



Above, TRAIL members (left to right) Nancy Husted, Marianne Mason, Dwight Tardy, Vicki Tardy, and Connie Peterson are seen enjoying a picnic lunch at the Iowa Raptor Center in late October.

Looking for recommendations for service folks—from plumbers to appliance repair, even healthcare professionals? Check out the new Vendor Requests and Recommendations Message Board on the TRAIL member site.

This forum allows TRAIL members who are looking for trusted home, business, or personal services to ask other members for their recommendations or give a shout-out to businesses with which they've had a positive experience.

To access the message board, go to the [TRAIL website](#) and log in as a member. In the top bar, click on For Members, then Message Boards, and select **NEW! Vendor Requests & Recommendations**.



An in-person session about using the message board is planned for November 15; see the page 4 calendar for details.

Helping TRAIL to run smoothly

Behind the scenes volunteers

Welcome to the final in a series of articles on volunteers who work “behind the scenes” to help provide many of the benefits that TRAIL members enjoy. This installment of the series highlights volunteers who assist paid staff members Executive Director (ED) Bob Untiedt and Member and Volunteer Services Coordinator Jessica Hahn with operational functions such as finances and member relations.

Volunteers **Maggie Elliott** and **Bob Reynolds** are part of the financial team that includes the TRAIL staff, and Alec R. Fowler of Muscatine, Iowa, who provides an annual audit.

A founding member of TRAIL, **Maggie Elliott** serves as the bookkeeper, paying bills approved by the ED. In addition, at the end of each month, she collects, reviews, and reconciles the previous month's transactions and financial activity. “I send that information to Bob Reynolds who produces the monthly financial statement for the Board of Directors.

“I've been doing this from day one of TRAIL and enjoy being a small part of TRAIL's operations,” Maggie says. Maggie is also a key member of the Life Transition Service ad hoc committee and now one of the active volunteers for the new service.

With previous experience both in his career and volunteer work, **Bob Reynolds** offered his service as a treasurer for TRAIL soon after becoming a member of the Board of Directors in 2021. “I enjoy working with Maggie and Bob to prepare the financial statements and sharing them at board meetings,” he notes. Bob is also one of the most active service volunteers for TRAIL, including with the Life Transition Service.

Peggy Stover's contribution to TRAIL operations is to post all the fun and educational activities to TRAIL's online activity calendar. “I joined TRAIL last October but became more active when I retired this year, after 33 years of working in a busy department at UI Hospitals and Clinics,” she says.

“I knew after I retired that I wanted to remain busy and get back into volunteering in my community. Years ago, I was involved in many organizations, and I enjoyed volunteering and meeting new people, and wanted to become more

Continued on page 2

Happy Thanksgiving



TRAIL's volunteer efforts recently received a boost from the Community Foundation of Johnson County. The \$4,000 grant will support TRAIL's general volunteer efforts and that of the Life Transition Service. TRAIL Executive Director Bob Untiedt is seen above accepting the grant.

IN MEMORIAM



Phil Leff

TRAIL member since 2017

See his obituary [here](#).

"Behind the scenes" continued

involved again." Since June Peggy has been working with the Social and Educational Programs Committee to enter events to TRAIL's online calendar.

TRAIL members who receive a paper copy of the *TRAIL Guide* newsletter in the mail can thank Jessica and office volunteer and TRAIL member **Ellen Lee**. Every month, Ellen prepares about 40 newsletters to be mailed to members who are not able to receive or view the newsletter online.

Ellen says she likes to stay busy and, after moving to the Ecumenical Towers about three years ago, became a frequent visitor to the Iowa City Senior Center. So much so she became a volunteer there, maintaining the center's library. She also cares for the Ecumenical Towers book library.

"When I saw Jessica in the TRAIL office, I asked if there was anything I could help with," Ellen recalls. With many years of experience preparing large mailings as a secretary in the School of Music at Illinois Wesleyan University and as a legal secretary, Ellen and Jessica settled on her help with the monthly mailing. "It's perfect for me because I can work it into my schedule and I like working with Jessica," Ellen notes.

As we noted at the beginning of this series, TRAIL runs on volunteer power, and we are always looking for more folks to make TRAIL an even better organization. If you have a skill to offer or interest in one of the committees, please reach out to Jessica in the TRAIL office, 319-800-9003, to join the team!

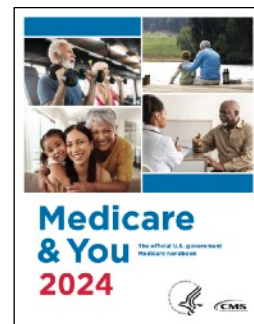
Medicare open enrollment is upon us

We're in the midst of Medicare open enrollment, which runs through December 7. It's your annual opportunity to review your Medicare coverage and make changes if necessary.

You can get started on [Medicare.gov](https://www.medicare.gov), where you can log in to your personal account or review information without logging in. On this site you can:

- ✓ Review your current coverage
- ✓ Compare your current plan to its 2024 version
- ✓ Review your drug costs and pharmacies

You may have received the thorough booklet "Medicare & You 2024" (pictured here) in the mail, but if not, you can view a [PDF](#) of it on the Medicare website.



AARP is another good source of information on this topic. Visit: ["6 Things to Know About Medicare Open Enrollment"](#) on the organization's website for more pointers.



Recap: “How Do I Want to Live? Making a Care Plan for the Future”

In October, 30 TRAIL members participated in three sessions on “How Do I Want to Live? Making a Care Plan for the Future.” Although the subject might be off-putting to some, the participants found it to be a positive experience that helped them think about how to put their wishes in place and to have conversations with family members, care providers, and others.

“Most people were excited to finally have the tools they needed to tackle the work that needs to be done, communicating decisions with their family and friends,” said TRAIL member Barb Stein, who, along with Kaleigh Gilmore (*inset above*), TRAIL’s social work consultant, created the course and brought it to the TRAIL membership.

Participants said of the sessions:

“It gave me ideas about how to start an effective conversation with my spouse and children.”

“I now know how to make plans and carry out discussions about my long-term health care wishes.”

“I need to exert control over my health care, and now I have a plan.”

“Participants left feeling that their time was well spent discussing how to approach the many decisions that come up in elderhood: clearly defining their wishes, and getting legal papers in order,” Stein said.

Where would we be without our donors?

Frankly, it’s a question we hope we never have to face because from Day One, donors have been instrumental in making TRAIL a reality. In fact, membership fees account for less than one-half of our annual revenue. Importantly, the remainder comes from charitable gifts from individuals and organizations.

In the month when we celebrate National Philanthropy Day (November 15), we want to share our gratitude and appreciation to all those who help our organization. Many individuals support TRAIL through our [Annual Fund](#). There are four giving levels as well as the opportunity to make Tribute Gifts to TRAIL in honor or in memory of someone special in your life. All annual fund gifts are recognized on the TRAIL website and are instrumental in the organization’s ability to fulfill the needs of those who prefer to continue living independently in the places they call home.

We live in a special community and that is demonstrated by the large number of **corporate sponsors** that support TRAIL. Like the Annual Fund, the Corporate Sponsor Program provides companies with four levels of support, each level providing additional opportunities for visibility within our membership and community. Do you know of a business that would like to support our cause while gaining visibility within the senior community? Encourage them to visit our [web page devoted to Corporate Sponsorships](#).

Contributions help keep our organization strong, whether it supports staffing or member services. Our organization is a 501(c)(3) charitable organization, and all gifts are tax-deductible as allowed by law.

If you would like to make a donation, you can do so on the [TRAIL website](#), by mail, or in person at the TRAIL office in the Senior Center, 28 South Linn Street, Room 301, Iowa City, IA 52240.



Welcome to these new TRAIL members!

Dorothy and Karl Armens
Terry Boles
Janet Brooks
Jeannette Clark
Marvin Denburg
Robert Dietrich
Joyce Eyman
Jane Gibson
Marilyn Holland

Kristine Jackson
Nicholas Johnson
Joni Jones
Marianne Mason
Maxine Miller
Elizabeth Moon
Ruth and Douglas Nathanson
Mary Lee Neuberger
Chris Pacek

Sandra Pelkey
Ana Peterson
Victoria Steelman
Jill Stephenson
India Trudeau
Janet Schomberg
Mary Vasey
Norma and Kevin Ward
Rebecca Wyse

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.

[How to Use TRAIL's Message Board for Vendor Recommendations](#)

Wednesday, November 15, 9:30 to 10:30 AM

Iowa City Senior Center, Room 308, 28 South Linn Street, Iowa City

[Latinos in Iowa: Planting Seeds of Prosperity, Power, and Progress](#)

Wednesday, November 15, 6 to 7 PM

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

[Is Affirmative Action Dead?](#) (via Zoom) • Thursday, November 16, noon to 1 PM

[Figge Art Museum Road Trip and Lunch](#) \$

Friday, November 17, 10 AM to 1:30 PM

Figge Art Museum, 225 West Second Street, Davenport

[Book Club: Good Night, Irene by Luis Alberto Urrea](#) (via Zoom)

Monday, November 20, 1 to 2 PM

[Cinema Salon: The Holdovers](#) \$

Tuesday, November 21, 3 to 5 PM

FilmScene at The Chauncey, 404 East College Street, Iowa City

TRAIL office closed for Thanksgiving • November 23 and 24

[Funeral Pre-Planning with Ken Holmes from Lensing Funeral Home](#)

Tuesday, November 28, 10:30 to 11:30 AM

Iowa City Senior Center Room 302, 28 South Linn Street, Iowa City (*also on Zoom*)

[Strikes!—An Obermann Conversation](#)

Tuesday, November 28, 4 to 5 PM

Iowa City Public Library Meeting Room A, 123 South Linn Street, Iowa City

[Digital Democracy and Youth Empowerment](#)

Thursday, November 30, noon to 1 PM

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

[Book Talks with Anne Mangan](#) (via Zoom)

Friday, December 1, 10:30 to 11:30 AM

[Thunder from the Prairie: The Life of Harold E. Hughes by Jerry Harrington \(Author Presentation\)](#)

Tuesday, December 5, 11 AM to noon

Iowa City Senior Center Room 302, 28 South Linn Street, Iowa City (*also on Zoom*)

[Member Happy Hour](#) \$

Tuesday, December 5, 4:30 to 6:30 PM

Orchard Green, 521 South Gilbert Street, Iowa City

[New Member Orientation](#)

Thursday, December 7, 4:30 to 5:30 PM • Home of host Mary Stein, Coralville

[Be A Fraud Fighter: Protect Yourself Against Scammers](#)

Friday, December 8, 1 to 2 PM

Iowa City Senior Center Room 302, 28 South Linn Street, Iowa City (*also on Zoom*)

[TRAIL Book Club for Men](#)

Thursday, December 14, 1:30 to 2:30 PM

Iowa City Market Place or occasionally TBD, 1660 Sycamore Street, Iowa City

[Coffee and Conversation](#)

Friday, December 15, 9 to 10:30 AM • Home of Barb Stein, Iowa City