



Fall prevention and new approaches to detection

November is Fall Prevention Month so it's a great time to consider how to prevent falls. A quick online search will provide seniors with plenty of information to help you lower your chances of falling—from staying physically active to using assistive devices when feeling unsteady. (Check out the National Institute on Aging website regarding [falls and fractures](#)).

Today's new technology can detect a fall and alert emergency services personnel.

But what if you do fall? Do you have any way to call for help? Many seniors today may remember the LifeLine commercials from the 1980s and 1990s which coined the phrase “Help, I’ve fallen and I can’t get up!” Many medical alert systems require the user to push a button on a medical alert pendant, for example. But some of today’s new technology can now automatically detect if you’ve fallen and alert emergency services personnel for you.

One device, FallCall Detect, was recently used to aid one of TRAIL’s members who fell and needed help. Available as an Apple Watch app, FallCall Detect can distinguish a high-impact fall (thus likely to cause injury) from a low-impact one. Emergency services are contacted automatically if a high-impact fall is detected, while a low-impact fall will alert a user’s pre-designated support community.

No matter which system you choose to use, they all support helping older adults to safely age in place.

From the Executive Director

News from the 2021 Village to Village Conference

TRAIL of Johnson County is a member of the Village to Village Network, a nationwide consortium that works with organizations such as TRAIL across the U.S. to foster connections between like groups and give access to expertise. Last week, Jessica Hahn, TRAIL’s member and volunteer services coordinator, and I participated in Village to Village’s virtual 2021 national conference.

This year’s conference was entitled “The Power of Community Connection.” Offering nearly 20 different presentations, it was a wide-ranging set of discussions, from village-relevant fundraising, to engagement around ageism, important issues in brain health, and much more.



Among the most important concepts I took away were these:

- ▶ TRAIL represents two American ideals: community and autonomy. We work with members and volunteers to form stronger and more interesting social networks, as well as offer practical support for maintaining independence. And TRAIL allows people to participate in our organization in any way they want—maximizing their own autonomy through use of and engagement with our collective effort in ways that are best suited to their individual lifestyles.
- ▶ In a different but similar way, in our communications with the broader Johnson County area, TRAIL focuses on aging as an asset. We should regularly emphasize how our members and volunteers are making a better life possible for the entire community, in addition to noting the ways TRAIL offers services to its members.

Jessica and I would be happy to share additional conference materials with you as they become available. To learn more about the Village to Village Network, I encourage you to visit their website at vtvnetwork.org.

—Bob Untiedt

Member profile

TRAIL membership fits with her many interests

Theresa Tometich loves the outdoors. She loves meeting people and learning new things.



And she loves being part of a community. So when she retired one year ago, joining TRAIL was a natural move. Through TRAIL, Theresa has enjoyed a Miracles in Motion tour, several kayaking adventures, and hiking in local nature preserves—just to name a few activities.

Theresa worked for more than 30 years for the Iowa Department of Corrections in Iowa's Sixth Judicial District, which includes Johnson County. She spent about 10 years on the institutional side of the field and another 20 in field services—that is, working with families and communities. Theresa worked in many different positions including parole/probation officer ("it kept me fresh," she says) and spent the last few years of her career supervising at the Larry A. Nelson Center, a halfway house in Cedar Rapids.

"If you work with a person who's motivated to change, and you catch them at the right time and right place, it's very rewarding," Theresa says. "Years later you may run into them and see that they're doing great—it's a wonderful feeling."

Growing up in Muscatine, Theresa was the second oldest of 15 siblings, a kind of second mom to the younger ones, and she has more than 20 nieces and nephews. Today Theresa continues to work part-time serving food samples at Costco. "It keeps me reality-based, to get out in the world," she says. "It's important to stay active and I love interacting with people."

Another way Theresa loves to interact with people is via travel. She especially enjoys Road Scholar programs and has met people from all over the world this way.

Her advice to retirees: "Get out of the house. Getting out and seeing the world you live in creates memories, and memories are something no one can take from you."

Be cyber smart

Seems like every month has a special focus these days, and October is no different. This month

everyone who is online is being urged to "Do Your Part. Be Cyber Smart." During Cybersecurity Awareness Month, this catchy theme reminds us to secure and protect our internet-connected devices and improve our cybersecurity awareness.

Many of us use the internet to accomplish tasks in cyberspace—using our desktop computers, laptops, tablets, and phones, all of which contain important information. Knowing how to secure our web-equipped devices correctly can help reduce the risk of networks being compromised and our personal data being stolen. Cybersecurity experts say there are three basic steps to take right away:

- ✓ Install anti-virus software
- ✓ Change passwords regularly
- ✓ Learn about cybersecurity

You can get more free tips and resources about risks and prevention at these websites:

[The National Cyber Security Association](#)

[The CyberSecurity & Infrastructure Security Agency \(CISA\)](#)

You can also get personal help from one of our TRAIL technology volunteers by calling the office at 319-800-9003. Let us help you stay safe in cyberspace!



LOOKING FOR INFORMATION about COVID vaccines? Boosters? Testing? Visit Johnson County's [Coronavirus information hub](#).

Thanks to our **OCTOBER-NOVEMBER** newsletter sponsor



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Member tip o' the month:

Your Member Directory listing



Here's how to change or hide any of your own information in TRAIL's online Member Directory:

- ❖ On the **TRAIL member website**, hover over the **FOR MEMBERS** tab on the top navigation bar, and choose **MEMBER DIRECTORY** from the drop-down menu.
- ❖ The **Standard Member Directory** screen will appear next. Type your last name into the **Search Text** box and then click on the **Search** button on the right.
- ❖ The **Member Bio** screen will appear, allowing you to edit your contact information and other details.
- ❖ If you prefer your information not appear in the Directory, click on the picture image at the top of your Member Bio page (the image will be gray if you've not provided us with a photo), which will pull up the screen **Member Bio Settings**.
- ❖ The first heading there is called **GENERAL INFO**, and under that heading, next to the word **Visibility**, you'll find a drop-down menu allowing you to limit the amount of information to be shared. Make your selection from that menu and any other edits you'd like to make to this page, and then scroll down to hit **Save** at the bottom.



IN MEMORIAM

Bert Brook

*TRAIL volunteer
2019-2021*

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

Don't forget to vote!

Johnson County city council and school board elections are coming up November 2, and early voting has already begun. Keep these important dates in mind:

- ★ **October 18:** Last day to request and return absentee ballot request forms
- ★ **November 1:** Last day for in person, early voting at the county auditor's office
- ★ **November 2:** Election Day! All polls open from 7 AM to 8 PM

The Johnson County Auditor's office provides a wealth of election info on its website, including absentee ballot forms for downloading, lists of candidates and ballot issues, sample ballots, and more at [this link](#).

Make a SHIIP Counseling Appointment for the Medicare Open Enrollment Period

The Iowa City/Johnson County Senior Center has SHIIP volunteers ready to assist you in navigating options for prescription drug plans and Medicare Advantage plans during the open enrollment period from October 15 to December 7, 2021. During this time, in-person appointments will be available at the Senior Center, Mercer Park Aquatic Center, and the North Liberty Library, as well as virtual appointments via Zoom or by phone.

Specialized SHIIP counseling for University of Iowa employees/retirees and their spouses is also available. These sessions encompass both UI health plan options, the Medicare Open Enrollment Period, and broader Medicare options/decisions.

Visit www.icgov.org/shiip to make an appointment.

Ten-digit dialing coming soon

Beginning October 24, we'll need to begin using 10 digits—the three-digit area code plus seven-digit phone number—to make calls inside and outside our local area code (319). This change is happening so that 988, a new abbreviated dialing code, can be used to reach the National Suicide Prevention Lifeline, in the same way 911 is used for other emergencies.



Check the contact numbers stored in your phones to make sure they include the area code. For example, to call the TRAIL Office after October 24, you'll need to dial 319-800-9003, and not just the last seven digits. You'll also need to reset any automatic dialing equipment that's programmed to complete local calls using only the seven-digit phone number, such as security systems, medical monitoring devices, and voicemail services. For more info, visit this [FCC consumers guide](#).

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.

The TRAIL Office will be closed on Thursday, November 11, for Veterans Day.

TRAIL Guide is published on or about 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.

[TRAIL Virtual Event Pick: Art Chat with Marcia Wegman](#)

Sunday, October 17, 2 to 3 PM

A Zoom conversation with Iowa City painter Marcia Wegman

[Wonderful Books: Sharing Our Favorites!](#)

Monday, October 18, 1 to 2 PM

A Zoom discussion of the book *Mrs. Benson's Beetle* by Rachel Joyce

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

Wednesday, October 20, 1:30 to 3 PM

North Hickory Hill Picnic Shelter (off North Dodge Street), Iowa City

[OWLS Forest Hike](#)

Thursday, October 21, 10 to 11:30 AM

Cangleska Wakan Preserve, 4045 245th Street NE, Solon

[Talking About Grief](#)

Thursday, October 21, 3 to 4 PM

A Zoom presentation plus Q&A with licensed therapist Hannah Bousek

[Hospice 101](#)

Tuesday, October 26, 1 to 2 PM

A Zoom presentation from Sarah Smith, Hospice Care Consultant in Iowa

[Carl Klaus Reading from "The Ninth Decade: An Octogenarian's Chronicle"](#)

Tuesday, November 2, 2 to 3 PM (Zoom presentation)

[TRAIL Virtual Event Pick: Caregiver Wellness Series: "Caregiving Experiences During COVID-19"](#)

Tuesday, November 9, 1 to 2 PM

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

Tuesday, November 9, 4:30 to 6 PM

Location TBD

[OWLS Prairie Hike](#)

Thursday, November 11, 10 to 11:30 AM

Chia Fen Preserve, 5656 145th Street NE, Lisbon

[TRAIL Book Club](#)

Thursday, November 11, 1:30 to 3 PM (Zoom presentation)

[Wonderful Books: Sharing Our Favorites!](#)

Monday, November 15, 1 to 2 PM (Zoom presentation)

[Dewey the Dog: Exploring the Possibility that Creatures Can Communicate with Human Language](#)

Wednesday, November 17, 11 AM to noon

A fascinating Zoom presentation by Lindsay Mattock, a UI Library and Information scientist, who will discuss her own research with her dog, Dewey.

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

Wednesday, November 17, 1:30 to 3 PM

North Hickory Hill Picnic Shelter (off North Dodge Street), Iowa City

