



“I didn’t know volunteers could help with that!”

Being able to call on TRAIL’s helpful volunteers is a key benefit of Full membership. And whether you use volunteer assistance or not, you’re probably familiar with some of the services available—like transportation and home checks when you’re out of town. But did you know that TRAIL volunteers can also help with:

- * Friendly visits
- * Mending and sewing
- * Running errands
- * De-cluttering (and disposing of the unwanted items)
- * Occasionally preparing meals
- * Housekeeping and moving furniture
- * Changing hearing aid batteries and cleaning hearing aids
- * Medical advocacy

“I would like to say how much I have enjoyed becoming involved in TRAIL,” says volunteer Pat Smith. “I waited almost three years after retirement to find the right volunteer opportunity and I have! Everyone is wonderful and you feel like you are useful. And it is quite meaningful if I can provide any positives for members.”

TRAIL’s volunteer talent pool is wide and eager to help. Full members, don’t hesitate to call the TRAIL Office at (319) 800-9003 when you have a request for volunteer assistance.

Make the 2020 census count

Every 10 years the U.S. Census Bureau conducts a headcount of every man, woman, and child in this country—and 2020 is one of those years. Interestingly, the census is required by law (the Constitution), and the results are used to determine how many congressional seats are assigned to represent the population and how many Electoral College votes are assigned to each state. It also informs the government on how to distribute roughly \$880 billion per year on schools, roads, and other public services. Therefore, it’s important for all of us to complete this year’s questionnaire.

The 2020 census starts next month with 95 percent of homes receiving letters by mid- to late March with instructions on how to take part. The 2020 count will be the first to allow households to respond online or by phone using a designated toll-free number. Households that don’t respond by early April may receive a visit or a call to complete the survey face-to-face or over the phone.



People who skip questions and submit an incomplete form are still included in the count. People who fail to answer questions or intentionally give false information risk being fined, but the penalty is rarely enforced. It’s also important to know that census responses **are confidential**, and while no individual information is released, some general demographic information is made available to the public.

The government is looking for temporary help to knock on doors and help gather information. If you’re interested in helping, you can find more information on the [U.S. Census Bureau’s recruitment website](https://www.census.gov). And for more information on this decade’s census, visit www.2020census.com.

PLEASE PLAN AHEAD • FULL MEMBERS, help us to help you. Please make your requests for volunteer services **at least one week in advance** of when the service is needed, including transportation. In order to provide you with the best service possible, this time is needed to make the necessary arrangements. Thank you for keeping this in mind!



Great reading for 2020

Wondering what to read in 2020? At a recent TRAIL event, Laura Crossett, head of Adult Services for the Coralville Public Library, shared titles of books that she recommends.

Fiction

America was Hard to Find by Kathleen Alcott

Imaginary Friend by Stephen Chbosky

This is How You Lose the Time War by Amal El-Mohtar and Max Gladstone

Feast Your Eyes by Mya Goldberg

Searching for Sylvia Lee by Jean Kwok

Red, White, & Royal Blue by Casey McQuiston

The Silent Patient by Alex Michaelides

Normal People by Sally Rooney

The Nickel Boys by Colson Whitehead

Nonfiction

Small Fry by Lisa Bernnan-Jobs

God Land: A Story of Faith, Loss, and Renewal in Middle America by Lyz Lenz

Because Internet: Understanding the New Rules of Language by Gretchen McCulloch

The Five by Hallie Rubenold

Inheritance: A Memoir of Genealogy, Paternity, and Love by Dani Shapiro

Invisible Women: Data Bias in a World Designed for Men by Caroline Criado-Perez

They Called Us Enemy by George Takei et al

The Collected Schizophrenias by Esme Weijun Wang

Share your thoughts

The Iowa City/Johnson County Senior Center works to meet the evolving needs of older adults in this area. That's why The Center is asking community members age 40 and older to complete its latest survey. The survey has been emailed to a random sampling of Johnson County residents; it can also be completed at https://uiowa.qualtrics.com/jfe/form/SV_02FXYAjNbNUI8Hr and paper copies can be requested at The Center's front desk during business hours.

What's fact? What's fake?

Remember when news was trusted to be "real"? These days, it can be a challenge to tell the difference between "fake" and "real" news, and recent studies have shown that older adults seem to be more susceptible to fake news.

This month's Living Well program (1:30 to 2:30 PM, Feb. 27, at the Coralville Public Library) features Dr. Jean Donham, retired professor of library studies. We'll look at popular news media to assess bias and authority; examine why fake news is a significant problem today; review online resources that can get us to information we can trust; and discuss solutions to the problem of fake news.

A former faculty member at the University of Northern Iowa and the University of Iowa, Dr. Donham received a master's degree in library sciences from the University of Maryland and a Ph.D. from the UI College of Education. In her retirement, she has taught at Cornell College and in the UI Senior College. She is also active in the League of Women Voters.

This event is free, but pre-registration is appreciated.

Thanks to our January newsletter sponsor



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Taxes made less taxing

For low- and moderate-income taxpayers—especially those age 60 and older—the Iowa City/Johnson County Senior Center partners with the AARP Foundation Tax-Aide Program to offer free tax preparation assistance.

Trained volunteers work with participants to prepare and e-file tax returns, ensuring they receive applicable tax credits and deductions. Help is also available for completing rent and property tax rebates for seniors and disabled individuals.

Appointments are available this spring through April 15. The service is free but registration is required; call (319) 356-5220 to schedule an appointment. Participants need to bring these documents in order to receive tax aide services:

- ★ All W-2 and 1099 forms, and any other income statements from 2019
- ★ Government-issued identification
- ★ Copy of last year's income tax returns (both federal and state)
- ★ Social Security cards or other official documentation for yourself and all dependents
- ★ Checkbook if you want to do a direct deposit of any refund(s)

Check out this recent post from TRAIL's Facebook pages:

When does someone become "old"? It's surprisingly hard to find a good term for people in late life, as you'll learn in [this article](#) dated January 27 in *The Atlantic*.

TRAIL's two Facebook pages (one for members and one for the general public) are full of great reminders and links to timely information. The next time you are online, be sure to visit them.

Interest groups growing

Attention readers, writers, socializers, and Hawkeye fans! TRAIL has received inquiries from several members interested in a second TRAIL book group, a group or class to polish one's writing skills, a regularly scheduled TRAIL coffee club, and a group devoted to discussing Hawkeye sports.

TRAIL can help any or all of these groups get started, but we first need an idea of how many of you would participate. If you are interested in these topics, please reach out to the TRAIL members below:

Book club #2 (the current TRAIL book group is at capacity): Contact Barb Stein at bslilydog@gmail.com or (319) 338-2931.

Writers group: Contact Susan Shullaw at susan@trailofjohnsoncounty.org or (319) 351-2606.

Coffee club: Contact Barb Stein as noted above.

Hawkeye sports: Contact Gerald Denehy at geralddenehy@gmail.com or (319) 430-3378.

You may also call Sue in the TRAIL Office at (319) 800-9003 to express your interest. If we receive sufficient replies, the members listed above will reach out to interested participants with further details.

Thank you!



Change in plans? If you cannot attend a TRAIL program for which you registered, please remember to cancel your registration by visiting that event’s calendar page on the TRAIL member website. There you will find info about how to contact the event organizer; or you can simply click the “Cancel Registration” button. You can also call Sue at the TRAIL Office to let her know. Thank you!

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

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 (\$).

NOTE: The TRAIL Office will be closed on Monday, February 17, in observance of Presidents Day.

[TRAIL Yarning Group](#)

Thursday, February 20, 1:30 to 3:30 PM

Coralville Public Library, Meeting Room B (lower level), 1401 Fifth St., Coralville
A monthly gathering of knitters and crocheters, with all skill levels welcome. We enjoy visiting, making hats and other creations for charitable causes.

[University of Iowa Presidential Portrait Gallery Tour](#)

Friday, February 21, 10 AM to noon

University of Iowa Main Library, 3rd floor
In October 2019 this portrait gallery was brought up to date and made complete. Come enjoy a tour led by David McCartney, UI Archivist, hear the backstory of the gallery, and enjoy time for browsing.

[Living Well: What’s Fact and What’s Fake News?](#)

Thursday, February 27, 1:30 to 2:30 PM

Coralville Public Library, 1401 5th St., Coralville

See full program information on page 2.

[“Water to Thrive” Mission Trip to Ethiopia presented by Denise Rehmke](#)

Wednesday, March 4, 1:30 to 2:30 PM

Coralville Public Library, Meeting Room B (lower level), 1401 Fifth St., Coralville
Presenter Denise Rehmke traveled to Ethiopia with a local church group to take part in the dedication of wells that they had funded through *Water to Thrive*. Denise will give an exciting recap and talk about the importance of fresh water.

[Dine Around: Lunch at Midtown Family Restaurant #2 \\$](#)

Sunday, March 8, noon to 1:30 PM

1069 Highway 1 West, Iowa City
Join TRAIL friends for lunch and conversation at this popular family eatery. Please let host Lorraine Bowans know if you will be late due to church.

[“Company”—a musical comedy by Stephen Sondheim \\$](#)

Sunday, March 8, 2 to 4:30 PM

Iowa City Community Theatre, Johnson County Fairgrounds
4261 Oak Crest Hill Road SE, Iowa City
This groundbreaking musical comedy won six Tony Awards when it opened in 1970. Note: Tickets will be \$12 each if we have at least 10 TRAIL attendees (otherwise \$16 each for seniors). A generous TRAIL member has offered to cover the cost for any member who cannot afford the ticket.

[Member Happy Hour at Orchard Green \\$](#)

Tuesday, March 10, 4 to 5:30 PM

Orchard Green Restaurant, 521 S. Gilbert St., Iowa City
Bring a friend who would like to learn more about TRAIL.

[TRAIL Volunteer Orientation](#)

Tuesday, March 10, 4 to 5 PM

Hills Bank, 1401 S. Gilbert St., Iowa City
Set your own schedule and learn how TRAIL members truly value your services.

[TRAIL Book Club](#)

Thursday, March 12, 1:30 to 3 PM

Panera at Iowa City Marketplace, 1646 Sycamore St., Iowa City