



Life Transition benefit expands to Affiliate members

The unexpected can happen at any moment, and in that moment, one's life can change dramatically—particularly for older adults. A sudden fall can mean a move to a new living facility. A spousal illness may require support services that are difficult to find.

TRAIL's Life Transition Service was created to help our Full members cope with these kinds of situations and more. Because we recognize that the unexpected can happen to any of us, at any time, we are pleased to announce that this valuable service is now available to all TRAIL members. Affiliate members may now receive two one-hour Life Transition consultations per household each year. (Full members receive unlimited sessions.)

At the member's request, a TRAIL Life Transition volunteer will meet with you to learn about your current circumstances and identify concerns, possible solutions, and resources to alleviate existing or anticipated problems. Common life transition issues include a health or family emergency, a change in living conditions, or a desire to make a personal care plan. The Life Transition volunteer may assist you in putting an agreed-upon transition plan into place.

Our Affiliate members' experience with the Life Transition Service will be reevaluated after one year to ensure this new benefit is well utilized and valued.



To learn more or arrange a Life Transition consultation, contact Jessica in the TRAIL office at 319-800-9003 or email membersupport@trailofjohnsoncounty.org.

Need some help?

It may only be September, but now is the time to be thinking about small yard work needs or small projects to help winterize your home. Remember that volunteers are available to help, but let Jessica know your needs soon.

TRAIL members are asked to **request volunteer services at least one week in advance**, so that staff have time to connect members with the volunteers whose schedule and skills are the best match. All service requests are subject to volunteer willingness and availability.

To request a volunteer service, **Full members** only should contact the TRAIL office at 319-800-9003 during office hours, which are 9 AM to 1 PM, Monday thru Friday, or send an email to Jessica Hahn, Member and Volunteer Services Coordinator, at membersupport@trailofjohnsoncounty.org.

Affiliate members have once-yearly access to any TRAIL volunteer service (the "birthday benefit"). Now might be a good time to request a service.





Engaging Volunteers

VOLUNTEERING BY THE NUMBERS



Did you know that TRAIL volunteers completed 1,323 service requests for members in 2023? That's about 110 requests a month, serving 84 members.

We've come a long way from 2018 when we completed 286 requests, serving 19 members.

Along the way, we have ranged from a low of 0 service requests in April of 2020 (due to the Covid pandemic) to highs of 135 requests in May 2023 and February 2024.

Now, in our seventh year, we are serving 249 members—100 members who receive full services and 149 Affiliate members who receive a service once a year.

And, we are on track for another big year—since January, we have responded to 804 requests. Of all the services we provide, transportation is the most requested. A look at the number of requests this year, January through the end of July, shows:

556	143	28	6	5	4
Transportation	In-home tasks	Friendly visits	Medical advocacy	Technology help	Gardening

In addition to these in-person services, about 12 volunteers are working the phones, making between 110 to 140 contacts a month as part of the Rise and Shine and Phone Buddies services. That is more than 710 calls January through July 2024.

Rise and Shine check-ins ensure safety and social interaction daily. As a TRAIL Phone Buddy, members are matched to a volunteer for regular phone calls, with frequency, day, and time agreed upon by the member and volunteer.

While more than 90 people are volunteering with TRAIL in various capacities (committees, Board of Directors, etc.), service requests are handled by an average of 28 volunteers a month.

As requests for services grow, we will need more service volunteers too. 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.

THANKS to REMEDY INTERNAL MEDICINE for sponsoring our August newsletter.



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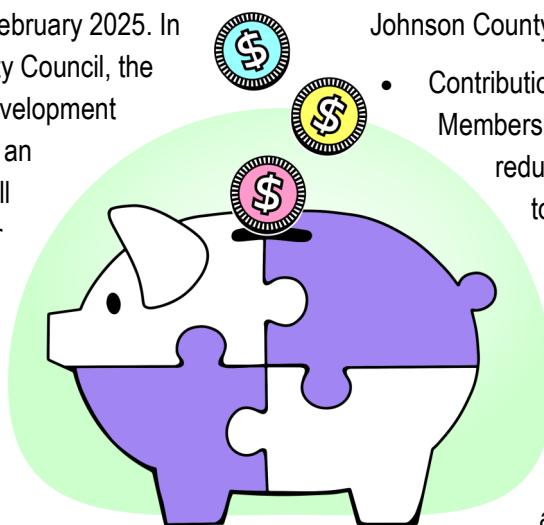


REMEDY
INTERNAL MEDICINE

Grant funds further TRAIL's mission

TRAIL has been proud to receive grant funds in recent months from the cities of Iowa City and Coralville and the Community Foundation of Johnson County. Not only are the funds helpful, but the confidence in TRAIL that is shown by every dollar is very gratifying.

- The Iowa City City Council has awarded a \$5,500 grant to TRAIL, with half the funds received this month and half to be received in February 2025. In recommending this grant to the City Council, the City's Housing and Community Development Commission recognized TRAIL as an "emerging nonprofit." The funds will cover Supported memberships for individuals living in Iowa City.
- TRAIL has been awarded \$6,000 from the Community Foundation of Johnson County. This grant will help fund general operations, including salary support for TRAIL staff and for the social work consultant who has been closely involved with the Life Transition Service.
- The City of Coralville awarded \$3,000 to TRAIL, which funded a project to identify and meet older adults in two identified blocks. With the involvement of five volunteers, contact was made with 35 households and the project wrapped up with a "pie party" in a nearby city park.



What's an annual fund, anyway?

Next month, TRAIL members, volunteers, donors, and friends will receive a letter asking you to support TRAIL's 2024 annual fund campaign. Why do we ask for charitable gifts every year? Why is our annual fund important? Because . . .

- Membership fees cover less than half TRAIL's annual operating budget; your yearly gifts allow us to keep memberships affordable for older adults throughout Johnson County.
- Contributions also help fund TRAIL's Supported Membership Program, which makes free or reduced-cost Full memberships available to income-qualified households.
- Private support demonstrates to potential corporate sponsors and granting agencies that TRAIL is recognized as a valuable, community-wide asset. Last year's *Johnson County Senior Housing and Services Guide*—funded in part by charitable gifts—is just one example of how we're expanding TRAIL's positive impact.

Want to know more? Check out these [annual fund FAQs](#) on the TRAIL website. **And when the letter arrives in your mailbox, please consider joining us as an annual fund contributor this year.** Your support will help ensure that TRAIL is alive and well when the next generation of seniors comes of age.

It's easy to use TRAIL's message board

1. Go to the TRAIL website and log in as a member.
2. In the top bar, click on "For Members," then "Message Boards."
3. Select one of the categories and follow the instructions at the top.





TRAIL members enjoyed a trip to the 200-acre Calyx Creek lavender farm just outside Iowa City in July. During a short information session, participants learned about the growing and harvesting of lavender plants, and they learned about varieties specifically used in cooking with the plant. Participants could then walk the fields to pick a bouquet to take home. Check the TRAIL calendar for more upcoming fun events!



Above: A lovely summer afternoon found TRAIL members enjoying ice cream and each other's company. It also gave attendees the chance to meet new members. This annual event was held on August 15 at City Park.

Left: TRAIL members had the opportunity to visit a variety of retirement facilities throughout the month of August. On the 8th, members toured Legacy Senior Living in Iowa City. Solon Retirement Village, Stirlingshire, Brown Deer Place, and FeatherStone at Hickory Hill were also visited in August.



THANK YOU for sharing your TRAIL event photos with us!



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, and friends. If you have questions or suggestions about the newsletter, email info@trailofjohnsoncounty.org.

Upcoming TRAIL Events Calendar

[TRAIL Book Club: *Frozen River* by Ariel Lawhon](#) (via Zoom)

Monday, September 16, 1 to 2 PM

[Author Talk: *From Dubuque to Selma and Beyond: My Journey to Understand Racism in America* by Dr. Dave Markward](#)

Tuesday, September 17, 7 to 8:30 PM

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

[Adult Child Caregiver Group Gathering](#)

Wednesday, September 18, 12 to 1:30 PM

Iowa City Senior Center, Room 206, 28 South Linn Street, Iowa City

[How Do I Want to Live: Making a Care Plan for My Future](#)

Fridays, September 20 and 27, 2 to 4 PM

Iowa City Public Library, 123 South Linn Street, Iowa City

[The Green House Gathering](#)

Tuesday, September 24, 5 to 7 PM

The Green House, 505 East Washington Street, Iowa City

[How to Have a Safe and Stylish Bathroom](#)

Thursday, September 26, 10 to 11 AM

2020 South Riverside Drive, Iowa City

[Amana Colonies Visit and Lunch](#) \$

Saturday, September 28, 10 AM to 1 PM

Main Amana (Meet at the Hobby Lobby parking lot in Coralville)

[Ageism and Artificial Intelligence for Health](#) (via Zoom)

Tuesday, October 1, 3 to 4 PM

[New Member Orientation](#)

Thursday, October 3, 4 to 6 PM

Fix! Coffee, 404 East College Street, Iowa City

[Coffee and Conversation](#)

Friday, October 4, 9:30 to 11 AM

Barb Stein's residence

[Patagonia: A Travelogue with Jim Ruebush and Melanie McNeil](#) (via Zoom)

Tuesday, October 8, 1 to 2 PM

[TRAIL Book Club For Men: *The Light Eaters* by Zoe Schlanger](#)

Thursday, October 10, 1:30 to 3 PM

Courtyard by Marriott, 901 Melrose Avenue, Iowa City

[Financial Fraud Prevention \(Hills Bank presentation\)](#)

Wednesday, October 16, 10 to 11 AM

Hills Bank, 131 East Main Street, Hills, Iowa

[TRAIL Dine-Around Lunch at Blackstone](#) \$

Thursday, October 17, 11:30 AM to 1 PM

Blackstone, 503 Westbury Drive #1, Iowa City