



Safety evaluation services can provide peace of mind

Home safety is a key consideration for aging in place with confidence. With that in mind, TRAIL maintains a resource document on its member website under “Member Documents” that provides such information. **Note:** This document is frequently updated, so check often for additions. Members can also call the TRAIL Office for updated information or to request a paper copy sent via U.S. mail.

Here is a brief review of resources:

HOME SAFETY EVALUATIONS

The Visiting Nurse Association of Johnson County (VNA) has a program called *Sure Steps* that provides a free home visit to complete a home safety assessment, as well as personal risk assessments. It is available to Johnson County residents. Call (319) 337-9686 and ask for the *Sure Steps* assessment.

Caring Hands and More is a home health agency that provides free safety assessments. The majority of their safety checks assess for fall risk and they give recommendations to keep a person safe at home. The assessment includes referrals to companies that can assist with products/services. Call (319) 337-8922 or www.caringhandsandmore.com.

Prairie Rose Care Management provides holistic assessments, identifies needed services and resources, and helps schedule and coordinate services. A comprehensive assessment (including some testing for memory loss and a safety assessment)

Story continued on page 4

TRAIL benefit: Prescreened service providers **Whew! Yellow jacket removal proves a success**

Affiliate TRAIL member Alfrieta Monagan would notice yellow jackets here and there in her home, which she has lived in since 1976. She could handle a few, but over time, the numbers of them increased.

She'd had enough, so Alfrieta called Tony Gray with D&R Pest Control, one of TRAIL's prescreened service providers. But, she wasn't the only one having problems with pests, so she faced a three-week wait.

Unfortunately, during that time, the situation worsened. She began to find them everywhere in the house—bathrooms, bedrooms, and kitchen. One even dropped into a pan while she was making eggs.

But when D&R arrived, Tony Gray began searching for the problem in earnest.

“Tony was extremely professional and wouldn't give up trying to solve the problem,” she says. “He didn't abandon me.”

Initially, the source couldn't be found, so Tony called a construction friend, and the two of them began looking through the house from top to bottom, inside and out.

Hold onto your hats: The two eventually uncovered the nest, which was almost 10 feet in length. It ran between two 2x4 wall studs from the basement to the second story. Clad in bee suits, the two were able to destroy the nest and yellow jackets, which returned Alfrieta's home to a much more livable condition.

On the TRAIL website (www.trailofjohnsoncounty.org/getinvolved/vendor-services), you can learn more about the service provider list provided to TRAIL members. From plumbers and electricians to painters, handypersons, and general contractors, all are screened for reliability, expertise, fair pricing, and overall customer satisfaction.



Yellow jacket wasp

See page 2 for photos from TRAIL's anniversary event!

TRAIL's First Anniversary Party: Milestones, memories, and mirth

More than 125 members, volunteers, vendors, and community partners gathered at Terry Trueblood Lodge on May 16 for TRAIL's first anniversary party. Most important, said TRAIL board chair Maggie Elliott, "we are here to celebrate all of you who have made TRAIL of Johnson County a reality."

Elliott noted that nearly every accomplishment of the past year has exceeded the board's expectations. Those year-one milestones include:

- 154 total members since April 2017, with a more than 90% renewal rate to date
- 67 member-service and other trained volunteers
- TRAIL volunteers filling 25-30 member service requests monthly
- A growing number of member educational and social events
- More than 35 local prescreened service providers
- 100+ TRAIL donors have made gifts or pledges totaling more than \$135,000

After sharing some thoughts about TRAIL's upcoming focus planning process, Elliott introduced Iowa City actor and playwright Maggie Conroy, who was commissioned to create a special monologue for the occasion.

Conroy did not disappoint, delivering a thoughtful, poignant, and often laugh-out-loud presentation. She beautifully interwove her experiences as a young actor using "Old Age" stage makeup, with memory challenges (now we know what it means to "go up" on one's lines), and the enduring rewards of friendship.

Our thanks to MidWestOne Bank, corporate sponsor of the May 16 event, as well as John's Grocery for supplying the beverages, Willow & Stock for providing flowers, and all those who volunteered their time and talents to making TRAIL's first anniversary party a resounding success.

TRAIL board chair Maggie Elliott welcomes anniversary event attendees.



Maggie Elliott with TRAIL volunteer Bruce Teague of Caring Hands & More, a TRAIL corporate sponsor and prescreened service provider.



Featured presenter Maggie Conroy, left, with TRAIL member Casey Mahon.



Left to right: TRAIL board member Diana Lundell with TRAIL friends and contributors Carl Klaus, Joyce Summerwill, Dick Summerwill, and Ellen Buchanan.



TRAIL members Dee Hill (left) and Ed Rolenc enjoy a conversation with TRAIL board member Michelle Buhman.

TRAIL does trails!

With summer upon us, TRAIL's Social and Educational Events Committee has begun organizing some outdoor adventures, the first of which took place on May 18. About a half-dozen TRAIL members gathered that afternoon for a guided tour of [Big Grove Preserve](#), a lovely 80-acre woodland near the Coralville Reservoir that is owned and managed by the Bur Oak Land Trust.

Led by Bur Oak Property Stewardship Specialist Seth Somerville, the hour-



long walking tour covered Big Grove's hilly terrain, with multiple stops to point out woodland wildflowers and other distinctive vegetation. The group also learned about Bur Oak's efforts to control invasive species, and tools such as conservation easements that

can preserve Iowa's woodlands and other natural resources.

Keep an eye on the TRAIL calendar for upcoming nature walks, and join us as we explore the great outdoors.

Water, weed, mow, repeat

If you have a yard to maintain, you know how much work it can be. Remember that Full TRAIL members have access to volunteers who are happy to help with garden chores. You have "prepaid" for these volunteer services with your Full membership fee, so don't hesitate to use them.

To request these or any other volunteer services, just call the TRAIL office at (319) 800-9003.

June and July offer many events

REMINDER: Please register in advance for any of these events—either online or by calling or emailing the office.

MEMBER-ONLY EVENTS

The events in this section are for TRAIL members. If you have questions about your membership status or would like to join TRAIL, please contact the TRAIL office or visit trailofjohnsoncounty.org/membership/benefits-fees.

Turkey Creek Nature Preserve Walking Tour
Originally planned for June 8—will be rescheduled

Yarning Group

Thursday, June 21, 2 to 3:30 PM

Joann Fabrics and Crafts, Iowa City Marketplace
All skill levels welcome! See the Yarning Group calendar page online for a video about knitting for better brain health.

Celebrate summer!

Wine and Hors D'oeuvres

Thursday, June 21, 5 to 6:30 PM

At the home of Susan Spaziani, 1029 Rider Street. Enjoy a summer evening on the deck and toast the summer solstice! *Please RSVP by June 20.*

Dine Around, Midtown Family Restaurant

Thursday, July 12, 8:30 to 10 AM

Members pay their own charges.

New Member Orientation

Thursday, July 19

Home of Mary Stein, Iowa City.

ALL OTHER EVENTS

Talking About End-of-Life

Monday, June 18, 2 to 3:30 PM

Iowa City Senior Center, Room 202. Meets monthly through August; facilitated by Craig Mosher.

TRAIL Office closed • Wednesday, July 4

Technology of Today and the Wave of the Future

Wednesday, July 11, 11:30 AM to 1 PM

ICAAR Education Center, 847 Quarry Rd, Suite 110, Coralville
This free forum is hosted by Johnson County Livable Community as part of its aging in place series. Lunch is provided. RSVP required one week in advance. Email Jeff Kellbach at jkellbach@co.johnson.ia.us to register.

TRAIL Public Information Session

Monday, July 23, 10 to 11 AM

Iowa City Senior Center

This session will provide information about TRAIL's mission, fees, and benefits as well as volunteer opportunities and TRAIL's association with a nationwide aging-in-place network.

Safety evaluation services, continued

is \$300; a safety assessment is \$85. Call (319) 541-7057 or prairierosecare.com.

The Heritage Area Agency on Aging provides a free “Options Counseling” visit to older adults to discuss an individual or couple’s need and then provides community referrals/resources that will help them meet their needs. This could be referrals to home health agencies, or assistance with Medicaid application, etc. To utilize this service, call (319) 398-5559.

Note: Visiting Nurses Association, Caring Hands and More, and Prairie Rose Care Management are part of TRAIL’s Prescreened Service Provider Program.

FIRE SAFETY

These local fire departments all offer free home smoke alarm checks and will replace smoke alarm batteries as needed:

Iowa City Fire Department
(319) 356-5260
(ICFD will also provide an additional home safety evaluation for trip hazards, fire hazards, and exposed wiring.)

Coralville Fire Department
(319) 248-1835

North Liberty Fire Department
(319) 626-5717

It takes a village

Besides encouraging you to “like” TRAIL’s Facebook page, we hope you’ll also choose to follow the **Village to Village Network** on social media. The VtV Facebook page includes ideas and updates from other aging-in-place organizations, tips for healthy living, and more.

Check it out at www.facebook.com/villagetovillagenetwork/.



TRAIL is exploring group transportation to the Iowa State Fair on August 15. If you are interested in learning more, please email Hillary at Hillary@trailofjohnsoncounty.org.

Options for the no-longer-needed

If you are downsizing—or just cleaning house—you may have items you no longer need. Fortunately, there are good options available for big and small pieces alike.

SHELTER HOUSE has recently announced that it will pursue a “housing first” model with the creation of a two-story apartment building containing 24 one-bedroom units. With funds provided by the Iowa Finance Authority and the Housing Trust Fund of Johnson County, the project aims to serve individuals who are chronically homeless and frequent users of social services. The housing first model focuses on providing stability in the form of housing while still making social services available.

Furniture donations will help complete this project and open its doors. Limited furniture pick-up services are available on Fridays. For information about donating furniture to Shelter House, call (319) 351-0326.

RUMMAGE IN THE RAMP 2018 will be held from July 26 through August 4, 2018, at the Chauncey Swan Ramp located at 415 E. Washington St., Iowa City.

This annual event, sponsored by the City of Iowa City, aims to keep usable items out of the landfill and get these items to individuals who can use them. Rummage in the Ramp accepts donations of furniture, clothing, housewares, books, and more. Most items are priced at \$1, \$5, \$10, or \$20.

Contact Jane Wilch, Recycling Coordinator, at (319) 887-6110 or email her at jane-wilch@iowa-city.org for information.

Thank you to our JUNE newsletter sponsor

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