



Vaccines: How TRAIL can help you

If you qualify for a COVID vaccine by virtue of your age or other Phase 1b criteria but have not been able to receive your shot(s), TRAIL can help in these ways:

- UI Hospitals and Clinics is committed to vaccinating all Johnson County adults who qualify for the vaccine, whether or not they are UIHC patients. If you have not informed UIHC that you would like to be scheduled for a vaccine, TRAIL can make that contact for you.
- If you have your first or second vaccine appointments scheduled, whether at UIHC or elsewhere in Johnson County, TRAIL volunteers can provide transportation to and from your appointments, with sufficient advance notice.

Some Johnson County pharmacies will be receiving vaccines beginning this week for those 65+ in Phase 1b. **Please note that supply is very limited:**

- [Nucara Pharmacy](#)
- [Towncrest Pharmacy](#)
- [Solon Towncrest Pharmacy](#)
- [Hy-Vee](#)
- [Walgreens](#)

Because of the personal information required by some websites, *TRAIL is not able to assist members with online appointment scheduling at this time.* We will keep you informed as we become aware of changes in scheduling and distribution. Please call the TRAIL office at 319-800-9003 for assistance or more information.

See more resources on page 2.

Love TRAIL? Tell others!



Positive reviews on sites like Google, Yelp, and Nextdoor are an increasingly important way for businesses to gain new customers and organizations like TRAIL to recruit new members and volunteers.

Recommendations from TRAIL members and volunteers can help people who are searching online for aging-in-place resources or volunteer opportunities to find TRAIL more easily.

If you'd like to help boost TRAIL's online visibility, Google makes it easiest to add a review. Just follow these steps:

- ★ Go to [Google Maps](#)
- ★ In the **Search** bar in the upper left-hand corner, type **TRAIL of Johnson County** and hit Enter
- ★ In the TRAIL description on the left side of the page, click on the blue **review** text next to the gold stars
- ★ Below our current star rating, you'll see a **Write a Review** link; click there and you'll see a box in which to add text and select a star rating (out of 5)
- ★ Click **Post** and you're done!

These [tips for writing online reviews](#) explain why online recommendations matter, and how to write reviews that are helpful to others. **Thank you!**

And the Oscar goes to . . .

Last year several TRAIL members and volunteers kindly recorded **video testimonials** for use on our website and in social media.



These recordings have been especially meaningful during COVID. The pandemic may have affected some of our services and social activities, but TRAIL's community spirit has stayed strong!

We plan to gather more video testimonials in 2021 as part of our member- and volunteer-recruitment efforts. In the meantime, we invite you to take another look at the heartfelt messages and other content in our [Video Library](#). You're welcome to share on social media as well.

If you'd be willing to record a testimonial of your own, just reach out to Communications Committee chair Diana Lundell (diana@trailofjohnsoncounty.org) and she'll be in touch.

Putting your affairs in order

The pandemic has given people more time to put their homes in order—cleaning out the kitchen pantry of expired food or purging closets of old clothes. If you've not put your financial affairs and final wishes in order, now is the perfect time to start.

To help you begin, here are some documents to complete and put in one place so your family has easy access to them:

- * Wills, including specific information about how you might want special household items, collections, or artwork distributed
- * Living wills, also known as advance care directives
- * Financial and medical powers of attorney
- * List of and passwords for online accounts
- * Medicare and other health insurance information
- * Prescriptions currently taking
- * Contact information for lawyers, financial advisors, bankers, etc.



There's no need to be overwhelmed. Start with one item and complete it before moving on to another. Plus, there are online articles and books to support you along the way. Here are a few:

- * ["Checklist for My Family: A Guide to My History, Financial Plans, and Final Wishes"](#) *Developed by AARP and the American Bar Association*
- * ["Make a Plan While You Still Can"](#) *An article from AARP Bulletin by Jane Bryant Quinn*
- * ["I'm Dead. Now What?: Important Information About My Belongings, Business Affairs, and Wishes"](#) *Book description and reviews on Goodreads*

Just as important as completing the documents is safely storing them. Consider using a safe deposit box, fireproof box at home, and/or an attorney, financial advisor, or relative. Be sure to share a master checklist of the documents and where they are located.

Completing and then putting your final documents in one place may just give you the peace of mind you've been looking for in these uncertain times.

COVID vaccine information resources

- ◆ **Johnson County Public Health (JCPH)** [Coronavirus Information Hub](#)
- ◆ **Centers for Disease Control and Prevention (CDC)** [Frequently Asked Questions](#)
- ◆ **Iowa Department of Public Health** [COVID-19 Vaccine Information](#)
- ◆ **Mercy Iowa City** [COVID-19 Vaccine](#)
- ◆ **University of Iowa Hospitals and Clinics** [Coronavirus \(COVID-19\) Resources](#)

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A changing world? The pandemic and the future



Brad Anderson

A recent *Wall Street Journal* article titled "How Covid-19 Will Change Aging and Retirement" focused on how the worldwide pandemic has and will continue to affect older adults. At TRAIL we wanted to know if this "national perspective" rang true for Iowa and contacted leaders familiar with aging in Iowa for their thoughts.

In this second of a series, we talked with Brad Anderson, Iowa State Director for AARP. Below are the insights he shared.

What pandemic-related effects have you observed on the lives on older Iowans?

Iowans are resilient and resistant to complaining, and it's been personally inspiring to see so many older Iowans adapting to these incredibly difficult circumstances. AARP volunteers who never logged into Zoom before March 2020 now meet virtually every couple weeks to discuss AARP business or share personal updates over coffee. I remember joining one meeting in November where we spent half the time talking about how we were tackling our leaf-raking chores, and I thought to myself how nice it was to have a normal conversation, even if it wasn't in person. While many are able to adapt, the real tragedy is what we've all seen unfold in long-term care facilities. The dual crisis of a deadly virus and crippling social isolation has been absolutely devastating to thousands of Iowa families. AARP has fought hard to ensure access to virtual visitation using phones, iPads, laptops, etc., but we recognize a screen is no substitute for human contact. We have nursing home residents who are nearing one full year without visits from friends or family, but the vaccines provide hope we will get to in-person visits for everyone very soon.

Do you foresee that any of these effects or responses will persist into coming years?

One thing is certain—virtual platforms like Zoom are here to stay, and in my view that's a good thing. I'm not saying in-person meetings and events are gone forever, but I am saying the past nine months have forced Iowans of all ages to get comfortable in front of a camera allowing for more connectivity. For example, after the derecho hit in August, we were able to quickly meet with the City of Cedar Rapids and United Way of East Central Iowa to discuss how AARP can help. In the old days we would have likely waited until we could meet in person, but the new virtual world we live in has proven it's possible to meet quickly and efficiently. Additionally, grandparents across the world are now Zooming with grandkids regularly, and that connectivity is welcome for many families with relatives scattered across the country.

What societal changes as a result of the pandemic do you envision? Will they improve the lives of older Iowans or make them more difficult?

The long-term care industry has needed to change for a while now, and the pandemic has exposed the flaws of institutional care across the country. The bottom line is simple: Iowans want to stay in their homes as long as possible. AARP has been doing long-term care surveys for decades and they all highlight the demand for home-based care, which is one of the many reasons we are so grateful for the work of TRAIL of Johnson County! Change is coming to the nursing home industry. It will not happen overnight but the current model is not sustainable. State and federal governments will need to provide more incentives for home-based care and give more support for direct-care workers who are heroes and deserve better pay and benefits.

In the next issue of TRAIL Guide: Mercedes Bern-Klug of the UI School of Social Work will share her thoughts on how the pandemic will continue to affect older adults.

NOTE: All of these events are virtual, that is, they are being held online. More details and registration information for each event can be found on [TRAIL's online calendar](#).

New events are added frequently, so check the online calendar often to stay up-to-date.

[TRAIL Virtual Event Pick: COVID's Lessons—End of Life and Grief](#)

Tuesday, February 16, 7 to 8 PM

A physician, hospice nurse, and scholar share lessons learned during COVID.

[TRAIL Virtual Event Pick: "Stay Independent: A Healthy Aging Series"](#)

Wednesday, February 17, 10 to 11 AM

This is the first of a six-part series offered online by ISU Extension and Outreach Services and features the topic "Three Meals A Day." Register for one or all.

[TRAIL Virtual Event Pick: The World of Tea \\$](#)

Thursday, February 18, 11:15 AM to 12:15 PM

In this Zoom event, instructor Judith Leavitt introduces you to the world of tea. Registration required.

[TRAIL Virtual Event Pick: "Castoff Treasures: The Artist-Scholar in the 21st Century"](#)

Friday, February 19, 5:30 to 6:30 PM

In this Zoom event, playwright and composer Michael Dinwiddie will discuss the role of the artist/scholar as it relates to social activism in a polarized society.

[TRAIL Virtual Event Pick: Book Discussion of "The Omnivore's Dilemma"](#)

Saturday, February 20, 4 to 5 PM

Registration is required to receive Zoom details for this event.

[TRAIL Virtual Event Pick: "The Medical and Forensic World of Fort Madison Penitentiary"](#)

Monday, February 22, 7 to 8 PM

UI Special Collections librarian Elizabeth Riordan will share special collections materials to talk about criminal identification approaches from the past.

[Claudia McGehee/From Leaf to Line: Nature as an Illustrator's Inspiration](#)

Wednesday, February 24, 11 AM to noon

Iowa City author and illustrator Claudia McGehee will talk about her sources of inspiration, her processes, and works in progress.

[TRAIL Virtual Event Pick: Author Steve Inskeep with Charity Nebbe](#)

Thursday, February 25, 7 to 8 PM

Prairie Lights Books celebrates the release of Steve Inskeep's book *Imperfect Union* with this reading and conversation. Inskeep is the cohost of NPR's "Morning Edition."

[TRAIL Virtual Event Pick: Rep. Katie Porter Lecture "Truth to Power"](#)

Friday, February 26, 7 to 8 PM

U.S. Representative Porter of California's 45th district will give this presentation as the Mary Louise Smith Chair in Women and Politics at ISU.

[TRAIL Volunteer Orientation via Zoom](#)

Tuesday, March 9, 4 to 5 PM

[TRAIL Member Happy Hour \(Virtual\) Reunion](#)

Tuesday, March 9, 4:30 to 5:30 PM • *All TRAIL members are welcome!*

["Through Her Lens: Female Photographers and the Stories Behind Their Work"](#)

Wednesday, March 10, 3 to 4 PM

Amanda Lensing of the UI Museum of Art will lead us through an updated online program on female photographers, using works from the museum's collection.

[Wonderful Books: Sharing Our Favorites!](#)

Monday, March 15, 1 to 2 PM