



Senior Housing Guide proves to be a hit

This fall, TRAIL partnered with AARP Iowa to produce the **Johnson County Senior Housing Guide**, a free digital resource covering costs and amenities for 16 local facilities catering to residents age 55 and up.

The guide reflects the fact that aging in place doesn't mean just staying in the traditional family home. Increasingly, TRAIL members are moving to senior-living facilities, where they still find value in TRAIL's services and social connections.

The Senior Housing Guide can be downloaded to read or print at [this link](#), and can also be found at the About Us/More Resources tab on TRAIL's public website at trailofjohnsoncounty.org.

A TRAIL member/volunteer led the effort to create the Senior Housing Guide. *Learn more on page 2.*

Introducing TRAIL's new leader!

The TRAIL Board of Directors is delighted to announce that Robert "Bob" Untiedt will join us on November 2 as TRAIL's new executive director.

Bob comes to us with extensive experience in nonprofit leadership and community organizing. Since 2016, he has served as executive director of the Orpheum Theatre in Marshalltown, and previously served in executive director roles with Main Street Ottumwa, the Linn County Nonprofit Resource Center, and Hollywood Interfaith in Los Angeles.

"I'm energized and inspired by TRAIL's mission."

—Bob Untiedt

An Eastern Iowa native, Bob holds a B.S. degree in business and sociology from Coe College and a graduate-level certificate in nonprofit fundraising from the University of San Francisco. He also has served as a consultant for numerous Iowa nonprofits in the areas of strategic planning, communications, conflict resolution, marketing, and fundraising.

"I enjoy working with older adults, and I'm energized and inspired by TRAIL's mission, which not only helps members find services like transportation and medical advocacy, but their own way to live a quality life," Bob says. "This creates a network of relationships and a sense of community that's at the heart of the TRAIL ethos. I'm eager to get started and to help make a very good organization even better."

Among Bob's priorities when he joins TRAIL next month will be meeting our members, volunteers, donors, and vendors. Watch for a more extensive message from Bob and details about Zoom meet-and-greet events in next month's *TRAIL Guide*. We know you'll enjoy meeting and getting to know our new E.D.!

One member's commitment pays off in Housing Guide

Many thanks go to TRAIL's Member Appreciation Committee for originating the new Senior Housing Guide. And according to Committee Chair Marty Fields, one member in particular "did the heavy lifting."

When committee members began discussing such a project, Mary Stein stepped forward to head up the entire effort. "Mary deserves tons and tons of credit," says Marty, "and the result is just wonderful." Mary's work on the guide was extensive; it included doing most research, making personal visits to facilities, serving as the main contact person for the project, and much more.

The guide got its start in the fall of 2019 and was slowed by the COVID pandemic, but Mary's persistence paid off when the guide was shared earlier this month.

The fun will go on!

Trick-or-Treat night is "on" in the area and cities are encouraging residents to follow public health guidelines and to be creative with safe ways to enjoy the annual fall tradition.

Saturday, Oct. 31, is Trick-or-Treat evening in Iowa City and Coralville. The hours are 5:30 to 8 PM. In North Liberty there is no specific start time, but it ends by 7 PM. As usual, homes prepared for trick-or-treating should turn on outdoor lights. The cities have asked trick-or-treaters to respect homes with outdoor lights turned off, especially this year, as it may be home to someone who is more vulnerable to COVID.

To participate safely, have individual bags or cups ready for contactless pick-up on a table while you wave from the garage or porch to maintain six feet from trick-or-treaters.

For other recommendations from Johnson County Public Health, visit johnsoncountyiowa.gov/Halloween2020.

NEW MEMBER PROFILE: Nora Garda

Nora Garda is of two minds—her left brain supports her work as a chemist in UI Pharmaceuticals, and her right brain has developed her passion for dance.

And with both firing together, she recently chose to join TRAIL as an Affiliate member.

"When a friend told me about TRAIL about three months ago, I knew right away that I would join. I profess living on your own as long as you can, and TRAIL supports me wanting to stay in my house as long as possible. This is the place for me," she says.

Despite the fact that she joined during the COVID pandemic, Nora found she could still interact with other TRAIL members her age "who want to have a full life," she says. She has joined the Monday book club and always reads the Friday email highlighting the following week's events.

"Of course, it would be wonderful to be able to meet in person since I am a very social person. In the meantime, we are limited to Zoom meetings and some outdoor activities, but there are some very interesting items on the TRAIL calendar to keep us engaged with each other," she says.

Originally from Argentina, Nora came to Iowa City in 1991 and began working at the UI. Almost 30 years later, she's looking forward to early retirement in April 2021.

In the meantime, she continues to be very involved in community dance opportunities, one of which is happening this weekend. The Iowa Dance Festival runs October 15-17 and includes "Resilience: The Drive-In Live Performance" at the Iowa City Airport on Saturday night. Visit the [TRAIL calendar](#) for details.



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Eight TRAIL members joined event sponsor Vicky Tardy for a **Hike with Llamas** on September 22: Vicky learned about the opportunity from a newspaper article. She and her husband Dwight raised llamas for 20 years. Vicky says, "I knew them to be wonderful animals and how gentle they are. I thought it would be a very unique and special experience, something our members probably never dreamed of doing!"

You've got mail!

Most TRAIL members, volunteers, and contributors recently received via snail mail our yearly appeal for **TRAIL's annual fund campaign**.

Many thanks to all those who've already responded with your 2020 contribution!



We realize that COVID, the economic downturn, and the derecho have placed heavy burdens on many local nonprofits. We encourage you to give generously to the organizations working to sustain our community. But we hope you'll support TRAIL as well, so that we can continue to keep our members engaged and informed through the pandemic and beyond.

It's easy and secure to give online at trailofjohnsoncounty.kindful.com.

Aging Summit videos now online

Last month's virtual **Iowa Aging Summit**, hosted by the University of Iowa, yielded a rich array of presentations by experts from across the country. Topics over the two-day event ranged from brain science to building design and more. This conference link provides a full listing of presentations, speakers, and additional resources: [Iowa Aging Summit](#). The UI has also made all conference sessions available to the public. You can access them via YouTube here: [UI conference sessions](#).

Session #20 features current TRAIL Board chair Susan Shullaw and chair-elect Alex Taylor presenting an **overview of TRAIL** and answering questions from attendees. Check it out and share with your friends.

Election Day • November 3 • Election Day

Looking for information about voting in Johnson County? Visit the [November 3 General Election page](#) of the Johnson County Auditor. You'll find sample ballots as well as answers about voter registration, early voting (already underway) and early voting locations, polling locations, and more.

NOTE: Some of these events are virtual, that is, they are being held online. More details and registration information for each event can be found on [TRAIL's online calendar](#).

New events are added frequently, so check the online calendar often to stay up-to-date.

The TRAIL Office will be closed on **Wednesday, November 11**, in observance of Veterans Day and on **Thursday and Friday, November 26 and 27**, in observance of Thanksgiving.



[TRAIL Virtual Event Pick: Marilynne Robinson Reads from “Jack”](#)

Thursday, October 15, 7:30 to 8:30 PM

Hosted by the UI Center for Advancement, Robinson will read from her fourth novel in the now-classic series set in the mythical world of Gilead, Iowa.

[Hike in Pappy Dickens Preserve and Hickory Hill Park](#)

Friday, October 16, 10 to 11 AM

Upper Hickory Hill entrance off North Dodge Street, 800 Conklin Street, Iowa City
Hikers will travel a hilly two-mile route and find a surprise at the end!

[2020 Iowa Dance Festival Drive-In Performance](#)

Saturday, October 17, 6 to 7:30 PM

Iowa City Airport, 1801 South Riverside Drive, Iowa City
Dancers will perform the one-hour piece “Resilience,” and audience members will remain in their cars, with sound broadcast over the radio.

[Wonderful Books: Sharing Our Favorites](#)

Monday, October 19, 1 to 2 PM

Join on Zoom to talk about your favorites and your stack of unread books.

[TRAIL Virtual Event Pick: UI Stanley Museum of Art Trivia Game Quiz Show](#)

Tuesday, October 20, 7 to 8 PM

A live quiz show featuring questions about art, museums, and UI!

[TRAIL Yarning Group in the Great Outdoors](#)

Wednesday, October 21, 1:30 to 3 PM

North Hickory Hill Park picnic shelter (off North Dodge Street/Highway 1)
Bring your latest projects for the group to admire.

[TRAIL Virtual Event Pick: UI Prof Jay Holstein’s Golden Legacy of Learning](#)

Thursday, October 22, 5:30 to 6:30 PM

In this YouTube event, you’ll hear from alumni about the impact of this beloved professor’s dynamic 50-year teaching career—and from the professor himself.

[Visit to Walker Homestead \\$](#)

Sunday, October 25, 1:30 to 3 PM

3867 James Avenue Southwest, Iowa City
Come explore this farm, vineyard, and wedding venue—and enjoy food and drink.

[OWLS Nature Event: Prairie Hike and Seed Collecting](#)

Monday, October 26, 10 to 11:30 AM

Kent Park Education Center, 2048 US-6, Oxford
Absorb the beauty of Kent Park and enjoy a half-mile hike.

[TRAIL Virtual Event Pick: UI Symphony Orchestra Livestream Concert](#)

Wednesday, October 28, 7:30 to 8:30 PM

If you miss the sounds of a live symphony orchestra, be sure to enjoy this event.

[Dog Tales Via Zoom with Chuck Felling](#)

Monday, November 9, 1:30 to 2:30 PM

Chuck will share some great stories about the varied dogs in his life.

[TRAIL Book Club](#)

Thursday, November 12, 1:30 to 3 PM • *This group is at capacity.*

[Delights from the University of Iowa’s Szathmary Culinary Collection](#)

Friday, November 20, 1 to 2 PM

Librarian Liz Riordan will focus on a few highlights from this renowned collection.