



## A Party with a Play!

Attendees at TRAIL’s 7<sup>th</sup> Anniversary Celebration will be in for a special treat on top of the event’s food, fun, and fellowship.

As the centerpiece of the evening’s program, students and faculty from the **Iowa Conservatory (ICON)**, Iowa City’s new performing arts high school, have written what ICON founder Leslie Nolte describes as a “light-hearted and funny” theatrical piece that they’ll be staging just for us. You won’t want to miss it!

**Please remember to RSVP for this event by Friday, May 24**, by calling the TRAIL office at 319-800-9003 or emailing us at [rsvp@trailofjohnsoncounty.org](mailto:rsvp@trailofjohnsoncounty.org).

We look forward to welcoming TRAIL members, volunteers, contributors, and friends to the Unitarian Universalist Society on Thursday, May 30, from 4:30 to 6:30 PM. See you then!

*Note: If you are a Full TRAIL member and need transportation to this event, please submit your request to Jessica in the TRAIL office no later than May 23.*



## Looking for Recommendations for SERVICE FOLKS

—from plumbers to appliance repair, even health care 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.



## New Feature: ENGAGING VOLUNTEERS

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Volunteers, do you know what to do if you arrive for an arranged member service request, and the member does not respond by answering the door or the phone? Below is a summary of the TRAIL Non-Response Policy to refresh our memories.

## Engaging Volunteers

### VOLUNTEER "REMINDERS"



First, it is important to be able to access on your phone or on a paper copy, the service request confirmation you receive from Jessica. This has important information to use if a

member does not respond after multiple attempts to reach them by:

- Knocking/banging on the door and ringing the doorbell multiple times, or
- Calling the home and cell phone numbers provided in the confirmation email.

If you cannot reach the member directly, you should attempt to locate the member using the TRAIL Full Member Non-Response Form completed and signed by the member. This information will be included in the service request confirmation, and lists options preferred by the member for use in this situation, including:

- Calling a designated emergency contact
- Calling Johnson County Dispatch (**319-356-6800**) to request a welfare check
- Taking no action (per member's request)

- Calling **911** if it appears that an emergency has occurred

TRAIL does not provide emergency response services but will attempt to determine if an emergency has occurred and get help if necessary.

As a volunteer, if you are involved in a non-response occurrence, you must report it and the steps you took to the TRAIL office as soon as possible. If it occurs outside of office hours, please call TRAIL's Executive Director Bob Untiedt at 319-899-4123.

Fortunately, there have been very few non-response episodes in TRAIL's history and those were often mix-ups about dates and time. However, with this policy, our volunteers are prepared to respond appropriately.

Volunteers, if you have questions about the information here, contact Volunteer Chair Allison Andrews at [allison@trailofjohnsoncounty.org](mailto:allison@trailofjohnsoncounty.org).

Full members, if you need to update (or fill out for the first time) your Full Member Non-Response Form, contact Jessica at the TRAIL office (319-800-9003) or [membersupport@trailofjohnsoncounty.org](mailto:membersupport@trailofjohnsoncounty.org).

“ The greatest gift you can give someone is time, because when you give your time, you are giving a portion of your life you can never get back.” - Rick Warren

# Life Lessons from France

By Bob Untiedt, TRAIL executive director

During the second week of March, I had the good fortune of traveling to France with my friend Bénédicte to celebrate her father's 90<sup>th</sup> birthday.

Her father, Régis, is in great health, warmly hospitable, and very engaging. He hosted us for a lovely lunch on his birthday and his appreciation of life was inspiring.

Whether it was:

- the constancy of his pouring just a *little* wine with food;
- always having a small cheese course with that day's fresh baguette;
- partaking in a magnificent *pork with prunes* dish, served on his birthday;
- eating slowly, not hurrying; or
- noticing the good wines he served...



Photo: Bénédicte Agostini  
Corbett and her 90-year-old  
father, Régis Agostini.

his influence in how we ate these meals reminded me that we miss happiness if we fail to really enjoy our food. And, that a good life includes eating with others, as well.

(Something participants in TRAIL's Dine Around meals know well!)

Kaleigh Gilmore, a social worker at Oaknoll, has offered trainings to TRAIL members. One session directed participants to ask themselves, "What is most important in my life?" This trip—with help from my new 90-year-old friend—taught me again that simple pleasures are an important part of the best life.

Oaknoll is sponsoring an opportunity for anyone who has loved ones living with dementia to eat with them in a restaurant setting. Dining with Dignity is a quiet and supportive dining experience with limited distractions. The simplified menu offers colorful, appetizing, and easy-to-eat foods for those with dementia. Dementia friendly trained staff can offer cues and prompts to make the dining experience pleasant.



Dining with Dignity is offered on Mondays, 4:30-6:30 p.m. in the *Third on Third Bistro* in Oaknoll's Spring Street building. For reservations, call Hailey Bergen-Jackson at **319-466-3032**.





## Happy Parents, Grateful Daughter

Ceil Miller-Bouchet is an Iowa City native who moved away for college and eventually settled with her husband and children in the Chicago area. Her parents, long-time Iowa City residents Maxine and Harvey Miller, chose to remain in their home after retirement. And then COVID hit.



“At the beginning of the pandemic my folks had a fender bender and gave up their driver’s licenses,” Ceil says of her parents, then in their early 90s. “So I began commuting from Evanston to Iowa City nearly every week to help. I even moved in with them and worked from their house for a month so I could drive Dad to his daily medical appointments.”

Managing her parents’ schedules while working and living away from home became increasingly difficult. “I really needed help and support,” Ceil says. “Then a dear friend told me about TRAIL. I encouraged Mom and Dad to join so we could get help driving them to appointments. That changed ALL of our lives for the better.”

Maxine and Harvey were initially hesitant about TRAIL because they weren’t used to accepting help. But the entire family quickly came to appreciate TRAIL’s services – and especially its volunteers.

“We always find a common interest or conversation topic,” Maxine says of TRAIL’s drivers. “They get here on time and we visit in the car. They help me get into the office, and often they sit and wait for me. I have had only good experiences!”

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“You never know when you’re going to need help,” Maxine adds. “It’s a good idea to get familiar with the services TRAIL offers before you need them.”

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Ceil agrees. “Being an adult caregiver for your parents is confusing and complicated, especially when you live far away. I would definitely advise adult children to encourage their parents to join TRAIL, even if their folks don’t think they need the help. Because they will. That’s just the journey of aging.”

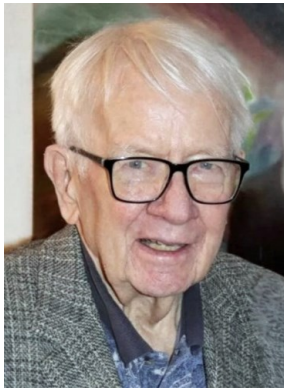


**Adult children of TRAIL members** are among our best supporters and ambassadors. Do you know of families like Ceil’s who might benefit from TRAIL’s services? If so, contact the TRAIL office and let us know. A TRAIL membership might make the perfect Mother’s or Father’s Day gift this year!

# In Memoriam

Michael Kattchee

Full TRAIL member since 2021.



See his obituary [here](#).



123 E Market Street, Iowa City | (319) 338-2893

**Thanks to Gloria Dei Lutheran Church** for sponsoring this month's newsletter.

LEFT: Bob Untiedt and Barb Stein staffing an info table at the League of Women Voters lecture on April 17, which TRAIL co-sponsored. The theme was Iowa land with Connie Mutel talking about issues and her new book.

TOP RIGHT: TRAIL members and guests visiting Jan Friedman's Studio on Tuesday, March 19.

LOWER RIGHT: Lorraine Bowans, an AARP trained HomeFit representative, demonstrating on Thursday, April 18 ways to make the bathroom safer.





**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](mailto: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](mailto:info@trailofjohnsoncounty.org).*

# TRAIL Events Calendar

May and June

*TRAIL office closed for Memorial Day • Monday, May 27*

## [Dinner at Lighthouse Supper Club](#) \$

Friday, May 17, 4:30 to 7 PM

6905 Mount Vernon Road SE, Cedar Rapids (meet at North Dodge Hy-Vee, Iowa City)

## [Book Club: Heaven and Earth Grocery Store by James McBride](#) (via Zoom)

Monday, May 20, 1 to 2 PM

## [Powerful Tools for Caregivers](#) (via Zoom)

Tuesday, May 21, 1 to 2:30 PM

## [Fact Checking in the AI Age](#) (via Zoom)

Wednesday, May 22, 1 to 2 PM

## [Iowa History 101: Forging Latinidad from Field to Campus](#) (via Zoom)

Thursday, May 23, noon to 1 PM

## [Summer Reading Suggestions: Book Talk with Anne Mangano from ICP](#)

(via Zoom)

Friday, May 24, 10:30 to 11:30 AM

## [Tour of Chimney Swift Tower, Martin Colony, Bickett-Rate Preserve](#)

Tuesday, May 28, 10 AM to 12:30 PM

600 225th Street, Tipton (meet at North Dodge Hy-Vee, Iowa City)

## [TRAIL's 7th Anniversary Celebration](#)

Thursday, May 30, 4:30 to 6:30 PM

Unitarian Universalist Society, 2355 Oakdale Road, Coralville

## [A Better Night's Sleep Series with Mark Eric Dyken](#)

Mondays, June 3 thru June 24, 10 to 11:30 AM

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

## [Dine Around: Lunch at Mirabito's Italian Restaurant](#) \$

Wednesday, June 5, noon to 1:30 PM

40 Sugar Creek Lane, North Liberty

## [New Member Orientation](#)

Thursday, June 6, 4:30 to 6:00 PM

Fix! Coffee, 2nd floor of the Chauncey, 404 East College Street, Iowa City

## [Iowa Arts Festival](#)

Friday, Saturday, and Sunday, June 7 thru 9 (See calendar for times)

Downtown Iowa City, 210 South Dubuque Street

## [Bur Oak's Belgium Groove](#)

Saturday, June 8, 4 to 7 PM

Belgium Grove Preserve, 3261 500th Street SW, Iowa City

## [Czech & Slovak Museum Special Exhibit: Alphonse Mucha: Master of Art Nouveau](#) \$

Thursday, June 13, 10 AM to 2 PM

1400 Inspiration Place SW, Cedar Rapids (meet at Hobby Lobby, Coralville)