



## A message to the TRAIL community

As this *TRAIL Guide* “went to press” (what a quaint phrase), the COVID-19 crisis was expected to peak in mid-April, with cases still rising in Iowa and much of the country. Stay-at-home orders are in effect in many places, making social isolation—already a threat to the physical and emotional health of many older adults—increasingly difficult to manage.

Here at TRAIL, our volunteers, Board members, and staff are working hard to stay in touch with our members, not only to combat social isolation but also to provide access to useful information and resources. These are just a few of our outreach efforts:

- ❖ By now you’ve probably heard about “Sewing for Seniors,” our joint venture with the Iowa City/Johnson County Senior Center. Read all about it in the story on page 3. And for a funny related video (think “Fiddler on the Roof”), check out this [Facebook link](#).
- ❖ Our phone-buddy project matching TRAIL volunteers with Full members wanting regular check-in calls is going well. As one member said, “It’s great that TRAIL is doing this. I was worried about our cohort being isolated, both physically and mentally. It will be good for people to have a nice chat with a volunteer so that they know they are not alone.”
- ❖ We’ve had to curtail volunteer services requiring close personal contact, but now that spring has arrived, TRAIL volunteers are ready to help Full members with garden clean-up and other **outdoor chores**. As usual, Full members should contact Sue at the TRAIL Office number, (319) 800-9003, with any service requests.
- ❖ Although there’s no real substitute for our popular in-person member events, we’ve created a whole new category on the TRAIL calendar, called “**TRAIL’s Virtual Event Picks**.” Each week, we’ll post an online event—most of them local—that we think is worth watching or listening to. We hope many TRAIL members will participate simultaneously in these lectures, classes, and other events. Perhaps you can share your thoughts and reactions in the Message Board on the member website. And stay tuned for a new TRAIL video series featuring some prior presenters and venues.
- ❖ Speaking of virtual events and resources, there are so many available right now that the deluge has been described as an “infodemic.” You’ll find a number of select **COVID-related resources** on the Member Documents page of the TRAIL member website, as well as in a [special COVID story on our public page](#).

In these and other ways, we hope to inject some “social glue” to keep the TRAIL community together while the pandemic keeps tugging us apart. In the meantime, if you’d like to help ensure that TRAIL remains vibrant after the virus subsides, see three suggestions at right:



**TRAIL members, when it’s time to renew your membership,** we

hope you’ll stick with us. And if you’re not yet a member, [this is a great time to join](#), so you’ll be ready to take advantage of all member benefits when we’re fully operational again.



**If you have leadership experience,** a

passion for helping older adults, and time to contribute to a worthy cause, consider joining our [Board of Directors or a TRAIL Board committee](#).



Although we urge you to support local nonprofits on the front lines of health care and social services, where the need is greatest, **TRAIL is sincerely grateful for your charitable contributions as well.**

As always, we welcome your ideas for keeping the TRAIL community strong, both today and in the post-COVID era. We hope that day comes soon, and we very much look forward to celebrating it with all of you. Thank you for your ongoing confidence and support, and please stay well.

# THANK YOU!

We like to thank our volunteers all year long, but during Volunteer Month in April, we send a BIG THANK YOU for all you do. As an organization powered by volunteers, we literally could not do everything we do to serve our members without you!

## OUR HEARTFELT THANKS TO:

- 48** service volunteers providing services to our members
- 28** Board or committee member volunteers

## THESE VOLUNTEERS FULFILL:

An average of **36** service requests a month—including transportation (88 percent of requests), yard/home care service (9 percent), and technology support (3 percent).

## TRAIL's Virtual Event Picks



Since TRAIL is unable to host our usual in-person member events at the present time, we hope these recommendations will help you select from among a wealth of online opportunities to learn, grow, and combat social isolation. Enjoy!

### [UIMA Lecture: "Conserving a Masterpiece"](#)

**Saturday, April 18, 2 to 3 PM**  
A Zoom presentation by UI Stanley Museum of Art Chief Curator Joyce Tsai

### [Jazz Student DJs on KCCK](#)

**Tuesday, April 21, 4 to 5 PM**  
High school students will play their favorite songs.

### [Free Online Yoga Class](#)

**Friday, May 1, 4 to 5 PM**  
Offered by Heartland Yoga every Friday at this time to relax and refresh.

### [Free UIMA Lecture: "May Day: Workers of the World Unite!"](#)

**Saturday, May 2, 2 to 3 PM**  
A Zoom presentation by UI Stanley Museum of Art Assistant Curator of Education Brad Plunger

### ["Mindfulness Matters"](#)

**Thursday, May 7, 1:30 to 2 PM**  
This Zoom session will offer a mental exercise to involve your five senses.

### [TRAIL Virtual Book Club—NEW!](#)

**Monday, May 18, 1 to 2:30 PM**  
A Zoom gathering to discuss the book *Normal People* by Sally Rooney

## SCAM ALERT • SCAM ALERT

It's a shame that during times of crisis, there are people who take advantage of the situation to commit fraud and financial scams against vulnerable populations.

Please be **very careful** about sharing personal and financial information with any unsolicited contacts (calls, emails, texts) from people you don't know personally.

Some current scams include:

- Threats to suspend or withhold Social Security benefits unless you update your information
- Red Cross impersonators selling at-home testing for COVID-19 or vaccines
- Unsolicited people or agencies selling weekly meal plans
- Unsolicited people/agencies seeking information to send you federal aid checks

Here is a link to a Homeland Security site that offers advice about potential fraud and scams: [Defending against cyber scams](#)

## Thanks to our APRIL-MAY newsletter sponsor



### **Russ' Northside Service, Inc.**

*"Your Neighborhood Service Station"*

305 North Gilbert Street, Iowa City  
[www.russnorthsideservice.com](http://www.russnorthsideservice.com) • 319-351-1919

## Partner project

# Need a mask?

The Iowa City/Johnson County Senior Center launched “Sewing for Seniors” recently, and TRAIL has partnered with The Center to provide as many cloth face masks as possible to area seniors. Volunteers from both organizations are sewing them for their members. The Center is providing the pattern and material needed to make these masks and TRAIL is providing **contactless** delivery to area seniors.

If you are able to sew masks, fill out [this form](#). Kits will be delivered to sewing volunteers and picked up when completed.



### Mask kits, at left, and volunteer Lesanne Fliehler delivering kits

If you need a free mask, complete [this simple form](#). Masks will be left on your doorstep, with instructions for wear and care. Delivery time will vary depending on mask availability. **Please note:** Masks are intended to reduce the spread of coronavirus but do not fully protect you or others—it is crucial that we continue to practice social distancing and stay home. If you must go out (grocery store, pharmacy, doctor appointment), wear a cloth face mask.

Interested in supporting this project? Every \$5 donation provides five cloth face masks. Donations may be made on the Friends of The Center website at [www.icseniorcenterfriends.org](http://www.icseniorcenterfriends.org).

Questions? Contact Marlea O’Brien at [marlea@trailofjohnsoncounty.org](mailto:marlea@trailofjohnsoncounty.org).

## Plan now for June 2 Iowa primary

Iowa Secretary of State Paul Pate encourages Iowans to vote by absentee ballot this year. Voting from the comfort of home will help protect poll workers as well as voters. In fact, absentee ballots can be requested now.

For more information about absentee ballots, visit the [Iowa Secretary of State website](#).

To obtain your absentee ballot, use [this form](#) on the website of the Johnson County Auditor.

## Elderhood author being rescheduled, meanwhile . . .

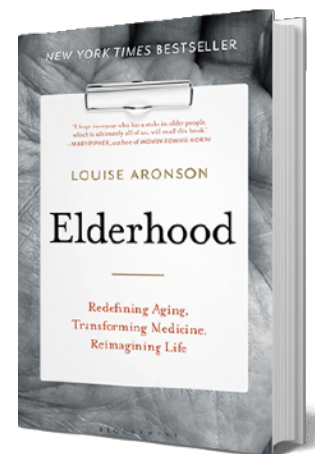
One of the many disappointments of the social distancing required by the COVID-19 pandemic was the canceling of the Iowa City/Johnson County Senior Center’s April 17 presentation and community discussion on aging with noted Harvard-trained geriatrician and award-winning author Louise Aronson.

Aronson was set to discuss her revolutionary perspective on aging as outlined in her book **ELDERHOOD: Redefining Aging, Transforming Medicine, Reimagining Life**.

In previous interviews, Aronson has said that she is a “woman on a mission.” Her goal? To create a culture where the decades of life after 65 are celebrated rather than feared, and medical schools and practitioners understand and support the many phases of “elderhood.”

While The Center works on rescheduling Dr. Aronson’s appearance in Iowa City, we have some extra time to read her groundbreaking book. In it she shares stories from her personal and professional life, and draws from history, science, literature, and popular culture, to paint a picture of what elderhood is and can be.

Watch for rescheduling information in the *TRAIL Guide* newsletter, TRAIL Members Group Facebook page, and on The Center website. In the meantime, you might want to check out [this video](#) on YouTube.



# Resources for getting food safely

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## Pre-made food delivery

- **Naomi's Kitchen** (North Liberty) makes frozen entrees to bake at home, for pick up or delivery: [www.naomiskitchen.com](http://www.naomiskitchen.com) or (319) 665-4707
  - **Catered by Charlotte** (Iowa City) is offering weekly take-and-bake options, as well as boxed lunches, during the virus outbreak: [www.cateredbycharlotte.com](http://www.cateredbycharlotte.com) or (319) 321-1577
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## Delivery from area restaurants

Local delivery service **Chomp** partners with hundreds of your favorite local restaurants and is offering a special discount to TRAIL members through 4/30/20. Use the code "TRAIL2" when placing your order at [www.chomp.delivery](http://www.chomp.delivery).

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## Meal kit delivery

Make meals at home from fresh ingredients delivered to your door; these are just four of many popular national options:

- **Hello Fresh:** [www.hellofresh.com](http://www.hellofresh.com)
  - **Blue Apron:** [www.blueapron.com](http://www.blueapron.com)
  - **Home Chef:** [www.homechef.com](http://www.homechef.com)
  - **Sun Basket:** [sunbasket.com](http://sunbasket.com)
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## Online ordering and grocery delivery

- **Hy-Vee aislesonline:** [www.hy-vee.com/grocery](http://www.hy-vee.com/grocery)

Hy-Vee, in partnership with DoorDash, will offer free grocery delivery to people 60 and older, as well as expectant mothers and those considered high-risk for COVID-19. This is available in communities where Hy-Vee Aisles Online delivery orders are fulfilled by DoorDash and can be used for any available Aisles Online time slot. Use the code SPECIALDELIVERY (all one word).

Jim Ruebush, our tech support volunteer, knows that many TRAIL members struggle with online resources. So he created a detailed instructional video for navigating the Hy-Vee Aisles Online pick-up and delivery app, which is a far safer and more convenient grocery shopping option these days. You'll find the video at [this link](#). Thank you, Jim!

- **John's Grocery:** [www.johnsgrocery.com](http://www.johnsgrocery.com)
  - **Instacart** (they deliver from several different grocery stores, plus Costco and CVS): [www.instacart.com/grocery-delivery/iowa-city-ia](http://www.instacart.com/grocery-delivery/iowa-city-ia)
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## Telephone ordering

These local grocery stores will take telephone orders:

- North Dodge Hy-Vee, 1125 North Dodge Street, Iowa City: (319) 354-9223. Ask for Aisles Online.
  - Coralville Hy-Vee, 1914 8th Street, Coralville: (319) 351-5523. Ask for the Catering Department.
  - Bread Garden Market, 225 South Linn Street, Iowa City: (319) 351-9119
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## Full members note

**For Full members:** TRAIL volunteers are available to bring food and other supplies to your door. If you need assistance with setting up online delivery accounts, let TRAIL know and we'll connect you with our tech support volunteer.

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## Handling your groceries

Village to Village has shared this video regarding safe handling of your groceries:

[Food handling tips from Dr. Jeffrey VanWingen](#)

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