



Learning as we grow

*From Executive Director
Hillary Ramaker*

TRAIL has had a busy fall. Our membership numbers are growing, as well as our volunteer activities. We have a dozen events between now and the end of the year, including some crafting workshops that would be great for holiday gift giving.



One recent highlight was the 10th annual Village to Village Conference in early October. Hundreds of staff members, board members, and volunteers from around the nation converged on sunny San Diego to celebrate the successes of this nationwide network of aging-in-place

organizations, share program ideas, and reconnect with colleagues. I attended sessions on building community partnerships and creating signature stories for villages, and explored new technologies for village organizations.

I was especially intrigued by a new consortium of villages in California, which offers support to its member organizations but also provides new ways to look at aging itself. As its website says, “we believe in the power of community to achieve society-wide change in the way we age.” We’ll definitely be keeping an eye on their progress.

Perhaps the most exciting part of the conference for me was connecting with village leaders in the Midwest. The village movement is migrating in our direction and it’s an exciting development. The conference will be held in Chicago next year and any TRAIL member who wishes to attend is more than welcome.



Take family time to talk turkey

No, we’re not referring to the 18-pound bird on the table. We’re talking about the sometimes-difficult-but-very-important conversations that families need to have from time to time. You may have concerns about aging parents or you may want the younger generation to know your own plans for aging. So if your family gathers during the holidays, set aside some time to share your thoughts and listen to family members on some of these topics. You might need to talk about such things as:

- Health concerns, advanced directives for health care, and medical power of attorney
- Financial concerns or financial power of attorney
- Future living arrangements and possible caregiving needs
- The hopes that may guide your choices and decisions

Here are a few tips to ease the way:

- Come up with a discussion game plan ahead of time. What are the topics you want to broach? Who should be included?
- Take it slow. You may not cover everything at one time. But by starting the conversation, you lay the groundwork for future discussions.
- Set aside preconceived ideas and try to see the other person’s point of view. Facing the death of a loved one, losing one’s independence, struggling financially, or dealing with poor health, all create anxiety.
- Try to agree on next steps, even if they are as simple as revisiting the discussion soon.

Staying safe and warm

The trees have changed colors, and we've set our clocks back an hour, which means . . . Old Man Winter is just around the corner. To stay safe and warm during an Iowa winter, consider these tips:

★ **Winterize your home.** Before winter, it's prudent to make sure your home is winterized. You may want to consider applying weather-stripping to the bottom of doors, adding plastic to windows to seal air leaks, and having the furnace and/or fireplace inspected. Reminder: Benefits of Full membership include volunteer assistance, so contact the office at 319-800-9003 to request help. In addition, check the list of prescreened service providers who may be hired for some home maintenance and repair projects. *(See the story on page 3 about cold weather contractors.)*

★ **Know the forecast.** Whether you have an app on your phone or use your favorite TV/radio station, pay attention to what the weather conditions may be and take the advice. You always have the option to stay put.

★ **Stock up.** Make sure you have grocery shopped before conditions make travel dicey. If there wasn't time, many grocery stores have delivery services for a small fee. Remember to check your medicines to make sure you don't need refills soon. Don't forget your furry pet needs, if you have animals at home.

★ **Prepare an emergency kit.** Power outages can occur during winter storms, so gather items for an emergency kit. Place these items in an easily accessed location: indoor candles and matches/lighter, blankets, first aid supplies, and utility company phone numbers (in the Contacts section of your cell phone or printed out on paper), and have an evacuation plan in case you need to leave your home.

For more more winter safety tips, sign up today for this TRAIL member program.

Add TRAIL to your holiday plans

These events are for TRAIL members only. If you would like to join TRAIL, please contact the TRAIL office or visit www.trailofjohnsoncounty.org/membership.

Please register in advance for any of these events.

Coffee and Bagels

Friday, November 16, 9:30 to 11 AM

Home of Barb Stein, 1951 Hannah Jo Court, Iowa City

TRAIL Office closed • Thursday-Friday, November 22-23

Fused Glass Holiday Ornament-Making Party

Saturday, November 24, 1 to 3 PM

Wapsi Glassworks, 3671 Wapsi Avenue, Iowa City

In this class you will be guided through the basics of fusing glass in order to create three unique ornaments, to be fired after class and ready for pick-up one week later. *(These would make great holiday gifts!)*

LIVING WELL: Walking (Safely) in a Winter Wonderland

Thursday, December 6, 10:30 to 11:30 AM

Environmental Education Center, Eastside Recycling Center

Speaker Chris Nichols of CarePro Home Medical will offer tips for winter safety during a fun, interactive program. *(There will be prizes too!)* Sponsored by James Investment Group.

Men's Book Group

Thursday, December 13, 1:30 to 3 PM

Panera at Iowa City Marketplace

Yarning Group

Thursday, December 13, 2 to 3:30 PM

Home of Barb Stein, 1951 Hannah Jo Court, Iowa City
(Note: Donations of unused yarn are welcome!)

Flower-Arranging Workshop

Friday, December 14, 9 to 10 AM

Willow and Stock Flower Shop, 207 N. Linn Street, Iowa City

In this workshop you'll learn some basics of flower arranging and make your own arrangement using seasonal greens and flowers. Cost: \$30, payable to Willow and Stock on the day of the event. *(Another chance to create a lovely holiday gift for someone special!)*



Understanding the New Tax Law

Thursday, November 29, 5 to 7 PM

5 PM—Refreshments

5:30 PM—Tax Seminar

6:15 to 7 PM—Q&A with CPA

Iowa City—Johnson County Senior Center

Presented by James Investment Group, this free session will cover highlights of the sweeping new tax law, which will impact nearly everyone. This is not a TRAIL-sponsored event but is open to TRAIL members and friends.

Please RSVP to 319-354-7113 or riley.larson@raymondjames.com.

“TRAIL is a dream come true”

For non-TRAIL members thinking of joining at the Affiliate level, Pam Ballard’s story makes a convincing case for signing up.



Pam lives independently in an Iowa City condo along with four beloved pets. But she worried about the long-term future, since few if any assisted living facilities accept animals. “And I didn’t want my kids making those decisions for me,” Pam says.

When she learned about TRAIL, Pam signed up for Affiliate membership immediately. She appreciates TRAIL’s many member events and its list of prescreened service providers.

“Plus,” she adds, “I love that overnight I can become a Full member if the need arises, with access to volunteer services on top of all other Affiliate benefits. For me, TRAIL is like a dream come true.”

Calling cold-weather contractors



Many of us use the winter months to plan warm-weather house projects. But winter sometimes creates its own projects, whether we want them or not.

When it’s time to call a home maintenance and repair professional this season, remember to check the prescreened service contractor list on the TRAIL member website. Multiple vendors are listed in categories such as heating and ventilation, doors and windows, and adaptive retrofitting. You’ll find help for outdoor activities as well, from auto repair to snow removal.

Dream of spring if you must. But if wintertime projects intrude, TRAIL can help you find mind-easing solutions.

Have a holiday to-do list?

Do you need a hand hauling out that box of holiday lights? A ride to a party? Help with gift wrapping? TRAIL volunteers to the rescue! Full members are invited to call on TRAIL volunteers for assistance with holiday chores, decorations, transportation, and more—it’s one of the perks of Full membership.

To request this assistance, just call the TRAIL office at 319-800-9003.

Announcing our year-end

Member recruitment drive

TRAIL members know there’s strength in numbers: A larger TRAIL community brings more ideas, more engagement, and more diverse voices to the conversation about living our best lives at every age. So reach out to your friends, neighbors, and co-workers. Let’s grow the TRAIL member community and finish 2018 bigger and stronger than ever!

If you are a TRAIL donor, volunteer, or vendor but not yet a member, now’s the time to sign up. If you become a TRAIL member by Dec. 31, at either the Full or Affiliate level, we’ll send you a gift card donated by one of our local grocery stores.

If you are a TRAIL member, bring a friend on board! Let us know who that friend is, and if he or she joins by the end of the year, we’ll thank and reward you with a gift card as well.

More good reasons to sign up now: Affiliate membership fees will increase by \$10/year beginning in January 2019. (Current members will not be affected until their 2019 renewal date.) If you join as an Affiliate member by Dec. 31, you’ll pay the lower 2018 rate throughout 2019. Plus, keep an eye out for new Affiliate member benefits in 2019!

Help us grow the TRAIL community. Join now or sign up a friend; all are welcome. You’ll find information about how to join at the [Membership tab](#) on the TRAIL website, or call the office (319-800-9003) and our staff or volunteers will assist you. Thank you!

