



## Reduced fees mean greater affordability

TRAIL of Johnson County has announced decreased membership fees as follows:

- Full Household Membership (two or more individuals) has been reduced from \$960/year to \$720/year (\$60/month).
- Full Individual Membership has been reduced from \$600/year to \$540/year (\$45/month).

Affiliate fees remain the same, at \$160/year for households and \$100/year for individuals. The new fees were effective February 1.

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**This is a great time to spread the word about TRAIL membership to your family, friends, and neighbors.**

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“We want to keep TRAIL and its benefits affordable, particularly as we all face rising costs for health care and housing,” said Executive Director Hillary Ramaker.

As a TRAIL member, you become part of a supportive community, gain access to prescreened service providers, and, with full membership, have volunteer services close at hand.

For more information, contact Hillary at (319) 800-9003 or at [hillary@trailofjohnsoncounty.org](mailto:hillary@trailofjohnsoncounty.org).

## “Living Well” series Offering new ways to think about our “stuff”

“As anthropologists, we know that human relationships with things are important,” says Elana Buch, M.S.W. Ph.D. “We store memories in things and we use our things to perform in the world. It’s very human.”

In TRAIL’s next “Living Well” presentation, Dr. Buch will offer a new perspective in her presentation titled, “Why Are We So Attached to Our Stuff?”

Elana Buch is an Assistant Professor in the UI Department of Anthropology, where she teaches such courses as the Anthropology of Aging and the Anthropology of Caregiving and Health. In the course of her aging and caregiving research, Dr. Buch has spent much time in the homes of older adults, and she says the topic of “stuff” comes up all the time.



**Dr. Elana Buch**

In a capitalist society, she says, we are encouraged to accumulate things, yet we feel guilty about it at the same time. This ambivalence can make the subject of downsizing painful.

“It’s a difficult subject, and I’d like to give people tools for thinking about it,” says Dr. Buch. “There might be other ways to approach it that honor the relationship we have with our things and give us a little less discomfort.”

Dr. Buch’s presentation is scheduled for **Wednesday, February 28, at 10:30 AM** at the Environmental Education Center, East Side Recycling Center, 2401 Scott Boulevard SE. To register for this event, log onto the TRAIL member site and visit the Calendar page.

## Corporate sponsors support success

This spring, TRAIL is launching a new partnership initiative within the local business community.

Our **Corporate Sponsorship Program** invites local businesses and other organizations to support TRAIL's ongoing success by underwriting some of our events and other member benefits. For example, you'll notice on page 3 that this month's issue of the *TRAIL Guide* newsletter is sponsored by Faithful Companions Pet Cremation Service. (Our thanks to these faithful friends!)

For more information about the benefits and donor recognition opportunities offered through TRAIL's Corporate Sponsorship Program, visit [www.trailofjohnsoncounty.org/support](http://www.trailofjohnsoncounty.org/support).



With Valentine's Day upon us, it's a good time to remember that strong social relationships with friends and loved ones help keep us physically and mentally healthy as we age. Give yourself a Valentine's treat this month and next by taking part in the TRAIL social activities detailed at right!

## Mark your calendar Social, educational events coming up

### Dine Around, Thai Spice

Thursday, February 15, 5:30 PM

TRAIL members are trying restaurants all around the area. Members pay their own charges.

**TRAIL Office closed**  
Monday, February 19

### Knitting and Crocheting Interest Group

Thursday, February 22, 1:30 PM

This member-generated interest group will meet at the home of Barbara Plakans. For more information, contact her at [besplak@gmail.com](mailto:besplak@gmail.com) or (319) 400-6993. (Do you have a special hobby or interest you'd like to share with others? Let us know and we can help you get started. Contact Hillary at [hillary@trailofjohnsoncounty.org](mailto:hillary@trailofjohnsoncounty.org) or (319) 800-9003 for information.)



### February "Living Well" presentation: "Why Are We So Attached to Our Stuff?"

Wednesday, February 28, 10:30 AM

Presentation by Dr. Elana Buch, Assistant Professor in the UI Department of Anthropology, Environmental Education Center, East Side Recycling Center. See article on page 1.

### Member Happy Hour

Tuesday, March 13, 3 PM

Big Grove Brewery (Iowa City location)  
Members pay their own charges and are welcome to bring guests who are interested in learning more about TRAIL. Parking and entrance are in the rear of the building.

### Dine Around, Rocky O'Brien's Public House

Thursday, March 15, 5:30 PM

TRAIL members are trying restaurants all around the area. Members pay their own charges.

### New Member Orientation

Tuesday, March 20, 3:30 PM

Home of TRAIL member Carrie Z. Norton

For more information or event registration, log onto the TRAIL member site and visiting the Calendar page.

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IS THERE A TOPIC you would like to see covered in *TRAIL Guide*? If so, call the TRAIL office or send your ideas to [info@trailofjohnsoncounty.org](mailto:info@trailofjohnsoncounty.org).

## Your opinions count!

TRAIL members and volunteers: In the coming weeks you will receive a survey seeking your feedback about TRAIL's services and activities. Your input will help inform a planning process that the Board of Directors will undertake later this year to guide our future growth. We'd like to know what we're doing well (or not so well), and where we should focus our efforts in the years ahead. Thanks in advance for your participation!

## Carl Klaus reading: "Taking stock of my experience"

More than 100 people were on hand for the February 6 reading by Carl H. Klaus from his current work-in-progress, *In My Eighties: Tales of Aging*.

Introduced by former TRAIL board member Nancy Hauserman as "one of life's adventurers," Klaus said that the 80s are a decade of life "largely uncharted by writers." His current work takes the form of essays written every six months, begun in 2013 when he was 80 years old.

Klaus is a UI Professor Emeritus of English and founder of UI's Nonfiction Writing Program. His works include *My Vegetable Love*, *Weathering Winter*, and *Letters to Kate*.

Klaus wrote that he never imagined living into his 80s, particularly after suffering two heart attacks and a bout with stage 4 cancer. In 2020 he will have lived in his current home for 50 years, where he hopes to continue "aging in place."

Of that home he wrote, "Nothing bears witness to the passing years quite so vividly as a basement," filled with reminders of hobbies, projects, and family activities.

The event was jointly sponsored by TRAIL and the Senior Center.

## Vendor spotlight: No wheels? No worries!

Getting where you need to go this time of year can be a hassle. Among TRAIL's Prescreened Service Providers is a business that offers safe, timely, and comfortable transportation, plus errand help as well.

**Anaman Concierge Services** of Iowa City provides solutions to meet the needs of busy individuals and households. The firm's transportation services, which have been very favorably reviewed by TRAIL members, include airport, hospital, and special-event pick-up and drop-off, as well as general chauffeur services. In addition, Anaman will drive you from place to place and wait while you run errands.

To learn more, log onto TRAIL's member website and click on the "For Members" tab at the top of the page to access our list of prescreened service contractors.

**Thank you to our  
FEBRUARY  
newsletter sponsor**

