

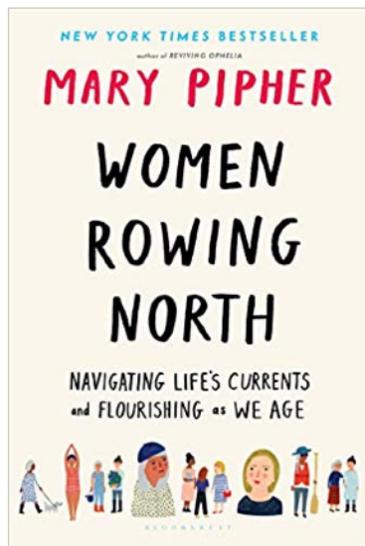


Get ready to “Row North”

TRAIL member Nancy Collins invites other members to join a special book group in the month of September to explore Mary Pipher’s *Women Rowing North: Navigating Life’s Currents and Flourishing as We Age*. The group will meet Friday mornings, 10:00 to 11:30 AM throughout September (Sept. 6, 13, 20, and 27) at Nancy’s home. Full details can be found on the TRAIL website member [calendar](#).

TRAIL members who want to participate can register for this special book group starting in August. Copies of the book are available at the Iowa City Public Library or can be ordered at a discount at Prairie Lights Books in Iowa City.

Discussion sessions will align with the four sections of the book in which Pipher records her experiences as a psychologist working in Lincoln, Nebraska, and how participants can relate from their own life experiences. Pipher’s writing examines ways we can come to appreciate our lives and recognize the resilience and wisdom we have gained through both the happiness and the challenges we have lived through over the years. “Everything is workable . . . anything can be faced,” she reminds us as we find peace and joy in our 70s and beyond.



Membership brings more than services

Of all the advantages TRAIL offers its members, the opportunity to meet new people and make new friends is the best, say Micki Miller and Valerie Scher.

The two women first met at TRAIL’s Second Anniversary Celebration in May, and found that they had much in common. Both live in Coralville, love trees, and volunteer for local agencies.

“I liked her right away. She is so friendly and can talk to anybody,” Valerie says about Micki. Making friends with Micki and other TRAIL members has helped Valerie feel more comfortable attending the social and educational programming offered by TRAIL. “I have been out of the house more in the past two months than I had in the past two years,” she adds.

Micki says the TRAIL programming helps her broaden her perspective and allows her to meet new and interesting people. “When I found out Valerie isn’t able to drive, I told her I would be happy to drive to events that we both plan to attend,” says Micki.

After years of relying on the SEATS transportation system, Valerie has appreciated TRAIL volunteer help with transportation, especially when she has multiple errands to run. “Recently I had three places I needed to go, and the TRAIL volunteer and I did those errands in about an hour. If I had used SEATS, I would have had to do them over three different days.”

Both women live independently in their own homes and, in addition to attending TRAIL events, are active community volunteers—Micki at the CommUnity Food Bank and local music and food festivals, and Valerie at the Iowa City Animal Care and Adoption facility, caring for cats.

When they joined TRAIL, they knew about the advertised benefits, but both agree their membership has brought them unexpected benefits, including their new friendship. “It’s been so much more than I thought it would be,” says Valerie. “I have met such wonderful, kind people.”

New law helps caregivers

July 1 marked the start of the Iowa CARE Act, a new law designed to support family caregivers when their loved ones go into the hospital and as they transition home.

According to AARP, about 317,000 Iowa residents are caring for an older parent or loved one, helping them to live independently at home. The CARE (Caregiver Advise, Record and Enable) Act is designed to make life a little easier.

The new law requires hospitals to:

1. Record the name of the patient's designated family caregiver upon admission.
2. Keep that caregiver informed of their loved one's discharge plans.
3. Discuss the caregivers' abilities and limitations.
4. Provide education and instruction of aftercare tasks—such as medication management, injections, wound care, and transfers—that the family caregiver will perform at home.

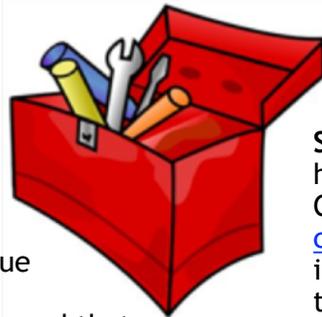
For more information, contact the Iowa AARP at 1-866-554-5378 or ia@aarp.org.

Need a contractor? We need your ideas!

Our recent member survey told us that many of you value TRAIL's prescreened service provider list. But we also learned that some of you would like to see more contractors and services included, and for that we need your help.

Member-recommended vendors tend to have the highest customer-satisfaction rating. So if you have a favorite contractor—from roof repair to floor installation or anything in between—and that company isn't yet on our list, pass that information along to Sue at the TRAIL office. We'll do the rest.

Also, if you can think of aging-in-place services that are not on our list, please share those suggestions as well. Our list includes 50 vendors offering 70 different types of services in seven broad categories, and we're happy to add more. The list exists to serve your needs. And that's why TRAIL is here as well.



Don't be fooled by scams

There are more scams today than ever before, and fraudsters are creating more sophisticated ways to get your money or to steal your personal information. No demographic is immune to scams, but older adults are easy targets.

According to the National Council on Aging (NCOA), financial scams targeting older adults are considered "the crime of the 21st century." This is because older adults are thought to have significant amounts of money sitting in the bank.

It's not just wealthy older Americans who are targeted. Low-income older adults are also at risk of financial abuse. Did you know that it's not always strangers who perpetrate these crimes? More than 90% of all reported elder abuse is committed by a person's own family members, most often their adult children, followed by grandchildren, nieces and nephews, and others.

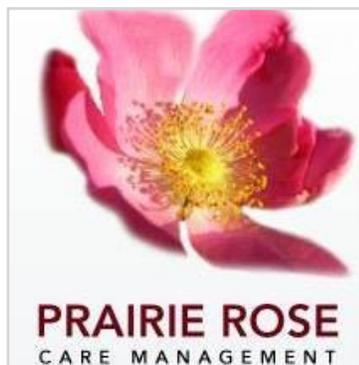
The NCOA list of top 10 scams targeting older adults fall into these categories:

- ◆ Medicare/health insurance scams
- ◆ Counterfeit prescription drugs
- ◆ Funeral and cemetery scams
- ◆ Fraudulent anti-aging products
- ◆ Telemarketing/phone scams
- ◆ Internet fraud
- ◆ Investment schemes
- ◆ Homeowner/reverse mortgage
- ◆ Sweepstakes and lottery scams
- ◆ The grandparent scam

So be aware, be wise, and be proactive. To learn how to spot a potential scam, visit the Federal Trade Commission's Consumer Information webpage at consumer.ftc.gov/features/scam-alerts. You'll find great information on recent and past scams and how to avoid these traps.

Remember: If it's too good to be true, it is.

Thanks to our JULY newsletter sponsor



Prairie Rose Care Management

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Helping loved ones stay safe, healthy and independent

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 (\$).

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

Office note: The TRAIL Office will be closed on Thursday, August 8. TRAIL's phone and email will be monitored 9 AM to 1 PM.

[Muddy Creek Preserve Hike with Jason Taylor](#)

Wednesday, July 17, 9 to 10 AM

Muddy Creek Preserve, 2806 Muddy Creek Lane, Coralville

This hike will take place on a 40-acre Bur Oak Land Trust property that was formerly pastureland. Feel free to invite a nonmember!

[Yarning Group](#)

Thursday, July 18, 1:30 to 3:30 PM

Home of Margaret Felling, 825 South 7th Avenue, Iowa City

[Amateur Grillmaster Dinner](#)

Wednesday, July 24, 5 to 7 PM

Home of Ann Romanowski, 502 Woodridge Avenue, Iowa City

Do you love to grill? Come show off your talents, your special sauces, or your marinades with other TRAIL members, or bring a side dish to share if you are not a griller.

[Beer Tasting at the Sanctuary Pub \(\\$\)](#)

Thursday, July 25, 4 to 6 PM

Sanctuary Pub, 405 South Gilbert Street, Iowa City

Join local restaurateur David Stein to taste and learn about five different beers in a cozy atmosphere. \$10 per person covers snacks and beers.



[380 Express Bus Ride to Lunch \(\\$\)](#)

Tuesday, August 6, 11 AM to 4 PM

Meet at the Coralville Intermodal Transit Center, 906 Quarry Road, Coralville

Try out this transportation experience and then enjoy lunch at The Class Act, the restaurant at Kirkwood Community College. Lunch will be followed by a short presentation on Kirkwood's culinary program.

[Book Club](#)

Thursday, August 8, 1:30 to 3 PM

Panera at Iowa City Marketplace

Free parking available; new TRAIL members always welcome!

[TRAIL Volunteer Orientation](#)

Saturday, August 10, 10 to 11 AM

Hills Bank, 1401 South Gilbert Street, Iowa City

Learn about TRAIL and its mission and the types of volunteer services offered.



[Grow Bolder: Introduction to Functional Aging](#)

Monday, August 12, 1:30 to 2:30 PM

Body Moves Fitness Center, 1801 Second Street, Coralville

This session will present truths and myths about life after 50 and provide practical direction on how to do what you want to do.

[Wine & Cheese & More!](#)

Monday, August 12, 5 to 6:30 PM

Home of Susan Spaziani, 1029 Rider Street, Iowa City

Join other TRAIL members for wine, hors d'oeuvres, and conversation.

[Member Happy Hour \(\\$\)](#)

Tuesday, August 13, 5 to 6:30 PM

Orchard Green, 521 South Gilbert Street, Iowa City

Do you have friends interested in learning more about TRAIL? This is a great opportunity for them to meet TRAIL members.

[New Member Orientation](#)

Thursday, August 15, 3:30 to 5 PM

Home of David Rust and Joy Smith, 1317 Rochester Avenue, Iowa City

Learn about TRAIL benefits and meet other new members.