



## TRAIL All-Volunteer Meeting

**Friday, September 29, 11:30 AM to 1 PM**  
**First floor assembly room**  
**Iowa City Senior Center**  
**28 South Linn Street, Iowa City**

Volunteers are the life of TRAIL. Everything we are—direct service to members, committee work, the board of directors—comes from the work of volunteers. Please join with others at this meeting to:

- Meet other volunteers (see who TRAIL really is!)
- Share and learn from each other what is valued most in this organization
- Discuss the boundaries of what volunteers can do
- Offer advice on how we best thank volunteers

Heavy appetizers and beverages provided. Volunteers, we hope you can join us; your engagement is highly valued! Please RSVP by Thursday, September 27, to: [rsvp@trailofjohnsoncounty.org](mailto:rsvp@trailofjohnsoncounty.org)



## Healthy Aging Fair

**Friday, September 22, 9 AM to noon**  
**Kirkwood Regional Center, 2301**  
**Oakdale Boulevard, Coralville**

Come enjoy a tai chi demonstration, free fitness and health screenings, flu shots, light refreshments, and more at this event sponsored by Johnson County Livable Communities.

## Behind the scenes at TRAIL

### Committee volunteers provide many member benefits

Welcome to the second story in a series of articles on the volunteers who work “behind the scenes” to help provide many of the benefits that TRAIL members enjoy, and who also assist paid staff (Executive Director Bob Untiedt and Member and Volunteer Services Coordinator Jessica Hahn) with operational functions such as fundraising, member relations, and volunteer recruitment and training.

About 40 volunteers serve on five core committees, an ad hoc committee for the Life Transition Service, and the board of directors. In addition to the monthly business meetings of the board and committees, the volunteers “do the work” that ensures TRAIL’s viability as an organization.

This installment of the series highlights the work and volunteers of the Membership Committee and Social and Educational Programs Committee.

### Membership Committee

The Membership Committee is ALL ABOUT members—recruiting them, making sure they are happy and appreciated, and retaining them.

Mary Stein has served on the committee since it began in 2017 and among other things spearheaded the first *Senior Housing Guide* and then volunteered to do so again (along with TRAIL Founder Susan Shullaw) for the Summer 2023 version.

“In 2017, as a fairly recent widow, I was drawn to TRAIL because of its mission and to the Membership Committee for its purpose of recruiting new members and ensuring membership satisfaction to support retention,” she says.

Mary notes that the committee extends appreciation to TRAIL members in many ways: sending birthday cards, sympathy cards, and quarterly and/or holiday notes. It also coordinates orientation meetings to ensure new members understand all TRAIL has to offer and hosts socials such as the monthly Member Happy Hour. The committee hosts

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### Membership Committee

Chair, Alex Taylor  
Bob Brooks  
Ellen Heywood  
Paula Laube  
Carrie Z. Norton  
Jim Ruebush  
Kelly Schneider  
Mary Stein

## 'How Do I Want to Live? Making a Care Plan for My Future'

Gone are the days when planning for elderhood simply meant writing a will. As we live longer lives, our lives are also more complicated. In order to stay independent in our decision making and not be rushed should a crisis occur, **good planning is**

**essential.** Advanced care planning brings peace to you and is a great gift to those who love you.

But it can be hard to carve out time to reflect on how we want to live. That's why TRAIL is offering a series of workshops to provide an opportunity to think about what is important, how you want to live, ideas for starting meaningful conversations, and an action plan for making those wishes a reality.

In three related workshops (October 5, 12, and 19 at the Iowa City Public Library), TRAIL will help members explore ways to realize their plans and communicate with their support teams. Although not comprehensive, these sessions are a starting place for some members and a time for others to evaluate the plans they have in place. **Taking part in all three sessions is strongly encouraged.**

Each workshop includes time to reflect, write ideas, share in small groups, and set goals for moving forward. Experienced speakers will share how they have witnessed, either personally or professionally, the outcomes that result from a well thought-out plan and when no plan is in place.

**The time is now, members—reserve your spot today!** Use the links to the TRAIL calendar below or call the TRAIL Office at 319-800-9003.

- ◆ [Workshop 1 \(October 5\)](#): What makes a good plan?
- ◆ [Workshop 2 \(October 12\)](#): Building a team and identifying a proxy.
- ◆ [Workshop 3 \(October 19\)](#): Communicating your plan to the necessary people.

## "Committees" continued

large-scale events too, such as the annual fall Ice Cream Social and recent Senior Housing and Resources Fair.

Committee member Carrie Z. Norton says, "Our meetings are great fun as we brainstorm ideas (some turn out to be no-go's, others are winners). For example, we once thought about offering a 'mattress-flipping Saturday' but only one person signed up. On the other hand, the *Senior Housing and Resources Guide* booklet and information fair were phenomenally successful."

As the "new kid on the block," Bob Brooks brings his experience as a TRAIL service volunteer to the committee. "Providing transportation as a service volunteer, I have gotten to know many members and hear their stories about how TRAIL has helped them. I hope I can bring new ideas and energy to efforts to increase membership and understand the needs of members."

## Social and Educational Programs Committee

Chair Barb Stein says, "Our mission is to build community within the whole membership, to help folks make connections, and to explore all things of interest in our town. We have regular activities like a monthly coffee, Dine Arounds, book clubs, hikes, and wine and cheese gatherings. But we also offer special activities like road trips to area attractions, cooking and decorating demonstrations, museum tours, and visits to other local nonprofit organizations."

Members of the committee host events and come up with new things to try. For instance, new committee member and artist Connie Peterson has brought her passion for all forms of art to the committee, hosting sessions at local artist studios as well as art museum tours.

Long-time committee member Betsy Fischer is fond of hosting salad luncheons on the screened-in porch at her home. Everyone brings a salad, and she provides the cold beverage and dessert.

She says, "I joined the committee after meeting some of its members at a Dine Around lunch and decided it would be fun to work with them. The activities we sponsor help TRAIL members by offering educational events as well as opportunities to socialize and meet others."

**As you learn more** about the committees that make TRAIL thrive, be aware that all committees welcome new members. So, if you have a skill to offer or interest in a committee, please reach out to Jessica in the TRAIL Office, 319-800-9003, to volunteer.

### Social and Educational Programs Committee

Chair, Barb Stein  
Phyllis Black  
Betsy Fischer  
Nancy Husted  
Ana Peterson  
Connie Peterson  
Ann Romanowski  
Susan Spaziani  
Vicki Tardy



*“All the months are crude experiments,  
out of which the perfect September is made.”*

— Virginia Woolf

## Welcome to new TRAIL committee member



Barb Thomas is the newest member of TRAIL’s Marketing and Communications Committee.

Barb is a native of the northwest Pennsylvania town of North East and graduated from Clarion State University.

Her career has been spent in nonprofit marketing and communications, first with a theater company in Chicago and then a technical school in Madison, Wisconsin. She came to the University of Iowa in 2001 and has since held a variety of marketing, communications, and outreach positions in the Tippie College of Business.

She is currently the college’s executive director of outreach events. She worked for many years with current Marketing and Communications Committee chair Lesanne Fliehler, who was a member of Tippie’s communications team before retiring.

Barb and her husband, Michael, live in Iowa City. She has two grown sons, Nathan and Justin.

## ‘Getting Our Legal, Financial, and Health Care Affairs in Order’



You are invited to a public presentation on this topic by Shelly Kurtz, emeritus professor of law at the University of Iowa College of Law, on Thursday, October 26, from noon to 1 PM. This is a great opportunity to learn from an expert how best to handle critical, end-of-life

decisions and instructions. It is cosponsored by TRAIL and the Iowa City Public Library.

To register, visit the [event page](#) on the TRAIL website or call the TRAIL Office at 319-800-9003.

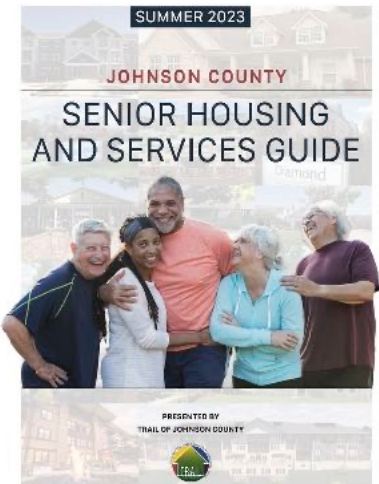
## Updated housing and services guide now available

Sixty pages of information about 30 senior living facilities and 17 home care providers —you’ll find all this in TRAIL’s Summer 2023 edition of the *Senior Housing and Services Guide*.

Senior housing facilities continue to grow in variety and number in Iowa City, Coralville, and North Liberty. TRAIL’s housing guide provides much useful information as older adults and their families make decisions about where and how to they want to age.

Many thanks go to the generous sponsors and TRAIL members who made the guide possible.

To receive your copy of the guide, visit the TRAIL website to [download the PDF](#) or stop at the TRAIL Office, located in the Iowa City Senior Center, 28 South Linn Street, Iowa City. The TRAIL Office is in Room 301.



Thank you to the September–October newsletter sponsor



500 East Market Street, Iowa City  
319-339-0300 or 800-MERCY-IC (637-2942)  
[www.mercyiowacity.org](http://www.mercyiowacity.org)

**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 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 (\$).

Want to attend an event, but need a ride? Call Jessica at 319-800-9003 or email her at [membersupport@trailofjohnsoncounty.org](mailto:membersupport@trailofjohnsoncounty.org).

**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).

**Book Club: The Woman They Could Not Silence** (via Zoom)  
Monday, September 18, 1 to 2 PM

**Author Event: Josh Barman in Conversation with Andre Dubus III** (via Zoom)  
Monday, September 18, 7 to 8 PM

**"Kiss the Ground" Film Screening**  
Tuesday, September 19, 7 to 9 PM  
Iowa City Public Library Meeting Rooms A, B, C, 123 South Linn Street, Iowa City

**Author Reading: Saket Soni, The Great Escape**  
Tuesday, September 19, 7:15 to 8:15 PM  
Prairie Lights Books, 16 South Dubuque Street, Iowa City

**What Happened to Trust in Public Education? Dr. Jean Donham**  
Wednesday, September 20, 1:30 to 2:30 PM  
Iowa City Senior Center Room 302, 28 South Linn Street, Iowa City

**Building Better Birders Two-Day Workshop**  
**Friday, September 22, 7:30 to 10 PM**  
Cangleska Wakan County Park, 4045 245th Street NE, Solon  
**Saturday, September 23, 7 AM to 4 PM**  
F. W. Kent Park, 2048 Highway 6 NW, Oxford

**Visit to the University of Iowa Stanley Museum of Art**  
Tuesday, September 26, 1 to 2 PM  
University of Iowa Stanley Museum of Art, 160 West Burlington Street, Iowa City

**Iowa History 101: How Iowans (Almost) Built the Nicaragua Canal** (via Zoom)  
Thursday, September 28, noon to 1 PM

**Part 1 Fire Safety for Seniors and Part 2 Fire Extinguishers for Seniors**  
Tuesday, October 3, 10 to 11 AM  
Iowa City Senior Center, 28 South Linn Street, Iowa City

**Member Happy Hour \$**  
Tuesday, October 3, 4:30 to 6:30 PM  
Orchard Green, 521 South Gilbert Street, Iowa City

**Diversity, Equity, Inclusion Workshop**  
Wednesday, October 4, 10 AM to noon  
Iowa City Senior Center Room 302, 28 South Linn Street, Iowa City

**Lunch Dine Around \$**  
Wednesday, October 4, 11:30 to 1 PM  
Blackstone's Restaurant, 503 Westbury Drive #1, Iowa City

**New Member Orientation**  
Friday, October 6, 1:30 to 2:30 PM • Home of Connie Peterson, Iowa City

**TRAIL Book Club for Men**  
Thursday, October 12, 1:30 to 3 PM  
Iowa City Market Place, 1660 Sycamore Street, Iowa City, or occasionally TBD

**Cinema Salon**  
Thursday, October 12, 2 to 4 PM • FilmScene at The Chauncey

**Brunch at Iowa River Power Restaurant \$**  
Sunday, October 15, 10 to 11:30 AM  
Iowa River Power Restaurant, 501 First Avenue, Coralville