



ABCs of **Heart Health**

February is American Heart Health Month—no better time than now to learn about the ABCs of heart health.

Aspirin

should be taken as directed by your health care provider. Ask if it can reduce your risk of having a heart attack or stroke. Tell your provider if you have a family history of heart disease or stroke.

Blood pressure

measures the force of blood pushing against the walls of the arteries. If high for a long time, you may suffer from high blood pressure, which can increase your risk for heart attack or stroke more than any other risk factor.

Cholesterol

can build up in your arteries and cause heart disease. The “good” kind protects you from heart disease, but the “bad” can increase your risk. Talk to your health care provider about how to lower your bad cholesterol if it’s too high.

LEARN
MORE

Visit [Centers for Disease Control and Prevention](#) or the [National Institutes of Health](#).

Thank You for Giving

It is with deep gratitude that we **recognize and thank** every individual who made a financial donation to TRAIL in 2023.

TRAIL is a careful steward of your gifts, using them for operations. Operations include the friendly voice that helps you coordinate services, the weekly Friday email highlighting the social and educational activities planned for the week ahead, and even this newsletter. Your gifts are important to our success as individual and corporate donations make up 35% of our funding. It is with heartfelt gratitude that we thank you for your support in 2023 and we hope to be among the organizations you support in 2024.

Sharing the **Love**

TRAIL volunteers allow us, by serving our members, to fulfill our mission. In today’s and future newsletters, we will be posting words of appreciation shared by our members.

Thank you, volunteers!

♥ “The best thing about using TRAIL for transportation is getting to visit with the volunteers. They are the best!”

— Valerie Scher



In Memoriam

Charlie Anderson, one of the founders of TRAIL of Johnson County, died in his home January 31, 2024. Without Charlie, TRAIL as we know it today might not exist, as a few of his co-founders remember below:

Susan Shullaw,
*Founder, Member,
Co-Chair of TRAIL
Board of Directors.*

“What I most appreciated about Charlie, when it came to TRAIL, were his frequent reminders to remember our roots in not one but two

groups of friends. One consisted of about a dozen Northside neighbors and the other made up of UI faculty and staff who had secured a grant from the UI Retirees Association for membership in the Village to Village Network. That’s how our two groups found one another, and TRAIL came into being, largely because **Charlie was such an effective connector of people and ideas. TRAIL would not be the successful organization it is today without his invaluable contributions, and we will miss him greatly.”**

Joy Smith, *Founder, Member, and Volunteer*

“Charlie was so much more than a TRAIL founder. He was IN for the long haul. Shortly before TRAIL opened its doors in 2017, Charlie and his wife Jane had made a move to Oaknoll, where Charlie immediately became an ambassador for TRAIL among the residents and staff.

“He was one of those tireless and experienced volunteers who always pitch in, offer to help, give great suggestions, treat everyone with kindness and respect, and best of all, do so with a smile or a laugh.”

Maggie Elliott, *Founder, Member, and Volunteer*

“It was my lucky day when I sat next to Charlie at a Community Foundation luncheon. He knew of my

passion and work with the senior population and invited me to join a group of community members who were exploring ways to support aging Johnson County residents. Many meetings and a few years later, TRAIL became a reality.

“Charlie was kind, thoughtful and fun. He was a doer and a connector. It seemed he had a story for everything. I joked with Charlie that I wanted to be like him but it's true...”

Charlie was retired as a professor of audiology, director of audiology in the Department of Otolaryngology, and director of the Wendell Johnson Speech and Hearing Clinic at the University of Iowa. He and his wife Jane, who died in July 2021, were relentless volunteers for many nonprofit organizations as well as for their church.

While on the Board of Directors for TRAIL, Charlie was chair, past chair, and treasurer. He also chaired the Volunteer Committee for several years and continued serving on it. In 2021, when TRAIL began to investigate what more could be done for members who were coping with a major life transition, Charlie became an active member of the Life Transition Committee and helped to research, plan, and implement this new service.

About Charlie’s final day, his daughter Mary E. Anderson says, “After a busy day of seeing friends and signing up for some new classes, he died in his apartment while finishing up his last gourmet lamb stew. He lived a full and wonderful life until the very end. To say we are heartbroken is an understatement. But what helps is to know that my father was deeply loved, and he touched so many people.”

A Celebration of Life open to all is being planned for 3 p.m., April 13, at Oaknoll. Charlie’s obituary is [here](#).



Scams and frauds and cheats, *oh my*

You've no doubt heard that older Americans are often the target of various scams, online and otherwise. But it's important to know that thieves are constantly updating their methods.

- They are taking advantage of artificial intelligence (AI) to perfect older schemes. In the well-known "grandparent scam," an older adult receives a desperate plea for money from an individual claiming to be a grandchild. Now AI can create "deepfakes" of voices that are very convincing. Likewise, your voice can be captured on a phone call, imitated, and then used to fool your bank or other financial institution.
- Rather than washing a check with chemicals, scammers can now take a digital photo of a check and use software to alter it.
- If it seems too good to be true, it probably is. Sweepstakes scams have become more sophisticated, as have celebrity scams, where a well-loved celebrity appears to contact you, build rapport, and then . . . ask for money.

You can protect yourself from these and other scams, though. For more information about current scams and ways to stay safe, visit the AARP website to read [Top Scams in 2024](#).

Leap Day

Are you looking ahead at 2024? A total solar eclipse across North America will take place in April, the Paris Olympics in July and August, and a U.S. presidential election in November.

But before any of those events comes Leap Day—February 29, falling on a Thursday this year. You probably know that it's an extra day added to our calendar every four years. It aligns our calendar more closely with the time it takes for the earth to orbit the sun.

But did you also know that Leap Day occurs in years that are multiples of 400, but not all multiples of 100? For instance, 2000 was a leap year, but 1900 was not and 2100 will not be. This pattern was introduced in 1582.

LEARN
MORE

For more about the math and science of Leap Day, visit the website of the [National Air and Space Museum](#).



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will **always**
be part of
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319-594-959 www.faithfulcompanionsia.com

Thanks to Faithful Companions
for sponsoring this month's newsletter.



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.

TRAIL EVENTS CALENDAR

February and March

[Walking the Coral Ridge Mall](#)

On Thursdays, 9 to 10 AM

1451 Coral Ridge Avenue, Coralville

[Dine-Around Lunch \\$](#)

Thursday, February 15, 11:30 AM to 1 PM

Courtyard Hotel (main level), 901 Melrose Avenue, Iowa City

[An Overview of At-Home Non-Medical Home Health Care Providers](#) (via Zoom)

Friday, February 16, 10 to 11 AM

[Linda and Doug Paul: Author Presentation](#) (in person or via Zoom)

Monday, February 19, 1 to 2 PM

Iowa City Senior Center, Room 302, 28 South Linn Street, Iowa City

[Lunch and National Czech and Slovak Museum Visit \\$](#)

Wednesday, February 21, 11:30 AM to 2:30 PM

National Czech & Slovak Museum, 1400 Inspiration Place SW, Cedar Rapids

[Mending Hearts](#)

Wednesday, February 21, 5 to 6:30 PM (limited seating—register ahead)

The Kirkwood Room, 515 Kirkwood Avenue, Iowa City

[Flight Around the World to End Polio](#) (in person or via Zoom)

Thursday, February 22, 1 to 2 PM

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

[Coffee and Conversation](#)

Friday, February 23, 9:30 to 11 AM

Home of Susan Spaziani, Iowa City

[League of Women Voters Legislative Forum: Healthcare Issues](#)

Saturday, February 24, 9:30 to 11:30 AM

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

[Anne Marie Kraus and Jo Myers-Walker: Author Presentations](#)

(in person or via Zoom)

Monday, February 26, 1 to 2 PM

Iowa City Senior Center Room, 302, 28 South Linn Street, Iowa City

[Flight Around the World to End Polio](#)

Thursday, February 29, 10 to 11 AM

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

[Piano Sundays at the Old Capitol](#)

Sunday, March 3, 1:30 to 2:30 PM

Old Capitol Museum, Senate Chamber, 21 North Clinton Street, Iowa City

[Member Happy Hour \\$](#)

Tuesday, March 5, 4:30 to 6 PM

Orchard Green, 521 South Gilbert Street, Iowa City

[Cheryl Walsh: Author Presentation](#) (in person or via Zoom)

Monday, March 4, 1 to 2 PM

Iowa City Senior Center, Room 302, 28 South Linn Street, Iowa City

[Caregiver 101 Series: Choosing an In-Home Care Provider](#) (via Zoom)

Wednesday, March 6, noon to 1 PM

[Book Club: The Daughters of Yalta: The Churchills, Roosevelts, and Harrimans: A Story of Love and War](#) (via Zoom)

Monday, March 18, 1 to 2 PM