



Independence. Time. Friendship.

Full TRAIL Members Lori Popp and Cheryl Hetherington knew TRAIL volunteer Dave Keeley could provide help with transportation, but none of the three realized there would be other, even more valuable, benefits.

For Lori, who had suffered a life-altering brain injury following a stroke, it was **independence**. “I had been an active, independent person but when I got home from the hospital, I depended on Cheryl for everything. So, when I could schedule my own ride, it was HUGE. As minor as it sounds, it was absolutely thrilling to me.”

For Cheryl, Lori’s partner of 38 years, it was **time**. With Dave driving Lori to many of her medical appointments, Cheryl had time for her own “self-care” so she could be a better caretaker for Lori. “I thank Dave for time. The time I get to attend yoga class, see friends, do chores and errands, or take a walk.”

For Dave, who has volunteered with TRAIL for about a year, it was **friendship**. “When I was looking for a volunteer opportunity, I read about TRAIL’s mission and thought ‘That’s it!’ I can help folks with lots of different needs. Turns out making new friends has been the most joyful part of volunteering.”



Above, from left: Dave Keeley, Cheryl Hetherington, and Lori Popp listen to Liz Swanson, TRAIL Fundraising Committee Chair. The trio told their story at the TRAIL Donor Appreciation Reception, October 30.

Many thanks to sponsors MidWestOne Bank (Premier Sponsor), Blank & McCune Real Estate (Event Supporter), and Mike Margolin (Event Sponsor).

Above, Lori Popp relates her gratitude for TRAIL volunteer services to those attending the donor appreciation event.

*“I am grateful for what I am and have.
My thanksgiving is perpetual.”*

Henry David Thoreau

Reflections from the VtoV Conference

By Sue Mellecker, Member and Volunteer Services Coordinator

On a beautiful September weekend in Chicago, I was fortunate enough to attend the 11th annual Village to Village Network's National Village Conference. The Village Movement started 15 years ago as a grassroots effort with a mission to provide a strong, local community that offers its members new opportunities to age successfully. Today there are over 200

established villages, with more than 150 in development, in 45 states and the District of Columbia. We are so fortunate that TRAIL of Johnson County is one of these villages!

The conference enables this network of villages to come together to learn, share, and acquire important knowledge about age-related issues. Interacting with other villages gave me the opportunity to hear ideas to expand membership programs, enhance volunteer opportunities, and strengthen leadership teams. This networking helps strengthen TRAIL as an organization, ultimately providing more opportunities to our valued members. It also allows TRAIL to help mentor other developing villages!

We are so fortunate not only to have TRAIL as a local resource in Johnson County, but also to be part of a national network that connects us with resources, education, and expertise. Thank you to the TRAIL Board for allowing me to attend the conference!



Grant boosts Supported memberships

TRAIL is committed to serving older adults throughout Johnson County, regardless of income. Thanks to a generous grant from the [Community Foundation of Johnson County](#) (CFJC), TRAIL will be able to welcome more members to its Supported Membership Program (SMP). The SMP makes Full TRAIL memberships available at reduced cost to individuals and households meeting low-income guidelines.

Earlier this year, the TRAIL Board of Directors set an ambitious goal: to grow the SMP so that the percentage of Supported Full members is roughly equivalent to the percentage of Johnson County households age 65+ with incomes in the target range. About 40 percent of the local 65+ population meet that criteria. Our hope is that over the next three years, the economic diversity of the TRAIL member community will reflect the economic diversity of the community at large.



The funds provided by the CFJC grant will enable TRAIL to make significant progress toward its Supported memberships goal. We will recruit up to seven additional Supported members by June 30, 2020, and aim for more than 20 Supported members by the end of next year.

TRAIL Board of Directors Chair Michelle Buhman and Executive Director Hillary Ramaker attended the CFJC grant awards luncheon in October (*photo above*), and expressed TRAIL's thanks for the foundation's commitment to serving all segments of our community.

We also wish to express our gratitude to [MidWestOne Bank](#) and [Veridian Credit Union](#), both of which provided generous funding for TRAIL's Supported Membership Program in 2019.



Thanks to our November newsletter sponsor

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Keep winter woes at bay with good car care

Old Man Winter has arrived with a vengeance, so it's important to keep your vehicle weather-ready. Here are some must-dos:

- ★ Keep the battery in good shape because frigid temperatures are hard on it. Test it yourself or have it done at a service station.
- ★ Replace the wiper blades; they wear out quickly.
- ★ Check the oil; it will thicken in cold weather.
- ★ Consider new tires or winter tires and keep them properly inflated.
- ★ Clear your windows completely when it snows and make sure all interior & exterior lights are working.
- ★ Put together a winter survival kit for your vehicle; here is a [helpful list of items](#).



All TRAIL members can access a list of prescreened auto service providers on the [TRAIL website](#).

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 Thursday and Friday, November 28 and 29, for the Thanksgiving holiday.

[Living Well: It's A Piece of Cake](#)

Wednesday, November 20, 1:30 to 3:30 PM

Coralville Public Library, Meeting Room A
1401 Fifth Street, Coralville

There's a whole new world of options for ordering food and groceries online, and you may be stumped by them. In this Living Well session, TRAIL Executive Director Hillary Ramaker will give you a guided tour of many new options and show how they might be helpful.

[TRAIL Yarning Group](#)

Thursday, November 21, 1:30 to 3:30 PM

Home of Barb Stein, 1951 Hannah Jo Court, Iowa City

[Moviegoers' Matinee: "It's A Beautiful Day in the Neighborhood" \\$](#)

Tuesday, November 28, noon to 2:30 PM

Marcus Sycamore Cinema, Iowa City Marketplace

Tom Hanks portrays Mister Rogers in this timely story of kindness triumphing over cynicism, based on a real-life friendship. Please register for the film and you will be contacted with the exact start time of the film. Open to TRAIL members and their invited guests.

[Medical Advocacy Training \(TRAIL volunteers only\)](#)

Monday, December 2, 1 to 2 PM

Hills Bank and Trust Community Room, 1401 South Gilbert Street, Iowa City
Training will be led by Lori Ziegenhorn, PA, with time for discussion.

[Member Happy Hour \\$](#)

Tuesday, December 10, 4:30 to 6 PM

Orchard Green, 521 South Gilbert Street, Iowa City

Do you have friends who are interested in TRAIL? This is a great opportunity to introduce them to the TRAIL community. During this monthly Happy Hour, you can enjoy casual conversation, drinks, and tasty items from the menu.

[Dine Around: Breakfast at Leaf Kitchen \\$](#)

Wednesday, December 11, 8:30 to 10 AM

Leaf Kitchen, 301 1/2 Kirkwood Avenue, Iowa City

Leaf Kitchen is a favorite locally owned restaurant, with unique menu items.

[TRAIL Volunteer Orientation](#)

Saturday, December 14, 10 to 11 AM

Hills Bank, 1401 South Gilbert Street, Iowa City

TRAIL volunteers can set their own schedules and perform the tasks they most enjoy. (Note: Volunteer drivers are the greatest need.)