



## The promise of TRAIL binds us

Christine Scheetz reflects upon civility, duty, and kindness.



**W**hen I get blue about the state of our world, I often find myself rewatching seasons of *The West Wing*. I recently watched the episode “The Long Goodbye,” in which White House Press Secretary, CJ Cregg, returns to her hometown of Dayton to check on her father who has Alzheimer’s and to deliver a speech at her 20<sup>th</sup> class reunion.

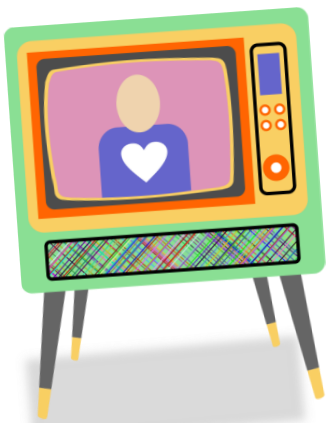
The issues of dementia and caregiving—and here caregiving at a distance—are as well depicted as in any fictional representation I’ve seen: the pull between demanding careers, expectations, and needs with the desire to be present and provide meaningful support for the most important people in our lives. Most of us have had, or will have, these experiences on both sides, as a caregiver and as a person needing additional support and assistance.

In her speech, CJ says, “I’ve been thinking a lot about civility, civic duty, and kindness, and how powerful they are, how enduringly persuasive those qualities are in American life, and how I see them all around me, day after day. America is a terribly difficult idea filled with promise and impossible to

live up to. Promise is inchoate and promise is what binds us.”

As I watched this again, I thought about how the promise of TRAIL binds us; how powerful the acts of civic engagement are; how volunteering, joining, and being a part of something larger than ourselves impacts our own and our community’s well-being. I thought about how comforting it would have been to CJ to know an organization like TRAIL could support

*Continued on page 2*



**Please Join us**  
as we celebrate



**Thursday,**  
**May 8, 2025**  
**4:30-6:30 PM**

Unitarian Universalist Society  
2355 Oakdale Road  
Coralville

*You'll enjoy light hors d'oeuvres and beverages while socializing with fellow TRAIL members, volunteers, donors, and community partners, followed by a short program and tuneful entertainment from the Old Capitol Chorus.*

RSVP by May 1 to  
[rsvp@trailofjohnsoncounty.org](mailto:rsvp@trailofjohnsoncounty.org)  
or by calling the TRAIL Office.

We hope to see you there!

## Spring fever

Spring fever: it's a fuzzy medical category, but it certainly captures the way the change of seasons can affect us. While winter means low energy for many people, spring can bring increased energy and better moods.

In centuries past, "spring fever" or "spring disease" was a serious ailment. During the winter, city dwellers' diets were often short of fruits and vegetables and by the time spring arrived, the symptoms of scurvy became apparent. In the mid-1700s, a Scottish physician discovered that scurvy could be treated by eating lemons, limes, and oranges. But it wasn't until the 1930s that ascorbic acid (vitamin C) was identified as the curative agent.



### Does spring have you thinking about yard clean-up?

If you need help with light outdoor chores, TRAIL volunteers may be able to help. Just contact Member and Volunteer Services Coordinator Jessica Hahn at 319-800-9003 or [membersupport@trailofjohnsoncounty.org](mailto:membersupport@trailofjohnsoncounty.org) with your request.

**Full TRAIL members** can receive volunteer assistance as needed and **Affiliate members** can receive volunteer assistance one time per year.



## Bigger, better, and back again!

TRAIL senior housing guide and fair coming soon

TRAIL will host its 2025 Johnson County Senior Housing and Services Fair on Thursday, June 19, from 11 AM to 2 PM, at the Kirkwood Regional Center in Coralville.

Like our 2023 fair, which drew around 300 attendees, the June event will feature more than 35 exhibitors representing numerous senior housing communities, at-home service providers, home health agencies, and other organizations serving Johnson County seniors who wish to age in place. The fair is free and open to the public.

All fair attendees will receive a free copy of TRAIL's *2025 Johnson County Senior Housing and Services Guide*. This year's updated guide includes more than 60 pages of detailed information on local senior housing options, at-home services, rehabilitation hospitals, and more. A PDF version of the 2025 guide also will be added to the TRAIL website for free download.

Mark your calendars for June 19. We look forward to seeing you there!

### The promise of TRAIL binds us *continued*

her father and about the independence and meaningful relationships her father could have with a TRAIL volunteer driving him to doctor's appointments, running errands, or helping him around the house.

As we celebrate TRAIL's volunteers this month and TRAIL's 8<sup>th</sup> anniversary next month, these reflections will be with me. Looking forward to celebrating with you!

# Engaging volunteers

Celebrating National Volunteer Month

“I can't even tell you how much I appreciate you and TRAIL! It's just so wonderful!”

“TRAIL is a blessing. I appreciate everything you do!”

“I have met the best people. This is a great, great service!”

Volunteers, we know you feel the love from TRAIL members throughout the year when we hear comments like the above.

Now, during National Volunteer Month, we want to make sure you know how much everyone at TRAIL appreciates you! As an organization powered by volunteers, we literally could not serve our members without you.

In 1974, President Richard Nixon first declared the third week in April as National Volunteer Week to recognize volunteers “who give countless hours for the betterment of our communities and the American way of life.” In 1991, President George H.W. Bush expanded the time for celebration of volunteers to the entire month of April.

From providing direct assistance for members to serving on committees and the Board of Directors, nearly 100 dedicated volunteers provide their valuable time and talents to accomplish TRAIL's mission.



In gratitude for their valuable time and talents, TRAIL volunteers have been invited to attend a **Volunteer Appreciation Luncheon on April 22**. We ask that all TRAIL volunteers RSVP for this special event via the TRAIL calendar or by calling the office at 319-800-9003 **by Friday, April 18**, so we'll be sure to have enough food on hand.

We look forward to seeing all TRAIL volunteers on April 22 to thank and acknowledge your good work on TRAIL's behalf.

If you would like to **join us in 2025 as a TRAIL volunteer** (members can be volunteers, too!), contact the TRAIL office at 319-800-9003, or email Jessica Hahn, member and volunteer services coordinator, at [membersupport@trailofjohnsoncounty.org](mailto:membersupport@trailofjohnsoncounty.org).

## THE blue tour

TRAIL members enjoyed a tour of the Stanley Museum of Art on April 9, with the Stanley docent focusing on the use of the color blue.





## Member **FEEDBACK**

aids member events

**TRAIL's Social and Educational Programming Committee wishes to thank all members who took time to complete our "mini-survey" in early March.** The three-question survey asked members whether they attend TRAIL events, and if not, what might encourage them to do so. The survey also asked members to suggest other types of events they'd like to see on the TRAIL calendar.

One suggestion from the survey has already been implemented. Some of you told us that although you appreciate our Friday event reminder emails, one week's notice isn't always enough time to include TRAIL activities in your schedule. So those Friday emails now contain two weeks' worth of upcoming events.

As for the types of events members said they would enjoy attending, the **top five vote-getters** were:

1. Tours of local attractions (such as museums and other venues)
2. Educational presentations
3. Outdoor activities
4. Group meals (such as our Dine-Around lunches and dinners)
5. Group attendance at arts events.

Our committee members have taken note and are working hard to add these types of events to the calendar.

Interested in helping to plan, organize, or host TRAIL member events? The Social and Educational Programming Committee welcomes new members. Contact the TRAIL office at 319-800-9003 if you'd like to get involved.



## April's **happy hour**

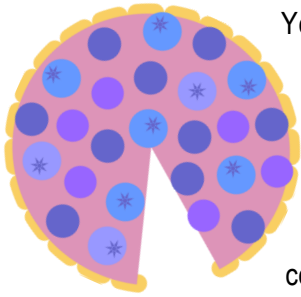
Members enjoyed socializing at Orchard Green on April 1.

Top: Carrie Norton, John Kane, Denice Connell, Carl Schweser

Bottom: Victoria Steelman, Julie Schweser, Ellen Heywood, Paul Ingram, Jenean Arnold, Alfrieta Monagan, Jan Wielert

# Pi Day!

“It’s one of TRAIL’s best traditions,” says a longtime TRAIL member about the annual celebration of Pi Day on March 14.



You may remember from high school geometry that pi (3.14) is the mathematical constant for determining the circumference of a circle. And what better way to honor the famous number and celebrate the day than to give away luscious circular treats—PIES!

As in years past, the pie raffle included all TRAIL members as well as committee and service volunteers. Four members and four volunteers received delicious pies from Kathy’s Pies & Bakery at their homes, delivered by Membership and Volunteer committee members.



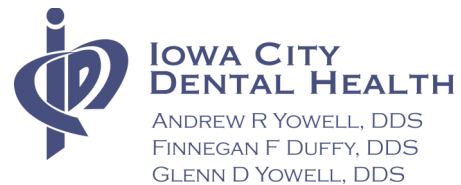
Pie recipients pictured are member Charles Felling and volunteer Loretta Gray. Also receiving pies were members Wally Helms, Mary “Aggie” Perdue, and Mary Cannon. Other volunteers receiving pies were David Keeley, Jim Ruebush, and Ann Romanowski.

THANKS to Iowa City Dental Health for sponsoring this month’s newsletter.



## Say everything with your smile.

2109 Rochester Ave, Iowa City, IA 52245  
Phone 319-338-0707  
Email [admin@icdentalhealth.com](mailto:admin@icdentalhealth.com)  
Web [icdentalhealth.com](http://icdentalhealth.com)



## In Memoriam

*Richard “Dick” Blazek*



Member Dick Blazek passed away Saturday, March 29, 2025. He became a member of TRAIL in 2025.

See Dick’s obituary [here](#).



**NOTE:** Some events are virtual, while others are in person. Full details 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 for TRAIL members. **GREEN** (virtual) and **YELLOW** (in-person) events are hosted by other groups but may be of interest to TRAIL members.

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

Want to attend an event, but need a ride? Call Jessica at 319-800-9003 or email her at [membersupport@trailofjohnsoncounty.org](mailto:membersupport@trailofjohnsoncounty.org).

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

# Upcoming TRAIL Events Calendar

The TRAIL office will be closed May 26.

## Muscle Matters: Building Strength for Better Aging

Wednesday, April 16, noon to 1 PM

Iowa City Senior Center Room 302, 28 South Linn Street, Iowa City

## Morning Coffee in My Home

Thursday, April 17, 10 to 11:30 AM

Vicki Tardy's house, Iowa City

## Book Club: *The Things We Cannot Say* (via Zoom)

Monday, April 21, 1 to 2 PM

## TRAIL Volunteer Appreciation Luncheon

Tuesday, April 22, 11:30 AM to 1 PM

North Ridge Pavilion, 2250 Holiday Road, Coralville

## Ariel Quartet with Orion Weiss, Piano

Wednesday, April 23, 7:30 to 9 PM

Voxman Music Building, Concert Hall, 92 East Burlington Street, Iowa City

## Yarning Group

Thursday, April 24, 1 to 3 PM

Vicky Tardy's house

## Spring Ephemeral Hike at Frytown

Saturday, April 26, 10 to 11:30 AM

Frytown Conservation Area, 2198 Angle Road SW, Kalona

## Johnson County Landmark Band Performance

Tuesday, April 29, 7:30 to 9 PM

Voxman Music Building, Concert Hall, 92 East Burlington Street, Iowa City

## Member Happy Hour \$

Tuesday, May 6, 4:30 to 6:30 PM

Orchard Green, 521 South Gilbert Street, Iowa City

## TRAIL's 8th Anniversary Celebration

Thursday, May 8, 4:30 to 6:30 PM

Unitarian Universalist Society, 2355 Oakdale Road, Coralville

## Protecting Older Adults from Financial Exploitation Series (via Zoom)

Thursday, May 15, 2 to 3 PM

## Book Club: *Still Life* (via Zoom)

Monday, May 19, 1 to 2 PM