



## Lend a hand?

TRAIL Members! Do you have a flare for writing, photography, video? How about financial acumen? Several committees that help TRAIL “take care of business” are looking for new members. Most committees meet once a month for about an hour and have some additional assignments.

If you have talent and time to contribute to TRAIL, the following committees are looking for new members:

- ➔ Communications
- ➔ Finance
- ➔ Fundraising
- ➔ Membership
- ➔ Volunteer

You can see a full list of committees and the responsibilities on our website in the Volunteer section.

In addition, TRAIL members who are interested in volunteering in the office should contact Executive Director Bob Untiedt by phone at 319-800-9003 or email [bob@trailofjohnsoncounty.org](mailto:bob@trailofjohnsoncounty.org).

**June is “Great Outdoors Month.” See page 3 to get ideas for your own outdoor adventures!**

## The Center’s LaTasha DeLoach



As coordinator of the Iowa City/Johnson County Senior Center, longtime Iowa City resident LaTasha DeLoach helps set the vision for the Center and its future.

“Our overall goal is to end social isolation,” says DeLoach, who has been with the Center for almost three years. The COVID pandemic hit a year and a half into her time as coordinator, so some projects had to be put on hold as she “pushed the

buttons and pulled the levers behind the scenes” to maneuver through the pandemic. Many Zoom offerings kept members and nonmembers connected despite not holding in-person activities.

But here’s the good news—on June 4, the Center began a phased reopening. Members may now schedule times to use the fitness rooms.

“We have to be mindful of capacity and social distancing. Not everyone will be vaccinated against COVID, and even if you have received it, you can be asymptomatic and pass it on. We have to remain vigilant and hold up those precautions. The last thing I want to happen is for there to be an outbreak at the Center,” she says.

Although the Center’s office is still closed for in-person visits, the staff is available by phone during business hours (Monday-Friday, 8 AM-5 PM, 319-356-5220).

Keep your eye out for when the Center opens its doors for other activities—which means the TRAIL Office will open again, too. (The Center’s rooms have been renumbered and TRAIL is now in #301.) Visit us there and say a quick “hello” to LaTasha as you check out the Center’s offerings.



*TRAIL is grateful for our partnership with the Center, and we’re looking forward to pursuing our shared mission of healthy aging.*

## Volunteer profile

### Meet Bob Reynolds

To say that Bob Reynolds' life has changed dramatically in the past year is an understatement.

About a year ago Bob, one of TRAIL's newest volunteers, was working full time as an accountant, living in a 2,600 sq. ft. house in the second largest city in



Illinois (Aurora), with little time to volunteer, except for Little League Baseball, for the past 25 years.

Following retirement last fall, Bob, and his wife Mary Ann, ditched the big city/big house lifestyle and moved to Iowa City to be closer

to their daughter, son-in-law, and two grandkids. They now live in a 950 sq. ft. duplex in Prairie Hill, Iowa City's first co-housing community. And after a knee replacement and rehab this past winter, Bob started looking for opportunities to volunteer and get to know the area.

"I searched charities on the internet and found TRAIL. I really liked the idea that by helping with some tasks and transportation, TRAIL is helping older adults stay in their own homes," he said. He also likes the flexibility of volunteering when it suits his schedule, because he wants to stay open for fun activities with the family.

So far, Bob has helped with driving and a few technology/computer-related requests and is getting to know TRAIL members and the community. "It has been a great experience; the members are always so grateful and pleasant; they really appreciate the help and that makes me feel good."

## Planning for aging opportunities

Planning for changes as we age, whether you are helping YOUR parents, or your kids are helping YOU, is important, but sometimes difficult to discuss.

[A recent article by James Napoli](#), writing for *Rewire* (a nonprofit journalism website), notes there are many things to discuss, including finances, housing, and advance directives. However, he says we need to be "sensitive to where folks are at and what they're ready to talk about."

He notes that older adults might not be "excited to talk about this stuff, because for them, it could signify decline, becoming irrelevant, becoming weak, and needing help—and nobody wants that. But that's actually not what aging means or is." It is more about opportunities and "how they view this next stage of life."

More tips for having the conversation are available in the article, but some key ones include:

- ✓ Find out what opportunities they want to think about for the next 10 to 20 years; what goals do they have?
- ✓ Relate the situation to other people they know and what they are doing
- ✓ Share planning among siblings if appropriate
- ✓ Take advantage of free and low-cost resources

If folks are not ready to have the discussions, however, Napoli says, "Ultimately, know that you can't parent your parents. If they are so resistant that they won't even sit down and have a conversation with you about it, you just need to accept that at the end of the day, they are adults and will make their own choices."

Factors involved in deciding to move yourself or loved ones to a senior living facility is the topic of a July 8 TRAIL presentation; see our [online calendar](#) for details.

**Thanks to our JUNE-JULY  
newsletter sponsor**

The logo for Off Campus Auto Repair. It features a stylized tire icon on the left, followed by the word "off" in a red, lowercase, sans-serif font. To the right of "off" is the word "CAMPUS" in a large, bold, black, uppercase, sans-serif font. Below "CAMPUS" is the words "Auto Repair" in a smaller, black, sans-serif font.

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## Member tip o' the month:

### Post a group message



A TRAIL member who had a recent medical procedure suggested: "It would have been very helpful if I'd been

able to chat with someone who'd been through this surgery before. Is this a service TRAIL could provide?"

While we can't give medical advice, a feature on the TRAIL website does allow members to ask questions or share information with the TRAIL member community. Here's how:

- \* On the **TRAIL member website**, click on the **FOR MEMBERS** tab on the navigation bar at the top of the page.
- \* From the resulting drop-down menu, click on the last item, **MESSAGE BOARDS**.
- \* That will bring up a page where messages appear in the categories of **MEMBERS** and **VOLUNTEERS**. Under the **MEMBERS** category, click on **Member Discussion**.
- \* That page will show a small bar that says **"Start a New Thread."** Click there and it will pull up a box that allows you to type and post a message. It also allows you to give your message an icon (like "Question/Help") and a subject that others can search on. Remember, this page can be seen only by TRAIL members and is not public.

For this feature to work well requires TRAIL members to check the **MESSAGE BOARDS** tab on a regular basis. But we'll try to monitor the site as well and will let members know if there are new messages they may want to see.

### Go play outside!

In 2019 the U.S. Senate officially designated June as "**Great Outdoors Month**." Now that COVID is subsiding, it's a perfect time for friends and families to enjoy all nature has to offer—and you don't need to venture beyond Johnson County to find sites worth exploring.

There are literally thousands of acres here of beautiful and easily accessible city, county, and state parks and recreation areas, in addition to an extensive trail system and more. Check out these resources, grab your sunscreen and water bottle, and resolve to visit some outdoor gems before June melts away:

- [Iowa City parks and trails](#)
- [Coralville parks and trails](#)
- [Johnson County parks and trails](#)
- [Johnson County bike trail maps](#)
- [Lake Macbride State Park](#)
- [Bur Oak Land Trust](#) (public access)
- [Iowa River Water Trail](#)



## Jazzy jumpin' July

**Here's a high note:** The Iowa City Jazz Festival returns as a free, two-day, in-person event this summer! Performances will begin on stages throughout downtown on Friday afternoon, July 2, and continue through Saturday evening, July 3, capped by fireworks over the Pentacrest. You'll find the full schedule [here](#).

Not to let the holiday pass without some hoopla of its own, Hancher Auditorium brings the American Ballet Theatre's "Across America" tour to the Hancher Green on Sunday, July 4, starting at 8 PM. Advance tickets are just \$5 and can be ordered through the [Hancher website](#).

## CONGRATULATIONS!



Susan Shullaw, a TRAIL founder and Past Chair of the TRAIL Board, is being recognized by the Governor of Iowa! Susan has been named a winner of the Governor's Volunteer Award, which will be presented in a virtual ceremony on July 14. These annual awards recognize individuals throughout the state for "dedication and contributing talent to enrich the state."

TRAIL Board Chair Alex Taylor, who nominated Susan, says, "No one has worked harder to make sure TRAIL is successful." He notes that she has put her heart and soul into the organization from the beginning, from working with other founders on the concept, to raising funds to get TRAIL off to a good start. Over time she has also had a hand in almost every committee—especially fundraising, communications, and membership—and served as a Board member, Chair of the Board, Secretary, and now Past Chair.

Taylor added, "Because of her experience with the organization, she was uniquely qualified—and, thankfully, willing—to give hundreds of hours of her time to serve as interim Executive Director (ED) of TRAIL while we searched for our second ED."

Congratulations for this well-deserved honor, Susan!

**As many individuals have noted, life is slowly returning to a "new normal"—with some favorite activities back again plus new ones that have become part of daily life. Read on for a couple of ways in which TRAIL is responding to this welcome change.**



**As more community events move from Zoom to in-person gatherings,** TRAIL will gradually phase out the "TRAIL Virtual Event Picks" that we've included on the TRAIL calendar since early 2020.

However, many local and state venues will continue their online offerings, and we encourage you to check their calendar pages on a regular basis for activities of interest:

- ❖ [AARP Iowa](#)
- ❖ [Coralville Public Library](#)
- ❖ [Iowa City Public Library](#)
- ❖ [Iowa City/Johnson County Senior Center](#)
- ❖ [UI Libraries](#)
- ❖ [UI Stanley Museum of Art](#)
- ❖ [UI Pentacrest Museums](#)
- ❖ [State Historical Society of Iowa](#)



**Something to love, something to do, and something to look forward to:** Since the COVID pandemic struck Iowa in March of 2020, "Tuesdays with TRAIL" has been arriving in your email to bring you tips and tidbits with these ideas in mind, helping to keep the TRAIL community connected.

Now, as President Biden's "Independence from COVID" Day nears, in-person TRAIL and community events are gradually returning. (For instance, the *Gazette's* "Hoopla" section returned just last week.)

In response, "Tuesdays with TRAIL" will be phased out; the last issue (no. 51, if you're keeping track) is planned for Tuesday, June 29. Until then, thank you for reading!

**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.

**The TRAIL Office will be closed on Friday, June 18, in celebration of Juneteenth and on Monday, July 5, for Independence Day.**



[Dr. Ignacio Ponseti's Contributions to World Health: A Reading of the New Biography](#)  
Tuesday, June 15, 1 to 2 PM

[Wine or Favorite Beverage on My Porch](#)  
Tuesday, June 15, 5 to 6:30 PM

[TRAIL Virtual Event Pick: "On Juneteenth" Book Discussion](#)  
Tuesday, June 15, 7 to 8:30 PM

[TRAIL Yarning Group in the Great Outdoors](#)  
Wednesday, June 16, 1:30 to 3 PM



[Juneteenth Downtown Block Party & Outdoor Movie](#)  
Thursday, June 17, 5 to 10:30 PM

[TRAIL Virtual Event Pick: "Making Local Food Work" Eco Book Discussion](#)  
Saturday, June 19, 4 to 6 PM

[Snake Alley Art Fair/Burlington, IA](#)  
Sunday, June 20, 9 AM to 4 PM

[Wonderful Books: Sharing Our Favorites!](#)  
Monday, June 21, 1 to 2 PM

[Connie Peterson Shares Her Artistic Process](#)  
Tuesday, June 22, 2 to 3 PM

TRAIL member  
Connie Peterson was featured  
in the April-May issue of  
TRAIL Guide, available [here](#).

[TRAIL Virtual Event Pick: "Hidden Gems of Aging: Products That Are Changing Lives"](#)  
Wednesday, June 23, 2 to 3 PM

[TRAIL Virtual Event Pick: "A History of Iowa Women's Corrections"](#)  
Thursday, June 24, noon to 1 PM

["Adapting Your Home to Maximize Safety"](#)  
Thursday, June 24, 3 to 4 PM

[Let's Make Appetizers!](#)  
Monday, June 28, 4:30 to 6 PM

[TRAIL Virtual Event Pick: BYOBook—"Furious Hours"](#)  
Tuesday, June 29, 7 to 9 PM

[O.W.L.S. Prairie Hike](#)  
Wednesday, June 30, 9 to 10 AM

[Kayaking at Kent Park](#)  
Thursday, July 1, 9 to 10:30 AM

["Factors to Consider When Deciding to Move into Senior Living"](#)  
Thursday, July 8, 3:30 to 4:30 PM

[TRAIL Member In-Person Happy Hour! \\$](#)  
Tuesday, July 13, 4:30 to 6 PM

[Dine-Around Dinner at Vesta \\$](#)  
Wednesday, July 14, 5:30 to 7 PM