



## Make new friends!



In the four months since TRAIL's launch, membership continues to grow. We welcomed eight more members in July, bringing the

total TRAIL membership to 79! This growth presents opportunities to make new friends in our TRAIL community. And with cooler temperatures, late summer is a great time to socialize.

Toward that end, members have been busy brainstorming and planning upcoming events. (Do you have a great idea for an event? Let us know!) We have museum tours scheduled at the National Czech and Slovak Museum in August and the Hoover Presidential Library and Museum in September.

If you haven't attended an event yet, or are interested in those noted above, give the TRAIL office a call at [\(319\) 800-9003](tel:3198009003). Our member support team can help suggest current and upcoming events and get you registered in one call. And check our calendar frequently – we're posting new events often.

I hope to see you at our next event!

Sincerely yours,

Executive Director  
[hillary@trailofjohnsoncounty.org](mailto:hillary@trailofjohnsoncounty.org)

## Member Profile:

## Valuing TRAIL's "techs-pertise"



TRAIL member Marty Fields had tried everything she could think of to get her wireless printer working again. She sought advice from friends and sales staff at stores. She even thought about paying to have someone fix it.

"I was so frustrated. Then I saw that one of the volunteer services TRAIL offers is help with

computers and printers, so I signed up to have someone come look it over," Marty says.

The volunteer was very professional, calling ahead to confirm a convenient time and wearing his volunteer badge when he arrived. "More importantly," she notes, "he figured out the problem and got the printer working in no time." The whole experience was very easy and pleasant, she adds.

*"He figured out the problem and got the printer working in no time!"*

Marty heard about TRAIL at meetings at the Iowa City Public Library and Senior Center and thought it sounded like a great idea. So she was eager to sign up for membership when it was available. In addition to using the volunteer services, and having access to the preferred vendor list, she plans to attend some of the social and educational events—maybe even doing a bit of volunteering herself.

A retired hospital administrator, Marty sees her monthly membership fee as an investment in TRAIL and her future. "I plan to live independently for as long as I can," she says. "My kids don't live nearby, so when I get to the point that I need more help, TRAIL will be a good resource for me."

## *Village to Village Network:*

# Nationwide affiliation benefits TRAIL and its members

You may know that TRAIL of Johnson County is a member of the **Village to Village Network**, but are not quite sure what that means. Here are more details about the network and why it's so valuable to both TRAIL and its members.

The Village to Village movement began in Boston's Beacon Hill neighborhood in 2001, when a group of residents founded a nonprofit to provide services that would help them stay in their own homes as they aged. Over the years this movement has grown to include over 200 "virtual villages" throughout the United States. Another 150+ villages are presently in the development stages. The goal of the Village to Village movement is to create a community of neighbors who help one another stay in their own homes as they grow older. Clearly, this is an idea that resonates with older adults!

Most adults prefer to stay in their own homes as they age. According to AARP, 86 percent of adults who responded to a recent survey said they would like to stay in their own homes as long as possible. Village to Village works to make that a reality in communities across the nation.



The national Village to Village Network provides a number of services and programs on its website to help member villages create strong communities that allow individuals to age successfully in the home of their choosing. One of the newest offerings is "**Tech Tuesday Webinars.**" These webinars are available to TRAIL members on the Village to Village Network website and teach members how to use a variety of technologies and social media, including Facebook, Twitter, Skype, Gmail, and YouTube, plus a webinar on how to get the most from your iPhone. In the next few months Village to Village will be offering webinars on Microsoft tools including Excel and Word, as well as a webinar on internet security. Visit the Village to Village website at <http://www.vtvnetwork.org/> and click on the "Calendar" tab for details on participating in these and other upcoming programs.

In addition to these technology webinars, the Village to Village Network website has a variety of helpful articles on strategies for aging in place, including how to design your home to be safe, articles on fitness and health, and how to avoid financial scams. These resources are archived on the Village to Village website and can be found under the "News" tab at the top of the page.

Those of us who are involved with TRAIL of Johnson County, whether as members, volunteers, donors, or organizers, want to ensure we all have as many options as possible for creative aging. The Village to Village Network works to help its members create those options by nurturing communities that foster innovative approaches to aging. Please feel free to contact us with new ideas and suggestions!

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