



"Closing the Gap": Three more to go!



Jan Jensen
UI Women's Head Basketball Coach



Julie Fitzpatrick
Optimal Wellness, PLLC



Dr. Scott Eberly
UI Health Care

The first two sessions of TRAIL's five-part seminar series, "Closing the Gap: Healthspan vs. Lifespan" have been very well attended and provided useful and enlightening information. The purpose of this series, which is free and open to the public, is to help older adults learn how to live longer and healthier lives.

Our series opened on October 2 with a presentation by physical therapist and healthy lifestyle consultant Julie Fitzpatrick on attaining optimal wellness, and a Hawkeye update from UI Head Women's Basketball Coach Jan Jensen. Julie's slide presentation covered everything from nutrition and exercise to sleep habits, and can be viewed or downloaded from the TRAIL website [here](#).

On October 9, attendees heard from Dr. Scott Eberly, a geriatric medicine specialist with UI Health Care, who explained the concepts and practices behind metabolic flexibility (as he said, "it's more than muscles!"). His presentation can be viewed or downloaded from the TRAIL website [here](#).

There's more to come and still plenty of time to register:

- On October 16, Dallas Vanorny, MD, PhD, a well-known orthopedic joint surgeon with UI Health Care, will discuss **"Total Joint: Understanding Your Options, What to Expect Before, During, and After Surgery."**
- On October 23, attendees will hear from James Norman, PT, GCS, with Athletico Physical Therapy, who'll cover **"Balance, Strength, and Beyond: Aging with Confidence."**
- Our final session on October 30 is a double header: Jessica Hirth, PTA, and Stacey Hodges, OTR/L, of the UI Health Network Rehabilitation Hospital, will present **"From Setback to Comeback: Optimizing Recovery,"** and Chris Nichols of CarePro Home Medical will tell us more about **"Safety and Independence: Tools to Aid Daily Living."**

Continued on page 3

Helpful funeral planning terms to know

Provided by Lensing Funeral & Cremation Service, corporate sponsor of TRAIL's 2025 Senior Housing and Services Fair, with definitions from Selected Independent Funeral Homes and Wilbert Funeral Services



Death is something we all think about and, as we age, it often becomes something we want to discuss and plan. Questions may arise, like:

Can I plan my own funeral?

How do I want to be celebrated when the time comes?

What are my options?

Yes, you can pre-plan and have those conversations about your wishes and what family or friends want. These conversations may be uncomfortable, but they often ease anxiety over the decisions later, and being familiar with the terms at right may give you a better understanding of your options.

You can always reach out to a funeral home with questions and to ask for additional information about grief and aging programs and pre-need and at-need services.

Funeral Home: A licensed, regulated business that provides for the care, planning, and preparation of human remains for their final resting place. A funeral home also arranges and conducts funeral and memorial services and sells caskets and other funeral-related merchandise.

Funeral Director: A licensed professional who supervises and coordinates the various services provided to honor the deceased, assists and supports survivors, and prepares the body for final disposition.

At-Need: Arranging a funeral at the time of need or after death.

Pre-Need:

Activities related to arranging aspects of a funeral in advance of actual need.

Arrangement Conference: A time when the funeral director meets with an individual or family, typically in a private area at the funeral home, to discuss preferences and make the necessary arrangements for at-need or pre-need services.

Visitation: A scheduled time, typically prior to the funeral service, when the body of the deceased can be on display, allowing friends and family to pay their final respects.

Funeral Service: The ceremony in which the bereaved pay tribute and say goodbye to the deceased prior to final disposition.

Gathering: An informal event, often following a funeral service, where friends and family gather to share memories of the deceased, offering each other comfort and support.

Celebration of Life: A less formal event that reflects on the life of the deceased rather than the death. Frequently friends and family tell stories that bring back the essence of the deceased.

Memorial Service: A service held without the body present to commemorate the life of the deceased.

Burial: Generally refers to ground placement of a body in a casket.

Casket: A container of wood, metal, fiberglass, or other material designed specifically for holding human remains for burial or other disposition.

Interment: The act of burying human remains in a grave.

Cremation: The process of using intense heat in a specially designed chamber to render human remains into fine ashes. It is a regulated and controlled process that can typically take from two to four hours. The cremated remains (sometimes called ashes or "cremains") are placed in a vessel called an urn.

Inurnment: The act of placing cremated remains in an urn.

Entombment: Entombment requires purchasing a crypt within a mausoleum specifically designed for that purpose.

Urn: A container made for holding cremated human remains.

Vault: A solid container, usually made of concrete, to prevent undue damage to or leakage from an enclosed casket or urn.

Green Burial: The preparation and disposition of human remains with emphasis on the environmental impact.

Columbarium:

A structure or building with niches designed to house cremated remains in urns.

Closing the Gap: Healthspan vs. Lifespan *continued*



Each session takes place on Thursday afternoon, 1 to 2:30 PM at the North Liberty Community Center (lower level), 520 Cherry Street. Our thanks to Athletico Physical Therapy for supporting these important and informative presentations!

If you've not yet registered for the series (signing up for one will sign you up for all), just visit the **TRAIL calendar page** or call the TRAIL office at 319-800-9003. We look forward to seeing you in North Liberty!



New TRAIL Members!

Pat Anderson

Penny Barnts

Diane Barrett

Amy Becker

Emerald Blackwell

Mardella Carlson

Julie Elliot

Dan Fisher

Bill Furlong

Maggie Halverson

Richard Hockmuth

Sandra and John Hudson

Dean Logan

Beth and Raymond Mentzer

Jeannine and Chuck
Montgomerie

Sheena and Bob Murray

William Nowysz

Maria Prado

Joanna Robbins

Carolyn Roberts

William Smith

Sandy and Thomas
Stillwagon

Richard Walton

Connie Wolfe

Ready, set, go:

Medicare Open Enrollment has begun

Medicare Open Enrollment is that annual period of time when Medicare participants can change their Medigap plans, prescription drug plans, or Medicare Advantage plans to plans that better serve their needs. It runs October 15 through December 7, 2025, for the 2026 plan year.



SHIP (Senior Health Insurance Information Program) is a free and confidential service provided by the State of Iowa to help individuals understand their Medicare coverage options. To make an appointment with a trained volunteer counselor, visit **Senior Center SHIP appointments**. These appointments are available in several locations and also by phone.

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Engaging volunteers

Scouts to the rescue!



This summer, when member requests for yardwork were piling up, TRAIL Board of Directors member Yu Yu had an idea.

“During a board meeting, our Volunteer Chair Allison Andrews mentioned that we were having some challenges filling service requests for gardening and yard clean up,” Yu recalls. *“My son Hanover is a Scout with BSA Troop 250, and I wondered if the Scouts in his troop and maybe some of the parents would be willing to help,”* Yu adds.

And help they did. Yu and her son completed two of the smaller projects themselves and recruited more help for a larger job at the home of TRAIL members Ray and Beth Mentzer.

Beth was so pleased to have the work finished, saying, *“I loved Yu and everyone who helped out. They were just great! I looked out into my yard and thought, ‘This is not my yard. Where is the mess?!’”*

TRAIL Member and Volunteer Service Coordinator Jessica Hahn says she really appreciated Yu seeing the need and reaching out with this plan. She adds, *“It was just an off year for yardwork volunteers. Sometimes we struggle and sometimes we don’t.”*

Yu says she and her son, and his troop, will continue to volunteer to do yardwork as they are able, and they challenge other Scout troops to sign up to help as well.

“It was such a good feeling to be able to help these TRAIL members,” she notes.

TRAIL volunteers are reminded to check the Volunteer Self-Signup site for yardwork requests from members, or check with Jessica via phone at 319-800-9003 or by email at membersupport@trailofjohnsoncounty.org.



Photo: The yardwork crew with TRAIL member Beth Mentzer. Pictured from left are Fielding Woolums and his father, Vince; Beth; Neel Dutta; Hanover He-Yu; and Neel’s father, Nirmal.

Local Option Sales Tax (LOST): What you need to know

On November 4, Iowa City voters will decide whether to adopt a 1% Local Option Sales Tax (LOST). If approved, the sales tax on most taxable purchases in Iowa City would increase from 6% to 7% beginning July 1, 2026.



Both residents and visitors would pay the 1% tax, including the millions of people who visit Johnson County and who in 2023 spent more than \$450 million here. Many essential items like groceries, rent, utilities, prescription drugs, and gasoline would not be taxed under LOST as they are exempt from sales tax.

By state law, half of all LOST revenue must go toward property tax relief, which could help lower property tax rates or prevent future increases. In Iowa City, the remaining 50% would be dedicated to community priorities identified by the City Council:

- 25% for affordable housing
- 10% for maintaining and building public infrastructure such as streets, trails, and parks
- 15% for partnerships that support arts, culture, social services, and economic development.

More information is available at [Iowa City LOST](#).

While Coralville and North Liberty residents are also considering LOST on the November 4 ballot, they have identified other community priorities. One priority for Coralville has been identified as a new recreation center, and more information about the potential funds can be found at: [Coralville LOST uses](#). North Liberty plans to use some of the funds for capital projects, with more information found at [North Liberty LOST uses](#).

If approved in Iowa City, Coralville, and North Liberty, the tax could generate up to \$22 million annually and would have no sunset. Iowa City has successfully used LOST before, raising \$35 million from 2010 to 2013 to fund major flood recovery and infrastructure projects. Today, LOST is being considered again due to state property tax reforms and rising costs, which have made it difficult to maintain core public services while investing in community priorities. If adopted, LOST provides a long-term funding source to help address these critical needs.

Currently, 93% of Iowa communities have adopted LOST, including Cedar Rapids, Des Moines, Davenport, and many other Iowa communities.



Oaknoll dementia live experience

Oaknoll Retirement Residence offered training to TRAIL members on August 11. They were able to experience dementia-like symptoms through a live simulation. Left photo (L to R): Julie Hegmann, Betsy Fischer, Nancy Trayer, Connie Peterson, and Norlin Boyd. Right photo (L to R): Betsy Fischer and Nancy Trayer



You've got mail!

As we move into pumpkin spice season, another season is about to begin: TRAIL's **Annual Fund Campaign for 2025** will launch in a few weeks. Letters will arrive in your mailboxes in early November.

You may not know that membership fees cover less than half of TRAIL's annual budget; the remainder comes from contributions from members, volunteers, and community members like you. And this year, your support is more important than ever.



Many older adults are struggling to cope with rising costs and uncertainty around cuts to Medicare, Medicaid, Social Security, and other federal and state benefit programs. Our Supported members—those who meet low-income requirements—are especially hard-hit.

While we hope to serve more Supported members in 2026 and beyond, the success of our annual fund drive will help determine our ability to meet the growing demand for TRAIL's services.

When that annual fund letter from TRAIL arrives in your mailbox, please give serious consideration to including TRAIL among your charitable giving priorities this year. Sincere thanks for **all** the ways you support TRAIL and its mission!

Where can I find . . . ?

Looking for the online version of TRAIL's popular **2025 Johnson County Senior Housing and Services Guide**? You can find it in multiple ways and places!



- On TRAIL's public website, you'll find a direct link to the guide in the paragraphs just below the **home page** photo and news headline.
- Under the About Us tab on the homepage, choose More Resources. The link to the housing guide appears at the top of the list.
- If you have your cell phone handy, just snap a photo of this QR code to access the guide.

TRAIL members also will find the online version of the guide in the Member Documents section of the TRAIL member website. It's the first listing in the Member Resources category.



If you prefer using the 50-page guide in its printed form, just stop by the TRAIL office in Room G03 of the Iowa City Senior Center between the hours of 9 AM and 1 PM, M-F to pick up a copy. The booklets are free and available to the public as long as supplies last. We'd also be happy to drop a copy in the mail to you; contact us at 319-800-9003 or via membersupport@trailofjohnsoncounty.org.

Local organizations wanting to obtain or distribute larger quantities of the guide should contact TRAIL Executive Director Christine Scheetz at christine@trailofjohnsoncounty.org for more information.



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

The **TRAIL office will be closed** for Veterans Day on Tuesday, November 11.

[TRAIL Seminar Series—Closing the Gap: Healthspan vs. Lifespan](#)

Thursday, October 16, 1 to 2:30 PM

North Liberty Community Center, 520 West Cherry Street, North Liberty

[TRAIL Book Club: *Atmosphere* by Taylor Jenkins Reid](#) (via Zoom)

Monday, October 20, 1 to 2 PM

[Breakfast at the Serving Café, subsequent visit to the Fish Bar](#) \$

Tuesday, October 21, 10 AM to noon

209 East Main Street, West Branch (Serving Café)

[Yarning Group](#)

Wednesday, October 22, 1 to 3 PM

Vicky Tardy's house

[TRAIL Seminar Series—Closing the Gap: Healthspan vs. Lifespan](#)

Thursday, October 23, 1 to 2:30 PM

North Liberty Community Center, 520 West Cherry Street, North Liberty

[Tour of Iowa City Animal Care and Adoption Center](#)

Tuesday, October 28, 1 to 1:30 PM

3910 Napoleon Lane, Iowa City

[TRAIL Seminar Series—Closing the Gap: Healthspan vs. Lifespan](#)

Thursday, October 30, 1 to 2:30 PM

North Liberty Community Center, 520 West Cherry Street, North Liberty

[Smoke Detector Battery Changing \(and Light Bulbs\)](#)

Sunday, November 2, noon to 3 PM

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

Tuesday, November 4, 4:30 to 6:30 PM

Monica's, 303 2nd Street, Coralville

[Children's Museum Tour](#)

Tuesday, November 7, 10 to 11 AM

Coral Ridge Mall, 1451 Coral Ridge Avenue, Suite 175, Coralville

[TRAIL Book Club: *Wild Dark Shore* by Charlotte McConaghy](#) (via Zoom)

Monday, November 17, 1 to 2 PM

[Morning Coffee in My Home](#)

Wednesday, November 19, 10 to 11:30 AM

Betsy Fischer's house