



## Thoughts on the season

It's that time of year when many reflect on what we are thankful for in our lives. Here, some members of the TRAIL family share their own reflections.

**“T**om and I are so very grateful for the volunteer drivers through TRAIL. The rides have made getting to medical appointments easier and more pleasant. Before, navigating two buses each way with a walker was something he dreaded, and now we both have the pleasure of getting to know some delightful, engaging, and helpful people. Tom frequently comments that joining TRAIL was one of our best decisions. I agree and hope to dabble in some of the social events soon. Oh, and Jessica in the office is such a joy to interact with!”  
--Jane Kinney, TRAIL member

**“I** am thankful for many things every day: my family, a roof over my head, food, drinking and bathing water, and a comfortable and safe home. I am very thankful for the right to vote and free elections run by devoted workers with integrity.”  
--Barb Stein, TRAIL board member and Social/Educational Programs Committee chair

**“I** am thankful for the treasured relationships with family, friends, and community that support and enrich my life; for good health; and for moments that bring peace, awe, purpose, and beauty. I'm grateful for books and travel that open new worlds and perspectives and are a constant source of inspiration and growth. Finally, I am thankful for—and try never to take for granted—that I am privileged with the comfort of home, nutritious food, health care, a good education, and meaningful work.”  
--Christine Scheetz, TRAIL Board member

**“I** am so thankful for TRAIL. My stress level is zero. Bob is my helper and he always gets me to doctor appointments on time and he goes to stores for me.”  
--Bill Meissner, TRAIL member

★ Want to learn what TRAIL volunteers are thankful for this year?  
Turn to page 3 to read more!





## TRAIL members honored among **Eight Over 80**

In 2023 the University of Iowa began a new alumni awards program to recognize “senior Hawkeyes” who continue to make an impact well beyond retirement. Eight Over 80 awardees are announced each fall and are celebrated at a UI event held during Older Americans Month the following May.

We're proud to say that in both years, TRAIL members have been among the award winners:

**Elizabeth Clothier** was one of the inaugural Eight Over 80 awardees in 2023. While teaching in the Iowa City Community School District for 28 years, Elizabeth also found time to volunteer for local museums and to mentor student teachers at the UI College of Education. Since retiring in 2002, her volunteer activities haven't slowed down. Among the local charitable organizations benefiting from Elizabeth's time and talents are the Iowa City Free Lunch Program, Meals on Wheels, and the Compeer Program, which matches community volunteers with adults receiving mental health treatment.

**Pam Willard** is among the recently announced 2024 Eight Over 80 honorees. After earning her master's degree in preventive medicine from the UI, Pam began teaching at the UI College of Nursing in 1985, and in 2004 joined the UI College of Public Health, serving for a decade as a graduate student mentor until her retirement. Pam has continued her involvement with many community organizations, including the Iowa Women's Foundation, UI Retirees Association, Center for Worker Justice, League of Women Voters, Johnson County Interfaith Coalition, and UI Senior College.

Congratulations, Elizabeth and Pam, on your well-deserved Eight Over 80 recognition, and for demonstrating that when it comes to making a difference, age doesn't have to be a deterrent.

Know of someone who might qualify as an Eight Over 80 awardee next year? You'll find more information and a nomination form at [www.foriowa.org/eight-over-80](http://www.foriowa.org/eight-over-80).



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### **TRAIL Office Closures**

Thursday, November 28

Friday, November 29

Tuesday, December 24

Wednesday, December 25

Wednesday, January 1



We ask that members provide at least one week's notice when making a service request. However, members do not have to wait until the one week window to call or email Jessica. Service requests made well in advance are welcome! If members have appointments or requests from now through January 2025, Jessica would be happy to enter those into our volunteer system.

Thanks to Woofables for sponsoring this month's newsletter.



# Engaging Volunteers

## WHAT VOLUNTEERS ARE THANKFUL FOR

Many of us think about what we are grateful for throughout the year, through daily journaling, at weekly worship services, or other occasions, like the Thanksgiving holiday. As it nears, we asked some TRAIL volunteers to share what they are thankful for.

### Volunteer Committee Chair

**Allison Andrews:** "I am thankful to be celebrating my grandpa's (pictured right) 95th birthday! He's still living in his home in Chicago and is my 'why' for my involvement with TRAIL."



Everyone gets along completely harmoniously. So many families I hear about cannot say that they do. For that, I am fortunate."

**Executive Director and TRAIL Member Service Volunteer**

**Bob Untiedt:** "I am grateful for the opportunities I've had to engage members of TRAIL and provide small support. I have been an idealist all my life and find that the model of TRAIL of Johnson County as a place where local people address local needs to be a model that everyone can get behind. It's grounded in values that are universal and provide lived experiences."

**Michael Eckert:** "I am grateful for my wife and son. Our son is a paramedic in Wilson County, Tennessee, and teaches EMT certification classes."

**Kaitlyn Fink:** "I am grateful for all my family and friends that support me!"

### Membership Committee Volunteer

**Carrie Norton:** "I am grateful that my grandchildren are thriving, and the two new great grands are healthy and adorable."

**Bob Reynolds:** "I am thankful for my wife, with whom I enjoy four grandkids in Iowa City and Denver, and our entire family of daughter, son, twin sister, and in-laws."

"Helping TRAIL members does more than 'ensure independence' or 'reduce isolation.' It's one person helping another and making Johnson County better. I am grateful to have been a small part of this network of care in action for the last four years."



## New TRAIL Members!

- Susan Connor
- Mary Deininger
- John Dilg
- Sally Huit
- Everjean Johnson
- Dan McCarthy
- Bill Meissner
- Velma Thompson
- Jan Weissmiller

## Did you know?

November 15 is National Philanthropy Day—a perfect time to make your 2024 annual fund gift to TRAIL, if you've not already done so. Online donations are fast, easy, and secure. **Thank you** for helping TRAIL make a positive difference in our members' lives!



## Help chart our future: Join the TRAIL Board!

Several long-serving members of the TRAIL Board of Directors are retiring at the end of this year, which means TRAIL will have four Board openings at the start of 2025. We would love to fill those positions from among our current members, volunteers, and donors. You know us best, you value and benefit from TRAIL's services, and your experience would be especially useful as we welcome a new Executive Director in the coming months.

The most important qualifications for becoming a TRAIL Board member are a passion for our mission of serving older adults and a willingness to work on TRAIL's behalf as a member of one of our six Board committees (Development, Finance & Operations, Marketing & Communications, Membership, Social & Educational Events, and Volunteers).

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★ **Given our key activities and the challenges that come with managing any successful nonprofit, we are especially interested in prospective Board members with experiences in these fields:**

- Event planning
- Health care/elder care
- Fundraising and grant writing
- Marketing to older adults
- Social work/social services
- Working with volunteers

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If TRAIL has been of benefit to you or to a friend or family member, and you'd like to play a more active role in helping to ensure TRAIL's ongoing success, consider joining our Board. For more information, contact Board co-chairs Susan Shullaw ([susan@trailofjohnsoncounty.org](mailto:susan@trailofjohnsoncounty.org)) or Alex Taylor ([alex@trailofjohnsoncounty.org](mailto:alex@trailofjohnsoncounty.org)). Thank you!



**The first Macy's Parade was called the Macy's Christmas Parade and was held in 1924** as a way to generate publicity for the retailer's new Herald Square store. The first parade featured costumed store employees, floats, and animals from the Central Park Zoo. It changed its name to the Macy's Thanksgiving Day Parade in 1927 which it's been known as every year since except 1942-1944, when it went on hiatus for the war. The trademark giant balloons debuted in 1927 with Felix the Cat. The parade was first televised in 1952.

# TRAIL is hiring and you can help!

As was announced some weeks ago, after four years at the helm and having led TRAIL through COVID and beyond, our Executive Director Bob Untiedt will be retiring at the end of this year.

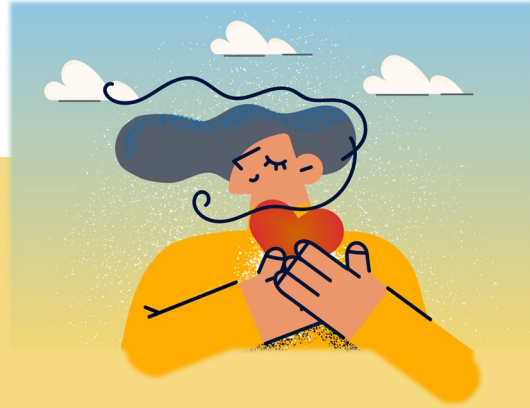
The TRAIL Board of Directors has begun the search for Bob's replacement. Please help us extend the scope of that search by letting your friends and colleagues know about this exciting opportunity to serve Johnson County's growing senior population.

You will find more information about the position, application

instructions, and a link to the full job description on [this page](#) of our website. If you have questions or would like to refer potential candidates, please contact us at [jobs@trailofjohnsoncounty.org](mailto:jobs@trailofjohnsoncounty.org).

Or you may call the TRAIL office at 319-800-9003 and your inquiry will be directed to the search committee.

We will schedule an informal gathering later in the year to express our thanks and best wishes to Bob and will keep you informed about those plans. Until then, thank you for aiding the Board in our search for TRAIL's next leader!



## Another reason to give thanks

**TRAIL also gives thanks this month to the Hawkeye Chapter of 100+ Women Who Care. The group meets four times a year, each member donating \$100 that quarter. A local nonprofit is then chosen to receive their donations. TRAIL was chosen in October and received more than \$8,000!**

TRAIL Board member Janene Panfil knew about the group through her friend, Lara Marsh, one of the chapter's members. If a member wants an organization to be considered, she adds the name to "the hat." Three names are drawn, members present information about the nonprofit, and then the entire organization votes to select that quarter's recipient.

**"This is a giving circle of more than 70 women," Janene said. "Lara used TRAIL's Senior Housing & Services Guide with her mom, and she shared that story in her presentation."**

Lara said, "I think people resonated with what I had to say, because they have mothers (and fathers) who are aging, too. A lot of heads were nodding as I spoke. My dad died unexpectedly about a year ago, and my mom lives alone in a big house all by herself. She said to me, 'I know I need to move, but not right now, and not until I say right now.'"

**"The concept of TRAIL really appeals to me because it allows people to age in place while providing support to people where they are, in that moment, in that time," Lara said.**



"I'm super excited that TRAIL won the money, and I look forward to hearing how it will be used!" We hope Lara will be pleased to learn that the TRAIL Board intends the 100+ Women contribution to fund an updated edition of our *Johnson County Senior Housing & Services Guide*, to be published and made available to the public in 2025.



# Upcoming TRAIL Events Calendar

The TRAIL office will be closed November 28 and 29 in observation of Thanksgiving.

## Free Drop-In DIY Gift Wrapping

November 15–December 31, during library hours

*Iowa City Public Library, Digital Media Lab, 123 South Linn Street, Iowa City*

## Book Club: Table for Two by Amor Towles (via Zoom)

Monday, November 18, 1 to 2 PM

## Morning Coffee - FULL

Tuesday, November 19, 10 to 11:30 AM

*Betsy Fischer's home*

## Assistive Device Demonstration by CarePro

Wednesday, November 20, 1 to 2 PM

*Coralville Public Library, Meeting Room B, 1401 5th Street, Coralville*

## A Themed Tour at the Stanley Museum of Art

Thursday, November 21, 11 AM to Noon

*160 West Burlington Street, Iowa City*

## Coiled Basketry

Friday, November 22, 9 AM to 3:30 PM

*Kent Park, 2048 US Highway 6 NW, Oxford*

## Member Happy Hour \$

Tuesday, December 3, 4:30 to 6:30 PM

*Orchard Green, 521 South Gilbert Street, Iowa City*

## Dine-Around Lunch at Hudson's \$

Wednesday, December 4, 11:30 AM to 1 PM

*Hudson's South Side Tap, 482 Highway 1 W, Iowa City*

## New Member Orientation

Thursday, December 5, 4:30 to 6 PM

*Fix! Coffee (second floor of the Chauncey), 404 East College Street, Iowa City*

## Book Talks with Anne Mangano, ICPL (via Zoom)

Friday, December 6, 10:30 to 11:30 AM

## Holiday Thieves Market

Saturday and Sunday, December 7 and 8, 10 AM to 6 PM

*Hyatt Regency Hotel & Conference Center, 300 East 9th Street, Coralville*

## ICPL Arts & Crafts Bazaar

Saturday, December 7, 10 AM to 3 PM

*Iowa City Public Library, Rooms A, B, C, 123 South Linn Street, Iowa City*

## Festive Holiday Brunch

Thursday, December 12, 10:30 AM to Noon

*Ann Romanowski's home*

## TRAIL Book Club for Men

Thursday, December 12, 1:30 to 3 PM

*Courtyard by Marriott, 901 Melrose Avenue, Iowa City*

**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, and friends. If you have questions or suggestions about the newsletter, email [info@trailofjohnsoncounty.org](mailto:info@trailofjohnsoncounty.org).*