



Let's gather together



We've received lots of good feedback about our series of get-acquainted events hosted in members' homes, and we've just

added another of these special gatherings to the TRAIL calendar.

Please join us for "Cocoa and Stories" on Thursday, December 7, from 3-5 PM at the home of TRAIL board member Diana Lundell. (Full details are on the Calendar page on our website.) Besides sharing some holiday cheer, this is an opportunity to share stories and get to know one another better. What's your best holiday memory? What December recipe can't you live without?

At its best, TRAIL is a community of caring friends who are sharing the journey of growing older and supporting one another along the way. As TRAIL member, donor and volunteer Carrie Z. Norton has observed, "Aging has its challenges, but somehow it helps to know we're all in it together." We couldn't have said it better.

Best wishes for the Thanksgiving holiday, and we hope to see you on December 7.

Sincerely yours,

Executive Director

hillary@trailofjohnsoncounty.org

Need a hand around the holidays?

Let TRAIL be your helper!

With fall and winter upon us and the holidays just around the corner, this season comes with its own set of challenges. No matter what stage of life we're in, we all could use an extra pair of hands. Fortunately, our TRAIL community can help you enjoy the season a little more.

The ideas below are just a sampling of how the TRAIL community can support you. If you have a task or project in mind that you don't see here, just ask! Also remember that although volunteer services are available to Full members only, Affiliate members can upgrade to Full at any time. Give us a call at (319) 800-9003 and we'll be happy to assist.

Outside the house

- Clean up garden, rake leaves, cover roses, fill bird feeders
- Clean and store patio furniture, garden items
- Check gutters and downspouts, and clear of debris if necessary
- Apply weather-stripping, plastic window covers, or other energy-saving fixes



Inside the house

- Clean out and organize refrigerator, pantry, cupboards
- Walk the dog (if you have to be away for a day)
- Declutter, take items for recycling or donation, etc.

Holiday help

- House/home checks (if you are away for a few days)
- Transportation to holiday events, church services, etc.
- Assemble and install indoor and outdoor holiday decorations (and take them all down again after the holidays)
- Holiday baking
- Shop for gifts, food (in town or online)
- Wrap gifts, address holiday cards
- Take packages to the post office

'Tis the season for giving thanks

TRAIL's success is due to the hard work of our volunteers and staff, no doubt. But our progress to date also has been fueled by gifts to our start-up campaign and 2017 annual fund drive from a group of very generous contributors.



To thank these donors for their support, the TRAIL board hosted a donor appreciation reception at Coralville's North Ridge Pavilion in early November. The event drew a crowd of about 50 attendees who enjoyed refreshments, conversation, and a brief presentation, including comments from Marty Fields about why she values her TRAIL membership.

If you're not yet a TRAIL contributor, there's no better time to become one! You can make a secure gift online via our website, or send your check to the address listed below.

Need a holiday gift suggestion? Why not a TRAIL membership for a friend or family member? Contact Hillary at (319) 800-9003 or hillary@trailofjohnsoncounty.org to learn more. *Thank you!*

Have a Happy, Healthy Holiday

Staying healthy is a challenge every day, but during the holidays it can be even more difficult. We thought these tips from Care.com for staying healthy during the holiday season were worth sharing. You can read the full article by visiting <https://www.care.com/c/stories/5708/holiday-health-for-seniors/>.

Make healthy choices

Try to plan meals with other events in mind. If a big dinner is planned for New Year's Eve, consider having a lighter lunch of salad or soup. Remember to keep healthy food options like fresh-cut vegetables and fruit on hand.

Stay hydrated

Drinking water is especially important for older adults, as not drinking enough water can cause health problems.

Drink in moderation

Or avoid alcohol altogether. Drinking alcohol with certain medications can have serious side effects.

Keep exercising

Don't let cold weather and busy holidays derail your exercise schedule – but don't overdo the snow shoveling.

Rest and take breaks

The holidays often involve travel, busy days, and late nights. Make sure you carve out some time for a nap or a way to relax for a bit, even if it is just a quiet time to sip some tea.

Make new traditions

Cleaning and cooking for a big holiday meal can be a source of stress. Consider passing the tradition on to others, or have other family members bring food and clean up afterward.

Trim your gift-giving

To reduce stress and financial issues, consider having a family grab bag, where everyone contributes one gift.

TRAIL Board of Directors

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