



Want to **paint** your own wine glass this month?
See page 2.

Happy New Year!

Michelle Buhman
Chair, TRAIL Board of Directors
Michelle@trailofjohnsoncounty.org

As the incoming chair of the TRAIL Board of Directors, I first want to welcome our new board members (see page 3) and to thank Maggie Elliott for her outstanding work as board chair in 2018.



For those of you who do not yet know me, let me tell you a little bit about myself. I have lived in Johnson County all my adult life. I have a degree in business management and organizations from the University of Iowa and a master's in gerontology from Iowa State University. Since 1997 I have worked at the Iowa City/Johnson County

Senior Center, where I have my dream job of creating programs and activities. I currently serve on the Johnson County Livable Community Policy Board and the University of Iowa's Aging and Longevity Studies Advisory Board, and I am a certified Honoring Your Wishes Facilitator.

I have been married to my best friend, Craig, for 24 years and we have one spoiled cat named Isabella. Outside of work I enjoy spending time with family and friends, creating glass artwork, and having new experiences.

I am looking forward to working with the TRAIL Board of Directors in 2019 to exceed the expectations of our members, volunteers, donors, and vendors, and to build a strong organization that will serve our community well into the future.

Living Well recap Staying safe on icy sidewalks

Last month's Living Well presentation about "Walking (Safely) in a Winter Wonderland" was timely and well received. During an informative and interactive hour, presenters Chris Nichols of Care Pro Home Medical and Julie Damiano of Progressive Rehabilitation Associates shared some solid advice for slippery conditions.

In icy weather, Chris and Julie suggest you "walk like a penguin":

- ❖ Short, shuffling steps
- ❖ Feet a bit farther apart with toes pointed slightly out
- ❖ Keep your trunk over your legs, i.e., body weight slightly forward
- ❖ Knees should be slightly bent for a lower center of gravity
- ❖ Arms out to the side for increased balance



The presenters also reviewed some of the clothing and equipment that can help keep you safe when walking on ice and snow, and shared some pertinent materials from the Department of Environmental Health and Safety at Iowa State University. To access these tips for walking safely and more, visit www.ehs.iastate.edu/weather/

Martin Luther King, Jr. Day • January 21



What are we going to do with all our stuff?

Mary Lea Kruse knows her stuff, and when it comes to parting with it, she knows just what to do: she sells, consigns, or donates it.

“Families don’t often have kids living down the street anymore, so your children may need to fly in from California to help with downsizing,” she says, “Get a start on finding that second use for items you aren’t using or haven’t gifted to your family. If you donate it, at least it is going to a great cause and not into the trash.”

Mary Lea has taught programs at the Iowa City/Johnson County Senior Center on just this topic, and she has created listings of local agencies that may just take some items off your hands.

- * **Household items** can be donated to the Iowa City Restore and Furniture Project (pickup service available for large loads), Crowded Closet, or Shelter House.
- * **Clothing** can be sold on consignment at Stuff, Savvy Boutique, or Revival. Plus, you may find local theatrical companies may be interested in your vintage (pre-1960s) items, too.
- * **Personal toiletries**, such as unused cosmetics, soaps, and hand lotions, can be donated to Shelter House and the Domestic Violence Intervention Project (drop off at Gloria Dei Lutheran Church).
- * If you own **antiques**, consider selling them through antique stores and consignment shops like Art Mission, Sweet Living Antiques, or Houseworks.

TRAIL has offered educational sessions on this topic in the past, and it may be offered again. Check the TRAIL Calendar of Events for current educational programming.

Don't let winter keep you home

The events below are for TRAIL members only. If you would like to join TRAIL, please contact the TRAIL office or visit www.trailofjohnsoncounty.org/membership.

Please register in advance for any of these events.

Dine Around: Lunch at Encounter Cafe

Wednesday, January 16, 11 AM to 12:30 PM

Encounter Cafe offers great comfort food and all-day breakfast. Members pay their own charges.

Yarning Group

Thursday, January 17, 1:30 to 3:30 PM

Coralville Public Library, Meeting Room B
1401 5th Street, Coralville (Note: Donations of unused yarn are welcome!)

TRAIL office closed • Monday, January 21

New Member Orientation

Tuesday, January 22, 3:30 to 5 PM

Home of Mary Stein, 2171 Port Talbot Place, Coralville

Wine Glass Painting Workshop

Wednesday, January 23, 1 to 2:30 PM

Home of Ann Romanowski, 502 Woodridge Avenue, Iowa City

Join us for a fun-filled afternoon as Diane Dalton instructs us in hand-painting a beautiful wine glass. (Photo for illustration purposes only.) You don't need to be an artist to create a fabulous wine glass and have a great time in doing so. Diane will provide step-by-step instructions; all supplies and wine glasses will be provided free of charge. It's an opportunity to gather with fellow TRAIL members, be creative, learn a new skill, and take home a lovely memento! **Registration required by January 22.**



Living Well: Some Great Books of 2018

Thursday, January 24, 3:30 to 4:30 PM

Coralville Public Library, 1401 5th Street, Lower Level Meeting Room

This hour will be filled with reading suggestions for the new year from Laura Crossett, head of Adult Services for the library. Feel free to share a title that you have enjoyed as well!



Book Group

Thursday, February 14, 1:30 to 3 PM

Panera at Iowa City Marketplace

We enjoy good coffee and lively discussion! New members welcome. Please contact David Rust for details:

david@trailofjohnsoncounty.org

In addition to new board member **Kim Bergen-Jackson**, profiled in the *TRAIL Guide* in October, **these individuals join the TRAIL Board of Directors** this month. We're pleased to introduce them here.

Beth Beadle Legue, Treasurer



A native of Solon, Beth Beadle Legue graduated from Knox College with a major in political science and a minor in economics, and earned her J.D. from the University of Iowa College of Law in 2012. She and her husband, Nate, and their children live in Iowa City.

After a short time in private practice, Beth worked for First National Bank in Muscatine until September 2018, when she joined the Trust Department at MidWestOne Bank in Iowa City.

"I've always wanted to use my law degree to help others," Beth says. Her position at MidWestOne fulfills that aspiration.

"I enjoy working in the Trust Department. It's challenging, because many of our clients are undergoing major life transitions," she explains. "Such changes can be difficult, but I know that with the right information and resources, we can help make those transitions easier."

Beth was attracted to TRAIL because "we serve similar audiences," she says. Her position on the board—and as TRAIL's new treasurer—allows her to further extend her professional expertise in service to others.

Barb Stein

Barb Stein likes being part of organizations where people work toward a common goal. That's why she became an Affiliate member and volunteer with TRAIL when it launched in April 2017.

After hearing about TRAIL from friend Charlie Anderson, the former school librarian was hooked. She has "totally enjoyed" serving on the Social/Educational Committee, helping to plan many events for TRAIL members, and also provides transportation as needed for Full members. Beginning this month, she will chair the committee and joins the Board of Directors.

"I am looking forward to becoming more involved. From what I see and have experienced everyone does their part to make TRAIL a great organization—that commonality of mission is important," she says.

Barb has lived in the Iowa City area since attending the University of Iowa. She retired from the Iowa City Community School District in 2005 after 35 years, and worked part-time for James Investment Group, and in the children's section of Prairie Lights. She is enjoying learning about anything that promotes healthy aging.



Liz Swanson

Liz Swanson and her husband, local realtor Alan Swanson, believe in independent living and staying in their own home. That belief brought them into contact with TRAIL and turned them into supporters from TRAIL's very earliest stages. Liz additionally joined TRAIL's Fundraising Committee and becomes the committee's chair as she joins the TRAIL Board of Directors.

"I'm very pleased to have the opportunity to contribute to advancing TRAIL," she says.

Born in Georgia, Liz has spent most of her life in the Hawkeye State. She holds bachelor's and master's degrees in nursing and a PhD in Student Development and Personnel from the University of Iowa. Her long association with UI includes working for the institution for 44 1/2 years, the majority of that time in the College of Nursing. Liz has taught nursing at the undergraduate and graduate levels, worked in administration and international programs, and done research, and she has also authored a number of articles and books.

Liz and Alan's family includes their son and daughter, both married, two granddaughters, and a third granddaughter happily expected February 1. There's one more family member, too—Annie, their beloved Yorkshire terrier.



Thank you to our January newsletter sponsor!

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