



New Board members bring varied backgrounds



Lesanne Fliehler



Bob Reynolds



Lisa Steigleder

Three new members joined the TRAIL Board of Directors this month. Each brings unique experiences and expertise to TRAIL's volunteer leadership team. All were elected to three-year terms (2022-24) and are eager to put their skills to work on TRAIL's behalf.

Lesanne Fliehler is a retired University of Iowa communications specialist. She holds a Master of Journalism degree from the UI, and she previously taught English at South East Junior High School after graduating with a Bachelor of Art degree in English from the University of Northern Iowa. She enjoys the outdoors, live music events, movies at FilmScene, and cooking. In addition to TRAIL, she volunteers with the UI Senior College, the UI Retirees Association, and Riverside Theatre. She chairs the TRAIL Communications Committee.

Bob Reynolds and his wife moved to Iowa City from Illinois in 2020 to be close to their daughter and her family. Bob retired just before the move after a career in accounting. Bob enjoys his grandchildren, sports, and being out in nature. He will serve as TRAIL's Treasurer and chairs the TRAIL Finance Committee. Bob also regularly takes assignments as a TRAIL member-service volunteer.

Lisa Steigleder is president of the Mercy Hospital Foundation and the hospital's director of marketing and community relations. Prior to joining Mercy as director of marketing and physician recruitment, she spent 15 years as director of sales and operations for Clear Channel Media in the Iowa City/Cedar Rapids media market and nine years as senior sales executive for GlaxoSmithKline pharmaceuticals. Lisa earned a Bachelor of Art degree in business administration in marketing from the University of Iowa and has served on multiple local Iowa City committees, boards, and volunteer organizations. She is a member of the TRAIL Communications Committee.

Lesanne, Bob, and Lisa look forward to meeting more of our members, volunteers, donors, and vendors, and to helping TRAIL grow and thrive in the years ahead. Please join us in welcoming them to the TRAIL community!

2022 TRAIL Board of Directors

TRAIL of Johnson County is led by a volunteer Board of Directors of local residents committed to the concept of aging in place.

Allison Andrews, *Secretary*
Lesanne Fliehler
Vincent Gaffney
Terri Larson, *Chair*
Beth Beadle Legue

Bob Reynolds, *Treasurer*
Lisa Steigleder
Barb Stein
Alex Taylor, *Past Chair*
Bob Untiedt, *Executive Director*,
Ex Officio

Member profile

Meet Robert "Bob" Ashman

Bob Ashman joined TRAIL in July 2021 after seeing an email about it and talking with Executive Director Bob Untiedt. "I like the idea of TRAIL. There are some things around the house that I need help with and there are some things, like driving, that I might be able to help others with," Bob notes.

He retired from the University of Iowa Carver College of Medicine in 2009 after working for nearly 29 years as a physician in research, teaching, patient care, and administration as a division head in the Department of Internal Medicine. His wife of 53 years, Claire, was a junior high Spanish language teacher and together they had three children who now live in Minnesota and Massachusetts. Bob still lives in the family's Manville Heights home, while Claire continues rehabilitation at Briarwood Healthcare Center from a second stroke she had in June 2020.

After a full recovery from Claire's first stroke in 2010, the couple got serious about their plans to travel. "We didn't really have a 'bucket list,' Bob says. "We would just agree on a place and as soon as we got back, we would say 'where do we want to go next?'" Among the souvenirs from the many countries they visited in Europe, Asia, Africa, and South America are hundreds of photos catalogued in large spiral notebooks. Shelves in the family room hold the notebooks and more photos are displayed on the walls.

Now that he is spending more time at home, Bob is busy with his hobbies, including feeding and watching birds, archaeology, and astronomy (he has a telescope he uses in rural areas to view the stars away from ambient light). He also tries to take a walk in the fresh air every day.

Right now, his days are fairly full, but he says he looks forward to meeting other TRAIL members at in-person events.



Above, Bob Ashman points out a photo on his family room wall featuring the Liffey (Ha'penny) Bridge in Dublin, Ireland. The pedestrian bridge across the River Liffey was built in 1816. At right, a portion of the Ashmans' travel photos.



Hats off, donors!

Your support for our 2021 Annual Fund helped set a new record. Combined with grants and corporate sponsorships, TRAIL received in excess of \$62,000 last year from more than 200 contributors. We are especially grateful to TRAIL members and volunteers who also support TRAIL through charitable giving. Your generosity strengthens the entire TRAIL community. *Thank you!*

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Pat Smith with pumpkin bread ready to go into the oven.



Dave Keeley with his "no bake" treats.



Charlie Anderson whipping up some banana bread.

Tasty tokens of appreciation

TRAIL volunteers and members got a nice surprise in early December when members of the Volunteer and Membership committees sent out tasty tokens of their appreciation.

About 30 volunteers received baked goods, delivered in person by members of the Volunteer Committee. The committee members had also baked the delicious treats, which included banana and pumpkin bread as well as cookies. MANY THANKS to Volunteer Committee members Charlie Anderson, Allison Andrews, Phyllis Black, Jody Hovland, Nancy Husted, David Keeley, and Pat Smith. Also to Executive Director Bob Untiedt and Member Support Specialist Jessica Hahn who also baked.

And, more than 170 TRAIL member households received holiday cards with tea bags enclosed and expressing TRAIL's gratitude for their continuing membership. THANK YOU to the Membership Committee of Marty Fields, Ellen Heywood, Paula Laube, Carrie Z. Norton, Jim Ruebush, David Rust, Kelly Schneider, Susan Shullaw, and Mary Stein.



The Johnson County [Coronavirus Information Hub](https://www.trailofjohnsoncounty.org/coronavirus) has been updated with recent guidance concerning exposure, quarantine, boosters, and more from the Centers for Disease Control and Prevention (CDC). The site also lists locations where free test kits are available for pickup.

Member tip o' the month:

What if I need help when the TRAIL Office is closed?



TRAIL staff members and volunteers are available to assist members with

service requests Monday through Friday, except on holidays. A reminder that office hours are Monday 11:00 AM to 1:00 PM and Tuesday through Friday 9:00 AM to 1:00 PM.

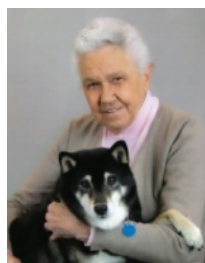
On weekends and holidays members can still make a request for volunteer service by calling the office at 319-800-9003 and leaving a detailed message with a call back number, or by sending an email message to member.support@trailofjohnsoncounty.org.

Requests made outside of office hours will be addressed on the next workday.

If you need assistance more urgently for a non-life-threatening issue, you can call the Johnson County Crisis Center 24-hour Crisis Line at 1-855-325-4296. If you are experiencing a medical emergency, please call 911.

In general, we ask that service requests (especially transportation) be made at least a week in advance to allow sufficient time to find volunteers. We attempt to fulfill requests made on shorter notice but are not always successful. If members need to change or cancel an appointment, they should contact the service volunteer and the office as soon as possible.

We look forward to serving you in 2022!



IN MEMORIAM

Christine Grant

See her obituary [here](#).

Christine Grant blazed trails not only in women's sports, but

also for this organization as a TRAIL Blazer, making a three-year funding commitment during the start-up campaign. TRAIL has lost a great friend and ardent supporter.



End-of-life planning

You've written your will and your advanced directive is ready, but there are still other steps you should take to help prepare your loved ones for life without you.

"It's important to talk to your family while you're still around and let them know what your plans are so they know what's coming, so there's less chance of hurt feelings later on," said Vincent Gaffney, a trust officer and estate planning expert who serves on the TRAIL of Johnson County Board. "You don't want people to be surprised after you've died."

Gaffney offered a few additional steps that people should take to get their affairs in order as they age.

Clarify your plans with your executor or trustee. Give your designee a chance to review your plans and ask questions in advance so they have a firm idea of your intentions for your estate. This is especially true if your will or trust is complex and could cause confusion.

Write a Declaration of Designee. This clarifies who makes decisions when planning for your funeral. Gaffney says this will help avoid intrafamily squabbles if children disagree on, say, what kind of service should be held or where you'll be buried. Let your family know in advance who the designee is.

Review your beneficiary designations on retirement accounts and life insurance policies. This is important because, by law, the beneficiary designations on those accounts override what is expressed in your will. To make sure your financial assets go to the people you want them to go to, make sure the right beneficiaries are named on the accounts.

Review your estate plan once in awhile. Our families and life circumstances are constantly changing and those changes may necessitate a revision in our estate plans, Gaffney says. Once every five years should work for most.

The U.S. Department of Health and Human Services offers many more tips for getting your affairs in order on its website at [Getting Your Affairs in Order](#).

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.



"Our lives begin to end the day we become silent about things that matter." —Dr. Martin Luther King, Jr.

The City of Iowa City will host and cohost local events for all ages celebrating Martin Luther King Day on Monday, January 17. See the schedule [here](#).

Note: The TRAIL Office will be closed on January 17 in recognition of the day.

[Wonderful Books: Sharing Our Favorites!](#)

Monday, January 17, 1 to 2 PM (Zoom presentation)

You're invited to join this online meeting to talk about your favorite books or get some reading recommendations from others.

[TRAIL Virtual Event Pick: New Year, Greener You](#)

Tuesday, January 18, 6 to 7 PM (Zoom presentation)

This AARP event will offer advice on achieving a more sustainable footprint.

[TRAIL Virtual Event Pick: Caregiving in Johnson County](#)

Thursday, January 20, 9 to 10:30 AM (Zoom presentation)

Learn from the Heritage Area Agency on Aging about the varieties of support and resources available to caregivers locally.

[TRAIL Virtual Event Pick: Transportation Beyond a Personal Vehicle](#)

Thursday, January 20, 1 to 2 PM (Zoom presentation)

[TRAIL Virtual Event Pick: Iowa History 101: "Native American Resistance to Settler Colonialism"](#)

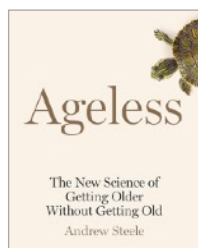
Thursday, January 27, noon to 1 PM

This presentation by Professor Patrick Jung is made possible by the State Historical Society of Iowa.

[Visit to Hudson River Gallery and Frame Shop](#)

Friday, January 28, 11 AM to 12:30 PM

TRAIL member Connie Peterson will host this visit and explore Hudson River's services with owner Nick Hotek.



[New Member Orientation](#)

Friday, February 4, 1:30 to 3 PM (Zoom presentation)

[Ageless: The New Science of Getting Older Without Getting Old](#)

Monday, February 7, 1 to 2 PM (Zoom presentation)

This reading and discussion is cosponsored by Prairie Lights Bookstore and the Senior Center.

[TRAIL Book Club](#)

Thursday, February 10, 1:30 to 3 PM (Members will be notified in advance as to whether the meeting will be held via Zoom or in person.)

[Archived Love: Liz Riordan Shares How to Find Love in the Stacks](#)

Friday, February 11, 2 to 3 PM (Zoom presentation)

Hear from Liz Riordan about the stories of love found in the UI Libraries Special Collections and Archives.

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.