



"I was so sorry to have missed this opportunity to pontoon on Lake Macbride," said TRAIL Affiliate member Lianne Flieher. "I just didn't check the TRAIL calendar often enough, and the event was full when I did finally see it on the calendar." Learn from Lianne's mistake—add checking the TRAIL calendar to your weekly to-do list. Shown above enjoying the pontoon ride on August 22 are (left to right) Vicki and Dwight Tardy, Phyllis Black, and Jan Myatt.

Check the page 4 calendar in this *TRAIL Guide* or the [online calendar](#) to find more great upcoming events.

From the Executive Director

TRAIL is more than transportation

When we receive inquiries about becoming a TRAIL member, people often are interested in learning more about how our many volunteers can help them age in place. We discuss how easy it is to request a volunteer—whether that's someone to help set up a computer, weed a flower bed, or give a ride to a doctor's appointment or grocery store. Those are all great opportunities to support members.

But a second important reason to join TRAIL, as many members will attest, is the opportunity to meet other members through TRAIL's social activities. During the COVID pandemic, our members relied on Zoom to socialize, and now that more people are getting out in public, TRAIL has begun to offer activities that allow our members to meet with other members outside. Recent activities have included an ice cream social in City Park, a hike at Wildcat Den State Park near Muscatine, and kayaking at Kent Park.

Plenty of research shows that as we age, we lose colleagues when we retire, when friends move out of state, or when spouses pass away, which sharply reduces contact with others, and which can impact our mental health.

What have you been waiting for? Check out the TRAIL calendar today and sign up to enjoy wine and appetizers on Susan Spaziani's deck or a tour of the Frank Lloyd Wright house near Quasqueton. I'll wager there isn't another local social service agency or nonprofit that offers such a warm, intimate connection to its members.

And, no matter what you choose, you'll have a great time.

—Bob Untiedt



Who could resist gathering on a hot August afternoon for ice cream? Not these intrepid TRAIL members!



Check out these upcoming book club selections

TRAIL's monthly Monday Book Club varies its activities. Sometimes members select a book to read and discuss, and in other months, members talk about and recommend books they are reading themselves.

If you like to plan ahead or need time to complete a book, take a look at the Book's Club schedule:

September 19: Share what you have enjoyed reading recently.

October 17: We'll discuss *Horse* by Geraldine Brooks.

November 21: Members are invited to read a biography or memoir of their choice and share their subject.

Early December: Anne Mangano from the Iowa City Public Library will offer book recommendations for holiday gift giving and reading in the coming year.

The club meets the third Monday of each month, 1 to 2 PM via Zoom. All are welcome.

Coronavirus update

On September 1, the Centers for Disease Control and Prevention (CDC) recommended the use of updated COVID booster shots: the Pfizer-BioNTech booster for individuals 12 years and older, and the Moderna booster for those 18 years and older.

The updated booster is targeted at the highly transmissible Omicron BA.4 and BA.5 variants.

Snow removal help

Johnson County Aging Services is expanding its snow removal service by adding openings in Iowa City, Coralville, and North Liberty. This service, which is very basic, is ideal for those who have physical disabilities, severe arthritis, neuropathy, heart conditions, or other risks and cannot afford regular snow removal.

For information and an application, contact Aging Services at 319-398-3644. Openings are limited. The application window closes in mid October.

Caring for loved ones—and for yourself

Plan ahead for better choices

At some point in your life, you may have cared for or helped care for a loved one, either briefly or for a long period of time. Or you may know others who have taken on this caregiving role. In either case, it's easy to see what an important role it is.

It's also easy to see that caregiving can be complex. That's why it's helpful to have a plan, a framework, in place ahead of time, before a need becomes a crisis. We're more likely to make better choices and have better results when we plan *before* that time.



The need for a caregiving plan may arise slowly. On the other hand, "We know that many families are rarely prepared when a life-changing event happens suddenly," says TRAIL member Barb Stein. "It could be a fall, a decrease in cognitive function, a death in the family, or a person going from being independent to suddenly needing a lot of support."

As TRAIL member Joy Smith's parents aged, she gained a great deal of personal experience with creating caregiving plans and she says it has fed her passion for developing TRAIL's new Life Transition Service. (*See the previous issue of TRAIL Guide for an introduction to the service.*)

"A couple of things are key," she says. "They are, first, honoring the wishes of the individual at the center of the plan and, second, involving key family and friends in the conversation."

Caregiving plans will vary widely depending on the needs, personalities, and situations of the individual at the center of the plan; such plans may address personal care, roles of loved ones, finances, transportation, health care, end-of-life wishes, social activities, and more.

"In reality, I think most families take it a piece at a time rather than creating a comprehensive plan all at once," says Joy. "Beyond opening the conversation and getting the important people at the table, a needs assessment or an environmental scan is sometimes a starting place."

Watch for more information on caregiving plans and TRAIL's new Life Transition Service in future issues of *TRAIL Guide*.

➡ **Recommended resource:** AARP's [Family Caregiving Guide](#)

Meet TRAIL's "sister" village

With more than 250 organizations in the Village-to-Village Network throughout the U.S., helping older adults live safely and independently in their homes, it is hard to believe that there are only two in Iowa!

Besides TRAIL, the only other village in Iowa is Lookout Village in the small western Iowa town of Neola, which opened in April 2018, a year after TRAIL. Neola's population is 1,055, and it is 20 miles northeast of Council Bluffs.

Denise Carlson, Lookout Village Board of Directors treasurer, says Neola has a long-standing history of neighbors helping neighbors. So when a citizen-lead development board that built and owns apartments for seniors (and people with disabilities) saw residents were having additional needs, it conducted a Senior Housing Survey, which showed that Neola could not support an assisted living facility.

"At the time, one of the development board members was aware of the village-to-village model and it sounded like that would be a great way for us to meet the needs we were seeing," says Carlson. "So, we formed a separate board of directors to explore and raise funds to start a village."

When it came to choosing a name, Carlson says founders loved the choice of Lookout Village. "It has a nice double meaning, because Neola is a

Native American word for lookout and as an organization, we look out for our neighbors."

Lookout Village's mission is to create a caring community that supports members to remain in their homes safely and affordably, encourages social connections, and promotes healthy, vibrant, and meaningful lives.

The village has 20 Full members and three Social members who are supported by a part-time staff member and 40 volunteers. Full members receive many of the same services TRAIL offers, including transportation, tech assistance, simple home repair, check-ins, and referrals to pre-screened providers. Other services are cooking assistance and durable medical equipment lending. The village also hosts social activities and publishes a quarterly newsletter.

In 2021 Lookout Village volunteers clocked 1,124 hours and completed 261 service requests, with the top three (in order) being check ins, cooking, and companionship.

The village is guided by a six-member Board of Directors and the Social Committee. For more information, visit lookout.helpfulvillage.com online or the Facebook page facebook.com/lookoutvillage.



A favorite social event at Lookout Village last year was the English Tea Party.

Need help to navigate health care?

Navigating the health care system can be difficult and confusing for many, and often it's easier to have an advocate to help better understand what health care providers are saying.

TRAIL of Johnson County has a Medical Advocacy Program for just that need. The program pairs a trained volunteer with a TRAIL Full member to form a supportive relationship to help navigate the health care system. Not sure what a doctor is telling you? A volunteer can help you understand. Not sure what questions to ask? A volunteer can help you formulate them.

Volunteers will meet with you in advance to prepare for a medical visit and provide transportation to your appointment. They can help fill out forms, schedule a follow-up appointment, and accompany you to certain same-day procedures.

The service is no additional cost to Full members, who don't need to provide anything but a notebook where the TRAIL volunteer can keep a record of the meeting with the health care provider for you.

For more information, call TRAIL at 319-800-9003.

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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 (\$).

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.

If you attend a TRAIL-sponsored in-person event, please wear a mask.

[Rita Moreno: Just a Girl Who Decided to Go for It](#)

Thursday, September 15, 1 to 2:30 PM

Iowa City/Johnson County Senior Center, Room 302, 28 South Linn Street, Iowa City

[Wine and Cheese on My Porch](#)

Thursday, September 15, 5 to 6:30 PM

Home of Betty Fischer, 611 Oakland Avenue, Iowa City

[8th Annual Iowa Falls Prevention Coalition Symposium](#) (via Zoom)

Tuesday, September 20, 1 to 4 PM / Wednesday, September 21, 9 AM to noon

[Marcia Wegman Studio Visit](#)

Wednesday, September 21, 11 AM to noon

Home and Studio of Marcia Wegman, 1850 North Dubuque Street, Iowa City

[UI Campus Tree Tour: Nature Walk & Talks](#)

Friday, September 23, noon to 1 PM

Macbride Hall East Entrance, 17 North Clinton Street, Iowa City

[Wine and Appetizers on My Deck](#)

Friday, September 23, 5 to 6:30 PM

Home of Susan Spaziani, 1029 Rider Street, Iowa City

[Electric Vehicles: What Do You Know?](#)

Saturday, September 24, 9 to 11 AM

Robert A. Lee Recreation Center parking lot, 220 South Gilbert Street, Iowa City

[Amateur Grillmaster Dinner](#)

Monday, September 26, 5 to 7 PM

Home of Ann Romanowski, 502 Woodridge Avenue, Iowa City

[Why We Need Art Spiegelman's "Maus" in Holocaust Education](#)

Thursday, September 29, 12:30 to 1:30 PM

Iowa City Public Library, Meeting Rooms A, B & C, 123 South Linn Street, Iowa City

[Frank Lloyd Wright House Tour and Lunch](#) \$

Friday, September 30, 8 AM to 2:30 PM

Cedar Rock State Park

2611 Quasqueton Diagonal Boulevard, Independence, Iowa

[U.N. International Day of Older Persons: Become a "Dementia Friend"](#)

Friday, September 30, 10 to 11 AM

Iowa City/Johnson County Senior Center Assembly Hall, 28 South Linn Street, Iowa City

[Member Happy Hour](#) \$

Tuesday, October 4, 4:30 to 6:30 PM

Orchard Green, 521 South Gilbert Street, Iowa City

[Luncheon at Blackstone](#) \$

Wednesday, October 5, 11:30 AM to 1 PM

Blackstone, 503 Westbury Drive #1, Iowa City

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

Friday, October 7, 1:30 to 3 PM

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

Wednesday, October 12, 2:30 to 3:30 PM

Visit [TRAIL's online calendar](#) to see more events, including community events.