



Volunteer spotlight

Recent UI grad bonds with older adults

Recent UI grad Allison Andrews has always been close to her grandfather, Jack Jaeger. A father of six and grandfather of six, he is an avid baker and often mails Allison his baked goods from his home in Chicago.

"I call him on the phone every day," Allison says. "He's great."

This lifelong relationship helped instill in Allison a love of working with older adults. She has volunteered at Oaknoll Retirement Residence since 2015 and she graduated from UI in May 2018 with a degree in psychology, an aging and longevity studies certificate, and a disability studies certificate.



While volunteering at Oaknoll last year, Allison heard a presentation about TRAIL and her interest was piqued. "I liked the fact that TRAIL volunteering is flexible," she says, "and I can pick and choose what I do."

Allison's volunteering has connected her with a TRAIL member who's a longtime season ticket holder for UI women's basketball. The member asked for a TRAIL volunteer to drive her to games and use her second game ticket. Although the member was dubious that anyone would be interested, Allison was among TRAIL volunteers who took up the request, and Allison now says, "We've bonded really well."

Two months ago Allison joined TRAIL's Volunteer Committee and she is reaching out to UI student groups to forge inter-generational connections. Allison can already take credit for one new volunteer recruit: her younger sister, Lauren, a UI sophomore.

Let's be friends

*"Make new friends, but keep the old;
One is silver and the other is gold."*

Remember that song from summer camp? Back then, "old" meant a hand-me-down T-shirt or an aging relative. Now, we are the aging ones, and good friends—both new and old—are precious and increasingly rare.

Sadly, we tend to lose friends as we age. Some move away, some pass away. Some adopt new pastimes in retirement; some devote more time to their families. That's as it should be, but competing interests can leave established friendships behind. And having fewer friends can be bad for our health.

A recent Northwestern University study of "superagers"—individuals who live beyond age 80 with strong cognitive skills—suggests that maintaining positive social relationships contributes to brain health and can ward off neurodegenerative diseases, including dementia.

But let's face it—it can be difficult to make new friends as we age. It takes courage to put yourself out there, and fear of rejection runs deep. That's why TRAIL offers a built-in social network, with member events that make it easier to meet new friends. Here's how to get started:

- * Check the TRAIL calendar frequently and try to attend at least one TRAIL event per month.
- * If you're reluctant to go by yourself, remember to check the Member Directory on the TRAIL member website, where you may find an acquaintance or two to invite. Some TRAIL events are organized by members whose names and contact info are included in each event's calendar listing; feel free to reach out to them as well.
- * If you're a Full member, request a ride from a TRAIL volunteer—you'll meet a friendly face on the spot.

Remember: To make a friend, you need to be a friend. Be a good listener, show a genuine interest in others, find common ground, and stay in touch.

This Valentine's Day, let's celebrate the "silver and gold" friends who bring us laughter, companionship, and better health throughout our lives.



Save the Date

for TRAIL's
2nd Anniversary Celebration:

“Better Together”

Thursday, May 16

4:30 to 6:30 PM

Unitarian Universalist Society
2355 Oakdale Road
Coralville

All TRAIL members, volunteers, donors, and vendors will be invited.

Watch your in-box in April
for more information.

Hope to see you there!

Event spotlight

Next month you can enjoy a TRAIL Dine Around at lunch and then take a short walk to an informative program.

Dine Around: Lunch at Applebee's

Thursday, March 7, 11:30 AM to 12:45 PM

200 12th Avenue Center,
Coralville

Members pay their own charges.

Decorating and Design for Aging in Place

Thursday, March 7, 1 PM

The Mansion, 501 12th Avenue,
Suite 3, Coralville (new location)

Want to know the latest trends in design? Looking for fabrics and style for aging in place gracefully? Interior designers will guide us through furniture design and style—a fun and interesting presentation.

Lots of reasons to get out this month!

The events below are for TRAIL members only. Please register in advance for any of them.

TRAIL office closed • Monday, February 18

New Member Orientation

Tuesday, February 19, 3:30 to 5 PM

Home of Mary Stein, 2171 Port Talbot Place, Coralville. See parking information on TRAIL's online calendar.

Dine Around: Lunch at Maggie's Farm Wood-Fired Pizza

Wednesday, February 20, 11:30 AM to 1 PM

1 University Place, 1308 Melrose Avenue, University Heights
Members pay their own charges.

Yarning Group

Thursday, February 21, 1:30 to 3 PM

Joann's, Iowa City Marketplace

All skill levels welcome!

Volunteer Orientation

Saturday, February 23, 10:30 to 11:30 AM

Iowa City Public Library, Meeting Room B

Registration required by February 22.

Wine Glass Painting Workshop RESCHEDULED

Wednesday, February 27, 1 to 2:30 PM

Home of Ann Romanowski, 502 Woodridge Avenue, Iowa City
Diane Dalton will provide step-by-step instructions in hand painting a beautiful wine glass. All supplies provided free of charge. *Registration required by February 26.*



Birds of Winter

Tuesday, March 12, 1 to 2:30 PM

Conservation Education Center, Kent Park
Hear from a naturalist about birds that winter in this area and visit the bird blind near the center. Binoculars will be available, as will carpooling. See the online calendar for more information.

Member Happy Hour: Reunion Brewery

Thursday, March 12, 3 to 5 PM

516 Second Street, Coralville

Members are welcome to bring guests who are interested in learning more about TRAIL. Members pay their own charges.

Living Well: Some Great Books of 2018 RESCHEDULED

Wednesday, March 13, 3:30 to 4:30 PM

Coralville Public Library, 1401 5th Street, Lower Level
Hear reading suggestions for the new year from Laura Crossett, head of Adult Services for the library. Feel free to share a favorite title of yours! *Sponsored by James Investment Group.*

Book Group

Thursday, March 14, 1:30 to 3 PM

Panera at Iowa City Marketplace

Good coffee and lively discussion! New members welcome.

Contact David Rust for details: david@trailofjohnsoncounty.org

IT'S THAT TIME OF YEAR—yes, it's winter, but it's also movie awards season. If you're like many of us, you've been watching the Golden Globes and Screen Actors Guild winners listings so *maybe* you'll be able to pick the Academy Award winners with a little more success. Whether or not you're into that, there are some great films out

right now that are up for Academy Awards. Pick one up, stream it online, or head to a local movie theater—and enjoy some popcorn, too!

If you'd like to make movie-going part of your social activities throughout the year, join TRAIL's new movie-going group (they saw *Green Book* together last week). Check the [TRAIL calendar](#) for the next opportunity.

MOVIE BUFFS UNITE!

Here are Oscar-nominated films playing locally:

FilmScene—Located on the Ped Mall in Iowa City, this is a nonprofit organization dedicated to enriching the cultural vitality of Iowa City through film. Showing: *Cold War*, plus the Oscar-nominated animated, documentary, and live-action shorts.

www.icfilmscene.org

Marcus Theaters—There are two locations in the area: Sycamore Mall (Iowa City) and Coral Ridge Mall (Coralville). Showing: *Bohemian Rhapsody*, *Green Book*, *If Beale Street Could Talk*, and *Spider-Man: Into the Spider-Verse*. If you missed all films in the Oscar-nominated Best Picture category, there are two days of special showings when you can see them all (February 16 and 23) at Sycamore Mall. (For details: www.marcustheatres.com/theatre-locations/sycamore-cinema-iowa-city)

Netflix—An online subscription service. Showing: *The Ballad of Buster Scruggs*, *Black Panther*, *Roma*, *Solo: A Star Wars Story*, *End Game*, and *Avengers: Infinity War*.

Redbox—Movies to rent for \$1.75 a day. Check redbox.com for locations. Many recent titles available.

Iowa City and Coralville Public Libraries—Both provide free DVD rentals and streaming services. www.icpl.org and www.coralvillepubliclibrary.org.



Ready, set, organize your photos

So, this is the year. The year you are FINALLY going to do something about all those old photos in shoeboxes and albums taking up space and gathering dust in the closet.

Most people do not want to throw away photos that bring back fond memories of family and friends. Fortunately, by digitizing photos you can preserve as many or as few photos as you desire. And, saving space is not the only good reason to digitize photos. Some others are:

- ★ **Better preservation.** Photos will be safe from being destroyed or damaged in household accidents, flood, fire, etc. In addition, for older, fragile photos you can adjust colors, and fix damage—even print copies of the restored pictures on better paper.
- ★ **Better organization.** Once digitized and organized, photos can be searched and found quickly, and information added to the image, like who is pictured and where the photo was taken. Such details can vastly increase the value of your pictures for future generations.
- ★ **More sharing.** Digital pictures can be shared at the click of a button so siblings, children, and other family members can get copies. You can even transform them into new products such as photo books and wall art.

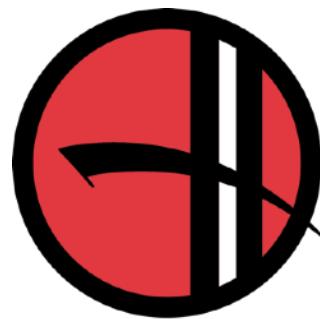
While some TRAIL members may go the “do it yourself” route and use a home scanner to digitize their photos, many may find it more convenient to use a service such as ScanCafe, ScanMyPhotos, GoPhoto, or Legacybox.

There are several good websites for more information on the many options for helping to preserving photos, slides, and even film and videotape digitally, including:

www.makeuseof.com/tag/best-ways-scan-old-photos
www.toptenreviews.com/services/multimedia/best-photo-scanning-services
www.komando.com/tips/464700/best-photo-scanning-services

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