



## Farewell and welcome



**As we begin 2025, TRAIL says thanks and farewell to three valued Board of Directors members and welcomes three new members to the Board.**

Ending their terms on our Board as of Dec. 31, 2024, were:

**Lesanne Fliehler**, who joined the Board in 2022 after serving for several years and chairing our Marketing and Communications Committee. We're grateful that Lesanne will continue her service on that committee as she retires from the Board.

**Vincent Gaffney** completed his second three-year term on the TRAIL Board, during which he was a very active member of our Development Committee. Vincent and his family are moving out of state and we wish them all the best.

**Barb Stein**, also ending her second three-year Board term, joined our Social and Educational Programs Committee in 2017. She has chaired that committee since 2019 and was instrumental in developing the wide range of member events on the TRAIL calendar. She, too, will remain a member of that committee.

Thank you, Lesanne, Vincent, and Barb, for your many years of service to TRAIL!

Beginning new three-year terms on our Board of Directors are:

**Jeanne Bancroft**, a retired science educator and consultant who is also an active TRAIL member and member-service volunteer.

**Todd Shores**, who will serve as TRAIL's treasurer and chair our Finance and Operations Committee. He works as a virtual CFO at Creative Planning in North Liberty.

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## Job #1 in winter: **STAY WARM!**

This may seem ridiculously obvious—but it's important to stay warm during the winter months.

**According to the National Library of Medicine, almost two-thirds of temperature-related deaths are caused by exposure to cold.** And older adults can be more sensitive to cold than other age groups, in part because of their high frequency of chronic diseases.

Take note:

- **Hypothermia** can occur in older adults even in slightly cool homes with temperatures between 60 and 65 degrees. So keep your home thermostat to at least 68 degrees.
- **Medical conditions** can impact your reaction to cold. Diabetes and thyroid problems can affect the body's own ability to stay warm, and conditions like Parkinson's disease and arthritis can

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## Farewell and welcome *continued*

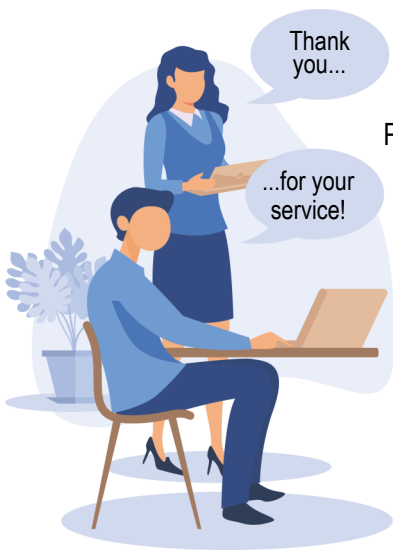
**Yu Yu** is a wealth management officer at Hills Bank. She is a Certified Financial Planner and earned her BBA degree in finance and accounting from the University of Iowa.

Please join us in welcoming these experienced leaders and volunteers to our Board. You'll find more biographical details about all current TRAIL Board members on our website.

We'd also like to express our sincere thanks to several long-serving volunteers who are stepping down from their service on TRAIL Board committees: Terri Larson (Development), Tom Snee (Marketing and Communications), Mary Stein

(Membership), and Nancy Husted and Connie Peterson (Social and Educational Programs). Hats off to all!

Committee members joining us in 2024-25 include Amy Brainard (Development), and Carl Schweser and Dana Van Abbema (Finance and Operations).



## Stay warm *continued*

affect one's ability to add clothing layers or blankets. Medications—both prescription and over-the-counter—can affect your body heat, too. Ask your doctor about any possible concerns.

- **Layering clothing** is the best way to stay warm, indoors and out. A cup of hot tea, cocoa, or broth is a great way to warm up, and eating regularly gives your body the energy it needs to create heat.
- **Avoid caffeine and alcohol**; they can make you colder. Caffeine is a diuretic, and diuretics cause you to lose body heat when you urinate. Alcohol may initially make you feel warm because it makes your blood vessels dilate. But those dilated blood vessels are also releasing vital heat from your body's core.



For more cold weather tips, visit [Winter Ready](#), provided by the Department of Homeland Security.



Above: Member and Volunteer Services Coordinator Jessica Hahn at work in TRAIL's relocated office. Read the full story, **TRAIL has moved**, on page 3.

# Engaging Volunteers

Let's keep it growing!



Congratulations TRAIL volunteers! You completed **more than 1,300 service requests** for our members in calendar year 2024!

With more than 44 volunteers answering member requests, we were able to assist 95 members last year. Remarkably, nearly 61 percent of all services (about 750) were provided by just 9 volunteers, with 3 completing more than 100 requests. Also, acting separately a married couple completed 68 requests.

Every month in 2024, volunteers assisted between 35 to 45 members with requests. Transportation remains the most requested service by our members. A total of 909 rides were provided in 2024, from a low of 61 rides in December to a high of 94 in February. Volunteers also helped members with 287 in-home task requests, made 45 friendly visits, and served as medical advocates 14 times.



Allison Andrews, Volunteer Committee chair, says, "We are very grateful for the hard work and dedication of our volunteers. I am also very pleased to note that we continue to see an increase in the average number of active volunteers (completing 5 or more services a month). We have moved from 18 in 2023 to 28 in 2024 and would love to continue this trend in 2025!"

Much of TRAIL's success depends on volunteers and we can help continue this upward trend of active volunteering in two significant ways:

- Challenge yourself to "say yes" to more service requests in 2025. Even adding two more a month would make a big difference for our members.
- Help recruit more volunteers. Talk with your friends and family about how easy and emotionally fulfilling it is to assist older adults with the simple things they need to be able to stay in their own homes.

Anyone interested in becoming a TRAIL volunteer can call the TRAIL office (319-800-9003), email Member and Volunteer Services Coordinator Jessica Hahn at [membersupport@trailofjohnsoncounty.org](mailto:membersupport@trailofjohnsoncounty.org), or check out the [Volunteer page](#) on the TRAIL website.

# TRAIL has moved!

After nearly eight years in our third-floor Senior Center location, the TRAIL office has relocated to room G03 on the building's ground floor, just down the hall and around the corner from the center's main Washington Street reception desk. For those parking in the Iowa Avenue parking ramp, we'll still be easy to find. Just take the elevator down to the ground floor and turn to your right. Room G03 is a short walk down the hall, on the right.

Our new office, formerly occupied by the Visiting Nurses Association, is much larger. It will provide ample space for both Jessica Hahn, our wonderful Member and Volunteer Services Coordinator, and TRAIL's new Executive Director when she or he joins us.

We are still in the process of organizing and furnishing the space, so forgive a little mess as we get settled in. But do stop by and say hello. What has not changed is Jessica's welcoming smile and her kind offers of assistance to all visitors.





# What's it worth?

For many of us, family antiques and collectibles are some of our most cherished possessions, but when it comes time to downsize and possibly sell those heirlooms, you may be surprised that they aren't as valuable as you hope.

According to Todd Thelen of Artifacts resale shop, those family treasures (Depression glass, Royal Doulton, Hummels, doilies, and treadle sewing machines, for example), just aren't desired by today's buyers.

"The antique market is dead," he says. "But some vintage items are still wanted, and they will probably surprise you. Today's buyers (think 35- to 45-year-olds) want items from their youth in the 1980s and 1990s, and mid-century modern furniture is most popular, not the 'brown furniture,' as some antique furniture is called today."

In addition, college-age students are looking for "retro" clothing and accessories since recycling and reusing is top on their minds. Those old T-shirts, sunglasses, men's watches, shoes, and wallets may just be snatched up quickly.

Todd's suggestion: **Never get rid of anything until someone reviews your personal property with you.**

Ready to start? There are several businesses in the area that may be willing to give you an idea of what an item is worth or give you a written appraisal.



**Artifacts** (pictured above)

[Website](#)

319-358-9617

[toddathelen@gmail.com](mailto:toddathelen@gmail.com)

**Hands Jewelers**

[Website](#)

319-351-0333

**Herteen & Stocker Jewelers**

[Website](#)

319-338-4212

**Jon Thompson Appraisals**

[Website](#)

319-360-7949



## In Memoriam

*Anne Judge*

Member Anne Judge passed away Wednesday, December 11, 2024. Anne has been a member of TRAIL since 2017.

See *Anne's obituary* [here](#).

# New nonprofit aims to deliver happiness to seniors



Justin Torner/University of Iowa

benefits of happiness. What keeps her and other volunteers motivated, she says, is “walking away from a gifting experience or a special event feeling like they made a difference in someone’s day.”

Part of what makes thinkJOY unique are the “day-by-design” experiences created for individual seniors, some of whom may lack social connection or who are living with dementia.

Among the tailor-made moments of happiness thinkJOY has created:

- Finding a 1956 Buick to use for a day out so a senior could go to George’s Buffet for a burger and be driven around his favorite Iowa City spots in style.
- Organizing a piano recital and book signing for a retired UI faculty member in his Iowa City assisted living facility.
- Sponsoring an upcoming photo shoot for a woman and her beloved companion dog.

TRAIL is in contact with thinkJOY and will explore ways our two organizations can collaborate in the future. To learn more, visit [www.thinkjoy.org](http://www.thinkjoy.org).



In her two decades of working in the University of Iowa’s Recreational Services department, Angela Charsha-Harney has seen firsthand how health and happiness are connected.

So, when one of her personal training clients was diagnosed with dementia, she dove headfirst into research on how to best help him — both inside and outside of his time exercising.

Through research on health, aging, dementia, and the effects joy can have on our lives, Charsha-Harney was inspired to create thinkJOY to inspire people to lean into the health

**IOWA** This article is edited and reprinted with permission from the University of Iowa Office of Strategic Communication.

Thanks to Terri Larson and Andi Miller for sponsoring this month’s newsletter.

When **you're serious** about buying or selling—**so are we!**

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319-331-7879 [stlarson77@gmail.com](mailto:stlarson77@gmail.com)



TERRI LARSON & ANDI MILLER  
Lepic-Kroeger, Realtors



**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).*

# Upcoming TRAIL Events Calendar

The TRAIL office will be closed for Martin Luther King Day Jr. on Monday, January 20.

## [Early Lunch/Coffee at the Kava House and Cafe in Swisher](#)

Thursday, January 16, 11 AM to 12:30 PM

Kava House restaurant, 122 2nd Street SE, Swisher

## [Protecting Older Adults from Financial Exploitation: Check Fraud](#)

(via Zoom)

Thursday, January 16, 1 to 2:30 PM

## [Sleep: A Key to Healthy Aging](#)

Thursday, January 16, 2 to 3 PM

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

## [Winter Foraging Class](#)

Sunday, January 19, 1 to 3:30 PM

Frytown Conservation Area, 2198 Angle Road SW, Kalona

## [Book Club: An Unfinished Love Story: A Personal History of the 1960s](#)

(via Zoom)

Monday, January 20, 1 to 2 PM

## [Cinema Salon: The Room Next Door](#)

Tuesday, January 21, 3 to 5 PM

FilmScene at The Chauncey, 404 East College Street, Iowa City

## [Iowa History 101: The Nature of Iowa: Considering the Environment in State History](#) (via Zoom)

Thursday, January 23, noon to 1 PM

## [Cycling Without Age Film & Panel Discussion](#)

Sunday, January 26, 4 to 5:30 PM

FilmScene on the Ped Mall, 118 East College Street, Iowa City

## [Johnson County Market](#)

Sunday, January 26, 11 AM to 2 PM

Johnson County Fairgrounds, Building C, 4261 Oak Crest Hill Road SE, Iowa City

## [Technology and the Rise of Great Powers \(includes lunch\)](#)

(in-person and also via Zoom)

Wednesday, January 29, noon to 1 PM

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

## [Member Happy Hour \\$](#)

Tuesday, February 6, 4 to 6 PM

Orchard Green, 521 South Gilbert Street, Iowa City

## [TRAIL Book Club for Men: The Things They Carried by Tim O'Brien](#)

Thursday, February 13, 1:30 to 3 PM

Courtyard by Marriott, 901 Melrose Avenue, Iowa City

## [Book Club: The Demon of Unrest](#) (via Zoom)

Monday, February 17, 1 to 2 PM