



Summer safety tips

There are many reasons why TRAIL members should pay attention to their health throughout the year, but this is especially important in summer. Older adults are at higher risk of developing heat-related illnesses because of aging-related changes in the body, health conditions, and even the effects of some medications.

Here are suggestions to make summer enjoyable even when the temperature is above 80 degrees:

- Stay away from direct sun exposure, so avoid the peak hours of 10 AM to 3 PM.
- Stay hydrated by drinking cool water or juices. Avoid alcohol and caffeine.
- Wear loose-fitting, light-colored clothing and a broad-brimmed hat when outdoors.
- Liberally apply sunscreen (SPF 30 or higher).
- Don't forget to apply bug repellent that prevents bug bites and ticks.
- Spend time in air-conditioned spaces. Enjoy the mall, see a movie, or meet friends at the Iowa City/Johnson County Senior Center.
- Still feeling hot? Take a cool shower or bath, or you can cool off with cool, wet washcloths applied to your wrists, ankles, neck, and armpits.
- Prepare a list of emergency phone numbers. Place them in an easy-to-access area.
- If you are a caregiver or loved one, consider calling or visiting twice a day to check in.

From the Executive Director

Growing and gathering again!

Although we're not yet living in "post-COVID" times, here in Johnson County, with the highest vaccination rate in the state, it feels as though we're very much back in business.

For starters, the Iowa City/Johnson County Senior Center and the TRAIL Office (Room 301) are open again, and we hope you'll feel comfortable stopping by to say hello. TRAIL Member and Volunteer Services Coordinator Jessica Hahn's office hours are 11 AM-1PM on Monday and 9 AM-1 PM Tuesday through Friday. If I am not in an appointment, you can find me there on every afternoon except Thursdays. Both of us would welcome meeting and chatting with you at any time.

And thanks to our Spring Membership Drive—made possible by a generous grant from the Community Foundation of Johnson County and the Iowa City Noon Rotary—there are more of you than ever. We have added nearly 30 new memberships since the beginning of the year! (See the new member list on page 2, and our annual corporate sponsor honor roll on pages 3-4).

This remarkable growth not only reflects our concerted efforts at member recruitment, but also the increased interest, since COVID, in aging successfully and independently in the places you call home. Deepest thanks to all of you who helped us spread the word about the benefits of TRAIL membership, and please do continue to let others know of our value.

One secret to successful aging is to stay socially active. Toward that end, if you've checked the TRAIL calendar, you'll know that we've begun holding in-person member events again. They include TRAIL Happy Hours on the second Tuesday of each month, to which we invite not only TRAIL members, but also our volunteers, donors, and other friends. Stay tuned for more event news in the coming months. We look forward to seeing you soon!

—Bob Untiedt



New members in 2021

Christine Allen
 Robert Ashman
 Sandy Bickley
 Patricia Brockett
 Betty Fisher
 Brian Flanagan
 Blair Frank
 and Mary Kirkpatrick
 Thomas Gartland
 and Patricia Farrant
 Matt Gronwold
 Nadine Hardy
 Patte Henderson
 Lars Hill

Ilga Kalnina
 Betty Kann
 Ken Krizan
 Linda Moore
 Bonnie Orgren
 Jean Reece
 Bob Reynolds
 Stephanie Sharf
 Carol Stegink
 Theresa Tometich
 Grace and Jim Tully
 Richard Wayne
 Pamela Willard

As noted in the page 1 story, TRAIL's Spring Membership Drive was a great success. Please join the TRAIL Board and staff in welcoming the new members who've joined the TRAIL community since January 2021. We look forward to meeting and getting to know you all at a TRAIL event soon!



IN MEMORIAM

Margaret Rankin

TRAIL member since 2017

See Margaret's obituary [here](#).



TRAIL members enjoyed a kayak outing at Kent Park in early July. If this piques your interest, watch for another such outing in the fall!

Member tip o' the month: Search more securely



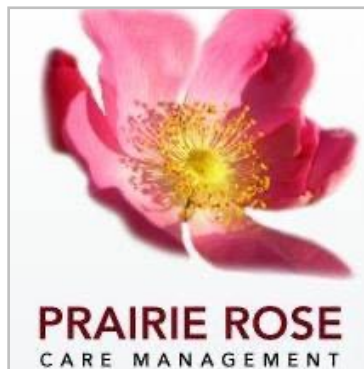
Google's powerful search engine is a marvel. It can answer obscure questions,

give directions to hard-to-find places, and aid faulty memories.

In exchange, however, Google keeps track of the questions we ask, and that information can make its way into some unexpected and unwanted places, from aggressive advertisers to the federal government.

To safeguard your privacy, consider switching to a search engine that doesn't track your every move. [DuckDuckGo](#) is among the most popular options; others include [StartPage](#) and [DogPile](#). They're free to use and easy to install; test them out and know that someone's not following your online footsteps.

Thanks to our JULY-AUGUST newsletter sponsor



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 stay safe, healthy
 and independent*

THANK YOU TO OUR 2021 CORPORATE SPONSORS!

TRAIL's financial stability is due in large part to contributions from individuals and organizations committed to our mission and to helping TRAIL continue serving older adults in our community. We are pleased to recognize these local businesses and other generous organizations that have stepped forward during FY2021 to help TRAIL succeed.

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TRAIL recognizes individual contributors of \$50 or more in the [Annual Fund](#) section of our website. If you'd like to join them, it's easy to just [click and give](#). THANK YOU!



“Am I a TRAIL member?”

We're pleased to share our monthly *TRAIL Guide* newsletter with the entire TRAIL community. And from time to time, we need to clarify who's who:

- **TRAIL members** pay a yearly fee (non-tax-deductible) to gain members-only benefits, including volunteer services, special member event invitations, and access to our list of local service providers.
- **Donors** support TRAIL through charitable contributions, but unless they have enrolled as TRAIL members, donors do not enjoy the member benefits noted above.
- **Volunteers** give their time and talents in support of our mission by helping members with tasks such as transportation, or by serving on the TRAIL Board or committees.
- **Vendors** are the professional service providers, such as electricians and plumbers, who've been vetted by TRAIL for reliability and expertise.

We value *every* group within the TRAIL community, and we are especially grateful to TRAIL members who've also chosen to be donors and/or volunteers. Remember that TRAIL membership and its benefits are available to all. Please contact us if you'd like to increase your involvement!

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.



[Steel Tongue Drum Concert in Willow Creek Park](#)

Friday, July 16, 3 to 4 PM
Willow Creek Park, 1117 Teg Drive, Iowa City

[TRAIL Virtual Event Pick: Eco Book Discussion—"The Nature of Nature: Why We Need the Wild"](#)

Saturday, July 17, 4 to 5 PM

[Tour and Refreshments at Walker Homestead \\$](#)

Sunday, July 18, 1:30 to 3 PM
Walker Homestead, 3867 James Avenue Southwest, Iowa City

[Wonderful Books: Sharing Our Favorites](#)

Monday, July 19, 1 to 2 PM
This month is "free choice" time! Let's talk about books we've enjoyed.

[It's Time to Hit the Road Again!](#)

Tuesday, July 20, 4 to 5 PM
Home of Betsy Fischer, Iowa City

[TRAIL Yarning Group in the Great Outdoors](#)

Wednesday, July 21, 1:30 to 3 PM
North Hickory Hill Park Picnic Shelter, off North Dodge Street/Highway 1

[Muscatine Art Center Tour & Lunch Outing \\$](#)

Tuesday, July 27, 9:30 AM to 2 PM
Muscatine Art Center, 1314 Mulberry Avenue, Muscatine

[New Member Orientation](#)

Friday, July 30, 1:30 to 3 PM
Fix! Coffee (second floor of the Chauncey), 404 East College Street, Iowa City

[O.W.L.S. Forest Hike](#)

Wednesday, August 4, 9 to 10 AM
Cangelska Wakan, 4045 245 Street NE, Solon

[Tour of the Old Capitol](#)

Wednesday, August 4, 10 to 11 AM
Old Capitol Museum, UI Pentacrest, corner of Iowa Avenue and Clinton Street

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

Thursday, August 5, 11 AM to 12:30 PM
Monica's, 303 2nd Street, Coralville

[TRAIL Member In-Person Happy Hour! \\$](#)

Tuesday, August 10, 4:30 to 6 PM
Big Grove Brewery, 1225 South Gilbert Street, Iowa City

[Hike the Riparian Trail \(Coralville\)](#)

Wednesday, August 11, 9:30 to 11 AM
Tom Harkin Trailhead (east side of Camp Cardinal Boulevard), 719 Camp Cardinal Boulevard, Coralville

[TRAIL Virtual Event Pick: "Home Evaluations to Identify Potential Hazards"](#)

Wednesday, August 11, noon to 1 PM

TRAIL Guide is published on the 15th of each month by the TRAIL Communications Committee for the benefit of TRAIL members, donors, volunteers, vendors, and friends. If you have questions or suggestions regarding the newsletter, email info@trailofjohnsoncounty.org.