



As we reach for our 2022 calendars, it's appropriate to reflect gratefully on the generous contributions of the individuals who are retiring from our Board of Directors after many years of service, volunteering their time and talent to ensure TRAIL's ongoing growth and success: Liz Swanson, Diana Lundell, Michelle Buhman, and Susan Shullaw.

Liz most recently chaired the Development Committee and spearheaded this year's

successful fundraising campaign. Her knowledge of Iowa City and the university and her sound leadership experience will be missed during our Board discussions and planning activities.

Diana will continue her service on the Communications Committee, but she'll relinquish her committee leadership role to Lesanne Fliehler. Diana will also retire from her position on the Executive Committee as secretary for the Board of Directors. Her replacement will be elected in December and will have big shoes to fill.

Michelle's leadership with the Senior Center and knowledgeable contributions to the Board cannot be overstated. Her service as chair elect, chair, and past chair has been invaluable to our leadership team and instrumental for the successful orientation and onboarding of several Board members and our current staff members, Bob Untiedt and Jessica Hahn. And while she'll no longer be on our Board of Directors, she will remain as a valuable liaison and our biggest advocate with the City of Iowa City.

Last, but certainly not least, the entire TRAIL organization owes a boundless amount of gratitude and appreciation for Susan Shullaw's passionate commitment, tireless (although she might not say that) efforts, and visionary leadership to TRAIL, its members, volunteers, staff, and Board of Directors. I can only think of three words to describe Susan's efforts: *Above and beyond*. As one of the original founders of TRAIL, Susan's retirement from the Board of Directors marks the beginning of a new era for TRAIL as we look ahead to 2022 and celebrating our fifth anniversary.

Please join me in thanking these amazing leaders for their service on our Board of Directors and to TRAIL of Johnson County.

—Alex Taylor, Chair, TRAIL Board of Directors

Member tip o' the month: TRAIL volunteers at your service!



Our recent member survey confirmed how much members

appreciate TRAIL volunteers. But we also learned that many of you haven't yet taken advantage of our volunteer services.

Remember that Full TRAIL members can request volunteer help at any time, while Affiliate members can request one volunteer service during their membership year. Not sure what volunteers can do? The tasks are as numerous as a list for Santa: running errands, mailing packages, putting up seasonal décor, and much, much more.

Give yourself a holiday gift this year: Call Jessica in the TRAIL Office at 319-800-9003 to learn what TRAIL volunteers can do for you.



A match made at Christmas

TRAIL member Ann Romanowski and Christmastime were made for each other. The lights, decorating, creative present wrapping, making platefuls of cookies and candy, and entertaining. Ann enjoys it all.

A 12-foot-tall tree in her foyer shines with white lights and silver and mirrored ornaments to catch the light, but it also tells the family's story. Small, framed photos of recent family events are hung on outside branches, while photo ornaments from earlier days are displayed farther within the tree.

"The photo of my son's wedding this year is up front, then you can look farther in the tree and see a prom photo and even farther in is a baby's first Christmas photo ornament," Ann says.

In addition to the tree, festive decorating touches can be seen throughout the house, even in the kitchen where flowers and holiday plants are assembled on a counter. "I love making my own flower arrangements," she adds.



A TRAIL member for about four years, Ann also serves on the Social/Educational Committee, which sponsors activities for TRAIL members and the public. She often suggests and hosts events that share her passions with other TRAIL members. "For instance, we've done flower arranging at Willow & Stock floral shop in Iowa City, wine glass painting, and even an outdoor class on making appetizers."

And one more thing about that 12-foot tree: it stays up all year and gets decorated for Easter and the Fourth of July! Look for photos in future issues of *TRAIL Guide*.

"Society grows great when old men [and women] plant trees in whose shade they know they shall never sit."

The TRAIL equivalent of this Greek proverb comes in the form of the members, volunteers, and donors whose generous gifts support TRAIL's long-term vitality.

You, too, can help TRAIL deepen its roots and expand its reach. **Make your annual fund gift today at trailofjohnsoncounty.kindful.com** or by sending your check to the TRAIL Office, 28 South Linn St., Room 301, Iowa City IA 52240. **Thank you!**

Thanks to our DECEMBER—JANUARY newsletter sponsor

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Virus cautions continue

“Just when I thought I was out, they pull me back in.”

—Al Pacino as Michael Corleone in the movie *Godfather III*

Haven't we all felt this way about the COVID pandemic at one time or another? The Omicron variant is just the latest development. As TRAIL Executive Director Bob Untiedt wrote in an email to TRAIL friends recently, “Now is not the time to relax the precautions we have been following since March 2020.”

For information about Omicron and other COVID variants, visit [this page](#) on the Centers for Disease Control and Prevention website.

For local information, including vaccine availability, visit the [Johnson County Coronavirus Information Hub](#).

Tech world offers many gift ideas

Personal and home technologies are transforming the prospects for aging in place. The right devices can help keep us connected to friends and family, inform and entertain us, and monitor our health. So if you're looking for a helpful gift for a loved one (or yourself), consider:

- ▶ A digital tablet or iPad
- ▶ A home assistant like Amazon Alexa
- ▶ A video doorbell
- ▶ A medication management system
- ▶ A high-tech companion like [ElliQ](#) or a [pet avatar](#)

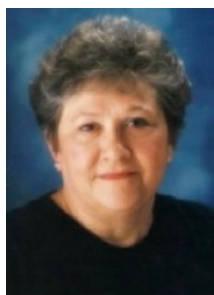
Check out these sources for even more ideas:

- ▶ AARP: [Great gadgets galore](#)
- ▶ AARP: [New technology for aging in place](#)
- ▶ CNBC: [7 new devices that help seniors](#)
- ▶ Senior Living: [Technology for seniors](#)

Time to spare, keyboard at hand?

TRAIL hopes to recruit one or more volunteers to assist with occasional clerical and administrative duties, such as data entry, correspondence, and other tasks.

If you're computer-savvy and looking for volunteer work you can do at home while supporting a good cause, contact Bob in the TRAIL Office at 319-800-9003 or bob@trailofjohnsoncounty.org.

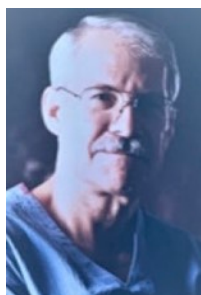


IN MEMORIAM

Joan Couch

TRAIL member since 2019

See her obituary [here](#).



IN MEMORIAM

Dr. Charles Hesse

TRAIL member since 2017

See his obituary [here](#).

Staying warm in winter

As we grow older, we lose body heat faster than when we were younger. And, changes in our bodies makes it harder for us to be aware that we're cold. According to the National Institute on Aging, there are ways to lower your chance of getting hypothermia (when your body temperature gets very low). Here are a few tips.

Indoors

- * **Set the heat in your home to at least 69-70 degrees F.** Close off rooms you aren't using.
- * **Dress warmly inside on cold days.** Wear socks and slippers and use a blanket to cover your legs.
- * **Eat enough food to keep up your weight.** If you don't, you'll have less body fat, and that's what helps you stay warm.
- * **Ask friends or family to check on you.** You might consider signing up for the TRAIL Phone Buddy Program.

Outdoors

- * **Check the weather forecast.** If possible, stay inside on cold, windy days. Heavy winds can quickly lower your body temperature.
- * **If you do go out, dress warmly.** Wear loose layers of clothing (the air between the layers keeps you warm), hat, scarf, waterproof coat or jacket.
- * **Don't stay outside for long periods of time.**
- * **To learn more, download the “Winter Safety Tips for Seniors”** found under the “For Members/Member Documents” tab on the TRAIL member website.

NOTE: Some of these events are virtual, while others are in person. Locations, full details, and registration information 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 those hosted by and for TRAIL members. **GREEN** events (virtual) and **YELLOW** (in-person) are hosted by other organizations but may be of interest to TRAIL members.

The TRAIL Office will be closed on Thursday, December 23, Friday, December 24, and Friday, December 31, for the holidays.

TRAIL Guide is published on or about the 15th of each month by the TRAIL Communications Committee for the benefit of TRAIL members, donors, volunteers, vendors, and friends. If you have questions or suggestions regarding the newsletter, email info@trailofjohnsoncounty.org.

TRAIL Virtual Event Pick: Meet Iowa's Long-Term Care Ombudsman

Thursday, December 16, 10 to 11 AM (Zoom presentation)
The Office of the Long-Term Care Ombudsman operates within the Iowa Department of Aging and is an important resource for older adults and families.

Dine Around Lunch at The Bistro \$

Thursday, December 16, 11:30 AM to 1 PM
The Bistro Restaurant and Bar, 901 Melrose Avenue, Iowa City (off the lobby of the new Marriott Courtyard across from Kinnick Stadium)

"Dostoevsky at 200": Curator-Guided Tour with Dr. Anna Barker

Saturday, December 18, 2 to 3 PM
UI Libraries Main Gallery, 25 West Washington Street, Iowa City
This fascinating exhibit covers Dostoevsky's entire literary career.

Drop-In DIY Gift Wrapping

Sunday, December 19, noon to 4:30 PM
Iowa City Public Library Digital Media Lab
123 South Linn Street, Iowa City



Holiday Flower Arranging with Willow & Stock Florists \$

Monday, December 20, 10 to 11 AM
Willow & Stock Flower Shop, 207 North Linn Street, Iowa City
Come learn some basics of flower arranging and make your own combination of seasonal greens and fresh flowers to take home.

Wonderful Books: Sharing Our Favorites

Monday, December 20, 1 to 2 PM (Zoom presentation)
This month we'll be sharing our favorite works from author Dorothy Sayers, best known for her Lord Pete Wimsey mystery series.

Kinder Sing-Along at the Iowa Children's Museum

Wednesday, December 22, 10:30 to 11 AM
Iowa Children's Museum, Coral Ridge Mall, 1451 Coral Ridge Avenue, Coralville

Winter Break Bingo

Monday, December 27, 1 to 2 PM
Iowa City Public Library, 123 South Linn Street, Iowa City
All ages are invited to play bingo (and perhaps win prizes) with celebrity bingo caller Maeve Clark, retired from ICPL.

TRAIL Virtual Event Pick: Let's Talk Books: Award Winners

Tuesday, December 28, 7 to 8 PM (Zoom presentation)
Join the Iowa City Public Library staff to talk about top-rated books in genres including fiction, mysteries, children's literature, and more.

Beer Money: A Tale of the Iowa City Beer Mafia by Author S.C. Sherman

Wednesday, January 12, 3 to 4 PM (Zoom presentation)
Iowa author S.C. Sherman will talk about his work of historical fiction set in the 1880s. *Cosponsored by the Iowa City/Johnson County Senior Center.*

TRAIL Book Club

Thursday, January 13, 1:30 to 3 PM
Location TBD
New members welcome! Contact David Rust at 319-351-7710 or david@trailofjohnsoncounty.org for details about upcoming books.