



By TRAIL Executive Director
Christine Scheetz

Perspective, connection, and the work of RESILIENCE

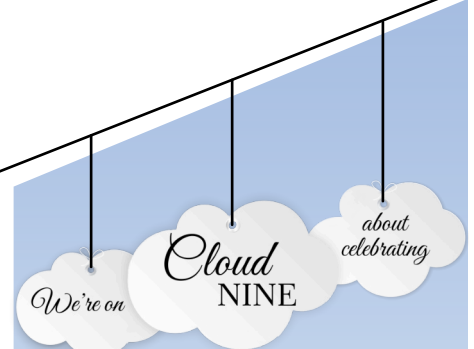
For decades I've been fascinated by resilience. Long before I had the words for it or a true understanding, I was interested in how some people approached adversity and how similar challenges, losses, and mistakes devastated others in ways that held a lingering influence in their lives. By the time we reach older adulthood, most of us have experienced hundreds of moments, large and small, that fall in the category of adversity, and it seems worth calling out that we're in a period of life when it can render us paralyzed or give us new opportunities to grow, know ourselves, and let others in.

Resilience is often misunderstood as toughness—the ability to absorb hardship without cracking. But the more honest version of resilience is quieter and more human. It is the decision to keep showing up after dis-

appointment, grief, embarrassment, or uncertainty. It is less about invulnerability and more about recovery.

Few cultural touchstones capture this better than David Foster Wallace's famous commencement speech, *This Is Water*. Wallace argued that adulthood is shaped not by extraordinary moments, but by the mundane frustrations of everyday life: traffic jams, grocery store lines, exhaustion, and the narratives we build around them. His challenge was one of awareness—learning to resist the reflex to center ourselves in every inconvenience and instead choose empathy, perspective, and intention. Resilience, in this sense, becomes an act of consciousness. We survive not because life gets easier, but because we learn to interpret it differently.

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TRAIL's 9th Anniversary

Thursday, May 21
4:30 to 6 PM

Unitarian Universalist Society
2355 Oakdale Road
Coralville, IA

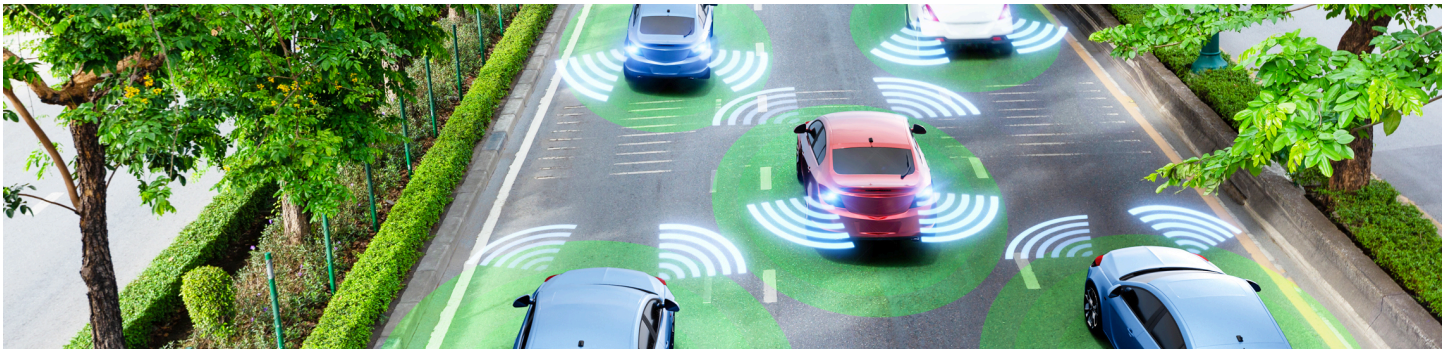
**There's still time
to sign up!**

RSVP by Friday, May 15, via
the [TRAIL calendar](#), or by
contacting the TRAIL office at
319-800-9003 or at
rsvp@trailofjohnsoncounty.org.

From the McGrath
Family of Dealerships



**A smarter way
to drive
on page 2.**



A smarter way to drive: A simple guide to modern safety features

By the McGrath Family of Dealerships

Modern vehicles come packed with technology designed to help you stay safer and more aware behind the wheel. From gentle reminders to more active assistance, today's features are built to support you in ways drivers didn't have just a few years ago.

One of the most common features is a **pre-collision system**. Think of it as your car's way of saying, "Hey . . . you might want to hit the brakes." Using cameras and sensors, it can detect vehicles, pedestrians, or cyclists ahead and warn you—or even assist with braking if needed.

Then there's **lane departure alert**, which kicks in if you start drifting out of your lane without signaling. It's basically your car giving you a gentle nudge back where you belong—no awkward passenger commentary required.

For longer drives, **adaptive cruise control** helps maintain a set speed while automatically adjusting to keep a safe distance from the vehicle ahead. It's especially helpful when traffic can't decide if it's moving or not.

Working alongside that is **lane tracing assist**, which helps keep your vehicle centered in its lane. Some systems even monitor driver attention and can bring the vehicle to a stop if needed. In other

words, your car is paying attention . . . even if you momentarily forget to.

Where things really get fun (and honestly, the most relatable) is in everyday driving situations—like parking lots.

- **Parking sensors** give you those familiar beeps that speed up as you get closer to something. Slow beeps? You're good. Fast beeps? Maybe ease up. Continuous beep? Congratulations, you've found the limit.
- **Rear Cross Traffic Alert (RCTA)** acts like a second set of eyes when you're backing out of a parking spot, warning you if a car is coming from either side—even when you can't see it.
- A **360-degree camera (Panoramic View Monitor)** gives you a bird's-eye view of your vehicle, making it easier to navigate tight spaces or avoid curbs, poles, and that shopping cart that definitely wasn't there a second ago. Some vehicles even extend this view to the front at low speeds (typically under 10 mph),

which is incredibly helpful when creeping forward in tight areas.

You'll also find features like **road sign assist**, which displays speed limits and important signs on your dashboard, and **automatic high beams**, which improve nighttime visibility without blinding other drivers.

Of course, while these technologies are impressive, they're still assistants—not replacements. They don't replace attention, good judgment, or the occasional double-check over your shoulder. Road conditions, weather, and visibility all play a role in how effective these systems are.

The bottom line? Today's vehicles are designed to have your back—sometimes literally. And while manufacturers may use different names, many of these features work in similar ways across the industry. The more you understand them, the more confident—and maybe even a little more relaxed—you'll feel behind the wheel.

Want to feel even more confident on the road? Check out AARP's CarFit classes and many other older-driver resources at <https://www.aarp.org/auto/driver-safety/>.

CRUISING for seniors

Cruise vacations offer advantages for older adults. By TRAIL volunteer Diana Lundell

On Monday, April 13, 2026, I sailed across the equator. I never thought I would say that! This exceptional opportunity came on a South Pacific Ocean cruise from Brisbane, Australia, to San Francisco, California, with my husband, John, and about 2,000 other free-spirited vacationers.



John and Diana Lundell at the Ocean Vodka Organic Farm and Distillery in Maui, Hawaii.

John and I have been vacationing on cruise ships since 1987 and been on almost 25 cruises now. It has allowed us to visit Alaska, Hawaii, and many countries (Cuba, Jamaica and other Caribbean islands, Mexico, every Central American nation, New Zealand, Fiji, and several other island nations). We have also made friends from across the United States and around the world and it never ceases to amaze us that on every one of the cruises we have met other folks from Iowa!

In the past few years, it has seemed to us that more of our fellow cruisers are “old”—like us (70, 80, even 90!). Turns out it’s true. Cruises are increasingly popular with older adults.

In fact, in its “2025 State of the Industry” report, the Cruise Lines International Association noted that **nearly one third of baby boomers are choosing to cruise, and about two thirds of U.S. adult cruise passengers are 55 and older.** The report goes on to say, “As one of the wealthiest retiring generations in history, many boomers are investing in experiences with family instead of things. Having a trip on the calendar adds a sense of anticipation and joy to everyday life, and many older adults say that travel boosts their mood and sense of well-being.”

Some of the reasons John and I and other older adults enjoy cruising:

- The opportunity to see more than one country in one vacation
- No-hassle transportation as many cruises can also arrange airfare and transfer to the cruise port
- Most ships are designed with mobility in mind, with elevators, ramps, and scooter/wheelchair-accessible cabins
- Most costs are covered upfront and many cruise lines offer senior discounts or special rates
- A ship physician is usually on board, but that care is not included in the cost of the cruise. Travel insurance with coverage for medical emergencies is a must. It is wise to bring a basic medical file—medical history, allergies, medication list, and contact info for specialists.



Continued on page 4

Cruising for Seniors *continued*

- Gourmet dining with a wide array of menu options and accommodations for special diets (vegan, gluten-free, etc.)
- Adventurous excursions on land with various levels of activity, from bus tours and low-key days on tropical beaches to hiking, water sports, or scuba diving
- On-board entertainment, including Broadway-style shows, comedy clubs, and variety acts
- Group games and activities, fitness centers, walking tracks, and enrichment classes
- Relaxing days at sea for reading, napping, or enjoying the ocean air and sun

If you are considering a cruise vacation, [“Cruise Travel for Older Adults: Sailing with Confidence”](#) (Jan. 7, 2026) is a good article to review before you book your new adventure.



Top: Dancers at the Beachcomber Resort in Fiji.

Middle: A view from above a coral reef in Curacao.

Bottom: A clever sculpture at a 7th generation winery, L.A. Cetto, near Ensenada, Mexico.

Resilience *continued*

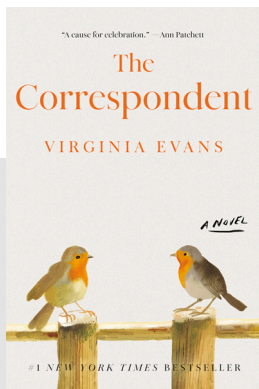
Popular culture offered its own version of this lesson in *Ted Lasso*. Beneath the optimism and one-liners, the show explored loneliness, panic attacks, divorce, grief, and the often exhausting labor of maintaining hope. Ted’s relentless positivity was not denial; it was discipline. The show’s most powerful moments came when characters stopped pretending they were fine and allowed themselves to be known. Its recurring messages—“Be curious, not judgmental” and “be a goldfish” were shorthand for what resilience researchers have long understood: that compassion, especially toward ourselves and others, is not weakness but endurance; and it’s important not to dwell on mistakes, but rather learn from them, and incorporate that knowledge in how we move forward.

That idea sits at the center of the work of author Brené Brown, whose research on shame and vulnerability reframed how many people think about strength. Brown argues that shame thrives in secrecy and silence, convincing people they are uniquely flawed or unworthy. Resilience grows in the opposite conditions: connection, honesty, and the willingness to tell the truth about struggle. Her work reminds us that courage is not the absence of fear or failure, but the willingness to remain engaged despite them.

TRAIL helps create the conditions where resilience can flourish. Practical supports—a ride to a medical appointment, help with a home chore, a friendly visit, or a phone call check-in—may seem simple on the surface, but they strengthen the social connections that help older adults remain independent, engaged, and emotionally grounded. Resilience is rarely built in isolation. It grows through relationships, community, and the reassurance that someone notices when we are struggling and cares enough to show up. TRAIL’s work is not only about services; it is about helping people maintain dignity, confidence, and connection during seasons of change and challenge.

In a culture that rewards youth, performance, and certainty, resilience may ultimately be the wisdom of aging. It is choosing perspective over bitterness, connection over shame, and hope over cynicism—not once, but repeatedly.

Onward!



What I'm reading

By TRAIL member Amy Becker

In *The Correspondent* we enter the world of 76-year-old Sybil Van Antwerp, a prolific letter-writer. The story of her life is told through her letters—letters to her daughter, her best friend, her deceased son, her new-found half-sister, a teenage boy on the autism spectrum, a call center employee, the head of the literature department at a local college, an Italian immigrant, and a few famous authors.

Sybil reveals deep regrets about some of her actions in the past, and she spends considerable time and energy helping others in an attempt to atone for those actions.

The author, Virginia Evans, has created a story that immediately holds and keeps our attention. Sybil is an endearing character who becomes a friend that we feel we will miss when the book ends.

The Correspondent was the TRAIL Book Club's January 2026 selection.

Do you have a favorite book to recommend to TRAIL friends? Just email your suggestion to susan@trailofjohnsoncounty.org.



Reading about aging

The UI Csomay Center for Gerontological Excellence is celebrating Older Americans Month with a special display at the Iowa City Public Library. The display will be located on the first floor near the magazines throughout May. This curated collection highlights favorite books on aging, featuring a variety of nonfiction titles on topics such as retirement, estate planning, and downsizing. Alongside these resources, you'll find carefully selected fiction titles that showcase different experiences and perspectives on aging. Enjoy!



Thanks to all who joined us at FilmScene on May 7 for the special Community Collaborations screening of the

award-winning documentary, "**I Like it Here**," co-hosted by TRAIL and the Johnson County Livable Community Policy Board. Reactions to the film from the sold-out crowd were universally positive, and many attendees expressed the desire to see the film again. We understand that PBS plans to air the film in the coming months, and we will keep you informed about broadcast scheduling when we learn more.

An awestruck review of Sandra Sawatzky's

The Black Gold Tapestry



The phrase "a stitch in time" perfectly describes the stunning Black Gold Tapestry on view at the University of Iowa Stanley Museum of Art until June 14.



UI Stanley Museum of Art

After seeing the 11th century Bayeux Tapestry depicting the Norman Conquest of 1066, artist Sandra M. Sawatzky wondered how the art of embroidery might trace other monumental histories. Sawatzky had worked as a filmmaker and fashion designer, so she was perfectly poised for textile storytelling—or what she calls "a film on cloth." Specifically, she wanted to "to bear witness to the hidden history of oil."

For four years Sawatzky conducted research. She recalls deep dives into **"Geology, paleontology, chemistry, mining, automobiles, aeroplanes, rockets, drilling, distillation, weapons, whaling, child labour, combustion engines, robber barons, textile mills, the world wars, royal jewels, and the colour purple, just to name a few, that all inform this history of oil."** Then she began what became a five-year race to embroider a 220-foot mural surveying 250 million years in time for Canada's 2017 sesquicentennial.

Wrapped around an entire gallery at the UI museum on a deep rose background, the tapestry reminds us that our individual lifetimes are short and slender threads. The vignettes we see in the center of each panel ground us in a significant moment—the use of bitumen to prepare mummies, the first oil-powered engine, the terrible Deepwater Horizon explosion in 2010. At the same time, in the running borders across the top and bottom of the panels, we see frolicking dinosaurs among disappearing and emerging species. This entangled cycle of life and destruction threads through all the panels, reminding us of the enormity of planetary time in relation to our brief individual stories.

Too often, even now, people pit the sharp edges of "masculine" science against the "soft" fuzziness of the arts, especially domestic arts. Sawatzky flips that script. She wittily excavates a petroleum revolution with needle, thread, and a long canvass of linen. We see how our addiction to oil is unravelling our environment, but the tapestry also celebrates life. Even as you're drawn into a panel, you hear oohs of surprise and delight when nearby viewers realize what thread and color can capture. You hear warm bursts of laughter as viewers stumble upon an especially animated figure or witty artistic aside.

The exhibit will be on view until June 14, 2026. It dazzles audience viewers of all ages. Don't miss it!

To learn more and see a selection of the panels, see Joan Sullivan. "The Black Gold Tapestry." <https://artistsandclimatechange.com/2021/01/14/the-black-gold-tapestry/>



Senior Community Tours


When the time is right, making the move to a senior living community can be a smart choice for older adults. Fortunately, Johnson County has a variety from which to choose, and TRAIL is making it easy to learn more about these local communities.

Starting on June 5 with Brown Deer Cooperative, TRAIL members can tour local senior living communities and ask questions. Sign up for any tour of interest by visiting the [TRAIL calendar](#) or call the TRAIL office at 319-800-9003.


Here is a quick look at the schedule:


June 5	Brown Deer Cooperative	July 2	Melrose Meadows Retirement Community
June 12	StoryPoint at Hickory Hill (formerly Featherstone)	July 10	The Summit of Coralville (formerly Grand Living)
June 19	Legacy Senior Living	July 16	Stirlingshire—Coralville Assisted Living
June 26	Keystone Place at Forevergreen	July 23	Walden Place Senior Living

THANKS to **Amada Senior Care** for sponsoring this month's newsletter.



The LTCi Claims Process





Policy Review and Benefit Verification
The experts at Amada Senior Care help policyholders understand and verify their LTCi benefits.

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Our senior care advisors will help you review and file a claim so you can start receiving benefits as soon as possible.

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In Memoriam Maria Prado

Member Maria Prado passed away on Friday, April 17, 2026. She had been a TRAIL member since June 2025.

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



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? Full members can 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 office closed May 25 in remembrance of Memorial Day.

[Book Club: *The Extraordinary Life of Sam Hell* by Robert Dugoni](#)

(via Zoom)

Monday, May 18, 1 to 2 PM

[Salad Potluck On My Porch](#)

Tuesday, May 19, 11:30 AM to 1 PM

Home of Betsy Fischer, Iowa City

[TRAIL's 9th Anniversary Celebration](#)

Thursday, May 21, 4:30 to 6 PM

Unitarian Universalist Society, 2355 Oakdale Road, Coralville

[Long-Term Care Planning](#)

Thursday, May 28, 11 AM to noon

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

[Kitty Corner Social Club Visit](#)

Friday, May 29, 9:30 to 11 AM

Kitty Corner Social Club, 20 South Clinton Street, Iowa City

[Kayaking at Kent Park](#)

Tuesday, June 2, 9:30 to 11 AM

F.W. Kent Park, 2048 Hwy 6 North, Oxford

[New Member Orientation \\$](#)

Thursday, June 4, 1:30 to 2:30 PM

Java House, 1575 South 1st Avenue, Iowa City

[Tour of Brown Deer Cooperative](#)

Friday, June 5, 10 to 11 AM

1920 Country Club Drive, Coralville

[Tour of Storypoint Hickory Hill Assisted Living and Memory Care \(formerly know as Featherstone\)](#)

Friday, June 12, 10 to 11 AM

2450 Hickory Trail, Iowa City

[Book Club: *The Mighty Red* by Louise Erdrich](#) (via Zoom)

Monday, June 15, 1 to 2 PM

[Tour of Legacy Senior Living](#)

Friday, June 19, 10 to 11 AM

1020 Scott Boulevard, Iowa City