



Member profile

Shirley Wyrick: Happy at home

Staying in her home of 55 years is important to Shirley Wyrick. Not only are there many family memories, it's also where she came alive as an artist and sculptor.



Artist and TRAIL member Shirley Wyrick stands with one of her sculptures—The River, displayed in the Johnson County Administration Building. You can view a video about the sculpture at [Johnson County River Sculpture](#).

Just as in her chosen medium, where creating heavy metal artworks required her to rely on others at times, she knew that becoming a Full member of TRAIL could help her with the occasional support she needs to be at home with her memories and her studio.

"I first heard about TRAIL from my friend Carl Klaus when he gave a talk at the Senior Center and it sounded like just what Darrell and I could use," she says. Shirley's husband Darrell Wyrick has since passed away. They had three

Continued on next page

Plan ahead, reap the benefits

If you've ever faced an unexpected crisis, you know that working through it can be painful and confusing. What's more, a last-minute response may not produce the best result.

That's why planning ahead—especially for your future care—is so important. Don't want to talk about these topics? It's uncomfortable and depressing, isn't it? Focus for a minute on the benefits and you'll change your mind.

"The right time to start this planning is always sooner rather than later," says Kaleigh Gilmore, the social work professional who is part of TRAIL's Life Transition Service. She goes on to point out:

- ◆ **Having conversations with loved ones** during times of lower stress is more effective than trying to communicate wishes during a time of a sudden medical emergency. This can also head off future conflict or grief among family members.
- ◆ **Planning for future care** allows you to have as much control as possible over your treatment wishes, caregiving preferences, and general quality of life if or when you are faced with physical and cognitive changes.
- ◆ **Planning for future care** can be a gift that you give to family members. If you are clear about your preferences and wishes, family members don't have to guess or be uncertain about decisions they make on your behalf.

"Decisions and preferences tend to change over the course of a lifetime," says Kaleigh, "so it can be beneficial to use turning points such as retirement, the death of loved one, illness, and other changes to review and revise what is important to you and what wishes you have for the future."

Mark your calendar for these Thursdays: October 5, 12, and 19. As part of its Life Transition Service, TRAIL will present three informative programs:

- How Do I Want to Live?
- How Does My Plan Become a Reality?
- How Do I Plan Ahead for Future Care?

Barb Stein and Kaleigh Gilmore will facilitate the sessions and will include expert guest speakers. Watch for more information.



Nearly 200 people attended TRAIL's Housing and Senior Services Fair, June 15, which featured more than 30 exhibitors from senior living facilities as well as home-care services, rehab hospitals, and more. Attendees also received TRAIL's 2023 Johnson County Senior Housing and Services Guide. TRAIL members can receive a copy of the guide by calling the TRAIL Office at 319-800-9003; it is also available for download on the [TRAIL website](#).

Shirley Wyrick cont.

children, two of whom live in the area, one on the West Coast, and all are also engaged in creative occupations.

Most recently TRAIL volunteers have helped Shirley with weeding garden beds and cleaning out her workshop and reorganizing her art studio. She's anxious to get back into the studio but has been working on a big project for the last several months—creating a website about her work and life.

“My artwork includes sculptures and many other types of media and over the years has been documented in many forms, but some friends pointed out that I should have a website,” she notes. Working with her daughter Anne, sons Lane and Craig, and daughter-in-law Annette, for nearly three years, the website [Shirley Wyrick Artist](#) was born.

The website shares some of the images and thinking behind Shirley's artworks and preserves her printed and photographic materials. It also is the inspirational story of an artist who is living a full and fascinating life.

Jessica Hahn honored at *Ovation: A Tribute to Iowa Women and Girls*



Jessica Hahn, TRAIL's member and volunteer services coordinator, was one of 107 women across the state of Iowa honored for the deeply important and varied ways they are making an impact on their families, friends, communities, and professions. The June 15 event was sponsored by the Iowa Women's Foundation.

Jessica's words—and many other skills—are making a positive difference in the lives of older adults. In person and over the phone, Jessica conveys critical information, expresses compassion and concern, gives comfort, and capably matches members with volunteers who can provide needed assistance.

“It's marvelous to work alongside Jessica,” says her boss, TRAIL Executive Director Bob Untiedt. “When she engages with TRAIL members, she demonstrates grace in action. She's always patient and kind, and she's also a problem solver who gets things done.”

Jessica gets things done outside of work as well. She's a dedicated mom to sons Jack and Joseph—both enrolled at the University of Iowa—and loving spouse to husband Troy Leick. They have lived in Solon for 15 years, where Jessica has been an active volunteer for the Solon Community Schools, particularly their arts and music programs. She's also an animal lover (especially cats) and enjoys hiking at Lake Macbride and traveling with family.

Thank you, Jessica, for your invaluable service, your contributions to your community, and your devotion to family and friends. TRAIL is extremely proud and grateful!



Be safe in the sun

July is National UV Awareness Month. Ultraviolet light is the root cause of most skin cancers. The American Academy of Dermatology Association recommends taking these precautions while outdoors:

- * **Wear sun-protective clothing**—dark- or bright-colored lightweight and long-sleeved shirts and pants or choose clothing with a UV protection factor (UPF) number on the label. Don't forget sunglasses with UV protection, a wide-brimmed hat to cover your face and neck, and shoes instead of sandals.
- * **Apply a water-resistant sunscreen with an SPF of 30 or higher**—make sure it also is broad spectrum, which means it protects you from ultraviolet A (UVA) and ultraviolet B (UVB) rays. Remember to reapply every 40 to 80 minutes. Sunscreen should hold its strength for three years, but it toss if you don't know how long you've had it.
- * **Seek shade when appropriate.**

Older adults are more prone to heat-related health concerns because they can't adjust to sudden temperature changes as fast as younger people (due to certain medicines they take or chronic illnesses). Make sure to drink plenty of water!

New Homestead Exemption for homeowners 65 years of age and older

A property tax relief law passed by the Iowa legislature this session will give an additional homestead tax exemption to homeowners 65 years of age or older, but you must apply by July 1 to be eligible.

The current homestead tax credit already exempts the first \$4,850 from the value of the home that a person owns and lives in. The additional exemption for 2023 amounts to a \$3,250 reduction in the taxable value of the property for homeowners age 65 and older. For 2024 and after, the exemption is \$6,500.

For military veterans, the property tax exemption and credit will increase from \$1,852 to \$4,000.

Homeowners must apply for the exemption in order for it to take effect. To apply, visit the Johnson County Assessor's Office at 913 South Dubuque Street, Iowa City. If the exemption is granted, the exemption will be allowed for future years without future filing as long as the claimant continues to qualify. Applications that come in after the July 1 deadline will be applied to the 2024 tax year.

Questions? Call the assessor's office at 319-345-6078.

Thanks to our **JUNE–JULY** newsletter sponsor



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IN MEMORIAM



Linda Fincham

TRAIL member since 2018

See her obituary [here](#).



Robert Hansen

TRAIL member since 2023

See his obituary [here](#).

Dolores "Dee" Hill

TRAIL member since 2017

See her obituary [here](#).

A Celebration of Life/Stitch-in for Dee will be held from 1 to 4 PM on Thursday, July 13, at the North Ridge Pavilion at 2250 Holiday Road in Coralville. Her needlework will be on display.

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 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 (\$).

Want to attend an event, but need a ride? Call Jessica at 319-800-9003 or email her at membersupport@trailofjohnsoncounty.org.

TRAIL Guide is published on or about the 15th of each month by the TRAIL Marketing and 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.

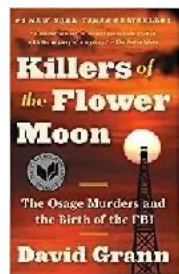


Get Your Light Bulbs & Smoke Detector Batteries Changed
Sundays, July 16 (central and east Iowa City) and July 23 (central and west Iowa City), 2 to 6 PM
Space is limited • Online registration will soon be available on the TRAIL calendar



TRAIL Ice Cream Social
Thursday, August 10
4 to 7 PM
City Park, Shelter No. 6

TRAIL Office closed • Happy Juneteenth!
Monday, June 19, 8 AM to 5 PM



Book Club Read Together—Killers of the Flower Moon: The Osage Murders and the Birth of the FBI (via Zoom)

Monday, June 19, 1 to 2 PM

This book by David Grann is touted as both literary journalism and a true crime mystery.

Wine and Hors d'Oeuvres on the Deck

Friday, June 23, 5 to 7 PM

The home of Susan Spaziani, Iowa City

Beyond Van Gogh: The Immersive Experience \$

Wednesday, June 28, 9:15 to 2:30 PM

River Center, 136 East Third Street, Davenport

TRAIL Office closed • Happy Independence Day!

Tuesday, July 4

Pontoon Boat Ride on Lake Macbride \$

Friday, July 7, 9:30 AM to 12:30 PM

Lake Macbride State Park, Lake Macbride Road NE, Solon



Member Happy Hour \$

Tuesday, July 11, 4:30 to 6:30 PM

Orchard Green, 521 South Gilbert Street, Iowa City

Tour the Campus Wellness & Recreation Center

Wednesday, July 12, 10 to 11 AM

UI Campus Recreation & Wellness Center, 309 South Madison Street, Iowa City

TRAIL Book Club

Thursday, July 13, 1:30 to 3 PM

Location TBD

Coffee and Garden Sharing

Friday, July 14, 9:30 to 11 AM

The home of Joni Jones