailofjohnsoncounty.org/membership.

Yarning Group

Thursday, August 16, 2 to 3:30 PM

Home of Vicky Tardy, 4608 Oak Hill Crest Road SE, Iowa City. All skill levels welcome!

Dine Around, Stanley Café at Hancher Auditorium

Thursday, August 23, 5 to 7 PM. If you have not yet enjoyed the expansive views of the Iowa River from Hancher’s Stanley Café, this would be a great time to take them in! We may sit inside or out, depending on the weather. Members pay their own charges, and note: the cafe accepts only credit cards.



TRAIL Office closed • Monday, September 3

Member Happy Hour

Tuesday, September 11, 3 to 5 PM

Big Grove Brewery (Iowa City location).

Men’s Book Group

Thursday, September 13, 1:30 to 3 PM

Panera at Iowa City Marketplace.

ALL OTHER EVENTS

Talking About End of Life

Monday, August 27, 2 to 3:30 PM

Iowa City/Johnson County Senior Center, Room 202. Meets monthly through August; facilitated by Craig Mosher.

TRAIL Volunteer Orientations

Thursday, August 30, 2 to 3 PM

Urban Acres, 250 Holiday Road, Coralville

Tuesday, September 18, 1:30 to 2:30 PM

Hills Bank, 1401 S. Gilbert Street, Iowa City

Tuesday, October 16, 2:30 to 3:30 PM

Coralville Public Library, Room B

Saturday, November 10, 10:30 to 11:30 AM

Iowa City Public Library, Room E

Due to space constraints, you must register prior to orientation; this can be done in the event calendar on the [TRAIL website](http://www.trailofjohnsoncounty.org).

NOTES IN BRIEF

No fear of public speaking? Speak to us!

TRAIL is seeking articulate members and volunteers willing to share their enthusiasm for TRAIL through presentations to service clubs and other groups. We'll provide you with PowerPoint slides, talking points, and practice sessions. Contact Hillary at hillary@trailofjohnsoncounty.org if you are interested. Thank you for helping us spread the word about TRAIL!

Calling all bridge players

TRAIL members Nancy Lynch and Kerstin Van Gilder are interested in forming a group to play friendly rubber bridge once or twice a month.

Interested? Just email Nancy at nancylynch1941@gmail.com. She will organize a meeting in early September to decide on a time and place for the group to meet.

Check out these new TRAIL service providers

These local companies have joined TRAIL's Prescreened Service Provider Program in July and August:

- ◆ Home Transition Services
- ◆ General Tree Service
- ◆ Infinity Team Cleaning
- ◆ Prybil Heating
- ◆ Right at Home

Access to TRAIL's complete list of providers is available on the TRAIL member website.

Common health concerns get dietitians' attention

Beginning this month, dietitians at all Hy-Vee stores are conducting free store tours focusing on specific topics. Monday tours are devoted to diabetes, Wednesday tours to blood pressure, and Friday tours to cholesterol. All tours start at noon. Check with your nearest Hy-Vee for details.

The new Iowa POA: A brief overview

Iowa's law on financial powers of attorney changed on July 1, 2014; the new law is called the Iowa Uniform Power of Attorney Act (POA Act).

A financial power of attorney is a document that names an individual or an institution such as a bank to make financial and property decisions for you. (This is separate from a health care or medical power of attorney.) It allows an individual to plan for the potential inability to manage his or her own affairs.

Where the old law was very basic, the new one is more comprehensive. It explains more fully what authority can be given to the person you name with the power of attorney. It explains the rights and responsibilities that go with a financial power of attorney and includes a form that can be used to set up a power of attorney. Note:

- ◆ The person you name in the power of attorney is called your "agent." You are the "principal."
- ◆ The power of attorney is in effect right away unless the form says otherwise.
- ◆ The power of attorney is "durable" unless the form says otherwise. This means it stays in effect even if you can no longer make decisions due to decline in health.
- ◆ The law gives certain people or agencies the right to challenge your agent in court if they believe the agent is taking advantage of you.
- ◆ Your agent is to act in good faith and must do what they know you reasonably want them to do. If they don't know what you want, they are to act in your best interest.

A brochure providing more complete information about the new Iowa POA is available on the TRAIL member website under Member Documents.

If you have a financial power of attorney that was legally created before July 1, 2014, it remains valid.

It is important that you understand the power of attorney fully and that you name someone you trust completely. Rather than creating a new power of attorney on your own, it is recommended that you get help from an attorney.

Thank you to our August newsletter sponsor



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PO Box 386 | 537B Hwy 1 West | Iowa City, IA 52244
319•354•2814 • www.beaday.com
Jane Hagedorn, CGR, CAPS, CGP - Owner