



Member survey results: TRAIL receives plenty of positive marks



According to TRAIL's most recent survey, members are very happy with TRAIL and its services.

How happy? In response to the

statement, "TRAIL provides the services I currently need to age in place," a whopping 93% of Full members and 72% of Affiliate members either strongly agreed or agreed. (And these numbers have grown from 65% in 2018.)

Here are more observations from the survey:

- The response rate in 2024 was 47%.
- Five surveys have been conducted since 2018. Only once (in 2018 with 78%) did fewer than 85% of respondents strongly agree or agree that TRAIL was a good value. For comparison, 65% of respondents in 2018 either agreed or strongly agreed with this statement.
- TRAIL events are popular! 92% of Full members and 98% of Affiliate members say they attend TRAIL's social and educational events.
- In 2024 95% of Full members said they were satisfied with volunteers. (Half of all Affiliate members, who have

less access to volunteers, were also pleased with volunteers' services.)

- In regard to TRAIL's website and online calendar, 70% of Full members and 83% of Affiliate members gave it positive marks. And in a related question, 95% of Full members and 100% of Affiliate members say they view TRAIL on Facebook.
- The *TRAIL Guide* is liked and well-read and that has been consistent since 2019. In 2024, 84% of Full members and 88% of Affiliate members gave it positive marks, and 97% of all members say that they "regularly review" the newsletter.

When asked where they first heard about TRAIL, "a friend" is cited most by members. So feel free to spread the word! You probably have friends or neighbors who would enjoy TRAIL and find value in all it has to offer. Tell them to visit TRAIL of Johnson County online or call the office at 319-800-9003 for more information.



One recent member comment speaks to the heart of TRAIL's mission: "Volunteer assistance is critical to my continuing to stay in my own home." And nothing could be more positive than that.



TRAIL helps you to celebrate YOUR INDEPENDENCE!

Engaging Volunteers

Consider using Self Sign-up



Volunteers, did you know that you don't have to wait for an email to sign up for a member's service request? The Self Sign-up feature on the TRAIL member website offers many conveniences and can save time and confusion.

Using Self Sign-up, you can:

- View all available service requests
- Sign up proactively for as many requests as fit your schedule and interests
- View all requests you have committed to, and those you have already completed

Volunteer Committee Chair Allison Andrews says, "In orientation, I encourage volunteers to use Self Sign-up and suggest they bookmark the site for ease of access. I also recommend that they routinely check for available requests, especially if they have unexpected free time to volunteer."

Using Self Sign-up can also save time and confusion, says Jessica Hahn, member and volunteer services coordinator. "Many times, a volunteer will email and say they want a particular request to only find out it has been already picked up by a volunteer who uses the online site."

Committed Requests	Open Requests	Completed/Past Requests
No Date	Friendly Visits/Volunteer Name Ⓢ N/A Date/Time Flexible Starting Location: His Home East IC (off Court and First Ave)	
No Date	Garden and Weeding/Volunteer Name Ⓢ N/A Date/Time Flexible Starting Location: Their home West IC	
No	Garden and Weeding/Volunteer Name	

The Self Sign-up site lists all service requests with initial information like member name, service date/time, approximate duration, the general service requested, and the starting location and destination. More detailed information is provided by clicking the View/Select icon. You can assign yourself to the service request by clicking the Confirm button (or can decline the service by clicking the Cancel button). You will receive an automatic confirmation email for scheduled services, including member contact information.

Jessica says, "I encourage volunteers to use Self Sign-up as the best practice and I can walk folks through the process to get them started. But, if volunteers are more comfortable using the email system, that still works. The most important thing is having as many volunteers as possible signing up for the services."

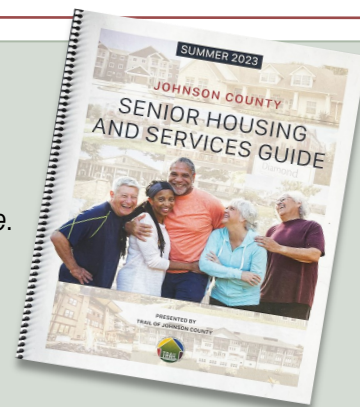
If you want to learn how to use Self Sign-up, contact Jessica at the TRAIL office at 319-800-9003 or at membersupport@trailofjohnsoncounty.org.

Senior 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 the most recent edition of TRAIL's *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 to help them make decisions about where and how they want to age.

You can download a PDF of the guide at this [link](#) on the TRAIL website, or stop by the TRAIL office, Room 301, Iowa City Senior Center, 28 South Linn Street, Iowa City.



Modest fee increase coming July 1

Now is a great time to join or upgrade your TRAIL membership!



TRAIL is committed to supporting its members as they age in place, and we hope you find TRAIL and its services not only helpful, but a great value, too.

Thanks to the hard work of our staff, volunteers, and supporters, TRAIL was able to weather the inflationary pressures that began with the onset of COVID. But as costs continue to rise, we have made the difficult decision to raise membership fees for the first time since 2021.

It's important to note that **TRAIL has added a number of new member tools and benefits** that we believe increase the value of a TRAIL membership. We introduced an easier-to-use online vendor recommendation and referral service, published an expanded *Johnson County Senior Housing and Services Guide* (as described on page 2), and launched our Life Transition Service, which helps Full members cope with some of the more challenging aspects of aging.

To support these and other important member services, membership fees will increase **modestly** on July 1, 2024:

Full household: From \$65/month to \$75/month (or \$780/year to \$900/year)

Full individual: From \$50/month to \$60/month (\$600/year to \$720/year)

Affiliate household: From \$195/year to \$210/year

Affiliate individual: From \$130/year to \$140/year

Want to turn this fee increase into an opportunity to save? **Renew your TRAIL membership by June 30, and you'll continue to pay the 2023 fee rate through your renewal date in 2025.**

Affiliate members: Now is the time to upgrade to Full, giving you access to TRAIL's many volunteer services. Upgrade by June 30 and lock in the 2023 Full membership fee until your renewal date a year from now.

And if you have friends or family members who could benefit from TRAIL membership, **encourage them to join now, before fees increase July 1!**

For more information, visit the [membership page](#) on our website, or contact Bob or Jessica in the TRAIL office at (319) 800-9003 or membersupport@trailofjohnsoncounty.org.



Tour of chimney swift tower and martin colony at Bickett-Rate Preserve, 5/28/24. Pictured are Anita Hutton, Phyllis Black, Lori Ziegenhorn, Marianne Mason, Warren Young. Attendees not pictured are Betsy Fischer and Connie Peterson.



Providing exceptional, comprehensive primary care for adult patients.

501 12th Ave, Suite 104
Coralville, IA 52241

Phone 319-302-3198
Email info@remedyim.com
Web www.remedym.com

THANKS to our June-July
newsletter sponsors



MEMBER PROFILE

Joni Jones

Joni Jones was present at the beginning of TRAIL of Johnson County in 2017.

One of the TRAIL Blazer donors who helped provide the initial start-up funding for the organization, she was also one of the first volunteers. She held coffee klatches, helped members garden, and drove them to appointments, grocery shopping, or wherever else they needed to go.

Then she had a heart attack in 2023 and needed TRAIL's services herself.

"I went from the driver's seat to the passenger seat," said Jones. "I always hoped volunteers would be there when I needed them, and they were."

Jones' recovery has gone well and she's able to live her life fully again in her home. She volunteers as a TRAIL Buddy, phoning other TRAIL members who have requested a regular call to make a social connection. As a member, she participates in many activities and gives a shout-out to the Social and Educational Committee members for their excellent work organizing interesting, thoughtful events.

Jones said she's enjoyed working with TRAIL as a member and volunteer, especially the people she's met and the new friends she's made.

"I didn't join TRAIL to meet new friends, but that's what happened," she said. "I've met a lot of really, really nice people, and I think that's the biggest benefit of my involvement in TRAIL."

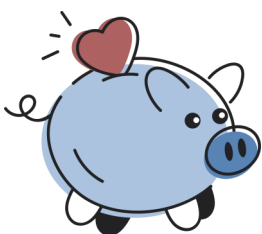
Back when she was volunteering as a driver, she had many conversations with members who were aging in place and she realized they were blazing a trail she wished to follow herself.

"They were my role models in independent living," she said.

Charitable gifts to TRAIL

Giving to TRAIL is as easy as 1, 2, 3. At any time, you may:

1. Visit the TRAIL website at trailofjohnsoncounty.org/support and click the red Donate Now button to access a secure online giving page.
2. Send a check, payable to TRAIL of Johnson County, to 28 S. Linn St., Room 301, Iowa City, IA 52240.
3. Consider a monthly gift through automatic withdrawal from your bank account or credit card (a form to complete is available on the website above).



There are also ways to include TRAIL in your estate plans, whether through a will/trust, retirement assets, or other charitable instruments. Contact Executive Director Bob Untiedt at 319-800-9003 to discuss your philanthropic goals.

THANKS to our June-July
newsletter sponsors

**Helping clients obtain
financial confidence
and independence**

**by creating, preserving,
and protecting wealth.**

Jan Beal
Financial Advisor
711 2nd Ave SE Suite 200
Cedar Rapids, IA 52401
(319) 730-7526





Lucky #7

How lucky we were to celebrate TRAIL's 7th anniversary this year! About 100 TRAIL members, volunteers, donors, and other supporters gathered at the Unitarian Universalist Society fellowship hall on May 30, 2024, to socialize and enjoy heavy hors d'oeuvres and beverages, including wines supplied by Okoboji Wines. Attendees also had a chance to spin the wheel and win a prize, and be amused by a hilarious performance by students from the Iowa Conservatory (ICON), a performing arts high school in Iowa City. Special thanks to our Silver sponsors—Featherstone at Hickory Hill and Terri Larson and Andi Miller of Lepic-Kroeger Realtors—and our Bronze sponsors—James Investment Group, Keystone Place at Forevergreen, and Resilient Sustainable Future for Iowa City (RSFIC).





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

June and July

TRAIL office closed for Juneteenth • Wednesday, June 19, and Independence Day • Thursday, July 4

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

Mondays, June 17 and 24, 10 to 11:30 AM

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

[Book Club: Hello Beautiful by Ann Napolitano](#)

(via Zoom)

Monday, June 17, 1 to 2 PM

[Keith Haring at the Stanley](#)

Tuesday, June 18, 10:30 to 11:30 AM

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

[Bird Blind at Raptor Center](#)

Thursday, June 20, 5 to 7:15 PM

MacBride Nature Center, 2095 Mehaffey Bridge Road NE, Solon

[Iowa City Downtown Block Party](#)

Saturday, June 22, 4 to 11 PM

Downtown Iowa City

[Sundays with the Docents: Weird Science](#)

Sunday, June 23, 1 to 2 PM

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

[Let's Talk Books: My Favorite Reads So Far This Year](#) (via Zoom)

Tuesday, June 25, 7 to 8 PM

[Coffee and Conversation](#)

Wednesday, June 26, 10 to 11:30 AM

Home of Susan Spaziani, Iowa City

[Iowa History 101: From Relish Trays to Old Fashioneds: Sampling Iowa Supper Clubs](#) (via Zoom)

Thursday, June 27, noon to 1 PM

[Member Happy Hour \\$](#)

Tuesday, July 2, 4:30 to 6:30 PM

Orchard Green, 521 South Gilbert Street, Iowa City

[Iowa City Jazz Festival](#)

Friday, Saturday, and Sunday, July 5 thru 7 (See calendar for times)

Downtown Iowa City, 8 South Clinton Street, Iowa City

[Dine Around: Baxa's Sutliff Store & Tavern \\$](#)

Wednesday, July 10, 4 to 7 PM (Meet at the North Dodge HyVee parking lot.)

5546 130th Street NE, Lisbon

[Book Club: Lady Tan's Circle of Women by Lisa See](#)

(via Zoom)

Monday, July 15, 1 to 2 PM

