



## Founding members retire from TRAIL Board

As their terms on TRAIL's Board of Directors end this month, four individuals who have been instrumental in the birth and growth of TRAIL reflect on what the journey has meant to them. From the first organizing meeting in early 2015 through the next four years of Board service and as chairs of committees to build the organization, they all agree—TRAIL has come a long way. Here they share their thoughts:

*The warmest of holiday wishes to you and your loved ones from the TRAIL Board and staff!*



**CHARLIE ANDERSON** "Of all the numerous boards and committees I have served on, this is by far the hardest working and most transparent of any. It has been a rewarding experience and a pleasure to serve with such a fine group of dedicated friends!"

Charlie will remain on the Volunteer Committee and share orientation duties with TRAIL volunteer Jody Hovland.

**MAGGIE ELLIOTT** "I have been honored to be part of this movement. I see TRAIL expanding our options to stay healthy, engaged, and in control over our lives as we age. It's been heartwarming to see the difference TRAIL is making in individuals' lives and our community. I look forward to seeing the organization grow!"

Maggie will continue to work with TRAIL's volunteer bookkeeper.

**LINDA MCGUIRE** "It's been a thrill to see what TRAIL founders have brought to life, and the community's positive response. It's been the hardest working 'working board' anyone could imagine, and I am grateful for and humbled by Charlie, David, and Maggie."

Linda will continue to be a TRAIL booster—spreading the word, making charitable gifts, taking part in social and educational programs, and volunteering.

**DAVID RUST** "Our work together has been challenging, complicated, and fulfilling. It could not have happened without a bunch of folks who said, over and over, 'That is a great idea—let's figure out how to get it done.' I have enjoyed being part of a group that relied on true teamwork to create a successful grassroots organization. My thanks to all and especially to my fellow founding Board members. We did it!"

David will continue volunteering on the Member Appreciation Committee and increase his service volunteer activities with TRAIL members.

## Food delivered to your door

Whatever the reason—weather, convenience, you hate grocery shopping—ordering food online for

delivery to your home is something you might want to try. At November's Living Well

### Living Well summary

session, TRAIL Executive Director Hillary Ramaker (a seasoned online food shopper) shared information and tips about the many options available:

- ◆ Pre-made food delivery (Naomi's Kitchen—frozen to bake at home)
- ◆ Delivery from area restaurants (Chomp, Grubhub)
- ◆ Meal kit delivery (Hello Fresh, Blue Apron, Home Chef)
- ◆ Groceries—both pick-up and delivery (Hy-Vee aislesonline, Instacart)

Hillary highlighted some of the most popular sites of each category (above), demonstrated how the services work, and walked through placing orders on the various services. She recommended that interested members go online and try the type of service that would best suit them—whether they want food delivered ready to eat or want to be their own chef.

Full and Affiliate members can view Hillary's [presentation](#) on TRAIL's member website.

Full members can also request volunteer help in setting up these online services at home. (One volunteer has already helped a Full member set up Hy-Vee grocery delivery.)



**First Day  
of Winter:  
December 21**

## Thinking about a Full TRAIL membership?

On January 6, 2020, the fees for Full TRAIL memberships—the level that gives members access to TRAIL volunteer services—will increase from \$45/month to \$50/month for individuals, and from \$60/month to \$65/month for households of two or more.

This modest increase is the first Full membership fee increase since TRAIL launched in 2017. It reflects not only the high-quality services enjoyed by our Full members, but also our ongoing efforts to improve the TRAIL member experience.

For example, earlier this year we hired Sue Mellecker as our part-time Member and Volunteer Services Coordinator. Working with Executive Director Hillary Ramaker, Sue staffs the TRAIL office, handles phone and drop-in inquiries, responds to member questions, and much more.

If you've spoken with Sue, you know how much she truly enjoys talking with and getting to know our members personally—and she loves greeting by name those of you who visit our office in the Senior Center. By learning more about our members' family, friends, and interests, she does a great job of matching members' volunteer requests with TRAIL's hardworking volunteers. In many ways, Sue functions as our TRAIL "conierge," and her personal touch allows us to better serve your needs.

If you are an Affiliate member and have been thinking of upgrading to Full—or if you're not yet a member and could use the volunteer services that Full membership provides—**join TRAIL now, before December 31, and lock in the 2019 membership fees until your renewal date a year from now.**

Want more information about Full benefits or how to join? Visit the [membership page](#) on our website, or contact Sue in the TRAIL office at (319) 800-9003 or online at [membersupport@trailofjohnsoncounty.org](mailto:membersupport@trailofjohnsoncounty.org). She can also tell you how to sign up and begin receiving services. We look forward to welcoming you on board!

**Now's  
the time  
to join or  
upgrade!**

**Thanks to our November newsletter sponsor**



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## Have you explored the member website?

To fully access the benefits of TRAIL membership, members should become familiar with using the password-protected member website. The website is your go-to place for TRAIL services, event listings, and important documents like the Member-Volunteer Handbook.

To learn more about the member website and how to use it, any member may request the services of TRAIL's volunteer Tech Mentor, who can provide a tutorial in your home and answer your questions.

Call 319-800-9003 or email the TRAIL office to make a request: [membersupport@trailofjohnsoncounty.org](mailto:membersupport@trailofjohnsoncounty.org).

## Podcasting continued

You may recall that in June, Maeve Clark from the Iowa City Public Library presented "Podcasting 101" to TRAIL members.

Member Stan Miller has followed up by sharing some of his favorite podcasts:

- *Modern Love*, a podcast from the *New York Times*; also turned into a TV production on Netflix
- *Caliphate*, also from the *New York Times*
- *In the Dark*, season 2, about a black man in Mississippi tried six times for murder. The case isn't over.

*TIME* magazine has also shared its list of the 10 best podcasts of 2019. You can view [its list](#) online. The *TIME* reviewer writes, "Every single show on this list indulges in nostalgia—even the fiction podcast."



## Spread the joy this season

TRAIL members, volunteers, vendors, and donors have come together to build a strong and supportive community for older adults. As we look toward 2020, we'd like to enrich that community by increasing diversity, serving more low-income households, and also expanding member benefits. **Your year-end gift to TRAIL can help us grow and bring others into TRAIL's circle of support.** Make your 2019 annual fund gift today by visiting the [Donate](#) page on our website, or sending your contribution to the TRAIL office at 28 S. Linn Street, Room 201, Iowa City IA 52240. **THANK YOU!**

## TRAIL Recipe Box

**SNOW DROPS**—Gluten free  
(from Ellen Heywood with thanks to Marilyn Wirtz)

3 egg whites at room temperature  
1/2 teaspoon peppermint extract  
1/8 teaspoon cream of tartar  
Dash of salt  
3/4 cup sugar  
1 cup small dark chocolate pieces or a package of Andes Chocolate mints, chopped but not too fine

- Heat oven to 325 degrees.
- Beat egg whites with the extract, cream of tartar, and salt until stiff (will stand up to a peak). As this will take about 10 minutes, a stand mixer works best although it is not necessary.
- With the mixer running, gradually add the sugar, keeping the stiff peaks.
- Carefully fold the chocolate bits into the mixture.
- Put spoonfuls about an inch apart onto a baking sheet covered with parchment paper.
- Bake for 17-18 minutes. Remove to a rack while slightly warm.

**Note:** The extract loses flavor with time. If you suspect that has happened, the Andes mints work great.



## Englert history tour

Despite the cold temperatures on November 13, eight TRAIL members enjoyed a behind-the-scenes history tour of the Englert Theatre, presented by Jessica Egli, Englert's event director. As part of the tour, the group learned about the building's architecture, a renovation following a 1926 fire that destroyed much of the building, historical artifacts, and performers' dressing rooms located underneath the stage. Check the TRAIL calendar ([trailofjohnsoncounty.org/calendar](http://trailofjohnsoncounty.org/calendar)) for upcoming TRAIL member events.

## TRAIL CALENDAR • DECEMBER—JANUARY 2020

More details about each event can be found on the TRAIL calendar online.

Please register for any of these member events online or by calling the TRAIL office at 319-800-9003.

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

**NOTE:** The TRAIL office will be closed on Tuesday and Wednesday, December 24 and 25, for Christmas, and on Wednesday, January 1, New Year's Day.

### [Dine Around: Dinner at Olive Garden](#) \$

**Monday, January 6, 5 to 6:30 PM**

930 25th Avenue, Coralville

Take a break from winter's chill and come enjoy some hearty Italian food!

### [TRAIL Book Club](#)

**Thursday, January 9, 1:30 to 3 PM**

Panera at Iowa City Marketplace, 1646 Sycamore Street, Iowa City

New members always welcome. Good coffee and lively discussion! Contact David Rust for details about upcoming books.

### [TRAIL Volunteer Orientation](#)

**Tuesday, January 14, 4 to 5 PM**

Hills Bank, 1401 South Gilbert Street, Iowa City

At this session, you'll learn more about TRAIL and its mission, as well as the variety of volunteer services offered to members.

### [Iowa Women's Archives Tour](#)

**Wednesday, January 15, 10:30 AM to noon**

University of Iowa Main Library, third floor, 125 W. Washington Street, Iowa City

The Iowa Women's Archives was founded in 1992 to serve as a repository to record the experiences and achievements of women of Iowa. The tour will stimulate your mind and make you proud to live in a state where such rich materials are available. Parking is limited; consider carpooling if possible.

### [TRAIL Yarning Group](#)

**Thursday, January 16, 1:30 to 3:30 PM**

Joann Fabrics' classroom, Iowa City Marketplace, 1676 Sycamore Street, Iowa City

A monthly gathering of knitters and crocheters, with all skill levels welcome. We enjoy visiting, making hats and other creations for charitable causes, and using up leftover yarn. Newcomers welcome!

