



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**

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

Gearing Up

I've spent the past month "gearing up." Part of the time, it was gearing up for the ongoing battle I have with maintenance of my yard. As spring approaches, I ordinarily spend dozens of hours and hundreds of dollars trying to maintain the various yard boundaries that separate ferns and grasses, bird feeders, and small garden plots. And, I'm quite pleased to say that I'm gearing up for biking! I have averaged riding my bike a little more than 900 miles a year for the last 17 years. In February I had my bike tuned up and am now gearing up for some shifting of gears soon!

But the most exciting gearing up I've done this past month or more is planning for something very special—a **celebration for TRAIL's 5th anniversary!** A small group of us (including the chairs of all TRAIL's committees) have planned a fun event that will include hors d'oeuvres, beverages, dessert, a short program, and a theatrical reading appropriate for the TRAIL community.

In gearing up to write this column, I ran across an "origin story" about how TRAIL came to be. I learned that four good friends from Iowa City's Northside neighborhood were talking about aging and the difficulty of maintaining their older homes. All felt strongly about wanting to stay in their current location instead of moving to a senior living facility. What happened next? They, too, geared up and got serious about launching an aging-in-place organization. After much planning, the organization was incorporated as a nonprofit in 2016 and opened for business in 2017.

—Bob Untiedt, *Executive Director*

Welcome to this new TRAIL Board member

Julie Gridley is a branch office administrator with an Iowa City branch of Edward Jones. Previously, she was a business office manager for a nursing home for six years. She is also a service volunteer with TRAIL and values continued connection to seniors. Julie has volunteered for Meals on Wheels, the Wilton Elementary Library, a local preschool, and UI Hospitals and Clinics. She has two adult children—a son in the Air Force currently stationed in Georgia, and a daughter living in Cedar Falls planning a September 2022 wedding. Julie lives in Wilton.



Volunteer profile

UI student brings varied skills to volunteering

“I know it’s a cliché, but age is really just a number,” says TRAIL volunteer Chloe Rohlf.



A University of Iowa sophomore from Cedar Falls, Chloe has volunteered for TRAIL since August 2021. She found the opportunity on a UI website that shares local volunteer needs with students, and TRAIL immediately appealed to her.

“I like the flexibility of just logging on and choosing the member request that I can fill,” she says.

Growing up, Chloe was close to both of her grandmothers, and it shows today. “I love getting the chance to interact with older adults and I can see that they have as much fun in their lives as I do at age 20,” she says.

TRAIL isn’t Chloe’s only volunteer commitment either. She gives her time to an online crisis hotline and provided a mentorship during her recent spring break. She works in a UI dining hall bakery. And of course, there are her studies: Chloe is majoring in speech and hearing science and plans to become a speech-language pathologist.

“Visiting with members is a big part of what I do,” says Chloe. She also does a bit of cleaning and helps with various tech needs—teaching one member how to use Zoom for TRAIL events, setting up Wi-Fi capability for another, and connecting a printer for yet another member. She takes on one or two requests a month, as her schedule permits.

“I know that sometimes young people have negative impressions of older people,” Chloe says, “but I really enjoy spending time with older people and I’ve formed some great friendships through TRAIL.” *(And with that, Chloe sends a special hello to Ellen and Jo.)*

APRIL 30 IS PRESCRIPTION DRUG TAKE-BACK DAY

In a continued effort to fight prescription drug abuse, communities across the country are participating in the National Prescription Drug Take-Back Day on Saturday, April 30. Since the first Take-Back Day in 2005, the Drug Enforcement Agency (DEA) has collected nearly 179,000 pounds of unused prescription medications in Iowa. Nationally, there have been more than 15 million pounds collected. Several sites across Iowa will be available on April 30, from 10 AM to 2 PM, for people to drop off prescription medicine—no questions asked.



Site locations can be found at [Take Back Day](#). For more information about the safe disposal of prescription medication, please visit [Safe Drug Disposal](#).

COVID vaccine update

With the availability of second COVID booster shots, you may be wondering whether you are eligible to receive one. For current guidelines on the matter, visit the [CDC Coronavirus Information page](#) online.

As of April 12, community spread in Johnson County is low, but a community’s status can change quickly. You can check for current Johnson County status at the CDC website listed above or the [Johnson County Coronavirus Information Hub](#).

Thanks to our APRIL–MAY newsletter sponsor



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

TRAIL's Second Annual Pi Day

Math fans know **March 14 is "Pi Day,"** which refers to the ratio—roughly 3.14 — of the circumference of any circle to the diameter of that circle. It's named for the Greek letter for "p," which is how the formula was first represented in the 18th century. In this century, the day is celebrated with pie of all kinds. In keeping with that tradition, TRAIL celebrated the day by randomly selecting five TRAIL member households to receive pies, which were delivered to their doorsteps by volunteers. The winners are pictured here.

At left, **Twyla Moran**, who loves the work that TRAIL does to keep people in their homes. Below left, **George Lance**. Bottom left, **Dee Hill**: "I am 90 and this is the first time in my life that I have won something." Below right, **Jim Tully**, who says "As a scientist, pi is important. As a TRAIL member, pie is important." Bottom right, **Diana Harris**, who has been a TRAIL member since its inception.



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.

As we ease back into face-to-face events, we are ever mindful of safety.

In the short term, we ask that if you register for in-person events, please bring proof of vaccination and wear a mask. We will continue to evaluate and look forward to a time when this will not be necessary.

[Book Club: Read Together "Miss Eliza's English Kitchen" by Annabel Abbs](#) (via Zoom)

Monday, April 18, 1 to 2 PM

This fun read is based on the story of Eliza Acton, the first modern cookery writer.

[Prairie Lights reading: Mary Helen Stefaniak](#)

Tuesday, April 19, 7 to 8 PM

15 South Dubuque Street, Iowa City

Mary Helen Stefaniak's latest novel, *The World of Pondsides*, is gathering rave reviews.

[Kinze Manufacturing Tour](#)

Wednesday, April 20, 8:45 to 11:30 AM

Kinze Manufacturing, M Avenue, Williamsburg

The tour will be conducted on golf carts; minimal walking is involved.

[Generation Rx: Safe Medication Practices for Better Health](#) (via Zoom)

Tuesday, April 26, 10 to 11 AM

Learn safe medication practices and the risks of medication misuse.

[Dedication of Phebe Timber—Johnson Co. Conservation New Public Use Area](#)

Sunday, April 30, 1 to 3 PM

Details will be emailed to registrants one week before the event.

[Disaster Prepwise Program with Dr. Sato Ashida](#)

Tuesday, May 3, 1 to 3 PM

Iowa City/Johnson County Senior Center, 28 South Linn Street, Iowa City

This is an opportunity to prepare your own personalized disaster management plan.

[Member Happy Hour](#) \$

Tuesday, May 3, 4:30 to 6:30 PM, Orchard Green, 521 South Gilbert Street, Iowa City

[Lunch at The Current and Figge Art Museum](#) \$

Wednesday, May 4, 10:30 AM to 3:30 PM

Figge Art Museum, 225 West 2nd Street, Davenport

[Cinco de Mayo Dine Around](#) \$

Thursday, May 5, 11:30 AM to 1 PM, Casa Azul, 708 1st Avenue, Coralville

[TC Boyle in Iowa City](#)

Thursday, May 5, 7:30 to 9 PM

Englert Theatre, 221 East Washington Street, Iowa City

This acclaimed author has published 28 works of fiction.

[Visit to Susan Chrysler White Art Studio and Lunch](#) (bring your own brown bag)

Friday, May 6, 11 AM to 1 PM

262 Black Springs Circle, Iowa City

[Conversations with Bob](#) (via Zoom)

Wednesday, May 11, 2:30 to 3:30 PM

Executive Director Bob Untiedt will talk all things TRAIL in this conversational session.

[TRAIL Book Club](#)

Thursday, May 12, 1:30 to 3 PM

Location TBD