



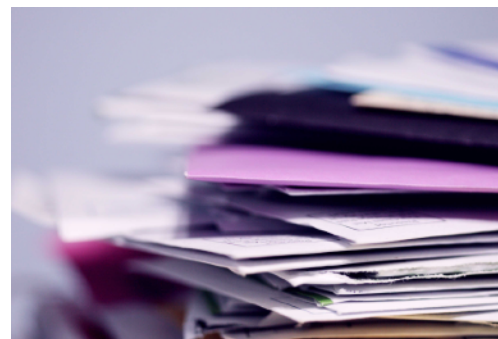
SAVE THE DATE • SAVE THE DATE

Be sure to circle the 4 to 6 PM time slot on your calendar for **Thursday, October 10, 2019**, so you don't miss **TRAIL's 2019 community-wide event** at the Coralville Public Library, starring local actor, playwright, and humorist **Janet Schlapkohl**.



Janet's hilarious presentation at our 2nd Anniversary Celebration was a big hit. For our October event, she'll expand her one-woman show—called "Invisibility, Elderly Cats, and Swimming Raccoons"—about the challenges and joys of aging.

Please invite your friends and colleagues to this public event, which will include music and refreshments. We'll provide more details in next month's newsletter. See you then!



Puzzled by all that paper?

If you're looking for a way to conquer your paper clutter, don't miss the August 28 **Living Well** presentation, "Organizing Your Paper Clutter." See the calendar on page 3 for details.

New tech group: Are you interested? Let us know!

TRAIL members who would be interested in starting a "Tech Topics" interest group are asked to contact Stan Miller at smiller52240@gmail.com.

Stan, and co-sponsor David Rust, envision the group as "a cross between support group and learning group." They are looking for about six to ten other members who would be interested in an informal meeting to share tech experiences, "successful or not," and investigate various topics, such as:

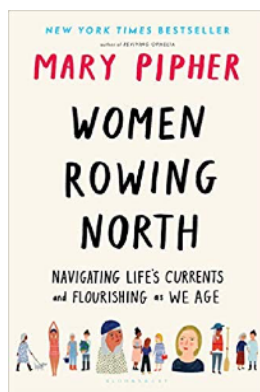
- ❖ Search engine alternatives to Google
- ❖ Internet
- ❖ Mobile phones
- ❖ Apps
- ❖ Home technology
- ❖ Podcasts
- ❖ Streaming
- ❖ Wireless TV, "cutting the cord"

If there is enough interest, the group would meet at local coffee shops once a month starting in late September or early October.

Let Stan know if you are interested!

"Rowing North" book club set to begin next month

Registration is now open for the "Rowing North" book club scheduled for September. Nancy Collins invites other TRAIL members to join her in reading and discussing Mary Pipher's *Women Rowing North: Navigating Life's Currents and Flourishing as We Age*.



The group will meet Friday mornings, 10:00 to 11:30 AM throughout the month (September 6, 13, 20, and 27) at Nancy's home. Full details can be found on the TRAIL website member [calendar](#).

The book is available at the Iowa City Public Library or can be ordered at a discount at Prairie Lights Books in Iowa City.

Discussion sessions will align with the four sections of the book.

"Everything is workable . . . anything can be faced," Pipher reminds us as we find peace and joy in our 70s and beyond.

Shingles: What you need to know

Many of us have felt the pain ourselves or heard stories from friends who have suffered from shingles or its most common complication—postherpetic neuralgia (PHN), the long-term nerve pain that can follow.

To protect against shingles, the Centers for Disease Control and Prevention recommends that healthy adults 50 years and older get two doses of the shingles vaccine called Shingrix, separated by two to six months. Two doses is more than 90 percent effective at preventing shingles and PHN.

Some other things you may not know:

True or false? You don't need to get a shingles vaccine if you've already had chickenpox or a case of shingles.

FALSE: As we age, our immunity to the varicella-zoster virus (which causes chickenpox) decreases, thus increasing the risk of developing shingles. After a person recovers from chickenpox, the virus stays inactive in the body, reactivating years later and causing shingles. If you've had shingles, Shingrix can help prevent future occurrences.

True or false? I got that "other" shingles vaccine, so I don't need this new one.

FALSE: Zostavax® (zoster vaccine live), a shingles vaccine in use since 2006, is only about 51 percent effective. Shingrix provides greater protection and, unless you prove allergic to it, it is safe to get the new vaccine even if you received Zostavax.

True or false? I can get the Shingrix vaccine at my preferred pharmacy.

TRUE: The vaccine is provided as a shot in the upper arm and most often administered at pharmacies. However, to be covered by insurance, your physician may need to write a prescription. Also, a supply problem can cause delays, so check that the vaccine is available before visiting your pharmacy.

True or false? At some point, you are too old to get the Shingrix vaccine.

FALSE: There is no maximum age for getting shingles or the Shingrix vaccine.

For more information on shingles, visit the CDC online: [cdc.gov/shingles](https://www.cdc.gov/shingles)

The TRAIL Recipe Box

Several attendees at our May 16 Anniversary Celebration asked for the recipe for the yummy cheese sticks that were among the food offerings that evening. TRAIL member and volunteer Julie Schweser, who adapted these from an old Betty Crocker recipe, was happy to share. Bon appetit!

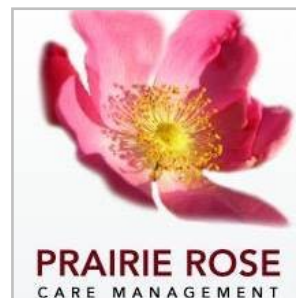
OLIVE CHEESE STICKS

2 cups shredded sharp cheddar (8 oz.)
1¼ cups flour
1 stick butter, melted
Stuffed green olives (a handful or to taste), drained, dried, and chopped
Pinch of cayenne (optional)

Heat oven to 350 degrees.

1. In a large bowl, stir together cheese and flour. Stir in butter until smooth. Add olives and mix together.
2. Form two or three small balls of dough and then "smoosh" each into a flat rectangle about 4 inches wide and ¼ inch thick but no thinner. Do this in batches. Don't press too thin or the dough may break.
3. Use pizza cutter to cut into 4-inch long strips about ¾–1 inch wide, but not too thin to avoid breaking. Transfer to a baking sheet with a spatula, and make sure the strips aren't touching one another.
4. Bake about 20 minutes until golden brown. Err on the side of longer cooking so they don't break. Cool 5 minutes, then transfer to a wire rack to finish cooling before serving. Makes about 40 sticks.

Thanks to our August newsletter sponsor



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*Helping loved ones stay safe, healthy
and independent*

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 (\$).

TRAIL Office closed for Labor Day • Monday, September 2

[Moviegoers' Matinee: "The Farewell" \\$](#)

Tuesday, August 20, 3:30 PM

FilmScene, Pedestrian Mall, downtown Iowa City

A funny, uplifting tale about American-born Billi who visits her Chinese family.

[Shimek Ravine Hike with Carter Johnson](#)

Friday, August 23, 9 to 10 AM

Shimek Ravine, 1355 Grissel Place, Iowa City

Feel free to invite a non-member friend as a registered guest.

[New FilmScene Theatre Tour](#)

Monday, August 26, 10 to 11 AM

FilmScene at The Chauncey, 404 E. College Street

See highlights of the new theatre location, which includes three new cinemas.

[The Mansion—Part Two](#)

Tuesday, August 27, 10 to 11:30 AM

The Mansion, 501 12th Avenue, Suite 3, Coralville

This exciting fabric trunk show features summer colors and local interior designers.

[Dine Around: Lunch at Monica's \\$](#)

Tuesday, August 27, noon to 1:30 PM

Monica's Restaurant, 303 2nd Avenue, Coralville

Lunch follows The Mansion event; join us whether or not you attend that event.



[LIVING WELL: Organizing Your Paper Clutter](#)

Wednesday, August 28, 10:30 to 11:30 AM

Environmental Education Center, East Side Recycling Center

2401 Scott Boulevard SE, Iowa City

Experienced organizer Mary Lea Kruse will presents tips and strategies.

Thanks to James Investment Group for their generous support of the Living Well series.

[Dine Around: Dinner at Hancher's Stanley Café \\$](#)

Thursday, August 29, 5 to 7 PM

Hancher Auditorium, 141 East Park Road, Iowa City

Enjoy a drink or light meal. Credit cards only accepted (MC, Visa, Discover, Amex).

[Women Rowing North Book Group](#)

Friday, September 6, 10 to 11:30 AM (first meeting)

Home of Nancy Collins, 169 Notting Hill Lane, Iowa City • *See story on page 1.*

[Ideas and Trends for Aging in Place Bathrooms](#)

Monday, September 9, 10:30 to 11:30 AM

Studio H2O Showroom, 2020 South Riverside Drive, Iowa City

See the latest in bath fixtures and hardware—even stylish grab bars!

[TRAIL Volunteer Orientation](#)

Tuesday, September 10, 4 to 5 PM

Hills Bank, 1401 South Gilbert Street, Iowa City

[Member Happy Hour: Orchard Green \\$](#)

Tuesday, September 10, 5 to 6:30 PM

521 South Gilbert Street, Iowa City

[TRAIL Book Club](#)

Thursday, September 12, 1:30 to 3 PM

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

[Potluck Salad Lunch](#)

Friday, September 13, noon to 1:30 PM

Home of Vicki and Dwight Tardy, 4608 Oak Crest Hill Road, Iowa City

Bring a salad to share; bread, dessert, and beverages will be provided.