



Volunteer spotlight Paying it forward

Affiliate Member Lorraine Bowans makes time to volunteer for TRAIL because she knows how important it is to help older adults live safely in their own homes. “My parents needed a lot of services as they aged. Because I was not in the same town, many times it was hard to find the services. Volunteering with TRAIL is my way of paying it forward,” Lorraine says.



Lorraine will host the Nov. 6 Election Day Wine Party. See page 2.

She also developed an affinity for helping older adults through her work. “I delivered mail for 14 years and became the person several seniors saw every day. I also worked 13 years at UI Hospitals and Clinics and came across many seniors who never had visitors during a stay.”

Now, as a real estate agent for Ruhl and Ruhl, she is also a senior real estate specialist and a certified aging in place specialist.

As a TRAIL volunteer, Lorraine has provided transportation, hosted an event, serves on the Social and Educational Committee, and has taught a class. She also does a daily “rise and shine” call with another member to ensure that the member is okay.

Lorraine also volunteers her time to several other local organizations and was recently named to the Policy Board for Johnson County Livable Community. She encourages others to volunteer for TRAIL because it “feels good to help others and you get to meet so many interesting people!”

Only in Iowa Day trip add-ons for museum lovers

This month’s day trip suggests what to do before and after you attend the docent-led tour of the exhibit [“French Moderns: Monet to Matisse”](#) on Tuesday, October 30, at 1:30 PM at the Figge Art Museum in Davenport. (If you can’t attend the members-only event, you can still take this day tour on a day that fits your schedule.)

Within three blocks of the Figge Museum you’ll find the Hotel Blackhawk (200 E. Third St.), which sports a multi-million dollar renovation inside the 1915 historic hotel. Stop for lunch at Bix Bistro or satisfy your sweet tooth at Beignet Done That.

After the Figge tour, take an 11-minute drive to Lagomarcino’s in Moline (1422 5th Ave.). This old-fashioned soda fountain and ice cream parlor has operated for more than 100 years. Satisfy your thirst with a Green River soda. (Did you know this drink was named after the Chicago River, which is dyed green every St. Patrick’s Day?) You might also enjoy the handmade chocolates or a hot-fudge sundae. (In 1915, Angelo Lagomarcino spent \$25 for the hot fudge recipe, which is used to this day.) One of these is sure to have you reminiscing about your childhood in no time.



Should you not be in a hurry to get home, Lagomarcino’s is on U.S. Route 6, the longest U.S. highway, which runs 3,652 miles from Massachusetts to California. Follow the signs home, taking you through West Liberty, Atalissa, and Wilton.



Welcome aboard!

The TRAIL board and staff are pleased to announce that Dr. Kim Bergen-Jackson has become the newest member of the TRAIL Board of Directors.



With more than 30 years' experience at Oaknoll Lifecare Retirement Community in Iowa City, Kim currently serves as Oaknoll administrator. She is known and respected throughout the state as an expert in geriatric care.

Kim developed her lifelong passion for

working with older adults early in life while living with her grandmother. In 1986 Kim was hired as a certified nursing assistant at Oaknoll, and consistently pursued further education while working full time. She earned her RN, BSN, and MSN degrees from 2005 to 2008, and received her PhD from the University of Iowa in 2012.

In addition to being board certified in gerontological nursing by the American Nurse Credentialing Center, Kim is an adjunct assistant professor in the UI School of Social Work and the UI College of Nursing. She has developed a broad knowledge base of aging, long-term care services and supports, and nursing leadership. Her knowledge and experience make her an invaluable addition to our board and an asset to the entire TRAIL community.

"I am excited to participate on the TRAIL board because I am an advocate for seniors and believe in having what you need to live where you want," Kim says. "I love the idea of supporting people in their choices and providing access to services to make those choices a reality."

NOTE: The TRAIL office will be closed on Monday, November 12, for Veterans Day.

Autumn events aplenty with TRAIL

These events 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.

LIVING WELL: Mental Health Check Up

Wednesday, October 17, 10:30 to 11:30 AM

Environmental Education Center, Eastside Recycling Center
Speaker Mary Lu Callahan will shed light on mental health issues and how family members can be most supportive.

Sponsored by James Investment Group.

Dine Around, Big Grove Brewpub

Wednesday, October 17, 12:30 to 2 PM

101 West Main St., Solon

Yarning Group

Thursday, October 18, 2 to 3:30 PM

Home of Vicky Tardy, 4608 Oak Crest Hill Road, Iowa City.

Lunch at Harvest Preserve

Wednesday, October 24, 11 AM to 1 PM, 1645 N. Scott Blvd., Iowa City

Are you intrigued by the large sculptures along north Scott Boulevard? At this lunch event you can learn more about them and all that Harvest Preserve has to offer.



French Moderns: Monet to Matisse

Tuesday, October 30, 2:30 to 3:30 PM, Figge Art Museum, Davenport

This is a docent-guided tour of 60 works from the Brooklyn Museum, focusing on a dynamic period in art history. \$5 admission fee.

Dine Around, Los Agaves

Thursday, November 1, 11 AM to 12:30 PM

2208 North Dodge Street, Iowa City

Election Day Wine Party

Tuesday, November 6, 3 to 5 PM

Home of Lorraine Bowans, 925 Barrington Road, Iowa City

Men's Book Group

Thursday, November 8, 1:30 to 3 PM

Panera at Iowa City Marketplace

LIVING WELL: Food Facts and Fiction

Tuesday, November 13, 10:30 to 11:30 AM

Presentation by Hy-Vee dietitian Lindsey Frisbie, RD, LD. From fad diets to super foods, the media is full of nutrition approaches. How do you sort through it? Learn from Lindsey!
Sponsored by James Investment Group.

Do you have friends or family who are interested in TRAIL?



Executive Director Hillary Ramaker will offer a public information session about TRAIL on Tuesday, October 23, from 10 to 11 AM. It will be held at the Coralville Public Library, meeting room A. It's a chance to learn about TRAIL's mission, benefits

and fees, volunteer opportunities, and affiliation with a national network of more than 200 aging-in-place organizations. *No registration needed.*

A TRAIL membership might be the perfect holiday gift for a loved one this year. If you can't attend the information session and want more information, contact the TRAIL office at 319-800-9003 or visit www.trailofjohnsoncounty.org/membership.

Medicare open enrollment October 15 – December 7

It's time to make sure that your insurance coverage meets your health care and medication needs for 2019. If you need help sorting through the choices, SHIIP (Senior Health Insurance Information Program) counselors can help. SHIIP is a free, confidential service of the State of Iowa; the volunteer counselors do not sell or promote products, services, or agents.

SHIIP counselors are available by appointment at the Iowa City/Johnson County Senior Center (319-356-5220) and Mercy Iowa City (319-339-3658). A new location has been added this year: Mercer Park Aquatic Center. Appointments for this eastside location are available by calling the Senior Center.

Silver screen event shines

More than 80 people were on hand to hear UI Professors Corey Creekmur and Teresa Mangum present "The Silver Screen: Aging through the Lens of Popular Cinema" on October 1 at the Coralville Center for the Performing Arts.

At just over 100 years old, cinema is still a relatively new art form, Creekmur said. During their presentation, he and Mangum gave a tour of aging in film, highlighting common themes. These included aging as a social problem and age as an "unbridgeable gap." They also discussed stereotypes of aging in film, both negative and positive; films that include themes of dementia; and the aging of individuals who had long careers in film, such as John Wayne.

The youth market became especially important in the film world after World War II, they said. But today, "Hollywood doesn't control the narrative anymore," Creekmur said. Companies like Netflix and Amazon have provided new avenues for creative film and TV writers and have broadened their approaches and their audiences.

Many thanks go to [Caring Hands and More](#) for sponsoring this TRAIL event.

➔ Are you looking for good movies to watch? AARP regularly provides suggestions for great viewing and makes annual awards called "Movies for Grownups." AARP announced its [most recent award winners](#)—including *Darkest Hour* and *The Shape of Water*—in February 2018.

Exercise your ballot power

We probably don't need to remind you to vote on Nov. 6, because for most older adults, voting is a lifelong habit. According to the U.S. Census Bureau, 71 percent of Americans over 65 voted in the 2016 presidential election, compared with 46 percent among 18- to 29-year-olds.



It's interesting to look at how our priorities change as we age, and how those concerns are reflected at the ballot box. Beyond preserving programs such as Social Security and Medicare, many older adults also care about "youth" issues that impact adult children and grandchildren. According to AARP, those issues can range from student debt to school safety, gun control, and more.

Whatever issues matter most to you, do your homework: Find out where candidates stand, and look for impartial sources to inform your decision making. Remember that in tight races—and there are many across the state—every vote counts, including yours!

Achieve Better, More Restful Sleep as You Age

By Karen Weeks

According to the National Sleep Foundation, sleep problems [tend to increase](#) as we get older. Fortunately, simple lifestyle changes can help you get better, more restful sleep when you need it the most.

WHAT YOU EAT MATTERS. There are various health reasons to make sure you eat right as you age. But a healthy diet will also promote better sleep.

Guest writer Karen Weeks created [ElderWellness.net](#) as a resource for seniors who wish to keep their minds, bodies, and spirits well.

“Eating healthy and allowing the body to absorb proper nutrients provides the brain with the chemical environment that it needs to produce the neurotransmitters necessary to maintaining adequate sleep,” a sleep medicine doctor [recently told](#) NBC News. A healthy diet is one high in fruits and vegetables, low on processed food, low on fatty red meats, low on sugar, and with a moderate amount of healthy whole grains mixed in.

WHEN YOU EAT ALSO MATTERS. Research studies [have concluded](#) that what you eat matters, but maybe not as much as *when* you eat it. For example, eating late at night can cause heartburn and other sleep-disturbing conditions. It can also mess with your metabolism.

GET SOME EXERCISE. Exercise has been shown to improve sleep quality and can also help you lose weight, which can help with sleep conditions such as [sleep apnea](#). A simple pedometer or fitness tracker can help you keep track of your physical activities.

KNOW IF YOU HAVE AN ACTUAL SLEEP CONDITION. In addition to lifestyle factors, there many medical conditions that interfere with your sleep. These include periodic limb movement disorder, restless leg syndrome, and various “parasomnia” conditions.

Don't be afraid to seek help and talk to your doctor about sleep concerns. Medicare can help cover the costs of sleep studies, medication, and even CPAP machines for better breathing. Extended Medicare [coverage](#) can do even more.

Iowa City says: Leaf it to us!

City of Iowa City employees are planning a “Leaf It To Us!” leaf-raking volunteer day and are looking for Iowa City residents who could use the help. Volunteers will rake and pile leaves at the curb for pick-up. The event is scheduled for **Saturday, November 3, 9 AM to noon.**

If you live in Iowa City and want the assistance, call the Senior Center at 319-356-5220 between 8 AM and 5 PM Monday through Friday. Sign-up **deadline is Friday, October 26.** The city cannot guarantee that all requests will be accommodated. Service will be on a first-come, first-served basis.

Residents whose yards will be raked will be notified prior to Nov. 3. Volunteers will be available to **rake leaves only**; no other chores can be performed. In case of inclement weather, the event will not be rescheduled.



Speaking of autumn chores . . .

With cold weather creeping closer, remember that TRAIL volunteers are available to Full members to help with your winterization to-do list. They can handle chores such as:

- ◆ weatherstripping windows and doors
- ◆ putting up plastic on interior windows
- ◆ disconnecting hoses from exterior faucets
- ◆ replacing furnace filters

To request the help of a TRAIL volunteer, just call the office at 319-800-9003.