



## *"Living Well" notes* How to avoid identity theft, fraud

Scam artists are nothing new. But they constantly come up with new ways to defraud their victims. That's why the January "Living Well" program featured TRAIL member and volunteer Lorraine Bowans discussing identity theft and related subjects. Here are just a few of the tips she shared:

### **On the telephone:**

- Never give your personal information or credit card information to a telephone caller. Don't ask for a call back number as these can be fake.
- Likewise, if you receive a call from someone saying that you have won a free vacation, don't give them your credit card information. The "vacation" most likely won't be free.
- You may have heard of the "grandparent scam." In this scam you receive a phone call with someone pretending to be your grandchild. The person will act scared and beg for money to get out of jail or out of trouble. Tell the person to give you a phone number so you can call them back. Then check with other relatives to see whether it really is your grandchild.

Lorraine also recommends the web resource [www.AARP.org/Fraudwatchnetwork](http://www.AARP.org/Fraudwatchnetwork). It provides email updates on this and related topics.

This program is just one example of the valuable information presented in the "Living Well" series. See page 2 for information about the next "Living Well" presentation.

## *Volunteer profile* Flora Cassiliano: "Every little bit helps"

Whether she is helping with financial records in the TRAIL office or providing transportation for members, volunteer Flora Cassiliano is happy to be helping and getting to know new people.

"It's one of the best things about TRAIL," says Flora, who, along with her partner Jesse, are also Affiliate members. "I see our household membership as an investment in the future and volunteering as a way to stay involved and further support TRAIL."

Flora first heard about TRAIL at a house party in her neighborhood and joined when TRAIL began operations—almost a year ago! "It is such a good service for people who want to continue living in their own homes as they get older, and just need a little help and a network for social activities."

After years of living and working in big cities, Flora moved to Iowa City in 1980 and worked at Emma Goldman Clinic, Blooming Prairie, and then United Natural Foods, Inc., before retiring in 2016. Since then she has found plenty to keep her busy (besides TRAIL volunteering), including completely renovating a vacation home in New Mexico, attending spin class in winter to stay in shape for biking outdoors in better weather, gardening (mostly greens due to a shady backyard), and traveling with Jesse and their Great Pyrenees mix, Aldo.

Flora encourages other TRAIL members to volunteer, "Every little bit helps when you are an organization without a lot of paid staff members. Everyone is so appreciative of the help and tells you so!"



## EVENT HIGHLIGHTS

### Next "Living Well" event to offer downsizing tips

Whether you're downsizing, decluttering, or just Spring cleaning, you can learn some valuable tricks from Holly Hotchkiss, owner of Transition Resources (a TRAIL service provider).

Holly's March 21 "Living Well" presentation can help you plan your own project, develop a timeline, and offer ideas for finding the right home for treasured belongings.

### Docent-led tour features Edward Hopper insights

TRAIL members are invited to enjoy a docent-led tour of two current Edward Hopper exhibits at the Cedar Rapids Museum of Art on Wednesday, April 11, beginning at 1:30 PM.

Hopper is widely recognized as the most important American realist painter of the last century. *Edward Hopper: Selections from the Whitney Museum of American Art* features 13 works on loan to CRMA in exchange for pieces by Grant Wood for an exhibit in New York. The second exhibit, *Hopper's World: New York, Cape Cod and Beyond*, complements the works on loan from the Whitney and is drawn largely from CRMA's own collection.

Free parking is available adjacent to the museum. A \$7 fee is charged for the tour, which members may pay at the museum.

## Spring events on the schedule Social, educational events coming up

Try new restaurants and make new friends with the monthly Dine Around series.

**Dine Around, Rocky O'Brien's Public House**  
Thursday, March 15, 5:30 PM  
TRAIL members are trying restaurants all around the area. Members pay their own charges.

**New Member Orientation**  
Tuesday, March 20, 3:30 PM  
Home of TRAIL member Carrie Z. Norton.

**March "Living Well" presentation:**  
"Downsizing Tips and Tricks"  
Wednesday, March 21, 10 AM  
Presentation by Holly Hotchkiss of Transition Resources. Coralville Public Library. *See story at left.*

**Volunteer Education**  
Thursday, March 22, 3 PM  
Presentation by Kara Thoma from Iowa City Hospice. East Side Recycling Center

**Coffee and Bagels**  
Friday, March 23, 9:30 to 11 a.m.  
Home of TRAIL member Barb Stein.

**Harvest Oil and Vinegar Tasting**  
Thursday, March 29, 3 to 4 PM  
Harvest Oil and Vinegar, 1150 5th Street, Coralville.

**Edward Hopper exhibits tour**  
Wednesday, April 11, 1:30 to 2:30 PM  
Cedar Rapids Museum of Art. \$7 fee for tour; free parking. *See story at left.*

**Men's Book Group**  
Thursday, April 12, 1:30 to 3 PM  
Panera at Iowa City Marketplace.

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IS THERE A TOPIC you would like to see covered in *TRAIL Guide*? If so, call the TRAIL office or send your ideas to [info@trailofjohnsoncounty.org](mailto:info@trailofjohnsoncounty.org).



**NOTE: REGISTRATION IS REQUIRED FOR MOST EVENTS.** For more information or registration, log onto the TRAIL member site and visit the Calendar page.

## February “Living Well” speaker provided food for thought

UI Assistant Professor of Anthropology Elana Buch made a thought-provoking presentation on February 28. The “Living Well” event, titled “Why Are We So Attached to Our Stuff?” attracted more than 25 TRAIL members.

“There is no single answer” to the pressures and stresses involved with downsizing, she said. “But it’s important to acknowledge feelings of grief and loss that may be involved” when change is on the horizon.

You can see Elana’s recommended reading on this topic by visiting the TRAIL calendar page and clicking on the February 28 event; the readings appear below her biography.

## “Like” us on Facebook!

TRAIL’s Facebook page debuted a few weeks ago. We hope those of you who use Facebook will like, follow, and share our page. Here’s the link: <https://www.facebook.com/TRAILofjohnsoncounty/>.



Facebook will help build awareness about TRAIL; encourage people to get involved; share helpful information and resources about aging in place; and promote our public events. Additionally, we also hope to spur some conversations about healthy aging and living life more fully.

**TRAIL members:** We also have launched a **members-only Facebook group page** to keep you informed about member activities and services. If you are on Facebook and have trouble accessing our member-group page, please let Hillary know at [hillary@trailofjohnsoncounty.org](mailto:hillary@trailofjohnsoncounty.org) or (319) 800-9003.

## Vendor spotlight: Valuing the family jewels

**Herteen & Stocker Jewelers** has been a downtown Iowa City fixture for more than 65 years. Owned by the Dickens family, Herteen & Stocker sells and also appraises jewelry, often for individuals who are downsizing and wish to consign or bequeath their possessions.



Co-owner Terry Dickens says each customer is provided with an estimate of what the appraisal will cost, whether for insurance or estate purposes. Jewelry pieces are cleaned and then examined by several highly trained staff members before a valuation is issued.

Terry warns that when selling heirloom jewelry or flatware, customers should prepare to be offered “melt” value only. (Sadly, your grandmother’s silver tea set may not be worth much after all.) His best advice: Have those who-gets-what conversations with family members as soon as possible. Tarnished silver is easy to repair; tarnished relationships, not so much.

Visit <http://www.herteenandstockerjewelers.com/> to learn more or call (319) 338-4212.

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**In April TRAIL will celebrate its first anniversary!** Watch for special events marking this milestone.