



Please join us for
TRAIL'S



**Anniversary
Celebration**

**Thursday, May 26,
2022**

4:30-6:30 PM

**Unitarian Universalist
Society**

**2355 Oakdale Road
Coralville, Iowa**

Join us for beverages and light hors d'oeuvres. The event will include a short program, including a theatrical reading from *Scandinavian Death Cleaning*.

**Please RSVP to
trailRSVP@gmail.com**

May celebrates TRAIL and older Americans

"Rough winds do shake the darling buds of May, and summer's lease hath all too short a date." —William Shakespeare

Shakespeare sure had it right when he wrote about the winds of May (dare I say April, too, in Iowa)! We've definitely weathered our fair share of winds these past couple months.

According to almanac.com, May is likely named for the Roman goddess Maia, who oversaw the growth of plants. Maia was considered a nurturer and an earth goddess, which may explain the connection with this springtime month. Alternatively, the name might have come from the Latin *maiores*, "elders." This month, by the way, is

national Older Americans Month, devoted to celebrating older Americans and raising awareness

about issues related to age and aging. This year the theme—Aging My Way—focuses on aging in place.



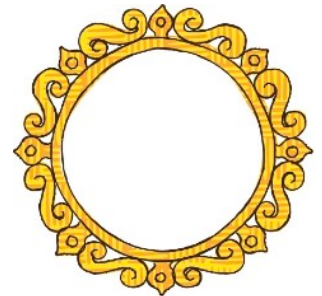
So it's appropriate that May is the perfect month for TRAIL to be celebrating its members and its growth during our 5th Anniversary gathering on Thursday, May 26 (*see left*).

I hope you'll join me then to celebrate our growth and successes. And, we'll celebrate you, our donors, volunteers, community partners, and vendors. See you then!

—Bob Untiedt, *Executive Director*

An AARP study conducted in 2021 showed that 77 percent of American adults 50 and older want to remain in their homes for the long term. And this desire has remained consistent for years—even through all the change the pandemic has wrought. But it's possible that your longtime home now feels cramped and confining.

If that's the case, check out this article from AARP: ["10 Secret Decorating Tips to Make Your Home Feel Larger."](#)



Tip no. 6: Mirrors give the illusion of more space.

A winning experience

This is a WIN-WIN-WIN story. TRAIL member Ron Vermillion needed a volunteer. TRAIL volunteer (and member) David Rust wanted a “different” volunteer assignment. Alexa Saco needed an extra hand.



It all started about six months ago. Ron, who lives at Briarwood Health Care Center due to a progressive disease that confines him to a wheelchair, missed his formerly independent lifestyle. “I wanted to be able to go out and do things again,” he said.

As Briarwood’s administrator, Alexa knew that getting out into the community would be the best opportunity for Ron to

have “the quality of life he strives for.” But, with staff already working full out to care for the 50 residents of Briarwood, there was not “extra time” for trips off site with Ron, and he has no family in Iowa.

Then Ron was reminded—as a Full TRAIL member he could request volunteer assistance. Enter David. “I was checking the volunteer site and saw that Ron’s request had been there for a while and that it was ‘different,’ more than driving or repair work.”

David met with Ron and they hit it off. They have been paired for about six months and in that time have found they have several things in common, including being musicians in high school and both receiving degrees in social work.

Getting into the community is complicated for Ron. He uses the SEATS transportation system and David meets him at their destinations. They try to do something about once a week and their outings have included Best Buy (to purchase an iPhone 13), the Senior Center, classes on West Coast Jazz through Senior College, and seeing the movie *West Side Story*.

While everyone “wins” in this story, Alexa says Ron may be the biggest winner. “This has been an exceptional experience for Ron. He has just blossomed and is much happier.”

Day Trip: Ottumwa

There’s more than one reason to head to Ottumwa—for nature, food, art history, and even a possible ghost sighting.

The tastiest reason is to visit the **Canteen Lunch in the Alley** for its famous loose meat sandwiches (think Maid-Rites). The sandwich has been served there since the 1930s. The restaurant uses a minimum of 150 pounds of burger a day—that should tell you how good these are! (And don’t forget to save room for a piece of homemade pie.)

For a view of early 1900s architecture, visit the restored **Hotel Ottumwa**. Visitors have reported seeing apparitions roaming the building, especially in the basement. Visitors have seen a woman and a male face following them through the halls, and they’ve heard sounds of heavy breathing.



Downtown Ottumwa offers plenty of shopping including vintage shops and art galleries. Poke around to find the place that speaks to you!

Along the Des Moines River on the south edge of Ottumwa is the **Gray Eagle Wildlife Preserve**. It offers a diversity of waterfowl, shorebirds, and migratory songbirds during spring and fall migrations. Take a picnic lunch, if you decide not to have a canteen.

On your way there or back, stop in Eldon to visit the **house that inspired Grant Wood’s American Gothic painting** (it’s a short drive south on Hwy. 16). Check this website ([American Gothic House](http://AmericanGothicHouse.com)) for details due to COVID restrictions.

Getting there: Take Hwy. 218 south to Mount Pleasant then follow Hwy. 34 west to Ottumwa.

Do you have a favorite day trip that you can recommend to others?

A museum or landmark?
A unique restaurant in a charming Iowa town? A little-known historic site? Share your ideas with TRAIL and they can be featured in a future newsletter. Just email info@trailofjohnsoncounty.org or call the TRAIL Office at 319-800-9003.





A group of intrepid TRAIL members toured Williamsburg-based Kinze Manufacturing on April 20 and learned about the massive scale of Kinze's work. Pictured from left to right are: Phyllis Black, Stan Miller, Betsy Fisher, Ann Romanowski, Alfrieta Monagan, Vicki Tardy, Nancy Hustad, and Barb Stein.

Barb Stein comments, "We all recommend this tour. It is a very impressive factory which makes grain wagons and tillage machines. The family story is impressive and Mr. Kinze and his daughters continue to lead in innovation and responsiveness to farmers."

Welcome, new members!

These individuals have joined TRAIL of Johnson County since September 2021.

James Beeghley
 Jean Beisler
 Robert Brooks and Mark Ruggeberg
 Steven Burton and Serena Stier
 Melvin Dvorsky
 Joyce and Pat Erkel
 Michael Gibson
 Louise Gisolfi and Warren Jensen
 Francis Gray
 Kathy Jacobs
 Patricia Jones
 Dolores and Mike Kattchee
 Mary and Kevin Keith
 Ina Loewenberg

Randy Marple
 Sally McMillan
 Jo Myers-Walker
 Mary and Peter Nazareth
 Helen Nicklaus
 Mary Perdue
 Debra Roberts
 Kay Schneider
 Marjorie Strabala
 Marilyn and Stephen Swanson
 Nadia Vander Gaast
 Vicki and Timothy Walch
 Charles Welker



Free movies, art exhibits, food vendors, kids' activities, music of every kind: You'll find all this and more during Iowa City's **Summer of**

the Arts. Events began this month and continue into October, with many—but not all—of the festivities taking place in downtown Iowa City.

Check the [Summer of the Arts website](#) for the complete schedule.

Thanks to our MAY–JUNE newsletter sponsor



Cantebury BP Amoco
 801 1st Avenue/Hayden Fry Way
 Coralville, IA 52241

TRAIL EVENT CALENDAR • MAY—JUNE 2022

NOTE: Some of these events are virtual, while others are in person. Locations, full details, and registration information for each event can be found on [TRAIL's online calendar](#).

New events are frequently added, so check TRAIL's weekly calendar preview emailed on Fridays or the [online calendar](#) to stay up-to-date.

Calendar key: **BLUE** events are those hosted by and for TRAIL members.

GREEN (virtual) and **YELLOW** (in-person) events are hosted by other organizations but may be of interest to TRAIL members.

Members pay their own fees if there is a cost associated with an event (\$).

TRAIL Guide is published on or about the 15th of each month by the TRAIL Communications Committee for the benefit of TRAIL members, donors, volunteers, vendors, and friends. If you have questions or suggestions about the newsletter, email info@trailofjohnsoncounty.org.

If you attend in-person events, please bring proof of vaccination and wear a mask.

[Wonderful Books: Sharing Our Favorites](#) (via Zoom)
Monday, May 16, 1 to 2 PM

[Introduction to Genealogy](#)
Tuesday, May 17, 10:30 to 11:30 AM
Iowa City Public Library Digital Media Lab, 123 South Linn Street, Iowa City

[Chat from Old Cap: Transforming Television](#) (via Zoom)
Wednesday, May 18, noon to 1 PM

[Yarning ReGrouping](#)
Wednesday, May 18, 1:30 to 3 PM
Tardy's Screened Porch, 4608 Oak Crest Hill Road SE, Iowa City

[More Gmail Tips & Tricks](#) (via Zoom)
Friday, May 20, 10:30 to 11:30 AM

[Iowa City Public Works Facility Open House Event](#)
Saturday, May 21, 8 AM to 5 PM • 3819 Napoleon Lane, Iowa City

[Medicare 101](#)
Saturday, May 21, 1 to 3 PM
Iowa City/Johnson County Senior Center, Room 302, 28 South Linn Street, Iowa City

[Let's Talk Books: Crime Fiction—Heist Stories](#) (via Zoom)
Tuesday, May 24, 7 to 8 PM

[Weber Days: Your Old House](#)
Wednesday, May 25, 7 to 8:30 PM
Iowa City Public Library Digital Media Lab, 123 South Linn Street, Iowa City

[AARP Fraud Prevention Presentation](#) (via Zoom and in-person)
Thursday, May 26, 4:30 to 6:30 PM
Johnson County Health & Human Services Bldg., 855 South Dubuque Street, Iowa City

[Curator Guided Tour: "We Are Hawkeyes" Exhibit](#)
Friday, May 27, 4 to 5 PM
University of Iowa Libraries Main Library Gallery, 125 West Washington Street, Iowa City

TRAIL Office Closed for Memorial Day • Monday, May 30

[Potluck Salad Lunch on My Porch](#)
Tuesday, May 31, noon to 1:30 PM
Home of Vicki and Dwight Tardy, 4608 Oak Crest Hill Road SE, Iowa City

[New Member Orientation](#)
Friday, June 3, 1:30 to 3 PM
Fix! Coffee Shop, 404 East College Street, Suite 202

[Conversations with Bob](#) (via Zoom)
Wednesday, June 8, 2:30 to 3:30 PM

[TRAIL Book Club](#)
Thursday, June 9, 1:30 to 3 PM • Location TBD

[Summer Reading Suggestions](#) (via Zoom)
Friday, June 10, 10:30 to 11:30 AM