



Member tip  
o' the month

## Explore “Member Documents”

At the top of the TRAIL member website home page, you'll see MEMBER DOCUMENTS among the drop-down menu choices under the FOR MEMBERS tab. If you've not taken time to explore those documents, we encourage you to do so.

Start with the documents within the “Member & Community Resources” folder. Among the most recent additions to that folder is the list of natural-disaster books recommended by TRAIL member Linda McGuire during her April presentation for TRAIL members. The folder also includes the *Senior Housing Guide* produced by TRAIL and AARP last fall, an aging-in-place checklist, and much more.

Spend some time with “Member Documents” and you'll become better informed about a wide range of topics. It's just one more benefit of your TRAIL membership that's designed to help you age safely, comfortably, and well.

## From the Executive Director

### “Communities of Strength”

May is Older Americans Month, and the theme for 2021 is “Communities of Strength.” I can't think of a phrase that better describes the TRAIL community at this moment. Despite the multiple challenges of the past year, we believe TRAIL is stronger than ever and very ready for the post-COVID future.

TRAIL's membership numbers have stayed largely steady and are starting to climb. With COVID protections in place, TRAIL volunteers have continued to serve your needs and are eager to do more. And nearly all of us have found that we can still learn and laugh together via Zoom.



But let's face it: Nothing beats face-to-face contact. That's why we've begun slowly adding small, in-person, outdoor social events back onto the TRAIL member calendar. Next week, for example, the TRAIL Yarning Group will return to their socially distanced meet-ups at Hickory Hill Park, and a Friday afternoon “Happy Hour” has been scheduled in a member's driveway. And our popular Dine Around series makes its 2021 debut on May 27 with a patio lunch, weather permitting.

These activities beg the question: When will the TRAIL community begin gathering in larger groups again? As we've done since the beginning of the pandemic, we will continue to follow CDC guidelines. At this point, medical experts tell us that it's safe for small numbers of fully vaccinated people to meet indoors without masks; but masks and social distancing are still advised for large-group gatherings, whether outdoors or in.

As we move into summer and fall, we will conduct periodic surveys among TRAIL members and friends to gauge your comfort level with in-person get-togethers. We want to continue being a “community of strength” for you, which means your health and safety will remain our top priority. Nevertheless, we hope to see you all soon!

—Bob Untiedt

When Lorraine Dorfman heard that a “village concept” group was ready to open for business in Johnson County, she was ready to join. Through her work as a professor in the UI School of Social Work in aging and family, Lorraine was familiar with the nation’s first aging-in-place village—Beacon Hill in Boston.

### Member Profile:

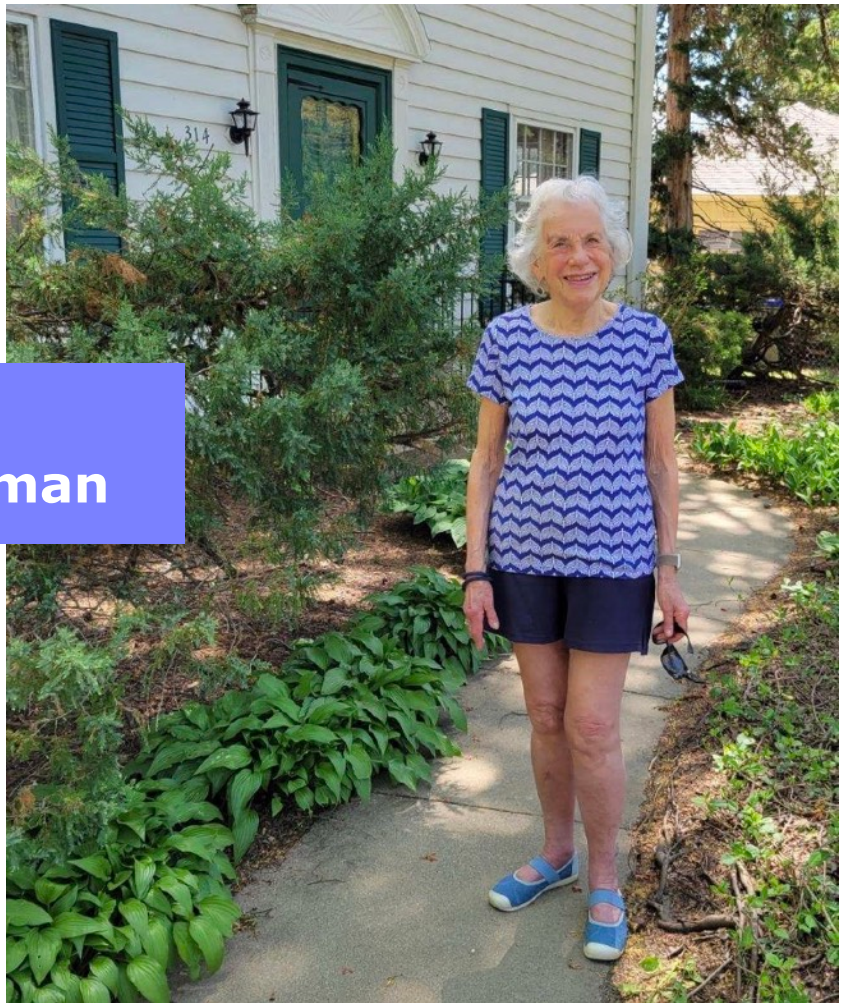
## Meet Lorraine Dorfman

“I believe strongly in the concept and joined TRAIL right away as an Affiliate member. I knew that somewhere down the line my need for volunteer services would be greater and I could easily upgrade to a Full membership,” Lorraine says.

Turns out this spring was the right time. Facing some health issues and her decision to give up her 21-year old car, for which parts were no longer available, Lorraine decided it was time to quit driving and upgrade to a Full membership.

Lorraine, who has lived on her own since her husband Donald died 20 years ago, gets a daily check-in call and rides to appointments, including a trip to get a non-driver ID card. Using TRAIL volunteer services helps her retain her independence and get things done but she says there is also a “side benefit.”

“TRAIL services are much more personal. You have a chance to develop relationships with others who also believe in the idea of older adults living in their own homes. Or you might have tea with your driver after a PT appointment. That’s not something I’d normally do with an Uber or taxi driver,” she notes, smiling.



## TRAIL membership saves you \$

As part of our [spring membership drive](#), TRAIL’s Membership Committee looked into the potential annual cost savings realized by Full TRAIL members who make the most of our many volunteer services. We examined local costs in eight different service categories, including transportation, yard and garden chores, tech support, and more.

The results? We found that **TRAIL can save Full members as much as \$1,500 per year in out-of-pocket service fees.**

Plus, TRAIL’s wide range of services aren’t delivered by strangers at your door; instead, they come in the form of friendly, dedicated, and well-trained TRAIL volunteers you know and trust.

Still on the fence about joining TRAIL or upgrading to a Full membership? Check out this [cost comparison chart](#) on the TRAIL website for full details.



## Making travel plans?

### Note these identification documents you may need

When thinking about traveling, some form of identification is typically required. Here are a few options to keep in mind:

**Iowa Driver's License or Non-driver's ID Card:** To drive legally, you need a valid driver's license. If you don't drive, you might consider getting a non-driver's ID card, which can be used as a valid form of identification. To find out details on how to renew or purchase a new one online, at a kiosk, or in person, visit [Iowa DOT license renewal](#). *Note: Due to COVID protocols, you must make an appointment to visit an Iowa DOT service center.*

**Real ID (gold star):** U.S. air travelers will need to have a Real ID credential by May 3, 2023, to board domestic flights. This must be done in person at an Iowa DOT service center, and specific forms of identification will be required. If your license is up for renewal, there is no additional cost to add the Real ID gold star. Otherwise, the charge is \$10. Learn more at [Iowa DOT Real ID](#).

**Passport:** Every person, regardless of age, must have their own passport to travel internationally by air. You can now get routine (10-12 weeks) and expedited (4-6 weeks) passport processing by mail and at local acceptance facilities. Learn more at [U.S. Passport Services](#).

**Passport Card:** This is a wallet-size travel document that can only be used to re-enter the United States at land border-crossings and sea ports-of-entry from Canada, Mexico, the Caribbean, and Bermuda. The card provides a less expensive and convenient alternative to the passport book for those who travel frequently to these destinations by land or sea. The passport card cannot be used for international travel by air. Learn more at [Apply for a Passport Card](#).

## UIHC tai chi course returns

If you are 65 or older, have a chronic disease, or struggle with arthritis, balance, or flexibility issues, practicing the ancient Chinese art of tai chi may be worth your time. Tai chi has been shown to:

- ✓ improve physical condition, muscle strength, coordination, balance, and flexibility
- ✓ provide low-impact, weight-bearing, aerobic exercise
- ✓ decrease the risk for falls
- ✓ ease pain and stiffness
- ✓ improve sleep
- ✓ increase overall wellness.

UI Hospitals and Clinics began offering its "Tai Chi for Arthritis and Fall Prevention" course several years ago, and the classes have proven to be very popular, even as they've moved online during COVID. Another plus: The course is taught by TRAIL member and retired UIHC nurse Al Persson.



The next nine-week course begins June 21 and continues twice weekly through August 18. Classes are held online via the UI's Zoom platform and cost \$40 for the series. To enroll, you must be able to stand on one leg (on each of your legs) for five seconds.

To enroll, visit [this link](#) or contact Kathy Lee at 319-384-5681 (office), 563-340-8242 (cell), or [kathleen-lee@uiowa.edu](mailto:kathleen-lee@uiowa.edu).

Thanks to our  
**MAY—JUNE**  
newsletter sponsor





The lush green setting of Cangleska Wakan Preserve made possible a great hiking experience for TRAIL members including (left to right) Michelle Miller, Lesanne Fliehler, Phyllis Black, and Johnson County Conservation Education Specialist Kristen Morrow on May 6. TRAIL members Joni Jones and Stan Miller (*not pictured*) also joined the group that day.

## Coronavirus update

You've probably heard the good COVID-related news: All individuals age 16 and older are eligible to be vaccinated in Iowa and across the country. Fully vaccinated grandparents can visit their grandchildren in person. And fully vaccinated individuals can enjoy outdoor activities in small groups without masks.

But caution is still necessary. For more information, visit these online resources:

[Johnson County Coronavirus Information Hub](#) provides:

- Links to vaccination locations
- Transportation assistance
- Online registration assistance
- Numbers of Iowans that have been vaccinated, statewide and by county (As of May 11, more than 72,000 Johnson County residents had been vaccinated.)

[CDC guidance on "Choosing Safer Activities"](#) provides examples of indoor and outdoor activities and the appropriate precautions.

[Next Avenue](#) offers a timely article with travel guidance and ideas.

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## "Primetime" preview

A TRAIL member recently alerted us to a continuing education series hosted by Kirkwood Community College in Cedar Rapids. It's called "Primetime 55+"; Kirkwood describes it like so:

"If you're in the Primetime of your life at age 55 or beyond, join us for a four-week series with a variety of classes . . . ranging from arts, culinary, and fitness. Bring your curiosity, your expertise, your passions — and share them with other like-minded individuals who thirst for learning and meaningful social interaction in a lively and dynamic environment."

The summer session begins June 23, and classes will include Open Studio Craft Night, Glass Mosaic Sun Catcher Workshop, and an International Foods class on French cuisine. Classes are held in person with COVID protocols in place. Cost for the four-week series is \$129 plus \$10 in materials costs. You'll find more information at [this link](#) on the Kirkwood website, or call Kirkwood at 319-398-1022 for details.

**NOTE:** Most of these events are virtual, that is, they are being held online. More details and registration information for each event can be found on [TRAIL's online calendar](#).

New events are added frequently, so check TRAIL's weekly calendar preview emailed on Fridays or the [online calendar](#) to stay up-to-date.



**The TRAIL Office will be closed on Monday, May 31, for Memorial Day.**

[TRAIL Virtual Event Pick: Solutions for the Climate Crisis Book Discussion](#)  
Saturday, May 15, 4 to 5 PM

[Wonderful Books: Sharing Our Favorites](#)  
Monday, May 17, 1 to 2 PM

[TRAIL Virtual Event Pick: The Remarkable Irish Family](#)  
Tuesday, May 18, 7 to 8 PM

[TRAIL Virtual Event Pick: You Are What You Eat—Nutritional Needs for Older Adults](#)  
Wednesday, May 19, 1 to 2 PM

[TRAIL Yarning Group in the Great Outdoors](#)  
Wednesday, May 19, 1:30 to 3 PM  
North Hickory Hill picnic shelter (off North Dodge Street/Highway 1)

[TRAIL Virtual Event Pick: “Lift Every Voice: Athletes, Artists, and the Movement for Social Justice”](#)  
Thursday, May 20, 7 to 8 PM

[“Happy Hour” Wine & Cheese with Social Distancing](#)  
Friday, May 21, 5 to 6:30 PM  
Home of Susan Spaziani

[TRAIL Virtual Event Pick: “The Show Must Go Online!”](#) \$  
Available for viewing Friday, May 21, through Sunday, May 23

[Alexander Calder: The Man, His Mobiles, and More](#)  
Monday, May 24, 3:30 to 4:30 PM

[TRAIL Virtual Event Pick: AARP Online Shopping Overview](#)  
Tuesday, May 25, 3:30 to 4:45 PM

[Dine Around Lunch at Bump's](#) \$  
Thursday, May 27, 11 AM to 12:30 PM  
Bump's Restaurant at Finkbine Golf Course

[Miracles in Motion with Lois James](#)  
Friday, May 28, 3 to 4 PM

[Harvest Preserve Hike with Julie Decker](#)  
Friday, June 4, 10:30 to 11:30 AM

[A Firefighter's Experience Fighting Structural Fires and Wildfires, with Bob Wise](#)  
Tuesday, June 8, 3 to 4 PM

[Potluck Salad Lunch on My Porch](#)  
Friday, June 11, noon to 1:30 PM  
Home of Vicki and Dwight Tardy

[Dr. Ignacio Ponseti's Contributions to World Health: A Reading of the New Biography by Tom Cook](#)  
Tuesday, June 15, 1 to 2 PM

[Wine or Favorite Beverage on My Porch](#)  
Tuesday, June 15, 5 to 6:30 PM  
Home of Betsy Fischer