

## Full TRAIL Membership Saves You Money!

Membership in TRAIL can be at either the Affiliate or Full level. Full membership provides unlimited access to TRAIL volunteers for needs such as transportation, tech support, light handy-person assistance, medical advocacy, daily check-in, and house checks when you are away. (Affiliate members can call on TRAIL volunteers once per year.)

To better understand the cost savings you can realize with a Full membership, the table below adds more detail to some of the key services that are requested of TRAIL volunteers.

**Bottom line: TRAIL membership can save you as much as \$1,500/year in professional service fees! (See page 3 for dollar estimates.)**

Plus: TRAIL volunteers are trained, trusted, and committed to TRAIL’s nonprofit mission, and our members get to know them well. Calling on TRAIL volunteers for assistance is like asking for help from a good friend or neighbor.

SERVICE	EXAMPLES	ESTIMATED COST AND FREQUENCY	ANNUAL OUT-OF-POCKET COST	COST TO FULL TRAIL MEMBERS
Transportation (local)	<ul style="list-style-type: none"> <li>• Medical appointments</li> <li>• Grocery stores and pharmacies</li> <li>• Church</li> <li>• Shopping</li> <li>• Errands</li> </ul>	\$15 for a 4-mile roundtrip @ 15x/year	\$225	Zero: These volunteer services come with your paid membership, whenever you need them.
Technology Assistance	<ul style="list-style-type: none"> <li>• Cutting the cord and setting up new provider</li> <li>• Ensuring computer/printer compatibility</li> <li>• Installing interior TV antennae, new modem, Amazon fire stick, Roku, Apple TV, etc.</li> <li>• Converting old iPad to new iPad</li> <li>• Installing apps on phone</li> <li>• Setting up online grocery account</li> </ul>	\$100/hour @ 2x/year	\$200	Zero: These volunteer services come with your paid membership, whenever you need them.

Yard and Garden	<ul style="list-style-type: none"> <li>• Raking leaves, laying mulch, weeding</li> <li>• Sweeping</li> <li>• Watering garden</li> <li>• Putting out or storing patio furniture and planters</li> <li>• Hosing down porch/deck</li> <li>• Window washing</li> <li>• Spring cleaning</li> </ul>	\$25-\$40/hour @ 3x/year, 3 hours each visit	\$225-\$360	Zero: These volunteer services come with your paid membership, whenever you need them.
Handyperson Tasks	<ul style="list-style-type: none"> <li>• Assembling furniture</li> <li>• Moving furniture within the house</li> <li>• Putting up/taking down seasonal décor</li> <li>• Putting up blinds</li> <li>• Taking down curtains for washing and reinstalling afterwards</li> <li>• Replacing light bulbs and batteries in high ceilings</li> <li>• Hanging artwork</li> </ul>	\$35-\$45/hour @ 3x/year, 2 hours each visit	\$210-\$270	Zero: These volunteer services come with your paid membership, whenever you need them.
Personal Assistance	<ul style="list-style-type: none"> <li>• Running errands</li> <li>• Opening and reading mail for sight-impaired members</li> <li>• Organizing paperwork</li> <li>• Mailing packages</li> <li>• Friendly visit/check-in phone calls</li> <li>• Lifting or moving boxes</li> <li>• Reading aloud to member</li> <li>• Playing board games or cards</li> <li>• Preparing meals</li> <li>• Going for a walk with member</li> </ul>	\$20/hour @ 2x/month, one hour duration	\$480	Zero: These volunteer services come with your paid membership, whenever you need them.

Medical Advocacy	<ul style="list-style-type: none"> <li>Trained TRAIL volunteer to accompany member to medical appointments to serve as a second set of ears for questions and note-taking; gentle guidance about follow-up tasks</li> </ul>	\$20/hour @ 3 hours each occurrence, 4x/year	\$240	Zero: These volunteer services come with your paid membership, whenever you need them.
House and pet checks when you are away (short term)	<ul style="list-style-type: none"> <li>Walking through house</li> <li>Watering plants</li> <li>Opening and closing blinds</li> <li>Retrieving mail and newspaper</li> </ul>	\$25-\$30/day @ 3x/week; \$75-\$90/week, 2x/year	\$150-\$180	Zero: These volunteer services come with your paid membership, whenever you need them.
Airport shuttle	<ul style="list-style-type: none"> <li>Round trip to Cedar Rapids airport</li> </ul>	\$95-\$115 @ 2x/year	\$190-\$230	Zero: This service comes with your paid membership (provided volunteers are available at the time you need them).

TOTAL OUT OF POCKET ANNUAL COST FOR SERVICES

\$1,920-\$2,185

TRAIL ANNUAL MEMBERSHIP FEES

\$720/year (\$60/month) for single individuals or \$900/year (\$75/month) for households with two or more members

*Note: TRAIL members are asked to request volunteer services one week in advance, so that staff has time to connect members with the volunteers whose schedule and skills are the best match. All service requests are subject to volunteer willingness and availability.*