



Congrats, Alan!

We are pleased to share the news that one of TRAIL's earliest, most generous, and most ardent supporters, **Alan Swanson**, is a recipient of a 2025 University of Iowa "Eight Over 80" award.

The UI Center for Advancement, which co-presents the annual awards with the UI's Csomay Center for Gerontological Excellence, notes that "through 30 years in fundraising and more than 20 years in real estate, Alan Swanson has embraced a lifetime of giving and sharing. A recent member of the 80-year-old club, this Iowan is as active as ever with his business and volunteer pursuits."

When TRAIL was just an idea in the minds of its founders, Alan and his wife, Liz, quickly embraced the TRAIL mission and were among the first "Founding Families" contributors to TRAIL's start-up fundraising campaign. The Swansons have continued their involvement in and support of TRAIL, most recently by hosting a welcome reception in their home for Executive Director Christine Scheetz.

Congratulations, Alan, on this well-deserved honor!

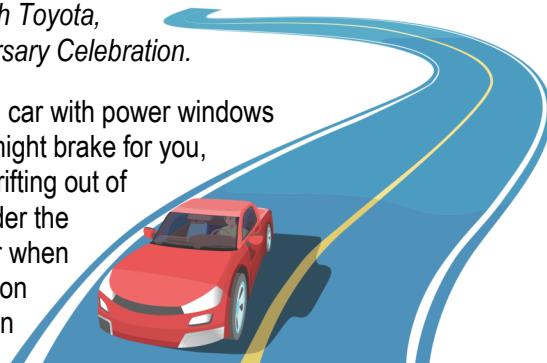


The road ahead:

Why older drivers are embracing car tech

This article was provided by McGrath Toyota, Gold Sponsor of TRAIL's 8th Anniversary Celebration.

Back in the day, "high-tech" meant a car with power windows and an eight-track. Now? Your car might brake for you, talk to you, and even scold you for drifting out of your lane. It's a brave new world under the hood, and for drivers who remember when you had to double-pump the brakes on gravel roads, all this modern stuff can feel like magic.



But here's the truth: the new features aren't here to replace you. They're here to make life simpler, a lot safer, and dare we say—a little bit more fun.

Safety that has your back (and your blind spot)

Today's vehicles come with a host of built-in helpers. Lane-keeping assist gives you a gentle nudge if you start to drift, and blind-spot monitoring watches the areas you can't see—no more neck-craning or praying someone honks.

And let's talk about automatic emergency braking. If a car stops short ahead of you and you don't have time to react, your vehicle can brake on its own.

Ease of exit

Remember when getting out of your car felt like escaping a lawn chair at a family picnic? Thankfully, many newer models offer higher seating positions and wider door frames—especially crossover SUVs. They're easier on the knees and better for your dignity.

Bonus: with hands-free liftgates, you can open the trunk with a wave of your foot. It feels a little like doing the hokey pokey the first time, but it's surprisingly handy when your arms are full.

Dashboards that speak your language

Dashboard displays have come a long way from tiny green numbers on black plastic. Today's touchscreens are large, clear, and often easier to use than a microwave. And if you'd rather not poke at screens, don't worry—many cars still have knobs and buttons, just like your favorite retro radio.

Engaging volunteers

Meet Dana Pinter Karasek

Giving back to the community has always been important to Dana Pinter Karasek. “Contributing time and energy to causes that matter is something I truly value,” she says. So, when Dana and her husband became “empty nesters” earlier this year, she decided to devote some of her time to volunteering with TRAIL.

She has a strong passion for event planning and has been a tremendous help with recent TRAIL events such as the 8th Anniversary Celebration and the Johnson County Senior Housing and Services Fair.

Over the years, she has also been involved in volunteering with HACAP’s Adopt-a-Family program, serving as an event chair for Women United, part of United Way, and organizing



community and running events—recently launching a half-day leadership and yoga retreat. The experience was designed to foster connection, reflection, and personal growth through mindfulness and exercise.

Even though their four children have “grown and flown,” Dana and her husband, Kip, are not truly home alone. “We have two beloved dogs: Decker, a husky, and Indi (short for Indiana Jones—also affectionately called ND), our German shepherd,” she notes. “As a family, we enjoy an active lifestyle and love spending time outdoors bicycling, golfing, playing pickleball, hiking, walking the dogs, kayaking, paddle boarding, and practicing yoga. We enjoy both watching and attending a wide range of sporting events, especially football.”



Q&A with Dana

How did you hear about TRAIL?

I first learned about TRAIL through a friend who serves on the Board.

Why did you decide to volunteer for TRAIL?

I’m truly passionate about volunteering and giving back to the community. Our parents are in a chapter of life where this platform would make a meaningful difference for them. I love the mission.

What do you like best about volunteering for TRAIL?

The way it impacts others, while also bringing a deep sense of joy and purpose to your own life.

Why should others volunteer?

Connecting with others is a vital part of life. When we offer a piece of ourselves, whether by helping, listening, or simply being present, we not only support those around us, but also enrich our own lives in the process.



The road ahead continued

Even better, voice controls let you keep your hands on the wheel. You can ask your car to call your daughter, get directions, or play your favorite tunes. No more squinting at tiny screens or pressing the wrong buttons.

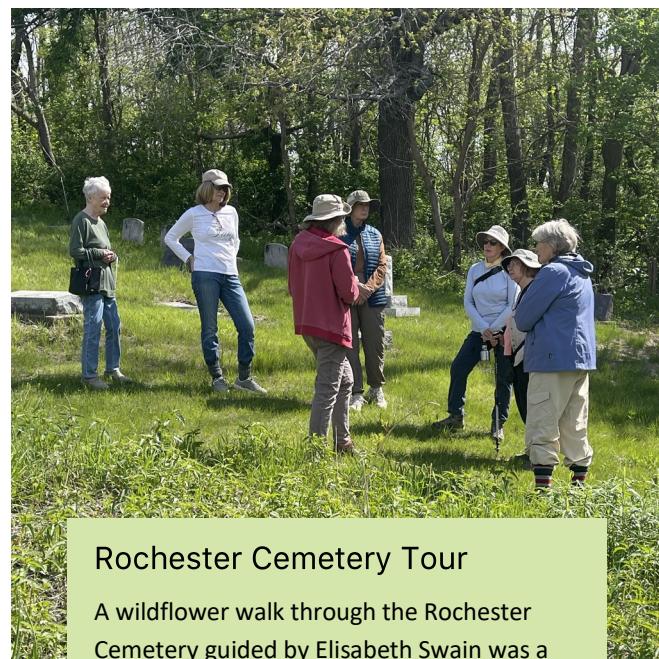
No-hassle maintenance

It's easy to forget oil changes when your calendar's already packed with grandkid soccer games, gardening, and everything else. But newer cars send you friendly reminders when it's time for service. Plus: many dealerships now offer pickup and delivery. It's a convenience that makes you wonder why they didn't think of it 30 years ago.

Final thoughts

Sure, today's dashboard might look more like a spaceship than the old Pontiac you took on family road trips, but don't let it fool you—these features are meant to help, not hinder.

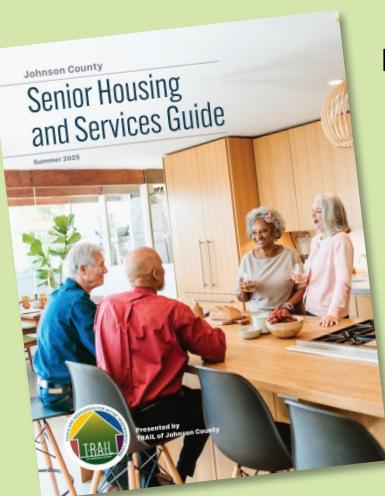
After all, you're not getting older—you're getting better at knowing what you like. And these days, that includes a car that takes care of you just a little bit more.



Rochester Cemetery Tour

A wildflower walk through the Rochester Cemetery guided by Elisabeth Swain was a very rare treat on May 7. She is a retired biochemistry professor and self-taught Iowa botanist who has a passion for nature and great knowledge about this patch of prairie. She is the director of the Master Naturalist program.

Above: Elisabeth (in red) with (left to right) Elizabeth Clothier, Anita Hutton, Marianne Moore, Nancy Sharp, Phyllis Black, Connie Peterson, and Barb Stein (photographer)



TRAIL's new senior guidebook available!

For TRAIL members, volunteers, and donors unable to attend last week's Senior Housing and Services Fair, free copies of TRAIL's *2025 Johnson County Senior Housing and Services Guide* are available at your convenience from the TRAIL office in Room G03 of the Iowa City Senior Center. Regular office hours are 9 AM to 1 PM. Call ahead (319-800-9003) if you'd like to stop by after office hours, as staff may be available in the afternoons.

If you would like a copy of the informative, 50-page guide but are unable to visit our office, please contact Member and Volunteer Services Coordinator Jessica Hahn at the number above or membersupport@trailofjohnsoncounty.org. She may be able to arrange for a volunteer to deliver the booklet, or we can place a copy in the mail to you.

Also remember that the guide is available in PDF format from the TRAIL website at this [link](#). We hope you find it useful!



Grant will expand Supported Membership Program

TRAIL is the recipient of a recent \$5,000 grant from the Coldren Fund for Seniors that will allow TRAIL to increase the number of income-challenged Johnson County seniors we serve.

TRAIL is able to offer these low- or no-cost Supported memberships to qualified individuals only with the help of private gifts and grants. TRAIL currently has 30 Supported members, with a waiting list of 15 individuals. The Coldren Grant will allow TRAIL to offer seven new Supported memberships in the coming months.

The grant further stipulates that TRAIL will raise a matching amount from individual and corporate donors during the grant period. This means that by 2026 TRAIL will be able to welcome at least 14 new Supported members into the TRAIL community. At the same time, we are intensifying our volunteer recruitment efforts to ensure that we can meet the anticipated increase in member service requests.

The need for TRAIL's services—from transportation to house and yard chores—will only grow in the months and years ahead. In 2024, 16.8% of Johnson County's population was

aged 65+. By 2040, that number is expected to increase to more than 22%.

Seniors at all income levels are facing grave uncertainties about Social Security benefits, Medicare and Medicaid, and other forms of retirement income and assistance. For older adults with the fewest financial resources or access to at-home help, these vulnerabilities can be life-threatening.

The Coldren Fund, administered through the Community Foundation of Johnson County, is among the most generous donors to TRAIL's Supported Membership Program, contributing more than \$33,000 in grant funding since 2021.

If you'd like to contribute to TRAIL's Supported Membership Program, learn more about the program and its eligibility requirements, or become a TRAIL volunteer, contact Executive Director Christine Scheetz at **319-800-9003** or christine@trailofjohnsoncounty.org.

In Memoriam

Thomas Kinney



Thomas Bernard Kinney, of Iowa City, passed away peacefully at his home on May 28, 2025. Tom and Jane Kinney have been members since March 2024.

See Tom's obituary [here](#).

Michael Gibson

Michael Gibson, of Iowa City, passed away. He had been a member since 2021.



Service request reminder

TRAIL is poised to meet almost any volunteer service request from our members, from transportation to yard work. But we could use your help, especially during this busy time of year.

We are most successful in matching volunteers to member needs when **members make their requests a week or more ahead of time**.

We do understand that things come up and we will always try to accommodate more urgent requests.

If you have never made a volunteer service request or it has been a while, here's how:

- Send an email to membersupport@trailofjohnsoncounty.org. Please include as many details as possible and a phone number for potential follow-up.

OR

- Call the TRAIL office at **319-800-9003** from 9 AM to 1 PM Monday through Friday to talk with Jessica or leave a message, with as much detail as possible and a call-back phone number.

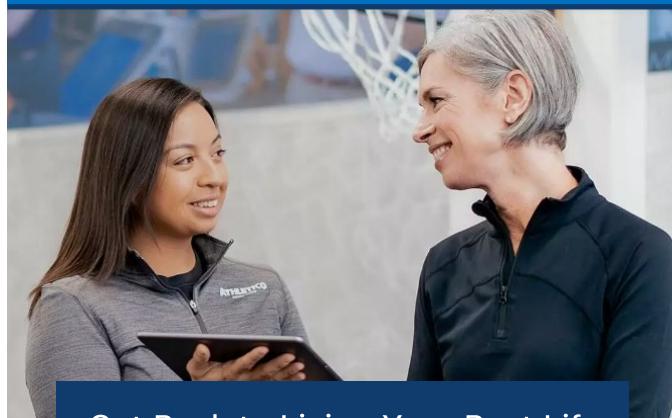
Calls and emails outside office hours will be returned the following business day, or the following Monday for those made after 1 PM Friday.

As a reminder, Full members have access to all TRAIL volunteer services throughout the year; Affiliate members have once-yearly access to a volunteer service of their choice, including Life Transition counseling.

Thank you! We look forward to hearing from you.

THANKS to Atheltico Physical Therapy for sponsoring this month's newsletter.

Are pain or movement limitations keeping you from staying active?



Get Back to Living Your Best Life with Atheltico Physical Therapy

At Atheltico, our expert team is here to help you move better, feel stronger, and live life to the fullest.

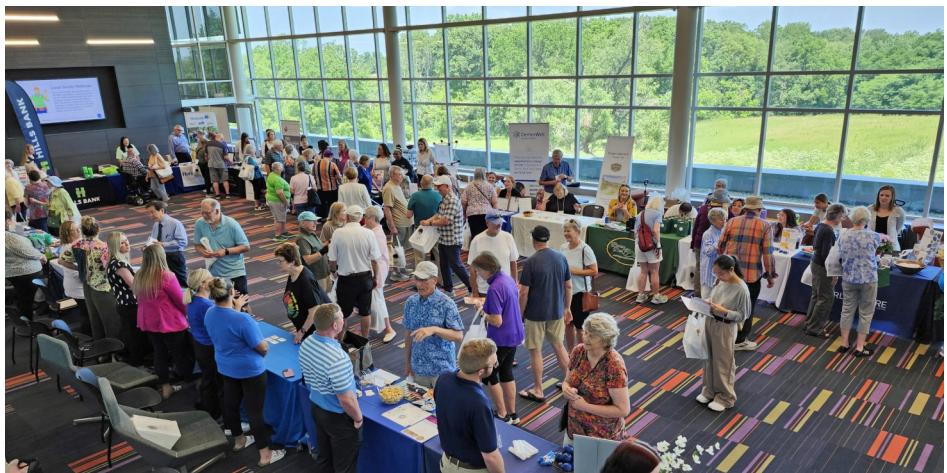
Our expert services include:

- Physical Therapy
- Optimal Aging | Geriatric Programs
- Pelvic Health | Incontinence Support
- Vestibular | Gait | Balance Therapy

Connect with one of our Johnson Co. locations: Iowa City East, Iowa City West, North Liberty.

To learn more, visit us at www.athletico.com

ATHLETICO
PHYSICAL THERAPY



Nearly 200 people and 35+ exhibitors attended **TRAIL's Senior Housing and Services Fair** on June 19 at Coralville's Kirkwood Regional Center. Along with fun giveaways and opportunities to win great door prizes, attendees received TRAIL's 2025 *Johnson County Senior Housing and Services Guide*. Many thanks to our sponsors, exhibitors, and volunteers who made the event a success.



"I attended the Senior Housing and Services Fair yesterday. THANK YOU, thank you!"

"It was well organized, lots of tables with great information. I like information and thinking ahead about resources I will need in the future. Education in this area is what we all owe to ourselves to know and investigate. The collection bag with the booklet at the entrance was important (compared to last year). The volunteers at the entrance were helpful. The collection of vendors was great.

"I appreciate the work and time it took to organize and do this. This event is and was helpful to many seniors. Please continue this in the future."

— 2025 Fair attendee



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

The TRAIL office will be closed for Independence Day on Friday, July 4.

Seniors Summer Series

Monthly presentations starting Tuesday, June 24, 4:30 to 6:30 PM
Gloria Dei Lutheran Church, 123 East Market Street, Iowa City

Let's Talk Books: Writers from the UI Writers' Workshop (via Zoom)

Tuesday, June 24, 7 to 8 PM

Author Event: Madeline McDonnell with Stephen Lovely, Lonesome Ballroom

Wednesday, June 25, 7 to 8 PM

Prairie Lights Books, 15 South Dubuque Street, Iowa City

Advance Care Planning Workshop

Thursday, June 26, noon to 2 PM

Iowa City Senior Center, Room 308, 28 South Linn Street, Iowa City

Yarning Group

Thursday, June 26, 1 to 3 PM

Home of Vicki Tardy, Iowa City

Death Doulas, Midwives & Guides: Who They Are & What They Do

Friday, June 27, noon to 1 PM

Iowa City Senior Center, Room 308, 28 South Linn Street, Iowa City

Short Hike and Bird Viewing Blind at Kent Park

Monday, June 30, 10 to 11 AM

Continuing Education Center, Kent Park, 2048 Highway 6 NW, Oxford

Member Happy Hour \$

Tuesday, July 1, 4:30 to 6:30 PM

Orchard Green, 521 South Gilbert Street, Iowa City

Iowa City Jazz Festival

Friday thru Sunday, July 4-6

Downtown Iowa City

Chimney Swift Tower, Martin Colony, Bickett-Rate Preserve

Monday, July 7, 10 AM to 12:30 PM

600 225th Street, Tipton

Dine Around Lunch at Chicken Salad Chick \$

Monday, July 14, 11 AM to 12:30 PM

2510 Corridor Way, #6b, Coralville

"Live at FeatherStone" Outdoor Music Series

Thursday, July 17, 6:30 to 8 PM

FeatherStone at Hickory Hill, 2450 Hickory Trail, Iowa City

Book Club: Saturday Night at the Lakeside Supper Club by J. Ryan Stradal

(via Zoom)

Monday, July 21, 1 to 2 PM