



## Memorial Day

A LONG TRADITION OF REMEMBRANCE AND HONOR



**M**emorial Day is a time to remember and honor U.S. military personnel—in all branches—who have died while serving in our country's forces, whether in combat or peacetime.

Memorial Day originated in the late 1860s when Americans began decorating Civil War soldiers' graves

with flowers. While the traditional date was May 30, the Uniform Monday Holiday Act changed the observance to the last Monday in May, starting in 1971.

This year Memorial Day falls on Monday, May 26. The TRAIL office will be closed for the day.

Coralville American Legion, with Area Legion Color Guard, will hold a Memorial Day observance at Oak Hill Cemetery, located at 1290 1st Avenue, at 11:15 AM on Monday, May 26. In the event of rain, it will be moved to 11 AM at the Coralville American Legion, 901 2nd Street. The public is invited to attend and the event will last approximately 30 minutes. Attendees are also invited to visit the Veterans Memorial in Coralville, adjacent to the cemetery.



## Reminder: Mark your calendars!

TRAIL's popular **Johnson County Senior Housing and Services Fair** is returning to the Kirkwood Regional Center in Coralville on Thursday, June 19, from 11 AM to 2 PM.

This year's event, which is free and open to the public, will feature more than 35 exhibitors representing numerous senior housing communities, at-home service providers, home health agencies, and other organizations serving Johnson County seniors who wish to age in place. We'll have door prizes, too!

All fair attendees will receive a free copy of TRAIL's *2025 Johnson County Senior Housing and Services Guide*. This year's updated guide includes 50-plus pages of detailed information on local senior housing options, at-home services, rehabilitation hospitals, and more.

**We look forward to seeing you on June 19!**

## TRAIL welcomes new Board members

Joining the TRAIL Board of Directors this spring are three accomplished individuals with interests and experiences that are uniquely suited to TRAIL's mission.



**Kim Bergen-Jackson**, PhD, RN-GERO, FAAN, is an associate professor in the UI College of Nursing, where she served for 10 years as an adjunct assistant professor while working full time as COO/health services administrator for Oaknoll Retirement Community, a position she held until 2024. She earned her PhD in gerontological nursing from the UI in 2013. Kim previously served on the TRAIL Board of Directors in 2019 and reports that she is delighted to rejoin the organization.



**Connie Benton Wolfe** has enjoyed a long and distinguished career in the nonprofit and aging services fields, working both at the national and community level. She has recently returned to Johnson County as she phases her retirement as president & CEO of Aging & In-Home Services of Northeast Indiana, Inc., in Fort Wayne. Among earlier positions, she served as president and CEO for United Way of Johnson County and executive director of Elder Services, Inc. in Iowa City.



**Neil Quellhorst** was most recently founding member and director of the UI's Protostudios, a prototype design service available to all Iowans. He previously held senior management positions at several small and large firms, including Honeywell and Rockwell Collins, and served as an adjunct lecturer for the UI's John Pappajohn Entrepreneurial Center and director, Entrepreneurial Advancement, for the Iowa City Area Development Group. Neil became a TRAIL member-service volunteer in 2024 and enjoys interacting with our members.



For more complete biographical information about all TRAIL Board members, visit our [website](https://www.trailofjohnsoncounty.org).

THANKS to On With Life for sponsoring this month's *TRAIL Guide*.



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# Engaging Volunteers

## CELEBRATING YOU!

On April 22, about 30 TRAIL volunteers joined staff for the Volunteer Appreciation Luncheon in North Ridge Park in Coralville. Volunteers ate a light lunch of salad, pizza, and cookies, had some time to socialize and meet each other, and heard briefly from new TRAIL Executive Director Christine Scheetz.

Her heartfelt talk expressed gratitude for all TRAIL volunteers and noted that the organization literally could not exist without volunteers. She also shared several comments from TRAIL members expressing their appreciation:



"I love TRAIL with all my heart."

"The volunteers are always helpful and always on time.  
My stress is gone since I have been with TRAIL."

"It is a bonus to chat with the volunteers. I love that part of it!"

In true TRAIL volunteer fashion—we couldn't make it ALL about us. So, because our celebration coincided with Earth Day, the Volunteer Committee arranged to plant a tree in North Ridge Park in honor of all TRAIL volunteers.

At the conclusion of the luncheon, volunteers helped plant an oak tree with the assistance of Coralville Parks Superintendent Alex Buhmeyer and Director of Parks and Recreation Sherri Proud.

The TRAIL Board of Directors plans to sponsor a stone marker at the tree honoring TRAIL and our volunteers. We will keep you informed and will provide a map of the tree's location, so you can visit next time you're at the park.



Top left: TRAIL volunteers enjoy the appreciation luncheon in the North Ridge Park Pavilion.

Top right: Executive Director Christine Scheetz addresses attendees at the luncheon and thanks them for their vital service.

Above: As other TRAIL volunteers look on, Jim Ruebush (left) and David Rust (right) help Parks Superintendent Alex Buhmeyer plant an oak tree in North Ridge Park in Coralville.





An unexpected change of scene didn't dampen the celebration of TRAIL's eighth anniversary, held on Thursday, May 8. The event welcomed members, volunteers, donors, and friends of TRAIL to PinSeekers, a golf and entertainment facility located in Tiffin.

Attendees enjoyed lots of social time, refreshments, brief remarks, and a selection of songs by the Old Capitol Chorus, Iowa City's barbershop chorus. In fact, TRAIL can claim its very own chorus member who sang that day—Dave Keeley. Many thanks go to all those who contributed to the day's success, including event sponsor McGrath Auto.







## Dine Around at the Airliner (lunch)

Clockwise: Nancy Sharp, Ana Peterson, Ryan Peterson, Kathleen Kearney, Janet Brooks, Alfrieta Monagan, and Carol Throckmorton attended the May 2 TRAIL event. Check the TRAIL calendar and join us next time!



## The gift of independence

Though Mother's Day has just passed, any time of year is a good time to treat Mom to a TRAIL membership. And of course, Father's Day is still coming up in June. A gift membership to TRAIL for Mom or Dad may be just the thing to support a parent's independence while providing you with reassurance. Or perhaps you'll want to suggest to your children such a gift for yourself, if you don't need another potted plant or tie.



For information, visit [How to Join](#) or call the TRAIL office at 319-800-9003.

## Take the JCLC livability survey!

The Johnson County Livable Community (JCLC) for Successful Aging Policy Board has launched a county-wide survey aimed at understanding the experiences and perceptions of residents aged 45 and older regarding livability in Johnson County.

With about 22% of Johnson County's population in this age group, feedback will help identify what makes the community livable—whether that's safe streets, accessible transportation, age-friendly housing, or social connection. Responses will be used to inform strategic planning efforts, guide recommendations for improving livability in Johnson County, and assist in obtaining the AARP designation for Johnson County as an "Age Friendly Community."

**[Click here to take the survey.](#)**

If you have questions, prefer a paper survey, or wish to complete the survey by phone, call JCLC at 319-335-1664 or email: [livablecommunity@johnsoncountyiowa.gov](mailto:livablecommunity@johnsoncountyiowa.gov). **JCLC hopes to receive all survey responses by May 31.**





**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 May 26.

[Book Club: \*Still Life\* by Louise Penny](#) (via Zoom)

Monday, May 19, 1 to 2 PM

[Iowa History 101: The Progressive Influence of Iowa Churches in the Late 20th Century](#) (via Zoom)

Thursday, May 22, noon to 1 PM

[Yarning Group](#)

Thursday, May 22, 1 to 3 PM

Vicky Tardy's house

[Senior Health Fair: Knowledge is Power](#)

Wednesday, May 28, 9:30 AM to noon

Stirlingshire of Coralville, 1140 Kennedy Parkway, Coralville

[PinSeekers Tour and Lunch](#)

Monday, June 2, 10:30 AM to 12:30 PM

PinSeekers, 1515 Andersen Place, Tiffin

[Member Happy Hour](#) \$

Tuesday, June 3, 4:30 to 6:30 PM

Orchard Green, 521 South Gilbert Street, Iowa City

[Salad Potluck Lunch](#)

Wednesday, June 4, noon to 1:30 PM

Vicky and Dwight Tardy's screened porch

[New Member Orientation](#)

Thursday, June 5, 1:30 to 2:30 PM

Java House, 575 South First Avenue, Iowa City

[Book Talks with Anne Mangano](#) (via Zoom)

Friday, June 6, 10:30 to 11:30 AM

[Spring Flowers at Willow and Stock](#) \$

Tuesday, June 10, 9 to 10 AM

Willow and Stock, 207 North Linn Street, Iowa City

[The Green House Gathering: Every Month on the Second Wednesday](#) \$

Wednesday, June 11, 5 to 6:30 PM

The Green House, 505 East Washington Street, Iowa City

[TRAIL Book Club for Men: \*Islam's Black Slaves\* by Ronald Segal](#)

Thursday, June 12, 1:30 to 3 PM

Courtyard by Marriott, 901 Melrose Avenue, Iowa City

[Book Club: \*Anita de Monte Laughs Last\* by Xochitl Gonzalez](#) (via Zoom)

Monday, June 16, 1 to 2 PM

[Wine and Cheese on My Porch](#)

Tuesday, June 17, 5 to 6:30 PM

Betty Fischer's house