



*From the Executive Director*

## Thank you—your giving makes a difference

When the founders began organizing TRAIL of Johnson County more than five years ago, they established funding that would provide a solid foundation for the organization. This fall, our giving campaign successfully raised funds that will continue to provide for the organization's growth.

While membership fees generally cover an average 35-40 percent of our revenues each year, individual gifts are about 30 percent of our annual budget. Corporate giving has been around 15 percent, and grants make up the balance. (Grants have grown, although federal pandemic funds have inflated our funds over the last two years significantly and won't be available in the future.)

The founders of TRAIL were incredibly advanced in their thinking. The start-up funding campaign allowed the organization to do the first hiring of staff, and provided a solid foundation of funds for the last two years as well. TRAIL of Johnson County is still dedicated to the vision of volunteer leadership: TRAIL doesn't exist without dozens of people who make important decisions and get things done on our behalf.

To our members, individual donors, and corporate sponsors—thank you! We are grateful for each and every gift.

Thank you for valuing TRAIL.

—Bob Untiedt

### Member Profile

## Meet Mary "Aggie" Perdue

As a traveling surgical nurse, Aggie Perdue lived all over the U.S., mostly in large cities—Miami, Boston, Los Angeles, San Francisco. When she came to Iowa City in 2016 to work at Mercy, she found a "wonderful and friendly" community that she has made her home now, retiring in 2018. She was fully enjoying her retirement, when "things changed in the blink of an eye."



In January 2022 she was driving to a coffee date with friends and the next thing she knew, she was waking up in the hospital. Turns out she'd had a seizure while driving and crashed into a tree. Fortunately, no one else was hurt and she has recovered from her injuries. However, while investigating the seizure

cause, doctors diagnosed a benign brain tumor for which she is now receiving treatment.

"With a totaled car, the seizure, and brain tumor, I couldn't drive. Luckily a friend of mine knew about TRAIL and brought me an application," Aggie says. "I signed up right away and it has been wonderful!"

Aggie lives in east Iowa City with her 19-year-old cat Ginger (who it turns out is silver and black—not orange). She was very active at the Iowa City Senior Center prior to the COVID pandemic, but now enjoys activities with other residents in her apartment building.

She feels very lucky to be a TRAIL member. "I love the volunteers. Everyone is so friendly and reliable. I'm not sure what I would have done without TRAIL." She adds, "When I tell my friends in other cities about TRAIL, they cannot believe it and wish they could find something this wonderful for themselves."

## Meet TRAIL's new intern!



For the spring semester 2023, TRAIL has welcomed its first intern, Jude Abel. Jude is a senior at the University of Iowa, working toward a bachelor's degree in social work along with a minor in aging and longevity studies. As a student, Jude has been a leader in the Student Social Work Association and D.I.R.T. (formally known as UI Gardeners), and a volunteer for many socially conscientious initiatives.

Jude is working closely with Executive Director Bob Untiedt on various projects, including completing grant proposals, coordinating a volunteer board fair, and engaging with TRAIL's volunteer and membership committees.

Jude will also be a member service volunteer, helping various members with transportation, friendly visits, and household tasks. Last: he will have some computer tasks and will attend some TRAIL committee meetings.

Welcome, Jude!

## How to make your time work for you

Too much to do and not enough time.

Many of us have spent years living with that kind of pressure, often found in the workplace but also when raising a family or carrying other responsibilities.

Is it any surprise that we can carry that anxiety into retirement?

Susan Johnson says she did, and she says the anxiety didn't fade quickly.

In her career, Johnson has been a physician, administrator, efficiency expert, and today a personal productivity coach. In her January presentation to TRAIL members entitled "Retirement Time Management: Essential or Oxymoron?", she provided ideas and resources for forging a new relationship with time in retirement.

Johnson says that traditionally time management has focused on time allocation along with tools and processes—that is, when to do things and how to do them. "But first consider *what* you want to do and what roles and goals you have," she says. She further offers five steps:

- **Recalibrate.** Ask yourself if you are doing the things you want to do. If you want to make changes, try completing these phrases: "I want to do more of . . ." or "I want to start . . ." As an alternative, try "I want to do less of . . ." You may have to say "no" to yourself, recognizing that you can do less or do things differently. Reduce the scope of what you are doing or lower your standards. Do you want to add a new activity or interest to your life? One approach, says Johnson: "Just start doing it! It will crowd out other activities that are less important to you."
- **Keep lists.** Why do you still need lists? "Your brain hangs onto things and that creates stress," says Johnson. "Instead, empty your head by making a list. One bonus is that you'll sleep better." Lists can take many forms, from a master task list to "ideas for later" to a daily list, "the unit where things happen," says Johnson. Be sure to distinguish between projects and tasks.
- **Plan.** "A schedule defends from chaos and whim. It is a net for catching days," wrote Annie Dillard in *The Writing Life*. Sketch out a time allocation plan for your week.
- **Journal.** Even if you think this sounds horrible or have failed at it previously, give it a try anyway. One approach is [morning pages](#), advocated by artist Julia Cameron.
- **Manage your energy.** Do the things you need to in order to maintain your energy, whether that's getting a good night's sleep or going for a walk or making appointments for regular checkups.

### Further resources recommended by Susan Johnson:

*Four Thousand Weeks: Time Management for Mortals* by Oliver Burkeman

*The Artist's Way* by Julia Cameron

[Thrivingamidstchaos.com](http://Thrivingamidstchaos.com), Susan Johnson's website



**Aging Safely in Your Home** The Age Safe America organization estimates that 90 percent of older Americans say they want to age in place in their own home, yet 85 percent have done nothing to prepare their homes for safety.

Thirteen TRAIL members recently learned how to make their homes safer during a TRAIL educational event held at Lowe’s on January 17. In partnership with AARP, Lowe’s offers Livable Home Services that can help users analyze their home’s needs. Whether you use that service, consult with an aging-in-place specialist, or do it yourself, you can learn more about home safety by reading this AARP article: [Home safety tips](#).

## For a healthier heart, drop the diet soda, add whole milk

February is American Heart Month and here are a few ways to celebrate that will improve your cardiovascular health.

Cut back on diet sodas, especially if you’re a woman. A study from University of Iowa Hospitals and Clinics found that drinking two or more diet drinks a day may increase the risk of heart disease, including heart attack and stroke, in otherwise healthy postmenopausal women. The 2014 study, which analyzed diet drink intake and cardiovascular health in almost 60,000 women, found that those who consume two or more a day are 30 percent more likely to have a cardiovascular event than women who never or rarely consume diet drinks. They were 50 percent more likely to die from related disease.

But you can go ahead and keep drinking whole milk. According to AARP, a recent study showed that consuming full-fat dairy products is actually associated with a longer life. In a 2018 study of more than 130,000 adults in 21 countries, those who ate two or more daily servings of whole-fat dairy had a 22 percent lower risk of heart disease and 34 percent lower risk of stroke than those who ate less dairy.

And, of course, there are the usuals: get plenty of aerobic exercise, sleep 6-8 hours a night, and keep stress in your life low to reduce pressure on your heart.

## Money saving idea of the month: Buy Nothing groups

Although these groups may not be the first thing you think of when considering your finances, they are a great way to save money or share the wealth.



**BuyNothing**

Buy Nothing is a worldwide gift economy network where neighbors may ask for something they need or they may gift something

they no longer need.

“This is one of the great ways to easily reduce, reuse, and recycle items among your neighbors,” says Affiliate member Lesanne Fliehler, who has participated in her neighborhood group for several years. “I will often ask for an item before shopping for it, and when we downsized in 2021, I would offer items before giving to Goodwill or a consignment shop.”

To find your neighborhood group, download the Buy Nothing app and search for the name of your city or open Facebook and search “Buy Nothing (name of your city).”

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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 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](mailto:info@trailofjohnsoncounty.org).

[2023 Winter Alzheimer's Education Series](#) (via Zoom)

Sponsored by the Alzheimer's Association and others. Time: noon to 1 PM

Wednesday, February 15: Effective Communication Strategies

Wednesday, February 22: Dementia Conversations

Wednesday, March 1: Understanding & Responding to Dementia-Related Behaviors

[Black History Month Virtual Book Discussion: "Passing" by Nella Larsen](#) (via Zoom)

Thursday, February 16, 7 to 8:30 PM

[The World of Tea: Advanced Class](#) (via Zoom) \$

Friday, February 17, 10 to 11 AM

*Presented in partnership with the Iowa City Senior Center*

[Beadology Earrings Workshop](#) \$

Friday, February 17, 2 to 4 PM

Beadology, 355 South Clinton Street, Iowa City

[AARP's Movies for Grownups Awards](#) (on PBS, [PBS.org](https://www.pbs.org), and the PBS video app)

Friday, February 17, 8:30 to 10:30 PM

[Johnny Cash: 1968 Folsom Redemption Exhibit Hoover Presidential Library Tour and Lunch](#) \$

Monday, February 20, 10 AM to 12:30 PM

Hoover Presidential Library and Museum, 210 Parkside Drive, West Branch

[Book Club Read Together: "Trust" by Hernan Diaz](#) (via Zoom)

Monday, February 20, 1 to 2 PM

[Private Textile Viewing and Tour at the Stanley Museum of Art](#)

Tuesday, February 21, 10 AM to 12:30 PM

Stanley Museum of Art, 160 West Burlington Street, Iowa City

["Protector of the Poor": Iowa's Poor Farms and Midwestern Social Welfare](#) (via Zoom)

Wednesday, February 22, noon to 1 PM

[Come On Over for Coffee](#)

Friday, February 24, 9 to 10:30 AM

Home of Barb Stein, Iowa City

[League of Women Voters 2023 Legislative Forum](#)

Saturday, February 25, 9:30 to 11:30 AM

Iowa City Senior Center Assembly Room, 28 South Linn Street, Iowa City

[Are You Ready to Downsize? Insight & Tips from Downsize4U Owner, Karrie Kraig](#) (via videoconference)

Tuesday, February 28, 1 to 2 PM

[Member Happy Hour](#) \$

Tuesday, March 7, 4:30 to 6:30 PM

Orchard Green, 521 South Gilbert Street, Iowa City

[TRAIL Book Club](#)

Thursday, March 9, 1:30 to 3 PM

Location TBD