



## TRAIL service helps with medical encounters

When TRAIL member Joanne Eggert learned she would need to have a same-day medical procedure, she worried. Who would drive her, stay in the hospital waiting area (as required), talk with the doctors and nurses in the recovery area, and drive her home? Then a friend told her about TRAIL and the medical advocacy service.

Since joining TRAIL about six months ago, Joanne has used the medical advocacy service four times. "It's been so valuable to me; it's just an incredible service. The volunteers are so kind and helpful, and I felt so well-cared for," she said. She especially appreciated being introduced to the service by volunteer Joy Smith.

Joy is passionate about medical advocacy because of experiences with her aging parents. "Doctor visits can be confusing, so having me there to keep accurate notes and remind them of questions and issues they wanted to bring up with the doctor was helpful and stress reducing for them."

Recognizing that volunteers could help members have successful medical encounters, Joy, and other TRAIL founders, included medical advocacy among the services available to TRAIL Full members. Since January 1, 2022, TRAIL has provided 26 medical advocacy services to about 15 members (some more than one time).

**For more information, to make a request for service, or to become a medical advocate volunteer, contact the TRAIL Office at 319-800-9003 or email [membersupport@trailofjohnsoncounty.org](mailto:membersupport@trailofjohnsoncounty.org).**

**Remember: TRAIL members can also be volunteers!**

## TRAIL Medical Advocacy volunteers can perform the following duties:

- Provide transportation to and from medical appointments (door to door)
- Meet with the member to help prepare for physician visits
- Help the member formulate questions for the healthcare provider, fill out forms, and make lists of medications, etc.
- Attend physician visits and take notes
- Cue the member to ask their questions and for clarification, or to speak on member's behalf (if requested by the member)
- Assist the member with scheduling follow-up appointments
- Review and provide the member with a copy of the notes from the visit
- Accompany the member to same-day procedures that do not require more than local anesthesia nor home care/attendance after the procedure

## TRAIL Medical Advocacy volunteers cannot perform the following duties:

- Physical assistance or lifting, but volunteers can offer a hand for stability when walking or self-transferring
- Organizing or administering medications in any capacity
- Activities of Daily Living (ADL) such as feeding, bathing, grooming, dressing, toileting, wound care, home care, etc.
- Staying in a member's home after a surgery/procedure

## Moving on to a new chapter



Best wishes go to Jude Abel, who is completing a semester as TRAIL's first intern. Jude graduates this month from the University of Iowa with a bachelor of arts degree in social work. Here he shares a few

thoughts on his TRAIL experience.

**How did you choose your field of study?  
What drew you to it?**

I had an incredibly meaningful connection to the social work field while in high school that brought me to the University of Iowa to get my bachelor's of social work degree. I had other interests for sure—I actually explored studying botany for a semester—but social work has always felt like home to me.

**What has your TRAIL experience been like?**

I was a little uneasy going into my field placement with TRAIL as I'd never worked within a nonprofit before, let alone within one as an academic experience. That unease gradually faded away, and it's been an invaluable learning opportunity—whether interacting with various committees, getting a look at behind-the-scenes operations, or completing service requests, my time here has given me such a well-rounded and eye-opening experience into the world of nonprofits and social service organizations that I don't think I would have gotten anywhere else.

**What do you hope to do after graduation?**

I will be taking a gap year after graduation to work and gain more experience in the social work field. Then, graduate school is on the horizon. I hope to be accepted into the MSW program here at the University of Iowa, but I am applying to other schools as well.



TRAIL members met with staff at Melrose Meadows Retirement Community on Friday, May 5, to tour the facility's private senior apartments for independent and assisted living.

More senior facility tours are happening at 10 a.m. on Fridays, [May 19 \(Walden Place\)](#), [May 26 \(Keystone Place at Forevergreen\)](#), and [June 9 \(Grand Living at Bridgewater\)](#). Register to attend on the TRAIL calendar or call the TRAIL Office at 319-800-9003.

**Thanks to our MAY—JUNE  
newsletter sponsor**



**210 Holiday Road, Coralville  
Phone 319-594-9259  
[www.faithfulcompanionsia.com](http://www.faithfulcompanionsia.com)**

## Housing and services fair planned for June 15

TRAIL will sponsor a Senior Housing and Services Fair on Thursday, June 15, from 11:30 AM to 1:30 PM at the Kirkwood Regional Center, 2301 Oakdale Blvd, Coralville.

More than a dozen local senior living facilities and senior service agencies will have information tables there. This event is free and open to the public; friends and family are welcome. TRAIL members are invited to contact the TRAIL Office at 319-900-8003 to request a ride.

In addition, TRAIL will be distributing copies of its new *2023 Johnson County Senior Housing and Services Guide* at the fair. Over the last year, eight TRAIL volunteers have put more than 100 hours of work into researching senior services and housing options for seniors in this county for the guide. It includes amenities, services, and costs for:

- ★ 20 senior living facilities, including independent living, assisted living, and memory care
- ★ 4 skilled nursing facilities
- ★ 2 in-home medical care providers
- ★ 14 in-home non-medical care providers
- ★ 2 rehabilitation facilities
- ★ 2 hospice agencies

The guide also provides helpful advice about evaluating senior housing and what to look for when selecting.

## Planning your next chapter

Mark your calendar for these three Thursdays: October 5, 12, and 19. As part of its Life Transitions Service, TRAIL will present three informative programs:

- ▶ How Do I Want to Live?
- ▶ How Does My Plan Become a Reality?
- ▶ How Do I Plan Ahead for Future Care?

Barb Stein and Kaleigh Gilmore will facilitate the sessions and will include expert guest speakers. Watch for more information soon.

## Welcome, new TRAIL members

Wayne Bowman and Bonnie Love  
Christina Carlson  
Lyda and George Croscheck  
Joanne and Chuck Eggert  
Marie Evans  
Robert Fellows  
Arthur Fleck  
Richard Hansen  
Margaret Hartzell  
Linda Johansen  
Mary Kjos  
TJ Lea and Margaret Penney  
Linda Sargent  
Robert and Karen Miller  
Diana Paulsen  
DuVeen Robinson  
Jane Schott  
Patricia Thomann  
Doyle and Beppie Weiss  
Harold Williamson  
Nancy Wombacher  
Warren Young



"The great thing about getting older is that you don't lose all the other ages you've been."

—Madeleine L'Engle

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

[Book Club: The Golden Spoon by Jenna Maxwell](#) (via Zoom)  
Monday, May 15, 1 to 2 PM

[Powerful Tools for Caregivers](#) (via Zoom)  
Tuesday, May 16, 1 to 2:30 PM  
*The second of a six-week series*

[Solon Senior Advocate Bus Trip to Kalona](#) \$  
Thursday, May 18, 11:30 AM

[Tour: Walden Place](#)  
Friday, May 19, 10 to 11 AM  
Walden Place, 2423 Walden Road, Iowa City

[Morning Coffee at Susan Spaziani's](#)  
Monday, May 22, 10:30 AM to noon  
Susan's house, Iowa City


[Spring Flowers at Willow and Stock](#) \$  
Tuesday, May 23, 9 to 10 AM  
Willow and Stock, 207 North Linn Street, Iowa City

[Tour: Keystone Place at Forevergreen](#)  
Friday, May 26, 10 to 11:30 AM  
Keystone Place at Forevergreen, 1275 Forevergreen Road, North Liberty

**TRAIL Office Closed • Monday, May 29**

[Tour of CommUnity \(Crisis Center\) Food Bank](#)  
Wednesday, May 31, 10 to 11 AM  
CommUnity Food Bank, 1045 Highway 6 East, Iowa City

[New Member Orientation](#)  
Friday, June 2, 1:30 to 2:30 PM  
Home of host Marty Fields, Iowa City

 [Member Happy Hour](#) \$  
Tuesday, June 6, 4:30 to 6:30 PM  
Orchard Green, 521 South Gilbert Street, Iowa City

[Potluck Salad Lunch on the Porch](#)  
Wednesday, June 7, noon to 1:30 PM  
Home of Vicki Tardy, Iowa City

[TRAIL Book Club](#)  
Thursday, June 8, 1:30 to 3 PM • Location TBD

[TRAIL Game Day](#)  
Saturday, June 10, 3 to 6 PM  
Ana Peterson's house, Iowa City

[TRAIL Senior Housing and Services Fair](#)  
Thursday, June 15, 11:30 AM to 1:30 PM (see story on page 3)  
Kirkwood Regional Center, 2301 Oakdale Boulevard, Coralville



[Beyond Van Gogh: The Immersive Experience](#) \$  
Wednesday, June 28, 9:15 to 2:30 PM  
River Center, 136 East Third Street, Davenport