



Resolve to have fun with TRAIL in 2024

If you Google New Year's resolutions for senior adults, you will get lots of ideas for making improvements in our nutrition, exercise, and even finances.

You could go that route, OR as a TRAIL member you could skip all those "serious" ideas and make one simple resolution: TO HAVE MORE FUN! And here are some of the ways you will be able to make good on your resolution.

- ✓ Attend at least one event sponsored by the Social/Educational committee. A wide variety of programs and events are scheduled year-round, such as museum visits, coffees, hikes, tours of local interest, and lunches.
- ✓ Join us for a TRAIL Happy Hour. Enjoy snacks and drinks (of all types) with new members and reconnect with friends the first Tuesday of every month, 4:30 to 6:30 PM, at Orchard Green restaurant.
- ✓ Come to TRAIL'S anniversary celebration in the spring OR the Ice Cream Social in the summer. Mix and mingle with other members, staff, volunteers, and donors.

You can find more information and details about all these activities in this newsletter and on the TRAIL website calendar. And don't let transportation be a barrier to your attendance. If you need a ride, reach out to Jessica in the TRAIL office, 319-800-9003.

Welcome to these new TRAIL board members



Bob Brooks, a TRAIL member, member-service volunteer, and member of the TRAIL Membership Committee, holds a degree in landscape architecture from ISU and worked for more than 20 years for the UI's Facilities Management Department. He and his partner also owned and managed Iowa City's historic Brown Street Inn for 15 years before selling the business in 2021 to devote more time to travel and volunteering.



Jim Carey, 1st VP and trust officer at MidWestOne, is an East Coast native and earned his J.D. degree from the UI College of Law. He has worked in trust and probate law for many years, both in private practice and the banking industry. He also served briefly on the Board of Trustees of Washington County Hospital (Iowa). He has a passion for working with older adults and helping them maintain their personal and financial independence.



Patricia Heiden worked for Oaknoll Retirement Community for 36 years before retiring as its executive director in 2016. In 2018 she was elected to a four-year term on the Johnson County Board of Supervisors, and chaired that board in 2021-22, helping to oversee the county's response to the COVID-19 pandemic. She chose not to run for re-election at the end of her term, and has been enjoying more time with family, travel, and community service.



Scott Maiers is the community relations director at Solon Retirement Community and previously served for more than a decade as marketing director for Legacy Senior Communities. He began his career in the advertising department of the Iowa City *Press-Citizen*, and was pleased after 11 years in the media business to make the transition to the senior living industry. He also serves on the board of the local Alzheimer's Association chapter.



Christine Scheetz is senior VP, network development and patient engagement, for Preferred Community Health Partners, which works with seniors to coordinate access to health care and other needs. Her prior leadership positions include director of community and patient relations at UI Hospitals and Clinics; president & CEO of United Way of Johnson & Washington Counties; and senior VP for Aging & In-Home Services of Northeast Indiana. She has happily returned to Iowa City and is eager to re-engage in serving older adults in Johnson County.

A Look Back at 2023



Clockwise from upper left: TRAIL members visiting the Beyond Van Gogh exhibit in Davenport, June; learning about home safety at Lowe's, January; taking part in a fire extinguisher demonstration, October; visiting Melrose Meadows as part of a senior living facilities series, May; and enjoying lunch at the Muscatine Button Factory, August.

Your gifts help TRAIL make a difference

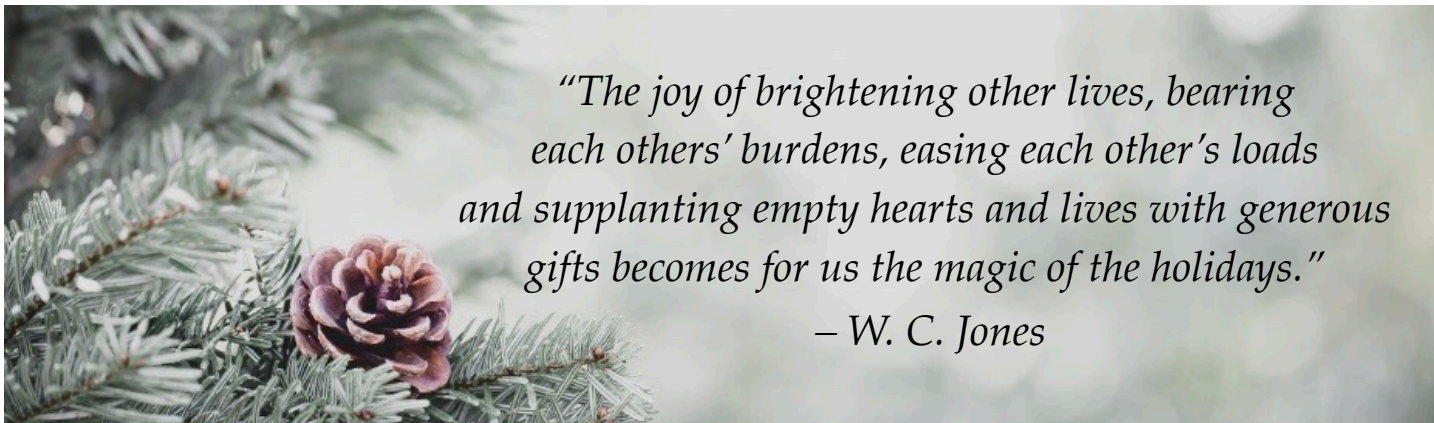
At this time of year, we think of all we are thankful for: our health, our friends and family, and the ability to continue living in our homes. Hopefully, as a member of TRAIL, you've taken advantage of our many services and are thankful for all that our organization does.



By now, you should have received our end-of-the-year Annual Fund giving letter. Individual donors make up a significant portion of TRAIL's annual budget, so every contribution is needed, appreciated, and put to work right away!

If you have already donated this year, THANK YOU! But if not, please consider a gift. With your gifts, we are making a difference for older adults in Johnson County, helping people live and age safely and comfortably in a place they call home.

You may give online at trailofjohnsoncounty.org/support/annual-fund, by calling the TRAIL office at 319-800-9003, or by mailing a check to TRAIL of Johnson County, 28 South Linn Street, Room 301, Iowa City, IA 52240.



“The joy of brightening other lives, bearing each others’ burdens, easing each other’s loads and supplanting empty hearts and lives with generous gifts becomes for us the magic of the holidays.”

– W. C. Jones

Changes to the Marketing & Communications Committee

After more than five years as the designer for the monthly *TRAIL Guide* newsletter, Denice Connell is handing over the responsibility to Nancy Zear.



Denice began designing the *TRAIL Guide* in February 2018. In addition, she has designed postcards and other collateral as needed by various TRAIL committees. But Denice isn’t leaving—she will continue to serve as a valued member of the Marketing & Communications Committee.



Nancy is a native Iowan and graduated from the University of Iowa with a degree from the School of Art and Art History. She was a graphic designer for the UI College of Medicine and later, for UI Health Care Marketing and Communications from which she retired several years ago. Nancy and her husband, Jeff, have two children,

David and Katie. Nancy enjoys her art projects, traveling, hiking, and reading.

Thank you for supporting TRAIL!

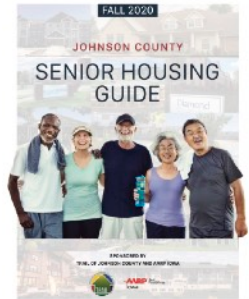
Volunteers: You’re extraordinary!

As of the end of September, TRAIL volunteers had completed more than 1,000 member service requests!

We’ve never had more than 900 in any previous year, so this is striking. This is a measure of the independence that TRAIL enables for its members, but more than that, the essential giving nature of our volunteers.

Updated housing and services guide available

Sixty pages of information about 30 senior living facilities and 17 home care providers—you’ll find all this in TRAIL’s 2023 edition of the *Senior Housing and Services Guide*.



Senior housing facilities continue to grow in variety and number in the area.

TRAIL’s housing guide provides useful information for older adults and their families make decisions about where and how to they want to age.

To receive your copy of the guide, visit the TRAIL website to [download the PDF](#) or stop the TRAIL office, Room 301, Iowa City Senior Center, 28 South Linn Street, Iowa City.

Thanks to our December-January newsletter sponsor



Stay Safe and Comforted at Home



OUR SERVICES

- In-Home Caregivers
- Long-Term Care Ins. Claims Help
- Veterans’ VA Benefits Review
- Funding Options Expertise

AmadaCedarRapids.com
319-382-3761



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.

Coffee and Conversation

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

Pop Up Book Shop at the Iowa City Holiday Market

Saturday, December 16, 8 AM to 1 PM

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

Winter Solstice Celebration

Sunday, December 17, 2 to 5 PM

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



Holiday Flower Arranging Workshop with Willow and Stock Florists \$

Monday, December 18, 9 to 10 AM

Willow and Stock Flower Shop, 201 North Linn Street, Iowa City

Book Club: "Remarkably Bright Creatures" by Shelby Van Peet (via Zoom)

Monday, December 18, 1 to 2 PM

Cinema Salon \$

Tuesday, December 19, 3 to 4 PM

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

Drop-In DIY Gift Wrapping

Wednesday, December 20, 10 AM to 9 PM

Iowa City Public Library Digital Media Lab, 123 South Linn Street, Iowa City



Winter Sing-Along at the Senior Center

Wednesday, December 20, 2 to 3 PM

Iowa City Senior Center Assembly Hall, 28 South Linn Street, Iowa City

Winter 2023 Alzheimer's Education Series (via Zoom)

Thursday, December 21, 11 AM to noon

Drop-In DIY Gift Wrapping

Friday, December 22, 10 AM to 6 PM

TRAIL office closed for Christmas • Monday, December 25, and Tuesday, December 26

Winter 2023 Alzheimer's Education Series (via Zoom)

Thursday, December 28, 11 AM to noon

TRAIL office closed for New Year's Day • Monday, January 1

Visit to the University of Iowa Stanley Museum of Art

Tuesday, January 9, 1 to 2 PM

University of Iowa Stanley Museum of Art, 160 West Burlington Street, Iowa City

TRAIL office closed for Martin Luther King Day • Monday, January 15

Book Club: "Such a Fun Age" by Kiley Reid (via Zoom)

Monday, January 15, 1 to 2 PM