



Four new members join TRAIL Board

TRAIL of Johnson County welcomes four new members to its Board of Directors this year. The 13-member Board meets monthly and is responsible for overseeing and carrying out the business of TRAIL and fulfilling the mission of the organization. The new Board members are featured at right:

Vincent Gaffney, Coralville, Trust Officer, Hills Bank and Trust Company



Gaffney says his interest in TRAIL comes through the real need he sees in his work for services to assist those who wish to age in place. “I am happy to join the Board and to contribute to the work already being done to support vibrant, cohesive, diverse, and multigenerational neighborhoods in our community,” he says.

He holds undergraduate and law degrees from the University of Iowa, serves on the board of the Cedar Rapids Area Estate Planning Council, and is a past board member of the North Liberty Kiwanis.

Peggy Mills, Iowa City, Professor of Russian, University of Iowa

Mills views service on the TRAIL Board as a way to promote healthier living among the aging population in our community. “I believe TRAIL has done absolutely remarkable things in barely three short years,” she says, “including assembling a distinguished group of Board members. I am humbled to be able to serve with them.”



Still an active UI faculty member, involved in both teaching and research, she is equally passionate about the area in which she received a master’s degree in public health in 2005—community and behavioral health. She has also volunteered with Mercy Hospital, Iowa City Hospice, and Table to Table.



Marlea O'Brien, Iowa City, retired

O'Brien says, “I deeply believe in the mission of TRAIL, which works because of the care and energy of so many people. Serving on the Board allows me to connect with those who implement the mission and support the growth of the organization.”

Prior to retiring, she was the research manager of the UI’s Child Language Research Center, a large, interdisciplinary and multi-institutional laboratory. She volunteers with the Iowa City Community School District and University of Iowa Hospitals and Clinics.

Dottie Persson, Iowa City, retired

Persson says her interest in “exploring and implementing programs that help the 65+ successfully age in their homes for as long as possible,” led her to join the Board. “I want to network with other groups, organizations, and government agencies that pursue agendas or policies that impact successful aging.”



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New Board members continued

Prior to retiring, Persson was a University of Iowa librarian and adjunct assistant professor in the UI College of Education. She is an active volunteer for Shelter House, the UI Institutional Review Board, the American Library Association, and the League of Women Voters.

The four will each serve a three-year term and succeed retiring TRAIL Board members and founders Charlie Anderson, Maggie Elliott, Linda McGuire, and David Rust, all of Iowa City.

In addition to those noted above, other members of the 2020 Board of Directors, with officers noted in parentheses, are: Michelle Buhman (past chair), Iowa City; Marty Fields, Iowa City; Beth Beadle Legue (treasurer), Iowa City; Diana Lundell (secretary), Coralville; Susan Shullaw (chair), Iowa City; Joy Smith, Iowa City; Barb Stein, Iowa City; Elizabeth Swanson, Iowa City; and Alex Taylor (chair-elect), Coralville. Learn more about our Board members [here](#).



Travel in comfort

If you're heading to Cedar Rapids, let someone else do the driving—on the 380 Express, that is.

All coaches are equipped with free WiFi, 110 volt power outlets and USB ports, restrooms, reclining seats with 3-point seats, and wheelchair lifts. The 380 Express is managed by the East Central Iowa Council of Governments and operated by Windstar Lines.

For information about stops, schedules, tickets, and more, visit 380Express.com.

Medical Advocacy Program available for Full TRAIL members

Full TRAIL members may now request the services of a Medical Advocate, a specially trained TRAIL volunteer. To help you navigate your health care appointments, you'll form a supportive relationship with the volunteer, who can help you in many ways:

- ❖ Meet with you to prepare for physician visits
- ❖ Help you fill out forms and formulate questions for your health care provider
- ❖ Accompany you to same-day procedures that do not require more than local anesthesia nor home care/attendance after the procedure
- ❖ Provide transportation to and from medical appointments
- ❖ Attend physician visits with you and take notes during the appointment
- ❖ Cue you to ask the physician for clarification or speak on your behalf if you desire
- ❖ Help you to remember information learned at the visit
- ❖ Assist with scheduling follow-up appointments
- ❖ Review and leave you with the notes taken by the Medical Advocate volunteer during the health care visit



"As a patient, health care provider and an advocate, I always feel four ears are better than two at a health visit," says Lori Ziegenhorn, PA.

"As a patient, health care provider and an advocate, I always feel four ears are better than two at a health visit," says Lori Ziegenhorn, PA, who conducted TRAIL's Medical Advocacy training in December. "It is easier to focus on what is being said to you if someone else is with you to take notes and is helping you remember all your questions and concerns."

For other specifics about how the Medical Advocacy Program can help Full TRAIL members, call Sue Mellecker in the TRAIL office at 319-800-9003. If you're interested in becoming a TRAIL Medical Advocate volunteer, we'd love to hear from you, too.

Thanks to our January newsletter sponsor

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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, January 20, in observance of Martin Luther King, Jr. Day.

[TRAIL Yarning Group](#)

Thursday, January 16, 1:30 to 3:30 PM
Joann Fabrics' classroom, Iowa City Marketplace, 1676 Sycamore Street, Iowa City
A monthly gathering of knitters and crocheters, with all skill levels welcome. We enjoy visiting, making hats and other creations for charitable causes, and using up leftover yarn. Newcomers welcome!



[Dine Around: Lunch at Los Agaves Mexican Grill \\$](#)

Monday, January 20, 11:45 AM to 1 PM
Los Agaves (Iowa City location), 2208 N. Dodge Street, Iowa City
Join other TRAIL members for a warm lunch in a friendly atmosphere. The menu includes fajitas, salads, burritos and much more. Free parking available.

[Great Books of 2019](#)

Thursday, January 23, 3:30 to 4:30 PM
Coralville Public Library, Lower Level Meeting Room, 1401 5th Street, Coralville
This hour will be filled with suggestions for good reading in the new year. Laura Crossett, head of Adult Services for the library, will share titles that she recommends, and she invites participants to share their own favorite titles as well. Free parking available.

[TRAIL Volunteer Orientation](#)

Saturday, February 8, 10 to 11 AM
Hills Bank, 1401 S. Gilbert Street, Iowa City
Set your own schedule and choose the tasks you prefer when you become a TRAIL volunteer. (Volunteer drivers are the greatest need, particularly for members with recurring medical appointments and other continuing commitments.)



[Let's Make Some Valentine's Goodies](#)

Tuesday, February 11, 1 to 3 PM
Home of Lorraine Bowans, 925 Barrington Road, Iowa City
Come craft some sweet treats for your family and friends—making candy and decorating cookies. No cooking experience necessary! A TRAIL sign will be posted in the front yard; there are two small steps into the house.

[TRAIL Book Club](#)

Thursday, February 13, 1:30 to 3 PM
Panera at Iowa City Marketplace, 1646 Sycamore Street, Iowa City
Come enjoy coffee and good conversation about a different book each month. New members are always welcome!

Here's another date and time for your calendar: Monday, February 3, 7 PM. It's the **Iowa Caucuses**. If you plan to take part in either a Democratic or Republican caucus, be sure to check your caucus location and other details online: [Johnson County Auditor](#)

