



Congratulations to TRAIL Staff!



TRAIL of Johnson County was recently named one of 15 Johnson County organizations to gain the Dementia Friendly recognition.

To be recognized, staff needed to attend a one-hour training presented by a dementia friendly champion and have a minimum of 50% staff participation with a goal of reaching 100%. During the training, participants discussed dementia friendly changes within their organization, including the continued support of people living with dementia and their caregivers. The focus of the education was for staff to recognize the signs of dementia, communicate more effectively with patience and understanding, and work to develop and maintain business practices to better serve their members.

Dementia Friends is a global movement that is changing the way people think, act, and talk about dementia. Developed and proven to be successful by the Alzheimer's Society in the United Kingdom, the Dementia Friends initiative is now underway in Iowa and across the United States. Dementia Friendly Iowa promotes change and education in communities to create a more welcoming, safe, and respectful space for people living with dementia and their caregivers.



How Do I Want to Live: Making a Plan for My Future Care

Did you miss last fall's workshop? Mark your calendars now, because you're in luck! TRAIL is presenting a similar series over **four Fridays in September** (registration will open in August). Co-sponsors are the Iowa City Public Library, Iowa City Senior Center, and BrownWinick Law.

You'll think about what gives you energy and joy, what plans need to be in place, and how to start conversations about your plan with your support team.

More information will be forthcoming in the *TRAIL Guide* and the TRAIL calendar.



2024 Healthy Aging Fair

Thursday, August 22
9 AM to noon
Iowa City Senior Center
28 South Linn Street, Iowa City

This free event, sponsored by Johnson County Livable Community, offers information about resources, services, and organizations that are helpful in planning for a healthy, safe, and active lifestyle during older adult years.

- Dementia Friends information
- Nutrition for healthy aging
- Interactive demonstration of tai chi
- Laughter Yoga
- Health screenings, and more

Participants can get a discount that covers two free hours of parking at the Tower Place parking garage after the initial free hour.

**TRAIL
Ice Cream Social**
Thursday, August 15
4 to 6 PM
City Park, Shelter #6



Engaging Volunteers



Loving what they do

Why do TRAIL volunteers love what they do for Full members? It's about the relationships, say two frequent volunteers.



Dave Keeley, a volunteer since 2018, says he probably got the volunteer “gene” from his mother.

“I remember her making sure she stayed in touch with older friends who couldn’t get out and about, visiting them wherever they were—at home, senior housing, or nursing homes,” he says.

One of his favorite memories is accompanying his mom on entertainment missions to the Iowa City VA Medical Center. “We brought a record player, and I was responsible for putting on the Barbra Streisand version of ‘Secondhand Rose,’ then mom would perform, dressed up in some clothes from the thrift store.”

So, when Dave retired from the University of Iowa, TRAIL’s mission of helping older adults age in their own homes appealed to him. **“It’s honestly something I look forward to. Members are so pleasant and so grateful. I end up driving many of the same folks a lot and get to develop a good relationship with them.”**



Twyla Morlan, a volunteer for about five years, says her role model for volunteering with senior adults was an aunt. **“My aunt was in her 80s and driving friends to their doctor appointments.**

I remember thinking that is something I could do too, because I love to drive.”

She has even become friends with some of the TRAIL members she drives, joining them for tea or coffee in their homes. And, although she has her own health challenges, she is committed to volunteering with TRAIL because she loves helping the members.

“TRAIL is such a good idea, especially for people who don’t have others nearby to check on them or help them with things,” she said.

If you or someone you know would like to become a TRAIL volunteer, please contact the TRAIL office at **319-800-9003** or at membersupport@trailofjohnsoncounty.org.

Is a move in your future? Plan ahead!

Although TRAIL’s mission is to help members remain in their homes as long as possible, many TRAIL members will make moves in the future. An important step in planning for future care is knowing what is available in the area. On July 30, Christine Scheetz, TRAIL Board member and CEO of Senior Care Authority, will share the types of housing options available in the area and what to consider when planning a move. The event will be at 10 AM in Meeting Room D of the

Iowa City Public Library. In addition, TRAIL members may register to visit retirement communities in the area on Thursdays in August. Check the TRAIL calendar for details and to register for these upcoming events.

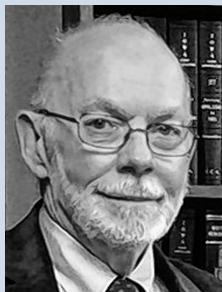


In Memoriam



Joyce Erkel joined TRAIL in March 2022 with her husband, Pat, who passed away in December 2023. Joyce passed away on May 14. Family is asking any donations be directed to TRAIL.

[Read obituary here.](#)



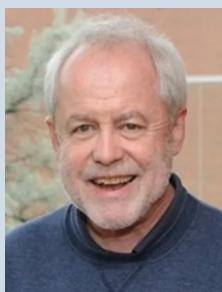
Tom Gartland joined TRAIL in January 2021. He passed away on June 8. Tom had a special connection with volunteer Bob Reynolds. Family is asking donations to be directed to TRAIL.

[Read obituary here.](#)



Betty Fisher, who joined TRAIL in March 2021, passed away on June 1. She had a special connection with volunteer Pat Smith.

[Read obituary here.](#)



Thomas Vosteen, a TRAIL member since February 2024, passed away on May 30. His spouse, Michele, remains a TRAIL member.

[Read obituary here.](#)



Welcome new TRAIL members!

Elizabeth Aubrey

Erin Beatty

Peter Dunbar

Diana and Joe Henry

Geoff Lauer

Mark Ruggeberg

Becky and Tim Svatos

THANKS to Iowa City Dental Health for
sponsoring our July newsletter.



IOWA CITY DENTAL HEALTH

2109 Rochester Ave, Iowa City, IA 52245

Phone 319-338-0707

Email admin@icdentalhealth.com

Web icdentalhealth.com



IOWA CITY
DENTAL HEALTH

GLENN D YOWELL, DDS
ANDREW R YOWELL, DDS

2024 CORPORATE SPONSORS

TRAIL is pleased to express our gratitude to the local businesses and other organizations whose commitment and generous support help older adults retain their independence within TRAIL's active and caring community.

GOLD

Annual support of \$3,000+



SILVER

Annual support of \$1,500-\$2,999



BRONZE

Annual support of \$500-\$1,499



CONTRIBUTING

\$150-\$499

Studio H₂O
Winner Lynk Advisory Group
Faithful Companions
Zanderson Home & Improvement
Gloria Dei Lutheran Church
Iowa City Dental Health
CarePro Medical



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.

Upcoming TRAIL Events Calendar

TRAIL office closed Friday, August 9. The Iowa City Senior Center will be closed. TRAIL staff will be regularly checking email and voicemail.

Book Club: Lady Tan's Circle of Women by Lisa See (via Zoom)
Monday, July 15, 1 to 2 PM

Intro to Chatting with AI (Artificial Intelligence) (via Zoom)
Wednesday, July 17, 3 to 4 PM

Kayaking at Kent Park

Thursday, July 18, 10 to 11:30 AM
F.W. Kent Park, 2048 Highway 6 Northwest, Oxford

Coffee and Conversation

Friday, July 19, 9 to 10:30 AM
Home of Barbara Stein, Iowa City

Calyx Creek Lavender Farm Tour \$

Friday, July 19, 1 to 2 PM
1722 225th Street Northwest, Oxford

Potluck Salad Lunch

Tuesday, July 23, noon to 1:30 PM
Home of Vicki Tardy, Iowa City

Let's Talk Books: The Book Was Better Than the Movie (via Zoom)

Tuesday, July 23, 7 to 8 PM

Kayaking at Kent Park

Thursday, July 25, 10 to 11:30 AM
F.W. Kent Park, 2048 Highway 6 Northwest, Oxford

Joe Reilly: Murals of Iowa City (via Zoom)

Friday, July 26, 9:30 to 11 AM

Is a Move in Your Future? Things to Consider When Planning Ahead

Tuesday, July 30, 10 to 11 AM
Iowa City Public Library, Meeting Room D, 123 South Linn Street, Iowa City

Solon Retirement Village: Assisted Living Village Tour

Thursday, August 1, 10 to 11 AM
Solon Retirement Village, 523 East Fifth Street, Solon

New Member Orientation

Thursday, August 1, 4:30 to 6 PM
Fix! Coffee, Second floor of the Chauncey, 404 East College Street, Iowa City

Car-Buying Tips for Seniors with Mike Huber

Tuesday, August 6, 10 to 11 AM
McGrath Auto, 1445 Highway 1 West, Iowa City

Member Happy Hour \$

Tuesday, August 6, 4:30 to 6:30 PM
Orchard Green, 521 South Gilbert Street, Iowa City