



## Trail by the numbers

Did you know that TRAIL of Johnson County serves members in Iowa City, Coralville, North Liberty, Solon, and Tiffin? OR That our members range in age from folks in their 50s to those in their 90s? Here are more fun facts we shared at TRAIL's 5th Anniversary Celebration on May 26, 2022.

- 233** Total Number of Members
- 81** Number of Full Members (including 25 who have supported memberships)
- 152** Number of Affiliate Members
- 79** Average Age of Full Members
- 70** Average Age of Affiliate Members
- >90** Number of Active Volunteers

## Operating TRAIL:

- 37%** Expenses covered by membership fees
- 46%** Expenses covered by donations (individual and corporate)
- 17%** Expenses covered by grants



*From the Executive Director*

## Grant supports fire and weather safety

Thanks to a recent grant we received from the Coralville Community Fund of the Community Foundation of Johnson County, TRAIL will distribute up to 40 smoke detectors and 40 weather radios to current TRAIL members and other older adults living in Coralville.

Keith Jones, chair of the Coralville Community Fund (Community Foundation of Johnson County), presented TRAIL Executive Director Bob Untiedt and Board of Directors Chair Terri Larson with a \$4,500 check to support the public safety initiative (above).

Free installation is also part of the grant proposal, so we'll be asking for help from TRAIL volunteers. (We hope the Coralville Fire Department and/or the Red Cross will participate, too.)

After we supply the smoke detectors or weather radios to interested TRAIL members, we'll offer them to other older adults in Coralville, using a map created by the University of Iowa Geography Department.

There are still details to work out, but the project will be completed by June 30, 2023.

—Bob Untiedt



Ice cream and summertime go together like peanut butter and jelly. So to enjoy both, put [TRAIL's Ice Cream Social](#) on your calendar: Wednesday, August 17, 4:30 to 6:30 PM, at City Park Shelter #6. See you there!

## Member tip o' the month: Stay cool with these suggestions



There are many reasons why TRAIL members should pay attention to their health throughout the

year, but this is especially important in summer. Older adults are at higher risk of developing heat-related illnesses because of changes in the body as we age, underlying health conditions, and even the effects of some medications.

Here are suggestions to stay cool when the temperature is above 80 degrees:

- ➔ Stay away from direct sun exposure, so avoid the peak hours of 10 AM to 3 PM.
- ➔ Stay hydrated by drinking cool water or juices. Avoid alcohol and caffeine.
- ➔ Wear loose-fitting, light-colored clothing and broad-brimmed hat when outdoors.
- ➔ Liberally apply sunscreen (SPF of 30 or higher). Consider a poison-ivy block as well.
- ➔ Don't forget to apply bug repellent that prevents bug bites and ticks.
- ➔ Spend time in air-conditioned spaces. Enjoy the mall, see a movie, or meet friends at the Iowa City/Johnson County Senior Center.
- ➔ Still feeling hot? Take a cool shower or bath, or you can cool off with cool, wet washcloths applied to your wrists, ankles, neck, and armpits.
- ➔ Prepare a list of emergency phone numbers. Place them in an easy-to-access area.
- ➔ If you are a caregiver or loved one, consider calling or visiting twice a day to check in.

## We live to serve



Do you need transportation to an appointment? Help moving some furniture or weeding a garden bed? With more than 90 active volunteers, TRAIL is poised to meet almost any service request from our members.

We are most successful in fulfilling requests that members make at least a week ahead of time. However, we

understand that things come up and we will always try to accommodate more urgent requests.

If you have never made a service request, or it has been a while, here is a reminder about the process. To request a service, you can either:

- Send an email to [membersupport@trailofjohnsoncounty.org](mailto:membersupport@trailofjohnsoncounty.org). Please include as many details as possible and phone number for potential follow up.

OR

- Call the TRAIL Office at 319-800-9003 from 9 AM to 1 PM Monday through Friday to talk with Jessica or leave a message, with as much detail as possible and a call-back phone number.

Calls and emails outside office hours will be returned the following business day, or the following Monday for those made after 1 PM Friday.

As a reminder, Full and Supported members receive unlimited volunteer services, and Affiliate members are eligible for one service a year. THANKS! And we look forward to hearing from you.

Thanks to our **JULY–AUGUST**  
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## Thank you to our 2022 corporate sponsors

TRAIL's financial stability is due in large part to contributions from individuals and organizations committed to our mission and to helping TRAIL continue serving older adults in our community. We are pleased to recognize these local businesses and other generous organizations that have stepped forward during 2022 to help TRAIL succeed.

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## TRAIL EVENT CALENDAR • JULY—AUGUST 2022

**NOTE:** Some events are virtual, while others are in person. Full details 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 hosted by and for TRAIL members. **GREEN** (virtual) and **YELLOW** (in-person) events are hosted by other groups but may be of interest to TRAIL members.

Members pay their own fees if there is a cost associated with an event (\$).

If you attend in-person events, please bring proof of vaccination and wear a mask.

### [John Deere Pavilion and Lagomarcino's Restaurant Lunch](#) \$

Friday, July 15, 9:30 AM to 3:30 PM  
1400 River Drive, Moline, Illinois

### [Book Club: Read Together "Fresh Water for Flowers"](#) (via Zoom)

Monday, July 18, 1 to 2 PM

### [Sharing Your Art or Treasures](#)

Tuesday, July 19, 10 to 11:30 AM

Betsy Fischer's home, 611 Oakland Avenue, Iowa City

### [Summer Yarning in the Great Outdoors](#)

Wednesday, July 20, 1:30 to 3:30 PM

North Hickory Hill Park Picnic Shelter (off North Dodge Street/Highway 1), 800 Conklin Lane, Iowa City

### [Potluck Supper on My Porch](#)

Friday, July 22, 5:30 to 7:30 PM

Vicki and Dwight Tardy's home, 4608 Oak Crest Hill Road SE, Iowa City

### [Wildcat Den State Park Hike and Lunch](#) \$

Wednesday, July 27, 9:30 AM to 2:30 PM

Meet at North Dodge HyVee to carpool.

### [Iowa River Landing Dining at Vesta](#) \$

Thursday, July 28, 11:30 AM to 1 PM

Vesta at Iowa River Landing, 849 Quarry Road #100, Coralville



### [Kayaking at Kent Park](#)

Friday, July 29, 10 to 11:30 AM

F.W. Kent Park, 2048 Highway 6 NW, Oxford

### [TRAIL Happy Hour](#) \$

Tuesday, August 2, 4:30 to 6:30 PM

Orchard Green, 521 South Gilbert Street, Iowa City

### [Eve Drewelowe Exhibit Cedar Rapids Museum of Art and Lunch](#) \$

Wednesday, August 3, 11:30 AM to 3:30 PM

410 Third Avenue SE, Cedar Rapids

### [New Member Orientation](#) (via Zoom)

Friday, August 5, 1:30 to 3 PM

### [Quilt Show and Lunch in Grinnell](#) \$

Wednesday, August 10, 9:45 AM to 2 PM

Meet at Hobby Lobby parking lot in Coralville to carpool.

### [Conversations with Bob](#) (via Zoom)

Wednesday, August 10, 2:30 to 3:30 PM

### [TRAIL Book Club](#)

Thursday, August 11, 1:30 to 3 PM

### [The Art Mission and Kathleen Rash Paintings](#)

Saturday, August 13, 3 to 4 PM

114 South Linn Street, Iowa City

### [Book Club: Read Together "Olga Dies Dreaming"](#) (via Zoom)

Monday, August 15, 1 to 2 PM

**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 about the newsletter, email [info@trailofjohnsoncounty.org](mailto:info@trailofjohnsoncounty.org).