



## Happy birthday to TRAIL

In late April 2017 the TRAIL Board of Directors and its new Executive Director took a collective deep breath and opened TRAIL's doors to membership.

**Admittedly, we were nervous.** "Virtual villages" to help adults age in place had succeeded elsewhere, but TRAIL was the first such organization in Iowa. Although the TRAIL board had done its homework, success was far from assured.

**But as we mark TRAIL's first anniversary,** the line from *Field of Dreams* may apply to TRAIL: If you build it, they will come. And "they"—our community of members, volunteers, donors, vendors and other supporters—have come in numbers we could scarcely have dreamed a year ago.

**We're now at 145 members** and growing daily. Our volunteers—those offering member services, Member Support Specialists who staff the TRAIL office, and volunteers serving on committees—number more than 40. Our vendor list and events calendar continue to expand. And all of these activities are supported by more than 100 generous contributors.

**TRAIL would not be where it is today without all of YOU.** Please help us celebrate at our upcoming anniversary bash, where together we will toast TRAIL's bright future.

## Join the party!

Don't miss TRAIL's 1<sup>st</sup> anniversary celebration on **Wednesday, May 16, from 4:30 to 6:30 PM** at the Terry Trueblood Lodge. A brief program, starting at 5:15, will feature local playwright Maggie Conroy, who will present a short monologue written especially for TRAIL. With light refreshments and plenty of conversation time, it promises to be a fun event.

**Remember to RSVP by May 11.** See you there!

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## Survey yields positive ideas and feedback

To all those who completed last month's member/volunteer survey, thank you! We were very gratified by the overall return rate as well as by responses to specific questions. Here are a few highlights:

- ✓ 75% agreed or strongly agreed that "TRAIL has met or exceeded my expectations"
- ✓ 70% said that TRAIL social/cultural events are their most valued member benefit
- ✓ 64% agreed or strongly agreed that TRAIL will help them stay longer in their own homes
- ✓ 84% always or usually read the *TRAIL Guide* newsletter
- ✓ 93% said they are likely or very likely to renew their membership

Respondents also offered many valuable suggestions for improved or added services, including more varied events and venues, and a wider selection of pre-screened service providers.

These and other ideas will be highly valuable to the TRAIL Board of Directors as it begins a focused planning process later this spring. We will share more information about TRAIL's future priorities in an upcoming newsletter issue.

## EVENT REGISTRATIONS: An apology and a reminder

From time to time, when very few people sign up for an event listed on the TRAIL Calendar, we may decide to cancel the event. In those cases, we immediately place a notice on the website Calendar page, and TRAIL volunteers send emails or place phone calls to registrants to let them know of the cancellation. However, we are not able to reach those who may be planning to attend but did not register in advance.

That's what happened last month in the case of a scheduled volunteer-education session. We have apologized and wish to repeat our regrets to the individuals who appeared at the event venue and found no one there. To prevent these situations from occurring in the future, **please take time to register in advance for all TRAIL events—whether online or by calling or emailing the office** to let us know of your plans. Also be sure to check the TRAIL website Calendar page on the day of the event to make sure it's still happening as scheduled. Thanks for your cooperation!



### April Living Well presentation

## Take action through diet

Start with a rotisserie chicken and go from there.

This is just one example of the tips you can pick up during April's Living Well presentation on Tuesday, April 24, from 10:30 to 11:30 AM. The speaker will be registered dietitian Lindsey Frisbie from the North Dodge HyVee Store discussing quick and easy meals for one or two. Lindsey will also bring tasty food samples to share. It will take place at the East Side Recycling Center.

"There are many convenience items in the grocery store that make a good start for dinner," Lindsey says. "It's easy to pick up a rotisserie chicken and pair it with a salad or a vegetable, and a grain."

With special attention to bone health, hypertension, and cholesterol, Lindsey says that diet can be an important way to optimize your health. For more ideas along these lines, be sure to attend Lindsey's presentation.



## Educate, entertain, enlarge your world with TRAIL events

TRAIL Yarning Group  
Thursday, April 19, 2 to 3:30 PM

Dine Around, Heirloom Salad Company, Mormon Trek Blvd.  
Thursday, April 19, 5 to 7 PM  
Members pay their own charges.

**April Living Well presentation:**  
"Optimizing Your Health through Cooking"  
Tuesday, April 24, 10:30 to 11:30 AM  
East Side Recycling Center. *See story at left.*

TRAIL Housing Options Fair  
Monday, May 7, 1 to 2:30 PM  
Coralville Public Library. *See story on page 3.*

Member Happy Hour  
Tuesday, May 8, 3 to 5 PM  
Big Grove Brewery

Men's Book Group  
Thursday, May 10, 1:30 to 3 PM  
Panera at Iowa City Marketplace

**NOTE for our May Living Well presentation:**  
"Planning Ahead: Decisions about Health and Wealth," featuring UI College of Law Prof. Josephine Gittler, and originally set for Friday, May 11, is **being rescheduled**. We will share new date, time, and location details as soon as they are finalized.

TRAIL volunteer orientation  
Monday, May 14, 1:30 to 2:30 PM  
Iowa City Public Library

► **April 15 to 21 is National Volunteer Week** and many thanks go to all TRAIL volunteers on this occasion. Volunteer assistance is a valuable benefit for TRAIL Full Members. Services range from in-home support to transportation to technology assistance. Are you aware that volunteers also provide Medical Advocacy services? This includes accompanying individuals to doctor's appointments, asking questions, and recording instructions. It's easy to use volunteer services; just call the TRAIL office at (319) 800-9003.

## Housing Options Fair

TRAIL supports older adults in Johnson County who wish to remain in their own homes as long as possible. But our “homes” can change as we age. Perhaps you plan to stay in your family home forever, or maybe it’s time to downsize to a condo or apartment in a retirement community.

Come browse and learn more about local opportunities at our **Housing Options Fair on Monday, May 7, 1-2:30 PM** in the Schwab Auditorium of the Coralville Public Library.



Representatives of almost 15 housing facilities will be there to help you learn more about their offerings—cost, availability, floor plans, meal plans, activities, exercise facilities, transportation, medical facilities, and more.

You’ll come away having a better understanding of what options are available in our community, and you’ll be able to make an informed decision, when and if the time comes. Light refreshments will be provided.

## TRAIL members hear Downsizing: Tips and Tricks

Many of us are at that place in life where we need or want to simplify our spaces, but we don’t know what to do with all our stuff.

At March’s Living Well session, Holly Hotchkiss, owner of Transition Resources and TRAIL vetted vendor, offered tips for getting started, strategies for sorting, and a list of resources.

Other ideas: Start small, like a closet, and sort into these piles: Keep. Give Away. Sell. Throw Away. Work with someone if it helps, and keep only things you truly need or have an emotional attachment to.

**Holly’s helpful list of Downsizing Resources** is posted on the Member Documents page on the TRAIL members website.

## Vendor list yields top notch lawn care

Ed Rolenc was in a pickle. His lawn care/snow removal guy quit without notice.

“My first thought was, ‘I’ll just do it myself,’” he admits. But his daughter in Baltimore reminded Ed of the service provider list he has access to as a member of TRAIL. He says the list was easy to use and he found several companies. Ed then asked some of his TRAIL friends about the companies and soon landed on Ford Brothers Lawn Care.

“I called and Adam [the owner] came out to meet me and talk about what I wanted done, which is everything—lawn mowing, snow removal, and cleaning out my gardens and landscaping two times a year,” Ed says.

Adam, who started Ford Brothers Lawn Care with his brother Ben, while students at the University of Iowa, says becoming a TRAIL vendor has been good for business. In addition to regular mowing and snow removal, the brothers do other kinds of landscaping and small building projects.



**Ed Rolenc**

For Ed, a former small business owner himself, hiring Ford Brothers has been especially rewarding. Not only has the work been excellent, but Ed enjoys helping “honest, hardworking guys trying to build their own business.”

**Thank you to our APRIL newsletter sponsor**

The logo for Off Campus Auto Repair features a stylized black tire with a gear inside, followed by the word 'off' in a red, lowercase, sans-serif font, and 'CAMPUS' in a large, bold, black, uppercase, sans-serif font. Below this, the words 'Auto Repair' are written in a smaller, black, sans-serif font.

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