



Member tip o' the month: Password please!



Are your online passwords scrawled on sticky notes attached to your computer monitor, or scribbled on a list in your desk drawer?

There's a better way to keep your passwords secure and close at hand. **Password managers** are especially helpful for older adults. It's not just about forgetting one's password; more troubling is that older adults are most frequently targeted by online scams. And weak passwords—often easier to remember—make us even more vulnerable.

Password management tools can generate strong passwords for all the sites you regularly visit, and store those passwords in an online "vault" so you don't have to remember them; the password manager fills them in for you. These tools also alert you to "phishing" scams and other threats.

Many password managers offer free versions to get you started. Keeper, Dashlane, LastPass, and Bitwarden are among the most highly recommended. For more info, check out this recent [CNET post](#) about the best password managers for 2021.



IN MEMORIAM

Jane Anderson

*TRAIL member
since 2017*

See Jane's
obituary [here](#).

From the Executive Director

One step forward, two steps back

We came so close. We had the space reserved, invitations designed, and a mailing list in the hundreds, all ready to go. But alas, the late-September TRAIL Ice Cream Social that we'd hoped to announce to you in this week's newsletter has melted away.



Although 95 percent of Johnson County seniors—including many of our members and volunteers—have been vaccinated, the TRAIL Board has reluctantly decided to postpone large-group events until the CDC and local health officials tell us it's safe for crowds to gather indoors again without masks.

Since COVID appeared here in early 2020, we've repeatedly stressed that the safety of TRAIL members, volunteers, and other friends remains our top concern. That priority hasn't changed, especially now that stronger precautions are advised.

Still, we will continue to hold smaller member events when social distancing is possible and/or the events can be held outdoors. And we will continue to monitor local conditions and make adjustments as necessary. Along those lines, I encourage you to take part in a Zoom discussion this Thursday, August 19, at 1 PM, hosted by the United Way of Johnson and Washington Counties, addressing the latest COVID news, the Delta variant, and other updates. (Registration details are on the [TRAIL Calendar](#) page.) I don't know if we'll learn anything new, but I do know it's smart to stay informed.

When this organization began nearly five years ago, some of our founders suggested that the old Roy Rogers tune, "Happy Trails to You," should become our theme song. I can't speak to the wisdom of that idea, but the song's well-known refrain comes to me often these days: "Until we meet again." Here's hoping that day comes soon.

Thanks for your support of TRAIL and please stay safe.

—Bob Untiedt

Home sweet home again!

The Iowa City/Johnson County Senior Center—TRAIL's home base—is now open to the public. After 16 months of COVID closure, here are some helpful reminders about visiting the Center:

- ✓ The Center's hours are 8 AM to 5 PM, Monday through Friday.
- ✓ Patrons can access The Center via the Tower Place Parking Ramp (see next bullet point); the pedestrian ramp entrance in the Linn Street alley (north side of the building); or the Washington Street entrance, where the front desk is now located.
- ✓ Levels 1-4 of the Tower Place Parking Ramp are now open, though Level 5 remains closed for repairs. The Senior Center skywalk has also reopened. Center visitors should use the designated pedestrian walkway on Level 3 to reach the skywalk.
- ✓ **Masks are required inside the building**, as in all City of Iowa City buildings. Free face masks are available at the front desk and other locations.
- ✓ Be mindful of changes inside the building, where floor names and numbering have changed to improve navigation.
- ✓ Patrons are encouraged to keep personal items with them at all times.
- ✓ The TRAIL Office, located in Senior Center Room 301, just off the skywalk, is staffed from 11 AM to 1 PM on Mondays, and from 9 AM to 1 PM Tuesday through Friday. Please stop by and say hello!

This is also an ideal time to again express our appreciation to The Center for providing TRAIL with complimentary office space. Deepest thanks to Coordinator LaTasha DeLoach and her team. We're grateful to be part of the Senior Center family!



COVID: New CDC recommendations

With increasing incidence of the COVID Delta variant, new recommendations from the Centers for Disease Control and Prevention (CDC) are noteworthy. For those who are fully vaccinated, these are the current recommendations:

- ❖ You may participate in many of the activities that you did before the pandemic.
- ❖ To maximize protection from the Delta variant and prevent possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission.
- ❖ Wearing a mask is most important if you have a weakened immune system or if, because of your age or an underlying medical condition, you are at increased risk for severe disease, or if someone in your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated. If this applies to you or your household, you might choose to wear a mask regardless of the level of transmission in your area.
- ❖ If you travel in the U.S., you do not need to get tested before or after travel or self-quarantine after travel.
- ❖ Wearing a mask over your nose and mouth is required on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the U.S. and while indoors at U.S. transportation hubs such as airports and stations. Travelers are not required to wear a mask in outdoor areas of a conveyance (like on an open ferry deck or the uncovered top deck of a bus).
- ❖ Continue to wear a mask where required by laws, rules, regulations, or local guidance.

For additional current information, visit the CDC website at [cdc.gov](https://www.cdc.gov).

**Thanks to our AUGUST-SEPTEMBER
newsletter sponsor**

Mike Margolin

NOTE: Some of these events are virtual, while others are in person. Locations, full details, and registration information 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.

NOTE: The TRAIL Office will be closed for Labor Day on Monday, September 6.

[Wonderful Books: Sharing Our Favorites](#)

Monday, August 16, 1 to 2 PM

[Antique Car Museum Tour](#) \$

Tuesday, August 17, 10:30 to 11:30 AM

Please register separately for the Dine-Around if you plan to attend.

[Dine-Around Lunch at Fuzzy's Tacos](#) \$

Tuesday, August 17, noon to 1:30 PM

[Miracles in Motion Farm Tour and Lunch](#) (lunch \$)

Wednesday, August 18, 10 AM to 1 PM

[TRAIL Yarning Group](#)

Wednesday, August 18, 1:30 to 3 PM

[TRAIL Virtual Event Pick: Johnson County COVID Update](#)

Thursday, August 19, 1 to 2 PM

[TRAIL Virtual Event Pick: "Let's Talk Books—Fiction for Foodies"](#)

Tuesday, August 24, 7 to 8 PM

[TRAIL Virtual Event Pick: "Taking Romantic Comedy Seriously"](#)

Wednesday, August 25, 5:30 to 6:30 PM

[Opening Reception for "From Revolutionary Outcast to Man of God: Dostoevsky at 200" Exhibit](#)

Thursday, August 26, 4 to 6 PM

[TRAIL Virtual Event Pick: "At Home Exercises"](#)

Wednesday, September 8, noon to 1 PM

[Kayaking at Kent Park](#)

Thursday, September 9, 9:30 to 11 AM

[Tour of the "Prairie Grass Playhouse"](#)

Thursday, September 9, 3 to 4:30 PM

["The Art of Collecting"](#)

Friday, September 10, 3 to 4 PM

[TRAIL Public Information Session](#)

Monday, September 13, 2 to 3 PM

[TRAIL Virtual Event Pick: Caregiver Wellness Series: "Veterans Benefits & The VA Caregiver Program"](#)

Tuesday, September 14, 1 to 2 PM

[TRAIL Member In-Person Happy Hour!](#) (\$)

Tuesday, September 14, 4:30 to 6 PM

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

Wednesday, September 15, 1:30 to 3 PM



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