



Standing room only for Janet Schlapkohl

TRAIL's October 10 community-wide event exceeded all expectations, especially when it came to audience size. An over-capacity crowd squeezed into Schwab Auditorium at the Coralville Public Library to hear Janet Schlapkohl's uproarious monologue about aging and so much more, from elderly cats and swimming raccoons to cell phone woes. Guests also thoroughly enjoyed the lively music of Mektoub (Daniel Gaglione, Ryan Smith, John Rapson) and a post-performance dessert reception.



Deepest thanks to our tireless volunteers and to our generous event sponsors Lensing Funeral & Cremation Service, Helping Hands & More, and MidWestOne Bank.



Next time: A bigger hall!



TRAIL Full members: If falling leaves are piling up in your yard and you just can't get to them—or just don't want to—remember that you can ask for the help of TRAIL volunteers. They are happy to handle seasonal chores like raking leaves or clearing flower beds. Just call the TRAIL office at 319-800-9003 to make your request.

Tips from the Falls Prevention Fair

TRAIL members attending the Falls Prevention, Health and Resource Fair in September at the Kirkwood Regional Center learned more about falls and tips for preventing falling.

Fear of falling is among the top 10 concerns of adults as we age, and for good reason. Check out these facts from the National Council on Aging:

- ★ One in four Americans 65 and older falls each year
- ★ Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults
- ★ Half of all falls happen at home, with the bathroom being the most common place, followed by the kitchen and stairs

Things you can do to prevent falls:

- ★ Review your risk of falling and medications with your health care provider
- ★ Have your vision checked
- ★ Exercise to improve balance and strength

Make your home safer:

- ★ Remove things you can trip over (small throw rugs, boxes, etc.)
- ★ Install grab bars in strategic locations in the bathroom
- ★ Use non-slip mats on tub/shower floor
- ★ Improve lighting in your home

You can learn more about falls and fall prevention at:

Iowa Department of Public Health
idph.iowa.gov/falls-prevention/resources

National Council on Aging www.ncoa.org

Yarning Group bonanza: a birthday gift and a happy member

This year Margaret Felling got exactly what she needed from TRAIL's monthly Yarning Group: moral support.

Ten years ago Margaret set out to knit a sampler afghan for her son's 45th birthday. The afghan required 20 blocks featuring a variety of knitted stitches. But after Margaret completed 14 blocks, she stalled on the project and decided to put it away for a while.

Margaret and her husband, Chuck, had been TRAIL members for about a year when the Yarning Group caught her eye, and she began attending in September 2018. She hoped it might spur her to finish the afghan and indeed it did. "They gave me so much encouragement," says Margaret of the group members. In fact, group members showed Margaret how to join the knitted blocks together and add a decorative edge. Happily, Margaret (pictured at right holding her afghan) finished the project this year in time for her son's 55th birthday.



With great-grandchildren joining the Felling family, Margaret has been busy knitting baby blankets. She also does small mending projects and donates the money she earns to the St. Anthony's Bread fund at St. Mary's Catholic Church. Margaret has even increased her commitment to TRAIL by becoming a volunteer driver, primarily on the east side of Iowa City where she and Chuck make their home.

Thanks to our October newsletter sponsor

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TRAIL by the numbers

We measure TRAIL's success by many qualitative measures, thanks to your helpful feedback about how well we're serving our members, engaging our volunteers, using our vendors, and stewarding our donors. But we look at hard numbers, too. Here are some pertinent statistics, all as of late September 2019:

Total members
215

New members in 2019
42

Service volunteers
44

Prescreened vendors
41

Donors
325

The Donors category is a good reminder that our 2019 annual fund campaign will get under way soon. Join us at trailofjohnsoncounty.org/support. Thanks for helping TRAIL grow!

Bridging the age gap

Bruce Teague, TRAIL volunteer, donor, and founder of TRAIL prescreened service provider [Caring Hands & More](#), is about to introduce something new: a Multi-Generational Center providing both child care and adult day services in a single facility.



“We feel there’s a gap in our community when it comes to connecting the generations,” Bruce says. “Families with young children are moving to the area without grandparents or other relatives nearby. At the same time, we have many older residents whose adult children and grandchildren live far away.”

Studies show that active, involved adults with intergenerational connections report less depression, better physical health, and better life satisfaction, he explains. “We believe this new facility will create opportunities for younger and older generations to learn and grow together.”

The center’s grand opening will be held on Tuesday, October 22, from 4:00 to 6:00 PM at 1552 Mall Drive in Iowa City. The public is encouraged to attend.

Can Shed: Where it makes cents to recycle

Did you know that your empty cans and bottles can help support TRAIL? Just take your redeemable containers to the Can Shed, located at 611 Hollywood Boulevard in Iowa City. Before the staff counts the containers, tell them that you want the proceeds to go to TRAIL of Johnson County. The staff will provide you with an invoice; just sign it and write “TRAIL” on the top. The Can Shed will send a check to TRAIL quarterly for the amount donated.

Full TRAIL members, ask for a volunteer to deliver your containers to the Can Shed if you prefer.

Many thanks go to David Rust for making this possible.

For complete redemption details, visit www.canshed.com.

Moving or downsizing? Here’s a new option for parting with your goods

Houses into Homes is a local not-for-profit group that provides beds, furniture, and household goods to families and individuals who are in need or who are transitioning out of homelessness. In just two years, the group has aided 702 community members referred by local service agencies.

If you have such items that you no longer need, consider Houses into Homes—your goods go directly to community members in need. They can be dropped off or a pickup can be requested (for a monetary donation) in Iowa City, Coralville, and North Liberty.

Houses into Homes is entirely volunteer run, and volunteers are not able to respond immediately to pickup requests; please be patient!

For more information, visit housesintohomes.org or call or text 319-435-1075.

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

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 (\$).

NOTE: The TRAIL Office will be closed on Monday, November 11, in observance of Veterans Day.

[Technology SIG \(Special Interest Group\)](#)

Thursday, October 24, 1 to 3 PM

Panera Bread, Iowa City Marketplace, 1646 Sycamore Street, Iowa City
Members can share tech experiences, successful or not, in this informal group.

[Campfire Gathering at Macbride Nature Area](#) \$

Thursday, October 24, 5:30 to 8 PM

Meet at Waterworks Park, North Dubuque Street, just north of I-80
Please bring a dish to share, beverage, lawn chair, and flashlight. Precooked hot dogs, fixings, tableware, and ice for beverages will be provided.



[Temari Class](#) \$

Sunday, October 27, 12:30 to 3:30 PM

Coralville Public Library, Meeting Room B, 1401 5th Street, Coralville

Temari is the Japanese art of wrapped and embroidered thread balls. Class will include time for wrapping and stitching your own Temari ball.

[High Tea in Amana](#) \$

Saturday, November 2, 1 to 2:30 PM

Zuber's Homestead Hotel, 2206 44th Avenue, Homestead
This afternoon tea will include savories and sweets, the fine points of tea etiquette, and storytelling. TRAIL members are welcome to invite a friend.

[Lunch and Exhibit Tour at the Figge](#) \$

Tuesday, November 5, 11 AM to 4 PM

Figge Art Museum, 225 West Second Street, Davenport
Enjoy a tour of "Rose Frantzen: Portrait of Maquoketa and the Storytelling Tree." The exhibit includes portraits of 180 Maquoketa residents and illustrations from "The Storytelling Tree," a children's book by Chuck Morris.

[Dine Around: Lunch at Mirabito's Italian Restaurant](#) \$

Saturday, November 9, 11:30 AM to 12:30 PM

40 Sugar Creek Lane, North Liberty
This lovely locally owned restaurant features soups, salads, pasta, and pizza.

[Festival of Trees and Holiday Market](#) \$

Saturday, November 9, 1:30 to 3 PM

Double Tree Hotel, 350 First Avenue NE, Cedar Rapids
Enjoy beautifully decorated trees and live music!



[TRAIL Volunteer Orientation](#)

Tuesday, November 12, 4 to 5 PM

Hills Bank, 140 South Gilbert Street, Iowa City

[Englert Theatre Tour](#) \$

Wednesday, November 13, 10 to 11 AM

Englert Theatre, 221 East Washington Street, Iowa City
A behind-the-scenes tour of a building with a fascinating history.

[Dine Around: Lunch at Baroncini Ristorante](#) \$

Wednesday, November 13, 11:30 AM to 1 PM

104 South Linn Street, Iowa City

[New Member Orientation](#)

Thursday, November 14, 2 to 3:30 PM

Home of Marty Fields, 2141 Plaen View Drive, Iowa City