



TRAIL OF JOHNSON COUNTY PRESENTS

Invisibility, elderly cats, and swimming raccoons: AN IRREVERENT LOOK AT AGING AND ITS SURPRISES



**Featuring Janet Schlapkohl,
actor and award-winning
playwright**

TRAIL of Johnson County invites you to enjoy a humorous look at the life changes that come with growing older. Schlapkohl weaves her own experiences as the daughter of aging parents and spouse of a large-animal veterinarian into a funny, edgy, yet loving look at the so-called golden years, tarnish and all.



**Musical prelude by Mektoub
(Ryan Smith, John Rapson,
Daniel Gaglione)**

**Thursday, October 10, 2019
4:30 to 5:30 PM**

**Coralville Public Library Schwab Auditorium
1401 5th Street, Coralville, Iowa**

Doors open at 4:00 PM
Post-performance reception 5:30 to 6:00 PM

Free and open to the public.

Advance registration requested at
trailofjohnsoncounty.org/calendar
or by calling (319) 800-9003.

PREMIER EVENT SPONSOR



EVENT PARTNERS



COME ONE COME ALL! TRAIL's 2019 community event is a must-see. Mark your calendar, invite friends and neighbors, and join your TRAIL community. Let's set a TRAIL attendance record!

"YOU NEVER WANT TO MISS an opportunity to laugh, especially in today's climate," says Janet Schlapkohl, an adjunct assistant professor in the UI Department of Theatre Arts whose plays have been produced in New York City, Nashville, Los Angeles, Colorado, and across Iowa, and who was selected as a 2014 Visionary Playwright by Theater Masters. "This 35-minute monologue is about the foibles and fun of growing older ourselves or witnessing our parents aging and caring for them."

YOU'LL ALSO BE TREATED to the music of Mektoub, a lively jazz trio formed by John Rapson (keyboard), who recently retired as head of the UI Jazz Program. He'll be joined by Ryan Smith (sax, flute), UI graduate and veteran of the Johnson County Landmark Band and other local jazz groups, and Daniel Gaglione (mandole), a native of France and recent Iowa City transplant.

It's great to be back

A note from TRAIL Executive Director
Hillary Ramaker

Hello! I've returned to TRAIL after my maternity leave and it feels great to be back. So many of you reached out with well wishes for my family and me. Thank you for thinking of us and supporting us as we welcomed our new addition, Matilda Jean. We spent much of the summer snuggling the baby and playing in the backyard at our new house. Matilda started at daycare this week, and my son, Evan, started his second year of preschool last week. You can imagine it's been an exciting and busy time.



We're also entering an exciting and busy season for TRAIL. We hope you'll join us for our community-wide event in October, featuring Janet Schlapkohl. The Board of Directors and eight committees are also hard at work behind the scenes adding new vendors to our list of preferred service providers, planning exciting social events, and planning for the addition of new member benefits.

I look forward to reconnecting with many of you this fall. Thanks for your support and happy September!

New technology interest group

Enough TRAIL members responded to last month's newsletter call for those intrigued by technology to start a new TRAIL interest group!

TRAIL's Technology SIG (special interest group) meetings will be held the fourth Thursday of the month at 1 PM at various locations. Check the TRAIL calendar for the September date, location, and topic.

There will be a meeting October 24, but no meetings in November or December of 2019.

Stan Miller is the member contact at smiller52240@gmail.com.

TRAIL members are encouraged to visit the **Falls Prevention, Health & Resource Fair**, Friday, September 20, 10 AM to 1 PM, at the Kirkwood Regional Center, 2301 Oakdale Boulevard, Coralville. *TRAIL will be there too!*

Cutting the clutter

Eighteen TRAIL members gathered August 28 to learn how to deal with paper clutter from experienced organizer Mary Lea Kruse, who provided handouts and shared additional information about:

- ◆ Important documents and how long to retain them—receipts, tax returns, etc.
- ◆ Best places to keep documents—safe deposit box, fireproof box at home for easier access, and/or with attorney, relative, or friend
- ◆ Master checklist—a list of all important documents and where they are located
- ◆ Master log-in and password document—an up-to-date list of log-ins and passwords for all online accounts. Make sure others know where the document can be found in case you become incapacitated.

Audience members also noted that the need to save paper has declined significantly with so many records now stored electronically by banking and investing institutions.

The event was part of the Living Well series, which is generously supported by James Investment Group.

Welcome Alex Taylor to Board

Alex is a native of Iowa City and calls the area home despite having moved and returned four different times. He returned in 2008 and has been active in the community ever since. Alex became aware of TRAIL when it was still an idea on paper and has followed its growth and success with interest and understanding.



"Several parents of friends are now aging actively and independently at home because of TRAIL, so I get it. And selfishly speaking, I want to help ensure organizational success and sustainability so my wife and I can enjoy TRAIL when we become members in the not-so-distant future."

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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 (\$).

[TRAIL Yarning Group](#)

Thursday, September 19, 1:30 to 3:30 PM
Home of Margaret Felling, 825 S. Seventh Street, Iowa City

[New Member Orientation](#)

Thursday, September 19, 3:30 to 5 PM
Home of Mary Stein, 2171 Port Talbot Place, Coralville

[“Women Rowing North” Book Group](#)

Friday, September 20, 10 to 11:30 AM
Home of Nancy Collins, 169 Notting Hill Lane, Iowa City

[Falls Prevention, Health & Resource Fair](#)

Friday, September 20, 10 AM to 1 PM

UI Kirkwood Regional Center, 2301 Oakdale Boulevard, Coralville

This resource-focused fair brings together 45+ area businesses and organizations with services for seniors, with a variety of free screenings offered onsite. *Flu shots also available; bring your insurance card.*

[Moviegoers’ Matinee: “Downton Abbey” \\$](#)

Tuesday, September 24, 12:15 to 2:30 PM
FilmScene at The Chauncey (*new location*), 404 E. College Street, Iowa City

[Turkey Creek Nature Preserve/Bur Oak Land Trust Hike](#)

Wednesday, September 25, 9 to 10 AM
2445 Sugar Bottom Road, Solon (*See TRAIL calendar online for further directions.*)

[Technology SIG \(Special Interest Group\)](#)

Thursday, September 26, 1 to 3 PM
Panera Bread at Iowa City Marketplace, 1646 Sycamore Street
This month’s topic is visual media, including TV, streaming, and more.

[“Women Rowing North” Book Group](#)

Friday, September 27, 10 to 11:30 AM
Home of Nancy Collins, 169 Notting Hill Lane, Iowa City

[High Tea in Amana \\$](#)

Monday, September 30, 1 to 2:30 PM
Zuber’s Homestead Hotel, 2206 44th Avenue, Homestead

[Lunch at Brown Deer Golf Course \\$](#)

Friday, October 4, 11:30 AM to 1 PM
Divots Grill, Brown Deer Club House, 1900 Country Club Road, Coralville

[Autumn Prairie Walk](#)

Monday, October 7, 1:30 to 3 PM
F.W. Kent Park, 2048 Highway 6 NW, Oxford

[Financial and Legal Steps for Protecting Your Home](#)

Wednesday, October 9, 11:30 AM to 1 PM
Iowa City Area Association of Realtors, 847 Quarry Road, Coralville
This event is sponsored by Johnson County Livable Community.

[Living Well: Picture This](#)

Thursday, October 10, 10:30 to 11:30 AM
Environmental Education Center, 2401 Scott Boulevard, Iowa City

[TRAIL Book Club](#)

Thursday, October 10, 1:30 to 3 PM
Panera Bread at Iowa City Marketplace, 1646 Sycamore Street, Iowa City

Welcome Alex Taylor to Board
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Alex currently works at IDx, and with his wife Laura, co-owns Woofables Dog Biscuit Bakery. Married 31 years, they have three grown daughters and a son who is a junior at West High. To learn more about Alex, check out his profile on [LinkedIn](#).

