



Member profile “The right thing for me”

Retired periodontist Ann Romanowski loves her Iowa City home of 24 years. It’s where she and her husband, Mike, raised their sons Joe and Brian, where she enjoys decorating for each season, and where she looks out over wooded views of Hickory Hill Park.



But when Mike died three years ago, Ann’s life was altered completely. Her social situation changed, she says, and the responsibility of caring for the family home became hers alone. So perhaps it’s not surprising that Ann had an immediate

reaction when she heard a TRAIL presentation by Executive Director Hillary Ramaker at a support group for widows.

“This is the right thing for me,” she thought.

Today, as an Affiliate member, Ann takes advantage of many TRAIL opportunities and gives back much time and energy. She is a member of two TRAIL committees, she has hosted TRAIL events in her home (including the recent wineglass-painting workshop), and she is involved with plans for TRAIL’s second anniversary celebration in May.

Ann says she finds much in common with the folks she has met in the TRAIL community, and the Living Well series has provided her with helpful, pertinent information—especially in relation to caring for her home.

“It’s helpful to be around people who have the same concerns,” she says.

“With TRAIL, I’ve made new friends and gone to places where I wouldn’t have gone alone,” Ann adds. “It’s great to have friends who are aging in place like I am.”

Anyone can participate in clinical trials

You may have heard about or know of friends who have a medical condition and are participating in a clinical trial, but did you know that “normal, healthy” people of all ages can also participate in clinical research? And, in addition to helping advance the understanding of a wide array of human diseases and conditions, in most cases participants are compensated for their time and efforts.

Great you say, but what does “normal, healthy” mean? It does NOT necessarily mean that you have no medical conditions or that you take no regular medications. For example, if you are being treated for high blood pressure, you might qualify for a study of patients with high blood pressure *as well as* a “normal, healthy” person in an asthma/COPD study. Many people learn about research studies through their health care providers, but also through regular news media and social media.



You can learn more about participating in medical and non-medical research studies at the University Iowa at:

- ★ **Website:** research.uiowa.edu/research-participation Here you can find information on many different opportunities, including at the College of Dentistry, Center on Aging, National Advanced Driving Simulator, and others.
- ★ **Website:** uihc.org/clinicaltrials Here you can search a database of open research studies on your own, or sign up to become an Iowa Research Hero by entering your information into an online registry to be potentially matched with a study that’s looking for someone just like you. If you are the right match, a research professional will contact you, explain the study, and answer your questions. The choice to participate or not is always yours, and you can take yourself off the registry at any time.

For general questions about participating in clinical research at the UI, you can also call 319-353-8862 and ask to speak to a research navigator.



Are you ready for a disaster? Or an emergency situation?

March into April with TRAIL

Please remember to register in advance—online or by calling the office at 319-800-9003.

Yarning Group

Thursday, March 21, 1:30 to 3:30 PM
Home of Barb Stein, 1951 Hannah Jo Court, Iowa City

Volunteer Orientation

Thursday, March 21, 4 to 5 PM
Environmental Education Center, East Side Recycling Center, 2401 Scott Boulevard SE, Iowa City

New Member Orientation

Tuesday, March 26, 2 to 3:30 PM
Home of Marty Fields, 2141 Plaen View Drive, Iowa City

Living Well: CarFit Checklist

Wednesday, March 27, 10:30 to 11:30 AM
Environmental Education Center, East Side Recycling Center, 2401 Scott Boulevard SE, Iowa City
Are you and your car a “good fit” for one another? Find out at this program, presented by Gretchen Cluff, CarFit Coordinator for Iowa. CarFit examines how your driving is impacted by aging and provides ideas for safety adjustments you can make. *Sponsored by James Investment Group.*



TRAIL Public Information Session

Tuesday, April 2, 3 to 4 PM
Iowa City Public Library, meeting room A

Living Well: Group Tour of East Side Recycling Center

Thursday, April 4, 10:30 to 11:30 AM
Environmental Education Center, East Side Recycling Center, 2401 Scott Boulevard SE, Iowa City
At this location, a variety of materials are accepted for recycling, from wine corks to cooking oil. On this tour you'll get all the details about how the center operates.

Dine Around: Lunch at Vesta

Thursday, April 11, 11 AM to 12:30 PM
Iowa River Landing, 849 Quarry Road, Coralville
Members pay their own charges.

Book Group

Thursday, April 11, 1:30 to 3 PM
Panera at Iowa City Marketplace. *New members welcome!*

The Way of Nile C. Kinnick, Jr.

Friday, April 12, 1:30 to 2:30 PM
Coralville Public Library, meeting room A
Local author Mark Wilson has been inspired by Nile Kinnick for many years and spent 10 years researching the Heisman Trophy winner's life. Join Mark for a reading from his book about Kinnick and learn how he has made connections and drawn inspiration from his hero.

Be prepared—with your own unique plan

Older adults are among the most vulnerable in disaster and emergency situations, but here's a way to improve your preparations.

Researchers in the UI College of Public Health are testing a new tool called Disaster Prepwise. **They are looking for people age 60 and older who would like to develop a personalized disaster preparedness plan.**

With the help of a trained educator, you will conduct an assessment, select people who can help you, gather medical information, and learn about putting together an emergency kit. If interested, you'll consult twice with a trained educator (45 minutes each time), plus you'll complete a one-hour interview before and after developing the plan. There is no cost to participate, and you'll receive a \$20 check after each of the two interviews.

For more information or to take part, contact Lena Thompson at 319-384-1491 or cph-prepwise@uiowa.edu.

Spring chores got you down? There's help!

Don't have the time or inclination to rake the flower beds this year—or tackle any other pesky spring chores?

Full TRAIL members, rejoice! You can take advantage of TRAIL volunteer services to help you inside or outside the house. To request this volunteer assistance, just call the office at 319-800-9003.

Interested in becoming a TRAIL member? Or upgrading your Affiliate membership to Full? Just call the TRAIL office at 319-800-9003.

2 fun 2 miss!

TRAIL's

Second Anniversary Celebration

is set for Thursday, May 16,
4:30-6:30 PM at the

Unitarian Universalist Society
2355 Oakdale Road, Coralville.

Invitations will be sent in early April.

Save the date
and make plans to join us!



Let's get social

Just a reminder that TRAIL has two Facebook pages: one for public visitors (www.facebook.com/TRAILofjohnsoncounty), where we post items of interest to the aging-in-place community, and one for members only (www.facebook.com/groups/142099806506832), where you'll find the latest updates about TRAIL events and other member news. Check us out!



Yarning Group shares the love

Hand-knitted cowls and mitts for the Iowa City Public Library's December craft sale, newborn caps for Mercy Hospital, beanies for schoolchildren, and loads of mittens for the Catholic Worker House and Shelter House of Iowa City—that's where members of the TRAIL Yarning Group distributed their handiwork this winter.

Phyllis Black has contributed to all of these efforts. And to the adult-sized mittens coming off her knitting needles this frigid February, Phyllis attached a tag. Along with washing instructions, she mentions both TRAIL organization and the generous donors of the yarn the group has been using.

Spreading the TRAIL news

TRAIL Executive Director Hillary Ramaker will make a public presentation about TRAIL on Tuesday, April 2, from 3 to 4 PM at the Iowa City Public Library, meeting room A. Know someone interested in TRAIL? Send them this way! See the [TRAIL calendar](#) for more information.

LIVING WELL RECAP: Travel wise(ly)

It would be difficult to count the international miles logged by TRAIL members Mary Lu Callahan, Vicki Tardy, and Lori Ziegenhorn, but it's certainly in the multiple thousands. Their travels have yielded valuable lessons, and we're grateful to these frequent flyers for sharing their pointers at last month's Living Well presentation, sponsored by James Investment Group.

The trio stressed the importance of advance planning—and not just where to go and what to pack. When you're traveling with one or more companions, first identify your priorities (sightseeing? food? leisure time?) and your preferences.

The presenters also shared suggestions for various travel companies, from those offering comprehensive services, to others catering to more independent travelers. Regardless, before you head to the airport, be sure to check your medical insurance coverage, your cell phone plan, and your driver's insurance if you plan to rent a car.

You'll find our speakers' PowerPoint presentation in the Member Documents section of the TRAIL member website, along with a handout about cell-phone options for international travelers. Bon voyage!

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