



Are you practicing three healthy habits?

At the May 28 Living Well presentation, TRAIL members learned three key practices most older adults are NOT doing:

★ DRINKING ENOUGH WATER/STAYING HYDRATED

Goal: Drinking eight, 12 oz. glasses of water daily—other liquids do not count!

★ EATING ENOUGH PROTEIN

Goal: Eating half your body weight daily in grams, or about 25 to 30 grams per meal.

★ MOVING/EXERCISING

Goal: 150 minutes a week of aerobic activity, but also muscle strengthening, flexibility, agility, and balance work at least five days a week. ALSO, sitting for long periods has been found to be as dangerous to health as smoking! It's good to get up and move about every 30 minutes.

These healthy lifestyle tips and more were presented by Optimal Wellness founder Julie Fitzpatrick, DPT, as she explained how good nutrition, exercise, and self-care can help prevent or better control many chronic health conditions, like obesity, diabetes, and cardiovascular issues.

Rummage in the Ramp

A great destination for your household goods if you want to downsize!

July 25–August 3

Chauncey Swan Ramp, level 2, Iowa City

[More information here](#)

These volunteers are doubly helpful

CHANCES ARE if you call for a TRAIL volunteer and Becca Fetter or Ken Riehl takes the assignment, you will get a two-for-one deal. “We like to go together when we can,” says Becca, “especially when the job can benefit from a little extra muscle or Ken’s handyman skills.”

Ken and Becca grew up helping their grandparents, so when Becca heard about TRAIL in an Iowa Public Radio interview with Executive Director Hillary Ramaker, it was a volunteer opportunity she knew would be a good fit.

“We aren’t living close to our families now, but we thought by volunteering with TRAIL we could help in that same way—doing errands and projects that help older adults stay in their own homes safely,” says Becca.

THE YOUNG SOLON COUPLE has been volunteering since February, enjoying the variety of projects they have helped with, including assembling a desk, moving a bed from one household to another, and helping with light fixture cleaning and bulb changes.



Although both are working—Becca as a physical therapist and Ken as an engineer—and renovating an older home, they say that making time to volunteer is meaningful to them. “It’s important to me to step out of my day-to-day responsibilities to help others and the community; it helps me re-center myself,” says Ken.

THEY ENCOURAGE OTHERS to volunteer as well, citing not only the “good feeling” of helping others, but also the flexibility of the TRAIL volunteer work. “Being able to fill requests that also fit into our schedules makes it easier for us to volunteer,” says Ken.



Orientation sessions for new and prospective TRAIL volunteers are held

throughout the year. The next one is set for Saturday, June 15. For more information, visit the TRAIL calendar or call our office at 319-800-9003.

It's a girl (or two)!

Please join the TRAIL board and staff in congratulating Executive Director Hillary Ramaker, husband Doug, and big brother

Evan on the arrival of Matilda Jean Ramaker in late May. Everyone is doing fine.

And while we're at it, best wishes as well to TRAIL board

member and treasurer Beth Legue and her family. They too welcomed a baby girl, Meredith Monroe Legue, just a few days before Matilda's arrival.

With luck, these young women will graduate from high school in 2037. They give us hope for the future. Congrats to all!

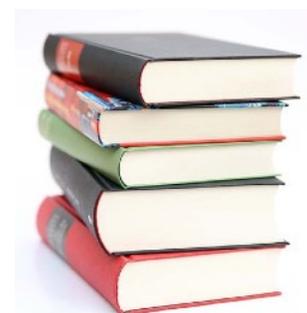


TRAIL book group: Chapter 2

When TRAIL's book group launched in early 2018, it was the "Men's Book Group" and attracted a few loyal members. In the past 18 months, the group has grown to more than a dozen regular attendees and also has dropped its gender exclusivity.

The group's popularity is gratifying, says organizer David Rust, but having so many participants can make discussion unwieldy. So he and a few other TRAIL members are proposing a "TRAIL Book Group #2," whose members would be free to follow the same general guidelines as the original group, or start fresh when it comes to choosing what books to read, where and when to meet, etc.

If you are interested in joining this second book group for TRAIL members, please contact member Maureen McGuire at greyoaks111@icloud.com. She'll keep track of inquiries and work with David to plan an initial organizing meeting.



And while we're on the subject of **member-generated interest groups**, why stop at reading? If you have other interests suitable for a TRAIL interest group—from hiking and biking to cards, food, investments, or even a regular coffee hour for fellow TRAIL members—go for it! Check out the "Member Interest Group Guide" in the Member Documents section of the website, which will walk you through the process of forming a member interest group. It's a great way to pursue your passions, get to know other TRAIL members, and continue to build and strengthen our TRAIL community.

WANTED :

HEADS, HANDS, AND HEART

Are you a dedicated worker with special skills and some extra time to devote to a good cause? Then you might be a perfect candidate for **TRAIL Board and committee membership!** These valued volunteers play key roles in developing TRAIL member services, generating financial support, building public awareness, and more.

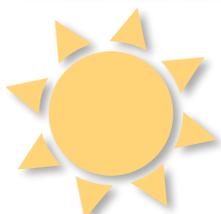
Visit the [Volunteer](#) section of the TRAIL webpage to learn about Board and committee activities, and contact TRAIL Board chair Michelle Buhman at michelle@trailofjohnsoncounty.org if you'd like to hear more. We'd love to welcome you aboard. Thank you!

Thanks to our JUNE newsletter sponsor

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**First day of summer:
June 21**

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.

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



**Please note:
The TRAIL Office
will be closed on
Thursday, July 4.**

Many thanks go to **James Investment Group** for their generous support of the **Living Well** series.

[Summer Bike Ride](#)

Wednesday, June 19, 9 to 11 AM

Meet at the parking lot near the 1876 Schoolhouse, Coralville
Stan Miller will lead riders on the Clear Creek Trail, a scenic and mostly flat shaded route, including the Clear Creek Greenbelt and wetlands.

[Dine Around: Dinner at Basta Pizzeria/Ristorante](#) (\$)

Wednesday, June 19, 5 to 6:30 PM
121 Iowa Avenue, Iowa City

[New Member Orientation](#)

Thursday, June 20, 1:30 to 3 PM
Home of Marty Fields, 2141 Plaen View Drive, Iowa City

[Yarning Group](#)

Thursday, June 20, 1:30 to 3:30 PM
Home of Nancy Collins, 169 Notting Hill Lane, Iowa City.



[UI Center for the Book](#)

Tuesday, June 25, 10:30 AM to noon
University of Iowa, 216 North Hall, Iowa City
Professor Tim Barrett will lead a tour of this unique center, which brings together many book arts. Members are welcome to bring a guest. Register before June 22.

[Dine Around: Lunch at Bluebird Diner](#) (\$)

Tuesday, June 25, 12:30 to 2 PM
330 E. Market Street, Iowa City

[Big Grove Preserve Hike with Ken Lowder](#)

Wednesday, June 26, 9 to 10:30 AM
3999 Starry Night Lane NE, Solon
Come learn about the work of the Bur Oak Land Trust to protect and preserve natural areas. Wear long pants and shoes that will keep you dry.

[Living Well: Podcasting 101](#)

Friday, June 28, 10:30 to 11:30 AM
Iowa City Public Library, Digital Media Lab, 123 South Linn Street, Iowa City
Hear from Iowa City Public Library's Maeve Clark about what podcasts are and how to find those that suit your interests. Bring a smartphone or tablet along.

[Tour of Prairie Hill Cohousing](#)

Tuesday, July 9, 10:30 AM to noon
140 Prairie Hill Lane (directly off Miller Avenue), Iowa City
Join us to see one of the newest concepts in housing in Iowa City. Register before July 7. After the tour there will be a Dine Around at Hudson's Tap nearby.

[Dine Around: Hudson's Tap](#) (\$)

Tuesday, July 9, 12:15 to 1:30 PM
482 Highway 1 West, Iowa City

[TRAIL Volunteer Orientation](#)

Tuesday, July 9, 4 to 5 PM
Hills Bank, 1401 South Gilbert Street, Iowa City

[Living Well: Genealogy and DNA](#)

Friday, July 12, 11AM to noon
Coralville Public Library, Meeting Room A
Learn from Trudy Burns, MPH, PhD, how genetic testing has impacted the field of genealogical research, expanding possibilities for understanding your family tree.