



Many volunteers found behind the scenes

We say it all the time: TRAIL runs on volunteer power. Many TRAIL members are familiar with the volunteers who show up at their doors to fulfill a request for service—a car ride to the doctor or help with household chores. But there are also volunteers who work “behind the scenes” to provide many of the other benefits that members enjoy, including this newsletter and the wonderful social and educational events offered every month. And there are others assisting our paid staff (Executive Director Bob Untiedt and Member and Volunteer Services Coordinator Jessica Hahn) with fundraising, member relations, and volunteer recruitment and training.

About 40 volunteers serve on one of five core committees, an ad hoc committee, and the board of directors. In addition to the monthly business meetings of the board and committees, the volunteers “do the work” that ensures TRAIL’s viability as an organization. In the next several issues of the *TRAIL Guide*, we are highlighting the work and volunteers of each committee and the board of directors.

Development Committee

The Development Committee works with the executive director to solicit and receive charitable gifts to support TRAIL’s financial stability. About 58 percent of TRAIL’s budget comes from gifts and grants. Committee members engage in fundraising that includes an annual fund campaign, major-gift solicitations, solicitation of corporate sponsorships, grant writing, gift acknowledgment, and donor recognition.

Development Committee

Chair Janene Panfil
Vincent Gaffney
Julie Gridley
Terri Larson
Amanda Lensing
Alex Taylor

Committee member Vincent Gaffney, a trust officer with Hills Bank, says he is offering his experience in estate planning to help TRAIL build a planned giving program. He notes, “TRAIL is designed to be primarily supported by volunteers in service to fellow members of the community. The Development Committee helps to supplement that work by filling in the gaps of the organization’s budget that are not met by membership fees alone.”

Working at an investment firm now, but with experience in long-term care, committee member Julie Gridley says she “jumped in with both

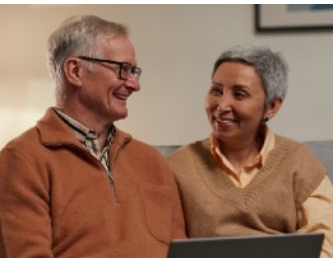
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TRAIL members visited the Muscatine Button Factory in early August. Lunch at the Merrill Hotel included a view of the Mississippi River. Shown above (left from front): Alfrieta Monagan, Phyllis Black, Betsy Fisher, Theresa Tometich. Right from front: Connie Peterson, Carol Throckmorton, Nancy Sharp, Micki Miller.

Check out page 3 for photos from TRAIL’s August 10 Ice Cream Social.

Join fellow TRAIL members in planning your next chapter

Findings of national studies conducted over the last three years with seniors over the age of 65 indicate that almost 90% hope they will age in place. But many have no special plans to find the resources necessary nor have they made their wishes explicit to family or others.



In three related workshops (October 5, 12, and 19 at the Iowa City Public Library), TRAIL will help members explore ways to realize their plans and communicate with their support teams. Although not comprehensive, they are a starting place for some

members and a time for others to evaluate the plans they have in place.

Each workshop includes time to reflect, write ideas, share in small groups, and set goals for moving forward. Experienced speakers will share how they have witnessed, either personally or professionally, the outcomes that result from a well-thought-out plan and when no plan is in place.

- **Workshop 1** builds the rationale for what makes a good plan. It includes time to think about the activities that give you energy and engagement—both valuable results of staying active. We will discuss the importance of examining the support you have in place. Speaker: Sarah Neary, Oaknoll Retirement Residence social worker.
- **Workshop 2** reviews building a team and identifying a proxy. We will work in the Conversation Project activity guide to explore your wishes. Speaker: TRAIL member Joni Jones will share her recent health emergency, what parts of her plan worked, and what changes she needed to make.
- **Workshop 3** will address making your plan known to the people you have identified and starting conversations. In the last part of the workshop, we will set goals for your next steps. Speaker: Kara Thoma, Iowa City Hospice manager of psychosocial services.

A stand-alone session on October 27 at noon at the Iowa City Public Library features Shelly Kurtz, UI professor emeritus of law, who will address important legal and financial issues when making a plan. This session is open to the public.

Taking part in all three sessions is strongly encouraged. Register [here](#) or call 319-800-9003.

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feet” to help sustain TRAIL’s mission. “TRAIL relies on and is funded by the members, donations, and grants. Like any nonprofit organization, it is looking for committee members to raise community awareness about the organization, express the need, and draw in financial support to continue to provide volunteer services for the members.”

Marketing and Communications Committee

Committee members use marketing and communications tools to achieve TRAIL’s membership, fundraising, public relations, and community service goals.

Members write, lay out, and publish the *TRAIL Guide* newsletter; create other print materials and TV spots; update TRAIL website; create posts on Facebook to encourage community members to sign up for membership and/or to volunteer and to encourage attendance at TRAIL educational/social events; and support the work of other TRAIL committees when they need marketing and writing support.

Committee member Denice Connell joined the committee when a good friend asked her to and as a retired PR professional was happy to put her skills to use to further TRAIL’s mission.

“One of the major things I do (and which I enjoy the most) is laying out and lightly editing this very newsletter. I want it to be as appealing as possible to you—the readers. On occasion I write newsletter articles, sometimes based on interviews with members, and I take minutes at our monthly meetings.

“Without communication nothing happens! The more members know and understand about TRAIL, the more they can enjoy its benefits,” she adds.

Marketing and Communications Committee

Chair Lusanne Fliehler
Denice Connell
Diana Lundell
Tom Snee
Lisa Steigleder
Barb Thomas

As you learn more about the committees that make TRAIL thrive, be aware that any of the committees would welcome new members. So if you have a skill or interest in one of the committees, please reach out to Jessica in the TRAIL Office at 319-800-9003 to volunteer.



If there is interest . . .

Did you know TRAIL members can suggest an activity and the Social and Educational Programs Committee will help organize it if there is enough interest? Here are two recent requests:

Coffee Meetup: A TRAIL member has suggested starting a weekly coffee group to meet at a local coffee shop.

Road Trip: Iowa's corn and bean fields are a sight to behold this time of year. For that matter, you may enjoy a city drive to see new buildings or the wheat paste murals in Coralville.

If you'd like to participate in either of these, call Barb Stein at 319-338-2931 or email her at bslilydog@gmail.com.

TRAIL wants your input

TRAIL is interested in getting member feedback on our vendor information program as well as our social and educational events. We have created a survey with questions on both of these TRAIL benefits.

If you have five minutes, we'd be grateful if you would take the survey by clicking this link: [TRAIL Survey](#).



More than 50 TRAIL members and friends met at City Park for TRAIL's Ice Cream Social on August 10. Dan and Debbie's Creamery in Ely donated the ice cream thanks to the work of board member Vincent Gaffney.

Calling All VOLUNTEERS

TRAIL's committee and service volunteers are the heart of the organization, and that's why TRAIL is planning a get-together this fall just for volunteers. At

this gathering, volunteers will be able to:

- meet one another
- share a few stories of the best volunteer experiences they've had
- talk about common concerns
- engage around our Life Transition activities, especially a set of October trainings
- and more

We will use a nationally recognized practice, *Appreciative Inquiry*, to create structure for some of our conversations.

More information will be shared soon!

IN MEMORIAM



Marty Fields

TRAIL member since 2017

See her obituary [here](#).

In addition to being a member, Marty was also a TRAIL volunteer and board member.

Thank you to the August–September newsletter sponsor



**500 East Market Street, Iowa City
319-339-0300 or 800-MERCY-IC (637-2942)**

www.mercyiowacity.org

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 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 (\$).

Want to attend an event, but need a ride? Call Jessica at 319-800-9003 or email her at membersupport@trailofjohnsoncounty.org.

TRAIL Guide is published on or about the 15th of each month by the TRAIL Marketing and 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.



[It's Taco Tuesday!](#)

Tuesday, August 15, 5:30 to 7:30 PM
Home of Susan Spaziani, Iowa City

[Salad Luncheon on My Porch](#)

Thursday, August 17, noon to 2 PM
Home of Betsy Fischer, Iowa City

[August TRAIL Hiking](#)

Friday, August 18, 10 to 11 AM
Terry Trueblood Recreation Center, 579 McCollister Boulevard, Iowa City

[It's a Mystery, My Dears!](#) (via Zoom)

Monday, August 21, 12:45 to 2 PM
Read a mystery and come share that book with others. Also bring suggestions for fall reading.

[Let's Talk Books: Award Winners](#) (via Zoom)

Tuesday, August 22, 7 to 8 PM
Join staff members from the Iowa City Public Library for a great discussion.

[Coffee and Conversation](#)

Wednesday, August 23, 9:30 to 11 AM
Home of Barb Stein, Iowa City

[Foster Care on Farms: Iowa and the Midwest in 19th-Century Child Placement](#) (via Zoom)

Thursday, August 24, noon to 1 PM
This Iowa History 101 webinar is presented by the State Historical Society of Iowa.

[Amateur Grillmaster Dinner](#)

Friday, August 25, 5 to 7 PM
Home of Ann Romanowski, Iowa City

[Latino Fest Iowa City](#)

Saturday, August 26, noon to 9 PM
Downtown Iowa City Ped Mall, 210 South Dubuque Street, Iowa City

[Ida Beam Distinguished Lecture: "From Shakespeare to Shange"](#)

Thursday, August 31, 7 to 8 PM
Alan MacVey Theatre, UI Theatre Building, 200 North Riverside Drive, Iowa City
Dr. Tawnya Pettiford-Wates will discuss the journey toward self-actualization and self-determination for performing and creative artists, especially those of color, and will draw on her personal experiences.

TRAIL Office closed for Labor Day • Monday, September 4

[Member Happy Hour](#) \$

Tuesday, September 5, 4:30 to 6:30 PM
Orchard Green, 521 South Gilbert Street, Iowa City

[TRAIL Book Club for Men](#)

Thursday, September 14, 1:30 to 3 PM • Location TBD



[Cinema Salon](#) \$

Thursday, September 14, 2 to 4 PM
FilmScene at The Chauncey, 404 East College Street, Iowa City