



Be confident behind the wheel

Americans love their cars. More than just a means of transportation, cars are a declaration of independence. That's why many older adults continue driving as long as they can, despite the physical challenges of aging.

Fortunately, new features such as sensors and cameras make driving safer and more comfortable for older adults. And organizations such as AAA and AARP offer useful resources, from online assessments of driving skills to refresher courses, such as AARP's Smart Driver™ course (see www.aarp.org/auto/driver-safety).

When it's time to trade vehicles, you may want to consult with AAA, which worked with the University of Florida Institute for Mobility, Activity, and Participation to identify features that are most relevant for older drivers. They include:

- ✓ Safety features, such as seat belts and positions and types of airbags
- ✓ Ergonomic features that reduce operator fatigue and discomfort, such as adjustable pedals and seats
- ✓ Comfort, such as ease of entry and exit, legroom, and size of control buttons
- ✓ Value, that is, the total cost of ownership including price, operating and maintenance costs, reliability, fuel economy, and resale value

You'll find tools to help you assess these various features at www.seniordriving.aaa.com.

Be on the lookout for more useful information from TRAIL on this topic in the fall!

Ideas for TRAIL day trippers

Need a summer getaway?

Itching to get out the door to explore Iowa a bit? Here's a day trip for those of you who served in our armed forces or simply want to feed your patriotic spirit.

Freedom Rocks across the state

Each of Iowa's 99 counties will soon have a Freedom Rock, created by artist Ray "Bubba" Sorensen (there are currently 71 completed). The rocks honor veterans and provide unique pieces of art around the state. The original Freedom Rock is located in Menlo (Adair County). For a short day trip in Eastern Iowa, visit these five: What Cheer (Keokuk County), Shellsburg (Benton County), Solon (Johnson County), Bellevue (Jackson County), and Le Claire (Scott County). A complete listing can be found at: www.traveliowa.com/getinspiredetails/the-freedom-rock--tour/282.



A road trip isn't complete without a little sustenance to keep you fueled for the day. If you haven't packed a picnic lunch, here are a few eateries to consider, each with local flair:

Red Vespa (Solon): First pizzeria in the state to be certified by the Associazione Pizzaiuoli Napoletani and the Verace Pizza Napoletana.

Flatted Fifth Blues & BBQ at Potter's Mill (Bellevue): Jazz and Southern food of Bourbon Street meet the blues and BBQ of Beale Street in a 170-year-old, restored grist mill.

Steventon's (Le Claire): Enjoy American classics in an elegant atmosphere while sitting atop a bluff overlooking the Mississippi River.

If you're traveling for more than a day, you might appreciate the services of a TRAIL home check volunteer. See page 3 of this issue for an article about this valuable member benefit.

"Just sign up and go!"

New member orientation well worth the time

After Nancy Collins joined TRAIL as an Affiliate member in January, she immediately signed up for a new member orientation, but she had to cancel twice due to conflicts in her busy social schedule. She eventually attended a session in May. Her advice to new members?

"Just sign up and go!"

"I met two other new members at the home of Beverly Robalino, who was so welcoming and friendly. Hillary Ramaker [Executive Director of TRAIL] presented important information about TRAIL, from the member benefits to the different groups you can join. For me, the most important was how to log on to the TRAIL website."

Nancy says the orientation session was one way she could meet other members and learn what TRAIL offers its members.

"Every day I try to learn something new and get out of the house to meet people and socialize," says Nancy, who is already a member of the Yarning Group. "It's essential to me."

Orientation sessions are held bimonthly, and members can attend one at any time after becoming a member. Check the TRAIL calendar for the next session and sign up online or call the TRAIL office at 319-800-9003.

TRAIL was recently featured in the monthly newsletter of the Village to Village Network. Visit [TRAIL's Facebook page](#) for a link to the story—and while you're there, "like" us!

Even the dog days of summer offer TRAIL events and others

MEMBER-ONLY EVENTS

Remember to register in advance for any of these events—either online or by calling or emailing the office.

The events in this section are for TRAIL members only. If you have questions about your membership status or would like to join TRAIL, please contact the TRAIL office or visit trailofjohnsoncounty.org/membership/.

Yarning Group

Thursday, July 19, 2 to 3:30 PM

Home of Barbara Plakans, 122 Brentwood Drive, Iowa City. All skill levels welcome! See the Yarning Group calendar page online for a video about knitting for better brain health.

New Member Orientation

Thursday, July 19, 3:30 to 5 PM

Home of Mary Stein, 2171 Port Talbot Place, Coralville.

Dine Around, Johnson County 4H/FFA Fair

Wednesday, July 25, 11:30 AM to 1 PM

Members pay their own charges.

Men's Book Group

Thursday, August 9, 1:30 to 3 PM

Panera at Iowa City Marketplace.

Member Happy Hour

Tuesday, August 14, 3 to 5 PM

Big Grove Brewery (Iowa City location).

ALL OTHER EVENTS

Talking About End-of-Life

Monday, July 16, 2 to 3:30 PM

Iowa City Senior Center, Room 202. The program begins with a viewing and discussion of the PBS program featuring Atul Gawande and his book *Being Mortal*. Meets monthly through August; facilitated by Craig Mosher.

TRAIL Public Information Session

Monday, July 23, 10 to 11 AM

Iowa City Senior Center, room 208

This session will provide information about TRAIL's mission, fees, and benefits as well as volunteer opportunities and TRAIL's association with a nationwide aging-in-place network.

11th Annual Rummage in the Ramp

July 26 through August 4, Chauncey Swan Parking Ramp, 415 E. Washington St., Iowa City. Contact Jane Wilch, Recycling Coordinator, at (319) 887-6110 or email her at jane-wilch@iowa-city.org for information.

TRAIL Office closed for RAGBRAI • Friday, July 27



Volunteers, vendors, and friends: We appreciate your involvement with TRAIL! When you are ready to take your involvement further, we invite you to become a Full or Affiliate member and enjoy the benefits. For information, call TRAIL at (319) 800-9003 or visit www.trailofjohnsoncounty.org/membership/.

Program helps find service professionals

Reliable and trustworthy service professionals can be hard to find. But thanks to the Prescreened Service Provider Program, TRAIL members have access to a list of local service professionals who provide home maintenance and repair, yard and grounds care, certain in-home services, home health care, and automotive services.

Linda McGuire, TRAIL Board of Directors member and chair of the Vendor Committee, says all participants in the program are screened for reliability, expertise, fair pricing, and customer satisfaction.

“We do that screening for members so they can be sure they will be dealing with quality providers. It’s better than taking your chances in the yellow pages or on the internet,” she adds.

Members should mention TRAIL when contacting a service provider to ensure the provider knows the referral is from our prescreened list. Members are responsible for working with service providers to get estimates, contract for the service, and pay for work completed. TRAIL members are encouraged to report any concerns or positive experiences with service providers to the TRAIL office staff.

McGuire says there are about 40 providers on the list, but the committee is always updating it. “We welcome TRAIL members’ suggestions for providers, and those can be sent to vendor@trailofjohnsoncounty.org.”

For more information and access to providers in the Prescreened Service Provider Program, members should log onto the member website, click on the FOR MEMBERS tab at the top of the page, and then select FIND A SERVICE CONTRACTOR.

Home check volunteer helps make travel easy

Joy Smith and David Rust like to travel far and wide with their van conversion. Earlier this year they made a weeks-long road trip through the southeast U.S. and they are now planning a trek through the Maritime Provinces of Canada.

With the help of TRAIL, Joy and David can focus on their adventures without worrying about their Iowa City home. As Full members, they used the home check services of TRAIL volunteer and Affiliate member Phyllis Black while on their southeast trip.

“In fact, we became Full members [upgrading from Affiliate status] so that we could use the volunteer services,” says Joy. “It worked great.”

Phyllis met with David before the trip to go over the couple’s needs—aided by TRAIL’s thorough home check form. Pick up the newspaper? Water plants? Check for damage if a storm hits? These items and many others are covered by the form.

“It was easy and convenient for me,” says Phyllis. “I could do the home check for Joy and David on my own time. And I enjoyed it because I was helping someone else enjoy their time away.”

Joy says this is an example of learning to ask for help while the stakes are low, “before we really need it.” She and David are also TRAIL volunteers themselves—she is a medical advocate and David provides transportation—as well as TRAIL board members. “It’s part of the natural exchange that occurs within a community,” Joy adds.

“As others have said, our Full membership fee is just a way of prepaying for services,” Joy says.

“I think TRAIL is a very unique opportunity to help each other,” says Phyllis, who became a member in TRAIL’s earliest days. “It just makes so much sense.”

Volunteer services available to TRAIL Full members include:

- ◆ In-town transportation to medical appointments
- ◆ Moving and reconnecting electronic components
- ◆ Small gardening projects
- ◆ Small home projects such as replacing smoke alarm batteries
- ◆ Home checks
- ◆ The Rise and Shine daily check-in program
- ◆ Medical advocacy

To request volunteer assistance, just call the TRAIL office at (319) 800-9003.

What Matters Most: Writing about love, forgiveness, gratitude

Honoring Your Wishes, a program of Iowa City Hospice, invites the community to enter a writing contest using themes from *The Four Things that Matter Most: A Book about Living* by Ira Byock, MD. Dr. Byock invites us to incorporate themes of love, forgiveness, and gratitude into our daily lives.

Inspired by these themes, people may choose to do one of the following:

- ◆ Write a letter to an individual who has taught you something about these themes.
- ◆ Write a reflection/story/poem about a person who taught you to love, forgive, or express gratitude.
- ◆ Write about how incorporating these themes allowed you to be able to say goodbye to a significant person in your life.

The winning entry will be read on October 7 as part of the [Iowa City Book Festival](#). Dr. Byock will also appear as part of the book festival on this date.

The writing contest is offered in collaboration with the UNESCO City of Literature and Little Village.

Submissions are due July 31. They can be emailed to jane.dohrmann@iowacityhospice.org, faxed to 319-351-5729, or mailed to Jane Dohrmann, Honoring Your Wishes, Iowa City Hospice, 1025 Wade Street, Iowa City, Iowa 52240. Please include your name, email address, and phone number.

For more information about this writing opportunity, visit www.honoringyourwishes.org.

TRAIL aims for measured growth in coming months

Following TRAIL's First Anniversary Celebration, the Board of Directors began a focus-planning process to determine the organization's priorities for 2018-2020.

Interest in TRAIL remains strong and the board is committed to future membership growth, which will depend on achieving several key goals. During the next three years, we will aim to:

- ★ Continue to deliver member services in a way that not only meets member expectations, but exceeds them
- ★ Increase our membership numbers, so we are able to serve more individuals and households and diversify the TRAIL community
- ★ Add paid staff so that Executive Director Hillary Ramaker can spend more time working directly with TRAIL members and engaging in public outreach
- ★ Significantly boost our resources—from fundraising, membership fees, granting agencies, and other sources—to ensure TRAIL's solid financial foundation



We will keep you informed of our progress through regular updates. In the meantime, **you** can help TRAIL grow. If you're not a member, [join us](#). If you're not a donor, [give to our annual fund](#). And no matter who you are, **talk about TRAIL** to your friends, neighbors, and family members, and invite them to join our community.

By supporting one another through TRAIL, together we can thrive at every age.

Thank you to our JULY newsletter sponsor



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