



## Longtime members: Phil and Joyce Leff

When Phil and Joyce Leff joined TRAIL as Affiliate members in 2017, they were among the first to do so. Having lived in their home since 1968, they saw the benefit of supporting a local organization that might help them continue to live independently for as long as they could.



In fall 2019, they realized they needed some additional help, mainly with transportation, so they upgraded to a Full membership. Since that time, TRAIL volunteers have driven them to a variety of appointments, helped them set up online grocery ordering, renew their driver's licenses, and even purchase a few bottles of wine!

"We just love TRAIL," says Joyce. "It's been very easy for us to get transportation when we need it, and every volunteer has been wonderful. We've met some really nice people whom we otherwise would not have gotten to know. We think it is just a wonderful organization."

## A message from the Board

The recent surge in COVID cases in Johnson County has been troubling. Nevertheless, TRAIL persists! Our intrepid volunteers continue to offer no-contact pick-up and delivery services, rides to and from medical appointments (with safety protocols in place), and other tasks for Full members who rely on TRAIL's assistance. We can't say this often enough: **Deepest thanks to all TRAIL volunteers for your dedication and commitment!**

TRAIL members, too, are venturing forth, albeit in careful ways. You may have noticed on the TRAIL calendar that we've held some socially distant outdoor meet-ups during the past few weeks. As one member said after a recent lunchtime gathering in a local park, "I miss my TRAIL friends!" We miss you, too! As always, let us know if you have creative ideas for overcoming the oxymoron of the day: Coming together while staying apart.

Here are two more ways you can help the TRAIL community stay strong in the weeks ahead:

- \* After taking a pause when COVID began, we have now re-opened our **Executive Director search**, and we welcome all candidate referrals. You'll find full details on our [website](https://www.trailofjohnsoncounty.org), or you may direct questions to [jobs@trailofjohnsoncounty.org](mailto:jobs@trailofjohnsoncounty.org).
- \* Not surprisingly, COVID has hindered TRAIL's usual member-recruitment efforts, which impacts our bottom line. In the coming weeks we hope to launch a **membership drive** to boost our numbers. If you have friends or family who would benefit from TRAIL membership, jot down those names and stay tuned. *(For another way to help us attract new members, see the story on page 3.)*

TRAIL is committed to serving our community, both during and after COVID. Thank you for helping us keep that promise. Stay safe out there!

—The TRAIL Staff and Board



Need some zucchini ideas? See page 4.



## Words of thanks for the COVID 'CARE'\* packages delivered by our volunteers to Full members

“It made our day. How did you know our favorite colors for the masks? Very thoughtful. Thanks so much.”

“Dear Marlea, TRAIL staff, board, and volunteers: I was out on my morning walk, inhaling this beautiful, perfect June day when the TRAIL ‘CARE package’ was dropped at our front door. Thank you for the sweet note and goody bag. It brought a tear to my eye. As Mr. Rogers reminded us, it’s always nice to feel the presence of the caring people in difficult times. We appreciate TRAIL and you all very much.”

“Thank you for your email and the items in your bag that was delivered just now. It was good to get the mask, always needed. I hadn’t been able to get the sanitizer in a small bottle. Love the peanuts, Life Savers (very appropriate), and the tea looks tasty.”

“Around noon today I was out in my front yard pulling out creeping Charlie and dandelions; a car pulled up and asked [my name] . . . I was presented with a gift sack and I graciously thanked her. Later when I opened it, I was impressed. Everything inside was thoughtful and useful. I had been trying to find a small bottle of hand sanitizer. Thank you. The mask is very helpful because I can leave it in the car and it will be available. One time I was driving off to the grocery store and had to return home because I had forgotten to bring one and didn't want to go in without a mask. Peanuts and candy are always a treat! Thank you! TRAIL is such a blessing and I am so glad I am a member.”

\* COVID Assistance & Relief Effort

“Thank you so much. I appreciate it and the surprise was wonderful.”

“Thank you, TRAIL, for delivering the CARE package. It was a nice surprise to receive a mask, sanitizing gel, and yummy treats. Many thanks for remembering TRAIL members as we continue to limit our activities.”

Even in this age of social distancing, TRAIL volunteers have been able to assist Full members in a number of ways. Some recent examples include:

- \* Picking up prepaid orders, pizza, or meals from stores and delivering to members' homes.
- \* Helping to sort/read members' mail.
- \* Helping members learn how to place online orders and place their first one.
- \* Changing light bulbs.
- \* Getting rid of wasp nests.
- \* Doing yard work, even with more than one volunteer at a time for larger projects.

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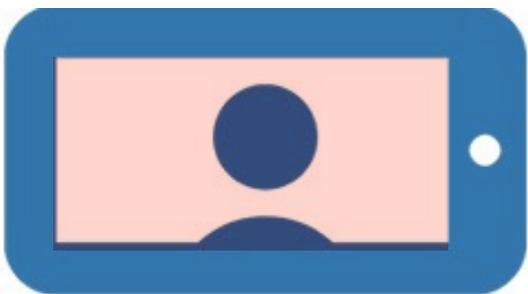
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## Lights, camera, *YOU!*

Now that many of us are comfortable with Zooming, FaceTiming, and other means of communicating by screen, here's your next techie opportunity: We're looking for a few TRAIL members willing to record brief "**video selfie**" testimonials with their phones or computers, which we hope to use in member-recruitment efforts.



Nothing long or elaborate is required—just a minute or two of informal comments about what you've enjoyed about TRAIL membership, what it's brought to your life, and so on. We'll provide you with ideas and instructions. **If you are interested, contact Board member Alex Taylor at [alex@trailofjohnsoncounty.org](mailto:alex@trailofjohnsoncounty.org) for more information.** Thanks!

## Goods gotta go?

Iowa City's annual Rummage in the Ramp resale event has been cancelled due to COVID-19. So if you have been planning to donate items, you may wonder what you can do with them now.

Iowa City provides many [information resources](#) online, including a local resale and consignment directory and landfill guidelines. And if you're feeling crafty, check out Rummage Redux, which is a virtual event this year. [Rummage Redux](#) challenges you to transform a used household item into something new and interesting. The deadline for entries is Friday, July 24, and cash prizes are offered in three categories: furniture restoration, artistic reinvention, and creative re-adaptation.

## Face shields provide a mask alternative

Cloth face masks have become a common sight in Johnson County during the coronavirus pandemic, thanks to the efforts of many local volunteer makers, agencies, and even retail sources. The CDC recommends cloth face masks to the general public as a simple barrier to prevent respiratory droplets from reaching others.

Drs. Michael Edmonds and Daniel Diekema have suggested an alternative: face shields. The two physicians are infectious disease specialists and hospital epidemiologists at University of Iowa Hospitals and Clinics. In a [Des Moines Register piece](#) in early April, they stated that face shields are a better solution than masks when it comes to stopping the spread of the coronavirus.

Face shields are typically made of clear plastic material attached to a headpiece, with the plastic material covering the eyes, nose, and mouth. As Drs. Edmonds and Diekema point out, face shields have many benefits. They cover more of the face than masks, prevent wearers from touching their faces, are durable, and are easily cleaned after each use. Many users find shields more comfortable than face masks. By comparison, face masks can become wet with the humidity of exhaled air and then lose effectiveness.



**The Iowa Made face shield**

Dr. Edmonds has appeared on [Good Morning America](#) to discuss these benefits. He adds that no studies have been done comparing the effectiveness of face masks to face shields.

Face shields are available from a number of outlets, including Iowa Made, a manufacturing and e-commerce initiative of the University of Iowa. To order, visit [iowamade.org](http://iowamade.org) and view "Products."

A [recent AARP article](#) also discusses the benefits of face shields and provides more information about where they can be purchased.

**NOTE:** Most of these events are virtual, that is, they are being held online. More details and registration information for each event can be found on the calendar on TRAIL's website.

New events are added frequently, so check TRAIL's [online calendar](#) to stay up-to-date.



**Looking for something to celebrate in August?** You're in luck: August 8 is National Sneak Some Zucchini onto Your Neighbors' Porch Day. Still need to use up your bounty? Try [these recipes](#) from the *Old Farmer's Almanac*.

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

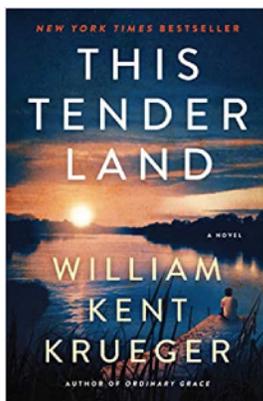
**Wednesday, July 15, 1:30 to 3:30 PM**

North Hickory Hill Park Picnic Shelter (off North Dodge Street/Highway 1) Bring your own lawn chair and we will sit in a shady glade, weather permitting. Parking is available next to the shelter. New members always welcome.

**[Collections: Sharing Our Favorites](#)**

**Friday, July 17, 1 to 2 PM**

In this Zoom meeting hosted by Barbara Stein, you'll hear about the collections of a few TRAIL members, how they got started and what they've learned—and they'll show a few highlights of their collections. If more members are interested in sharing their own collections—whether marbles, dolls, baseball cards, or something else—this may become a series.



**[TRAIL Virtual Book Club: "This Tender Land"](#)**

**Monday, July 20, 1 to 2 PM**

This book by William Kent Krueger tells the epic story of four children in the early 1930s who flee an orphanage and set off down the Mississippi River.

**[TRAIL Virtual Event Pick: Cracking the Codes of Racial Inequity](#)**

**Tuesday, July 21, 10 AM to noon**

This is the first of a three-part series hosted by the Iowa City/Johnson County Senior Center and is presented by Annie Tucker. It will discuss messages, explicit and implicit, that we have all been taught.

**[TRAIL Virtual Event Pick: Chats from Old Cap—Cathy Parrott](#)**

**Wednesday, July 22, 3 to 4 PM**

In this week's chat, Cathy Parrott, an associate costume designer for Broadway, film, and TV, will discuss her work with A-list actors and her journey from Iowa City to the Big Apple. *One of a series of online events hosted by the UI Center for Advancement.*

**[Strategies for Combating Loneliness](#)**

**Thursday, July 23, 1 to 2 PM**

Local therapist Kevin Smith uses an evidence-based approach in dealing with loneliness in individuals, couples, and families. After he shares strategies, there will be time for Q and A.

**[TRAIL Virtual Event Pick: Book Discussion of White Fragility, part 2](#)**

**Monday, July 27, 2 to 3 PM**

Join The Center's staff in reading and discussing Robin DiAngelo's book *White Fragility*, chapters 7-12. The book challenges readers, especially white readers, to reevaluate what they think they know about racism.

**[TRAIL Virtual Event Pick: Solar Panels for Our Homes](#)**

**Tuesday, July 28, 1 to 2 PM**

TRAIL members Jim Ruebush and Melanie McNeil will share their firsthand experience with installing solar energy panels on their home.

**[Aging in Place Forum: Gadgets to Make Life Easier](#)**

**Wednesday, August 12, noon to 1 PM**

Presented by Johnson County Livable Communities. More information will be available closer to the event date.