



Social work professional provides key support to new TRAIL service

Kaleigh Gilmore plays an important role in TRAIL's new Life Transition Service: she trains and orients new volunteers to the program and she facilitates monthly case review meetings.



Kaleigh Gilmore leads a meeting with Life Transition Service volunteers.

"The Life Transition Service expands on the support provided to Full members who are experiencing added stressors during the aging process," Kaleigh says.

"The program volunteers provide guidance and resources to those members who are experiencing a challenging life transition."

With her background in social work, Kaleigh has worked professionally in hospice care and long-term care. She holds a bachelor's degree in social work from Humboldt State University and a graduate degree from the University of Iowa.

The field has been a good fit for her. Always sensitive to stereotypes and societal judgments, Kaleigh notes that the social work profession values the dignity and worth of every person and also advocates for human rights and social justice.

Kaleigh grew up in northern California, hearing many stories about Iowa from her grandmother and her uncle. After college, moving to Iowa seemed like a "natural fit," so she and her husband loaded their pickup truck and headed to Iowa City without looking back. They have now lived here for 16 years and have three children.

"I am inspired and amazed by the time and energy that TRAIL volunteers give out of a desire to support members and enhance quality of life," Kaleigh adds. "I'm very excited to be part of TRAIL in this new capacity!"



The Life Transition Service webpage will soon be live. In the meantime, call the TRAIL Office at 319-800-9003 for more information.

From the Executive Director

Need a ride to cast your vote in person?

It's that time again—time to exercise our privilege and our responsibility by voting for the women and men who will represent us in the state legislature and the U.S. House and Senate.

We know many of our members look forward to voting in person, either early (starting October 19 this year) or on Election Day, November 8, and may need a ride to polling places. TRAIL volunteers are ready to help!

You can get information about voting:

- ★ On the Johnson County Auditor's Election/Voter [registration webpage](#)
- ★ By emailing elections@johnsoncountyiowa.gov
- ★ By calling 319-356-6004 with questions

Early voting at the Auditor's Office and a nearby drive-thru location is available October 19 through November 7, 8-5 weekdays, 9-5 Saturday, and 9-3 Sunday. Satellite locations will be available in late October and early November at several locations, including the Iowa City, Coralville, and North Liberty public libraries. You can also still vote by mail but check with the Auditor's Office for recent changes to the procedure.

Once you've decided when and where you want to vote, give the TRAIL Office a call at 319-800-9003 or email membersupport@trailofjohnsoncounty.org and we will find a volunteer driver for you. As always, we appreciate it if you give us as much notice as possible ahead of the requested trip.

We want to make it as easy as possible for our members to vote! Let us know if we can help in additional ways.

—Bob Untiedt

'Third places' can be key when aging alone

[A recent article on the nextavenue.org website](#) reminds us that staying socially connected is important to our physical and mental health.

In "The Impact of Third Places for Solo Agers," Ailene Gerhardt notes that connecting with others "assists with improving our self-esteem, feeling cared for, reducing stress, and increasing our resilience."

Taking part in the many events planned by TRAIL's Social/Educational Committee is a great way to stay socially connected. Check out the schedule on page 4. Hope to see you soon!

This is especially true for "solo agers," defined as older adults, single or partnered, who are without the support of adult children or close family members. Although they may have arranged for help with health care, financial, and legal decisions (roles traditionally filled by adult children/relatives), it is "equally important to

be intentional about social support and connections."

Gerhardt says one way of gaining more social support is through "third places," a term coined by urban sociologist Ray Oldenburg, referring to places where people spend time between home ("first" place) and work ("second" place). Some are free or low cost—parks, libraries, community and senior centers, and faith communities. Others are commercial establishments like gyms, coffee shops, and bookstores.

"While it can be difficult to meet new people as we age, we often overlook the impact of our connection to 'third places,' which can offer new opportunities to expand and enhance our support systems," she says.

IN MEMORIAM

Sohan Singh Hayreh

TRAIL member since 2018

See his obituary [here](#).

Double duty: She's both a member and a volunteer

Margaret Felling has always worked in the caring fields.

After a career spent as a special education teacher, she went to work for Iowa City area nonprofit agencies helping children and adults suffering from various physical and mental disabilities. So when she joined TRAIL of Johnson County five years ago, it only made sense that she would volunteer to help other group members, too.

As a driver, Margaret shuttles fellow TRAIL-ers to doctor appointments, grocery stores, or anywhere else they may need to go. She used to drive for other organizations, and said this was a way to get involved in the community while continuing to help others.

"It seemed like a natural fit to keep driving and it's worked out well," she said.

She usually drives twice a week, but the schedule is flexible and she's able to work around her availabilities. The work is easy because of the support she receives from TRAIL staff, especially Jessica Hahn, the member and volunteer services coordinator. She helps Margaret schedule the visits and offers timely reminders.

"Jessica is really good and she always knows what's going on," Margaret said.

She says volunteering is a great way to not just help people, but to learn new things and make new friends.

"Just because my passengers are not driving doesn't mean they don't have interesting experiences to share," she said.

Margaret's husband, Chuck, is also a member and they joined not long after TRAIL came into existence in 2017.

"We thought it was an important support for people in the community and we were just entering being older people ourselves," she said. The couple participate in as many activities as they can. She's a member of the knitting group and they also attend many of the annual events. They also took part in online activities during the COVID-19 pandemic and were grateful they were able to use those to stay connected with others.

"There are so many things to participate in, but we just don't have the time to do it all," she said.



Margaret Felling, right, with her husband, Chuck

American Gothic House day trip



After reading about Eldon, Iowa, in the May 2022 *TRAIL Guide*, Affiliate member Lesanne Fliehler (right) and best friend Chris Brus (left), took a day trip there to visit the house that inspired Grant Wood's *American Gothic* painting. "Neither of us had ever visited," Chris said. "We learned so much about Grant Wood and his work watching the video in the visitors center and chatting with the museum staff."

Let's See Those Faces! Recently, a TRAIL member uploaded her photo to the Membership Directory and noticed that very few members have done the same. It's a great way to let other members know who you are! Here's how to upload your photo:

1. Click on the Member Login box at trailofjohnsoncounty.org. Enter your username and password.
2. Under the For Members tab, select Membership Directory.
3. Your name will appear at the top right-hand side of the page. Hover over it and select Profile.
4. Under Membership Summary, click on the pencil by the round photo silhouette.
5. Under the PHOTO heading, click on the Select New Photo box. Select the photo you wish to upload from your computer.
6. You can also add personal information under General Info, Social Networking URLs, and a biography.
7. When done, click the Save box at the bottom of the page.

Make a creepy visit in Eastern Iowa

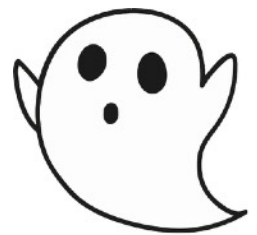
Ooooooh, spooky! This day trip is just that and more.

Travel north to Strawberry Point's Franklin Hotel for lunch. It is said the ghost of a prostitute from the 1920s haunts the hotel. Lily, a ghost in a lavender gown, has been heard singing and moaning as she walked the halls. If you've taken a picnic lunch for the day, at least enjoy a piece of pie while there.



After lunch head south to tour Edinburgh Manor near Scotch Grove. Established as a "poor farm" in 1850, it ran as such until 1910. When it closed, the manor was constructed to house the "incurably insane." According to the manor's website, abuse was rampant and those living at the manor lived inhumane and horrifying lives. More than 80 former residents are buried in the cemetery on the property. The TV show "Ghost Adventures" has featured the paranormal activities in the manor. **(Interested in making this trip with other TRAIL members? Sign up [here](#) on the TRAIL calendar.)**

Need more goosebumps? If you've never been to see the Black Angel in Iowa City's Oakland Cemetery (704 Reno Street), it's a must. You can easily do a drive-by, but if you're brave enough, give the angel a kiss. But beware: Local lore says you'll drop dead!



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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 (\$).

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

[Book Club Read Together: "Horse" by Geraldine Brooks](#) (via Zoom)
Monday, October 17, 1 to 2 PM

[Art Talk with Friends and Coffee](#)
Tuesday, October 18, 10 to 11:30 AM
Home of Betsy Fischer, 611 Oakland Avenue, Iowa City

[Yarning in the Great Outdoors](#)
Wednesday, October 19, 1:30 to 3:30 PM
North Hickory Hill Park Picnic Shelter, 800 Conklin Lane, Iowa City

[UI Campus Tree Tour: Nature Walk & Talks](#)
Friday, October 21, noon to 1 PM
Macbride Hall East Entrance, 17 North Clinton Street, Iowa City

[Day Trip to Creepy Places in Eastern Iowa](#) \$
Sunday, October 23, 10 AM to 6 PM
Edinburgh Manor (Monticello) and Franklin Hotel (Strawberry Point)

[Morning Coffee and Weaving Studio Tour](#)
Friday, October 28, 10 AM to noon
Home of Vicki Tardy, 4068 Oak Crest Hill SE, Iowa City

[Member Happy Hour](#) \$
Tuesday, November 1, 4:30 to 6:30 PM
Orchard Green, 521 South Gilbert Street, Iowa City • Feel free to bring a friend!

[Introduction to Genealogy](#)
Wednesday, November 2, 10:30 to 11:30 AM
Iowa City Public Library Digital Media Lab (second floor), 123 South Linn Street, Iowa City

[Stanley Reads: "The Family Chao"](#)
Thursday, November 3, 7 to 8 PM
UI Stanley Museum of Art, 160 West Burlington Street, Iowa City

[The Basics of Tea and More](#) (via Zoom)
Friday, November 4, 1 to 2:30 PM



Election Day • Tuesday, November 8
Polls open 7 AM to 8 PM

[Uptight and Laid Back: Iowa City in the Sixties with David McCartney](#) (via Zoom)
Wednesday, November 9, 2 to 3 PM

[Conversations with Bob](#) (via Zoom)
Wednesday, November 9, 2:30 to 3:30 PM

[TRAIL Book Club: "The Spectator Bird" by Wallace Stegner](#)
Thursday, November 10, 1:30 to 3 PM • Location TBD

TRAIL Office closed in observation of Veterans Day • Friday, November 11

[UI Stanley Museum of Art: A Guided Tour](#)
Tuesday, November 15, 1 to 2:30 PM
UI Stanley Museum of Art, 160 West Burlington Street, Iowa City

See TRAIL's [online calendar](#) for more events, including community events.

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.