



Happy New Year!



One of my favorite rituals at the start of the new year is to open my desk calendar to the still-empty January page and imagine

what the coming months will bring. And for TRAIL, the first few months of 2018 will be anything but empty!

For starters, we have a full slate of exciting and informative member events coming your way. Check out the story on page 2 about our new "Living Well" speaker series, as well as other event news in this issue.

Speaking of news, watch your email inbox (or USPS mailbox, if you prefer) in the next week or two for an announcement about changes to our Full membership fee structure, starting this year.

Also coming soon: a TRAIL Facebook page, which will allow us to engage and communicate more broadly about TRAIL and its mission.

TRAIL will celebrate its first anniversary in April, so 2018 is already a big year for us. Your involvement has made it so. Thanks for all you do for TRAIL, and Happy New Year to all!

Executive Director
hillary@trailofjohnsoncounty.org

Member Perspective

Good reasons to get "carded"

By Mary Lu Callahan

We seem to collect more and more cards in our wallets and purses these days (credit cards, rewards cards, etc.), but one card that everyone our age should carry is an **up-to-date medication card**. Why? Because if anything were to happen, such as an accident or a medical emergency, it is critical for a responding healthcare provider to know what medicines we are taking. This information may have important implications for the first responses in an emergency, and we may not be in a condition to accurately provide that information ourselves.

You already may have received a medication card from your physician, pharmacy or health fair. But have you filled it out? Or updated it if necessary? There are many prototype cards online, or you can go to your pharmacy's website or ask in person. Be sure the card includes all of your prescription meds with dosage and schedule, as well as your daily over-the-counter medications, including herbal supplements, which can sometimes interact with other medications.

Another "card" that you might want to give to your adult children or loved ones is a **list of critical information** that they may need upon your death. Because our own children live in different parts of the country, this is something we provided to them several years ago, and we actually made it a wallet-size card for convenience. We wanted them to know contacts for our lawyer, our bank and investment agencies, and our preference for a funeral service provider and burial information. They also have been notified about our Executor, and who has Medical Power of Attorney and Financial Power of Attorney, all of which has been written into our will.

This can be a difficult, perhaps emotional exercise, but it's one New Year's resolution that ultimately can result in peace of mind and mutual understanding among your loved ones.

Mary Lu Callahan and her husband, Bill, live in Iowa City's Northside neighborhood and are active TRAIL members and volunteers.

New for 2018

“Living Well” event series aims to educate and inspire

“Knowledge is power,” they say, and that’s never been more true than today. With so many new discoveries and gadgets emerging daily, it can be hard to keep up. TRAIL aims to make that a little easier through our new “**Living Well**” series. These monthly presentations are designed to keep TRAIL members informed about a wide range of topics, so you can live life to the fullest. And that’s empowering!

We’re starting with a January presentation about fraud prevention (see below); in February and March, you’ll learn more about why many of us are so attached to material possessions, and how to make downsizing easier. Keep an eye on the Calendar page of our website for more details; we plan to send postcard reminders about upcoming events in this series as well.



January “Living Well” presentation: AARP Fraud Watch Program Wednesday, January 17, 11AM-12PM

Did you know that every two seconds, someone’s identity is stolen? AARP is fighting back through its Fraud Watch Network, which offers tools and tips to guard against identity theft, and how to recognize and protect yourself against the many types of scams – by phone, email, internet, and more – that often target older Americans. TRAIL member Lorraine Bowans will share AARP’s latest

advice and other resources during this special presentation. The event will take place at the Eastside Recycling Center Education Center at 2401 Scott Boulevard. **Register now** by logging onto the TRAIL member site and visiting the Calendar page.

What’s your passion?

Member-generated interest groups cover many topics

Although TRAIL staff and volunteers work hard to arrange TRAIL events around relevant and timely issues, TRAIL encourages members to “self-organize” in small groups that address topics of special interest. Two such groups have recently emerged and are actively recruiting more participants:

Men’s Book Club: An organizational meeting is planned for Thursday, February 8, at 1:30PM at Panera’s at the former Sycamore Mall. Organizer David Rust says he expects eight or more attendees, and more are welcome. Contact David at david@trailofjohnsoncounty.org or (319) 351-7710 for more information.



Charity Knitting Group: TRAIL member Barbara Plakans would like to recruit TRAIL members who are interested in knitting or crocheting items for donation to area charities. Beginners are welcome! For more information, contact Barbara at besplak@gmail.com or (319) 400-6993.

Do you have a special hobby or interest that you’d like to share with others? Let us know and we can help get you started. Contact Hillary at hillary@trailofjohnsoncounty.org or (319) 800-9003 for more information.

Circle these dates on your calendar, too!

Besides our new "Living Well" speaker series, TRAIL is presenting several other special events in the near future. Remember to register via the Calendar page on our member website, and join us for some or all of these upcoming presentations.

Best Books of 2017:

Wednesday, January 24, 3-4PM

Looking for your next great read? This event is for you. Laura Crossett, adult services librarian at the Coralville Public Library, will share her list of 2017 book recommendations. This event will be held at the Coralville Public Library in Meeting Room A.

"Life in My 80s": A reading by Carl Klaus

Tuesday, February 6, 2-3:30PM

Co-hosted by and at the Iowa City/Johnson County Senior Center, this special presentation features essayist and UI Professor Emeritus Carl Klaus, who will read from his latest work in progress. Open to the public, with Q&A session to follow.

TRAIL Volunteer Orientation

Monday, February 12, 1:30-2:30PM

Interested in becoming a TRAIL volunteer – or know others (TRAIL members or not) who might be interested? This session, held at the Iowa City Public Library, will introduce you to TRAIL's many volunteer opportunities. We'd especially like to recruit volunteers who can provide transportation, handyperson, and/or tech help to our members.

TRAIL's service provider program is growing

With the December holidays past us, now is a perfect time to plan your spring house and garden projects. And the place to start is with TRAIL's growing list of pre-screened service providers, whom TRAIL evaluates based on reliability, expertise, fair pricing, and overall customer satisfaction.



We are pleased to welcome this new vendor to our program:

Carpentry by Chris is a full-service remodeling firm led by owner Chris Weckmann that handles projects ranging from kitchen makeovers to bathrooms, basements, decks and more. Visit <http://carpentrybychris.com/> for more information.

To access TRAIL's service-provider list from our member website, just click on the FOR MEMBERS tab at the top of the page, and then on FIND A SERVICE CONTRACTOR. Remember to mention your TRAIL membership when contacting one of our vendors.

When your project is done, send your feedback to vendors@trailofjohnsoncounty.org, so we can keep our list up to date. We encourage you to suggest new vendors, as well.

TRAIL Board of Directors welcomes new member

At its November 2017 meeting, the TRAIL Board of Directors elected TRAIL member Marty Fields to serve a three-year Board term beginning January 1, 2018. Our thanks to former Board member Nancy Hauserman, one of TRAIL's original founders (and unofficial photographer), for her years of service and support.

TRAIL Board members and officers for 2018 are: Charlie Anderson, Treasurer; Michelle Buhman, Chair Elect; Maggie Elliott, Chair; Marty Fields; Diana Lundell; Linda McGuire; David Rust, Past Chair; Susan Shullaw, Secretary; and Joy Smith. Learn more about these volunteers at <http://trailofjohnsoncounty.org/about/board-directors>.