



*Enjoy ice cream and visit
with TRAIL friends!*

TRAIL Ice Cream Social

Wednesday, August 17
4:30 to 6:30 PM
City Park Shelter #6

See you there!

**Looking for more reasons
to treat yourself
as summer winds down?
Here are a few ideas:**

National Vanilla Custard Day
August 17

National Pecan Torte Day
August 22

National Peach Pie Day
August 24

National Banana Split Day
August 25

National Cherry Turnover Day
August 28

Life Transition Service launches soon

Full TRAIL members will soon have an additional resource at their disposal to help them navigate changes in their ability to age in place.

As we age, our needs change. We may face life transitions that require a safety net of community assistance. TRAIL's Life Transition Service will be available free to Full members who face a hospitalization, a family or personal crisis, a decline in health or wellness, or who wish to plan for future caretaking needs. The Life Transition Service is grounded by the maxim, "Hope for the best, plan for the worst."

TRAIL's specially trained Life Transition volunteers will assist Full members to identify and investigate options for care, housing, and services, and they will follow up and advocate with service providers as needed. Life Transition volunteers will respect member choices and confidentiality and receive professional guidance from TRAIL's new social work consultant. The same Life Transition volunteer will be paired with a member throughout the transition process, which is provided at no additional cost to the member.

More information, including the service's start date, will be announced in future issues of the *TRAIL Guide*.



Dementia support expands to Johnson County

Approximately 66,000 Iowans are living with dementia and that number is only expected to grow with time. Dementia Friendly Iowa—part of an international movement—is an effort to create more informed, safe and respectful communities for these individuals and their caregivers.

This effort takes two forms: Dementia Friendly Communities and Dementia Friends. Becoming a Dementia Friend involves a free one-hour information session about living with dementia and simple ways to support those living with it.

Dementia Friendly Iowa expanded into Johnson County in April 2022 with the involvement of Oaknoll Retirement Residence.

For more information, visit dementiafriendlyiowa.org.



Meet two TRAIL members

Weighing transitions for their future

TRAIL members Cheryl Hetherington and Lori Popp love living in their own home, and it's no wonder. The couple has poured their time and creativity into the charming Iowa City Northside neighborhood house and gardens for 40 years—holding annual arts and craft sales there for years and enjoying visits from local friends and children.

As much as they love it, they know they cannot live there “forever,” and have begun making plans. “Our main goal is to arrange for our next living situation on our own terms, not waiting for a crisis,” Cheryl says.

Lori, a graphic designer who retired in 2015, and Cheryl, a psychologist who retired in 2018, say that for them it has been important to find a place where they would be safe, well-cared for as they continue to age, and able to do what they want to do, including travel.

The pair has travelled extensively, mostly camping in the western United States in their younger days. However, lately they have enjoyed making new friends and learning about new communities during annual three-week visits to Bend, Oregon; Silver City, New Mexico; and Puerto Morelos, Mexico.

Lori says, “It has been great to rent the same places every year and not worry about accessibility or finding our way around. We have good friends in those communities now too and can't wait to see them every year.”

Recent health challenges for Lori and Cheryl and encouragement from friends have the couple speeding up their planning to move to the Oaknoll Retirement Residence. There are still many details to work out, Cheryl notes, so the timing for an actual transition is not set, but they have been eating lunch weekly in the main campus dining room, meeting new people, and learning more about the amenities.

While leaving their home of 40 years will be emotional, Lori and Cheryl know that continuing to live independently in Iowa City in a community that provides them more support will be the right “move” for them.



Top, Lori (left) and Cheryl pictured on one of their trips to Mexico. Middle, Cheryl and Lori enjoying their garden. Bottom, TRAIL volunteer Lesanne Fliehler helping Lori into the car before providing a ride to an appointment.



Nonprofit tour provides insights

TRAIL members who are downsizing may want to consider giving items they no longer need to Houses into Homes.

This local nonprofit provides gently used beds, furniture, and household items for families and individuals exiting homelessness, domestic violence, and other crisis situations. The families and individuals served are referred by local service agencies.

During a recent tour of the Houses into Homes facility, TRAIL members learned that items are selectively chosen so they “go together” as much as possible and help make the new living quarters feel like home. Houses into Homes has served 850 households, provided 1,500 beds, and served more than 2,700 individuals, including 1,520 children.

Learn more at housesintohomes.org.



Coronavirus update

The Centers for Disease Control and Prevention (CDC) provided this good news on August 11: “High levels of immunity and availability of effective COVID-19 prevention and management tools have reduced the risk for medically significant illness and death.”

At the same time, according to the CDC, Johnson County remains at a high level of transmission. At this level, it is recommended that everyone wear masks for indoor public settings. More recommendations can be found on the [Johnson County Coronavirus Information Hub](#), including insights into how the level of transmission is determined.

TRAIL’s official policy remains cautious. That is, you are asked to please wear a mask if you attend an in-person TRAIL event.

Thanks to our **AUGUST–SEPTEMBER** newsletter sponsor



Russ' Northside Service, Inc.
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NOTE: Some events are virtual, while others are in person. Full details 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.

Calendar key: **BLUE** events are hosted by and for TRAIL members. **GREEN** (virtual) and **YELLOW** (in-person) events are hosted by other groups but may be of interest to TRAIL members.

Members pay their own fees if there is a cost associated with an event (\$).

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 about the newsletter, email info@trailofjohnsoncounty.org.

If you attend TRAIL-sponsored in-person events, please wear a mask.

[Family Dementia Class](#)

Monday, August 15, 10 AM to noon

Iowa City/Johnson County Senior Center, Room 308, 28 South Linn Street, Iowa City

[Book Club Read Together—Olga Dies Dreaming](#) (via Zoom)

Monday, August 15, 1 to 2 PM

[Summer Yarning in the Great Outdoors—CANCELLED](#)

[TRAIL Ice Cream Social](#)

Wednesday, August 17, 4:30 to 6:30 PM

City Park Shelter #6, 200 East Park Road, Iowa City

[Kayaking at Kent Park](#)

Friday, August 19, 10 to 11:30 AM

F.W. Kent Park, 2048 Highway 6 North, Oxford

[UI Campus Tree Tour: Nature Walk & Talks](#)

Friday, August 19, noon to 1 PM

Macbride Hall East Entrance, 17 North Clinton Street, Iowa City

[Let's Talk Books: Midwest Books and Authors](#) (via Zoom)

Tuesday, August 23, 7 to 8 PM

[Encounter Café Lunch](#) \$

Wednesday, August 24, 11:30 to 1 PM

Encounter Café, 376 South Clinton Street, Iowa City

[Iowa History 101: 19th-Century Chinese Pioneers in Iowa: Immigration & Resistance to Exclusion](#) (via Zoom)

Thursday, August 25, noon to 1 PM

[UI Stanley Museum of Art Opening Celebration](#) (continues thru Sunday)

Friday, August 26, 3 to 9 PM

UI Stanley Museum of Art/Gibson Park, 160 West Burlington Street, Iowa City

[Hancher Water Show](#) (continues thru Sunday)

Friday, August 25, 5:30 to 6:30 PM

Outside Hancher Auditorium, 141 East Park Road, Iowa City

[Iowa City Latino Fest](#)

Saturday, August 26, noon to 9 PM

Iowa City Ped Mall, 210 South Dubuque Street, Iowa City

TRAIL Office Closed for Labor Day • Monday, September 5

[TRAIL Book Club](#)

Thursday, September 8, 1:30 to 3 PM

Location TBD

[Visit to Connie Peterson's Art Studio and Lunch](#) \$

Friday, September 9, 11 AM to 1 PM

Cosgrove Institute, 2009 400th Street SW, Oxford

[Conversations with Bob](#) (via Zoom)

Wednesday, September 14, 2:30 to 3:30 PM