



By TRAIL Executive Director Christine Scheetz

Thank you, corporate sponsors:

Community partners in helping older adults thrive

We often talk about the incredible impact of our volunteers. We celebrate the resilience of our members. We thank the generous individuals who make gifts throughout the year. This month, I'd like to **shine a light on another group that plays an essential role in TRAIL's success**—our corporate donors, sponsors, and community business partners.

Every year, local businesses choose to invest in TRAIL because they believe that older adults deserve to live and age with dignity, independence, and connection. Their support extends far beyond writing a sponsorship check. They are investing in volunteer-provided support services. They are strengthening our community. They are helping ensure that older adults can continue living safely in the homes and neighborhoods they love.

This month TRAIL extends an extra thank you to our corporate sponsors.



Check out **page 9** for a full listing of these generous community partners.

When a business sponsors an event, underwrites a program, or makes an annual corporate gift, they help make possible hundreds of volunteer rides to medical appointments. They help support friendly visits that reduce isolation. They make educational programs, social gatherings, and volunteer training possible. They help us respond when an older adult needs assistance with a household chore, a ride to the grocery store, or a friendly contact by phone or in person.

Many of our partners also share their expertise, volunteer at events, encourage their employees to get involved, and introduce new people to TRAIL. Others provide in-kind support that helps stretch every donated dollar. Every contribution—whether financial, in-kind, or volunteer—helps expand what we can accomplish together.

Many of our corporate partners have supported TRAIL year after year. Others have joined us more recently after learning about the growing needs of older adults in Johnson

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Join TRAIL for a Community Day of Service on September 11

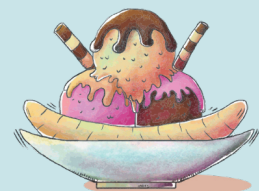
This September, TRAIL of Johnson County will once again demonstrate the power of neighbors helping neighbors by coordinating a special **9/11 Day of Service** dedicated to supporting older adults throughout our community.

On **Friday, September 11**, approximately **75 volunteers** will work in teams across Johnson County to complete **yard and garden clean-up projects** for TRAIL members. From trimming shrubs and pulling weeds to clearing garden beds and tackling seasonal outdoor chores, these projects help older adults maintain their homes while continuing to live safely and independently in the places they call

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RSVP Now!

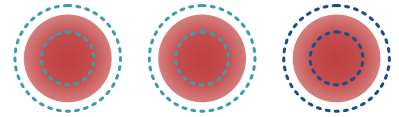
TRAIL's Annual Ice Cream Social



Thursday, August 13, 4-6 PM

City Park Shelter #6
200 East Park Road, Iowa City

See you there!



MEMBER **JUDI CLINTON**

Injury leads to new healing techniques



... an expert in both Roling therapy and the Feldenkrais Method

After suffering an injury in her 40s, Judi benefited from Roling and decided to study at the Dr. Ida Rolf Institute in Colorado. Eventually, she brought her practice to Iowa, where she has family. Judi explains that Roling is unique in its focus on the fascia, the web of connective tissue that swaddles our muscles, joints, and bones. My curiosity about Roling led to an incredible gift—a hands-on demonstration. As I learned, Judi accompanies her deep tissue pressure with careful instructions, asking you to shift your hips or rotate your shoulder. Her approach turns therapy into an inclusive, guided collaboration.

Some of those instructions, Judi noted, are drawn from another body practice, the Feldenkrais Method. Moshé Feldenkrais was an engineer and Judo blackbelt who, like Judi, suffered an injury. Ever the problem solver, he created a technique that uses directed attention and precise movements to alleviate pain and improve flexibility.

In her practice, Judi models the resilience she teaches. When the upper body strength she needed for certain applications waned, she found an instructor who uses his legs and feet to do what his arms could not. Sitting in a

chair, she systematically pressed her heels into my fascia with stunning accuracy and effect.

That same self-awareness led Judi to TRAIL. She often relies on TRAIL's wonderful group of drivers when she travels beyond her neighborhood. She also expressed warm appreciation for the volunteers who recently weeded and tidied her garden.

One of the centerpieces of Judi's home is her collection of singing bowls (pictured left). Like a conductor leading an orchestra, she uses mallets and bowls of varying sizes to weave a soundscape of light chimes and deeply resonating bells. As we sat together in the warming glow of the bowls and the vibrating song of the bells, I could feel those fascia webs—our beautifully aging wax and wings—grow stronger.

Judi continues to offer Roling sessions and also hosts sound baths for small groups. For more information, you can contact her by email at judiclinton@gmail.com.

One of the gifts of aging is greater attunement to our bodies. When we're young, often we, like Icarus, assume we can fly close to the sun. In late life, also like Icarus, we learn the wax securing those wings can't always take the heat.

As an expert in both Roling therapy and the Feldenkrais Method, TRAIL member Judi Clinton intimately understands the "wax" that holds our bodies together. She has a magical (if not mythical) ability to teach her clients how to increase its resilience.

Gray Media, parent company of KCRG in Cedar Rapids, launched a new talk show this spring that's focused on the journey of aging in America.



"Aging Untold" is a 30-minute program designed to provide solutions and hope for the growing population of aging adults and their families across America.

New TV show on aging

The conversation-style show features four respected aging experts who explore the complexities of growing older and offer practical advice and solutions. Gray Media says "Aging Untold" aims to address the growing need for information and guidance on aging, impacting all generations.

On KCRG, the show is scheduled to air each Wednesday at 3 PM. You can also access all current and prior programs at this link: <https://www.kcrg.com/news/aging-untold/>. Recent topics have covered the psychological stresses of aging, whole-body health treatments, profiles of older adults leading interesting lives, and more.

Community Day of Service *continued*

Join TRAIL for a Community Day of Service on September 11

The event is part of TRAIL's ongoing participation in the **Volunteer Iowa Service Enterprise Program**, an initiative that helps organizations strategically engage volunteers to increase their impact. By organizing volunteers for a single day of concentrated service, TRAIL is able to complete dozens of projects that might otherwise be difficult for members to accomplish on their own.



strengthen engagement and remind older adults they are not alone.

If you are a TRAIL member and have outdoor projects that could benefit from volunteer assistance, now is the time to let us know. We encourage members to identify jobs that can reasonably be completed by a small volunteer team during a 2-3 hour period on the 9/11 Day of Service.

The choice of September 11 is especially meaningful. Across the country, the anniversary has become a National Day of Service and Remembrance, encouraging Americans to honor those lost by serving their communities. At TRAIL, that spirit of service comes to life through practical acts of kindness that

Whether it's a freshly weeded flower bed, trimmed bushes, or a yard ready for fall, every completed project represents something much larger: volunteers investing their time and talents so older adults can continue aging with dignity, independence, and connection.

TO REGISTER

To register a yard or garden project, please contact the TRAIL office at **319-800-9003** or membersupport@trailofjohnsoncounty.org.



Engaging Volunteers

Quarterly sessions build volunteer connections



As TRAIL enters its 10th year and implements a new three-year strategic plan, it is participating in Iowa's Service Enterprise Program (SEP). As TRAIL Executive Director Christine Scheetz explained in last month's newsletter, SEP helps nonprofit organizations be more successful in their social missions by working more effectively with volunteers.

For TRAIL, volunteers will see an increasing emphasis on:

- Volunteer recruitment based on service and capacity goals
- Structured onboarding and ongoing training tied to specific roles
- Quarterly support, training, and feedback methods
- Retention and recognition systems tied to impact

The first quarterly Volunteer Education and Support session was held on June 3, from 3 to 4 PM at Lensing's Oak Hill, in Coralville, and all active TRAIL volunteers were invited via email. *If you feel as though you missed receiving an invitation, please contact Jessica at the TRAIL office, 319-800-9003, or email, membersupport@trailofjohnsoncounty.org.*

These sessions will be held quarterly, and we'd like as many volunteers as possible to attend. We see them as important opportunities for learning,

connection, reflection, and support for the important work TRAIL volunteers do.

At the first session Mary McCall led a thoughtful discussion focused on grief and aging, including the loss and grief we may experience as volunteers working with older adults. Mary is a respected counselor, educator, and facilitator with extensive experience in grief support, aging, and caregiving. She has worked with individuals and groups across the community to help people better understand loss, transitions, and emotional well-being through compassionate and practical approaches.

Her presentation helped attendees understand the concept of anticipatory grief—the emotional pain, sadness, and mourning that occurs before an impending loss.

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impending loss. It often surfaces when one is facing terminal illness, caring for a loved one with progressive conditions (like dementia), or during major life changes like divorce, job loss, or living alone. She provided tips on recognizing signs of anticipatory grief in ourselves and others and answered questions about how to help support people dealing with this very real issue.

At the session, Christine reminded all volunteers present that if they have any concern about their ability to continue assisting members (for any reason) to please contact the TRAIL office and discuss concerns with her or Jessica.



The next Volunteer Education and Support session will be scheduled in September. Look for details in this column in future *TRAIL Guide* newsletters and in your email.



Meet TRAIL's newest Board member

A warm welcome goes to Ashlee Vander Hoek, who has recently joined TRAIL's Board of Directors.

As a wealth management officer at Hills Bank, Ashlee works with individuals, couples, and families on retirement and financial planning and she looks forward to bringing her financial assistance background to TRAIL.

Ashlee completes her studies at Kirkwood Community College soon and will then attend Mt. Mercy University to finish a business degree that she started 22 years ago. She also recently passed her Certified Financial Planner exam and will complete her bachelor's degree next June.

"My impression of TRAIL so far is very positive," says Ashlee. "I was drawn to the people that are a part of this organization. Everyone is so friendly and welcoming. It is clear that the TRAIL attracts good people who are passionate about helping others."

As a one-time Best Buy employee, Ashlee became aware that older adults often needed help with technology. In addition, having worked in banking for 13 years, she knows that older adults are often the target of financial fraud and that the stress of losing a loved one can compound their vulnerability. So she especially appreciates TRAIL's services and programs in these areas.

Ashlee and her husband, Jake, have two children: four-year-old Jaxson and ten-month-old Arlee, with two cats completing their household. And as if that doesn't keep her busy enough, Ashlee is an active member of the North Liberty Lions Club, currently in the role of secretary. She has previously served on the board of Kirkwood Alumni and Friends and the Professional Women's Network.

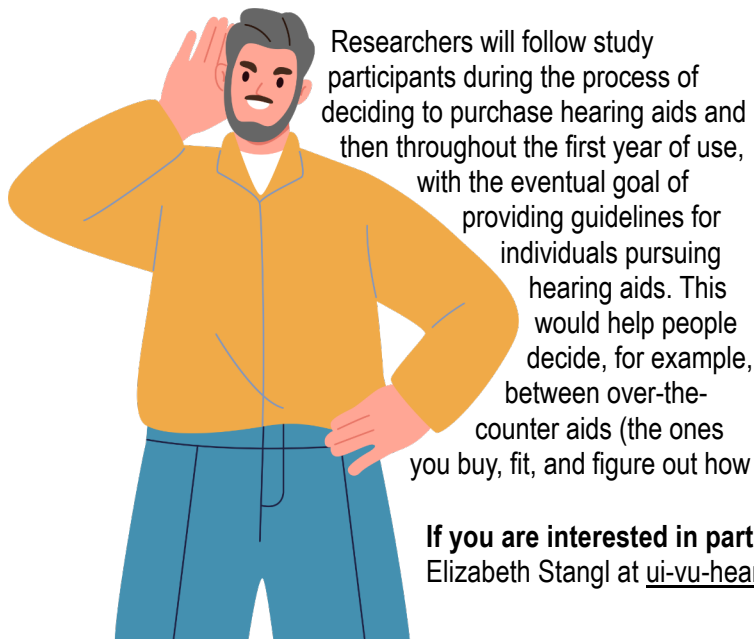
"I am a creative problem solver and love to find solutions to problems," Ashlee says. "I enjoy volunteering and giving back where I can."

Many thanks go to Yu Yu, for her service on the TRAIL Board of Directors. She joined the Board in January 2025.

Thinking about hearing aids?

Listen up!

The University of Iowa is participating in a research study that looks at how people decide what type of hearing aid to buy, and what their long-term experiences are with the hearing aids they choose.



Researchers will follow study participants during the process of deciding to purchase hearing aids and then throughout the first year of use, with the eventual goal of providing guidelines for individuals pursuing hearing aids. This would help people decide, for example, between over-the-counter aids (the ones you buy, fit, and figure out how

to use yourself), or prescription aids where a professional helps with all those things.

This study is now actively seeking participants. You are eligible to take part if you are an adult, proficient in English, have a perceived mild to moderate hearing loss, have not used hearing aids before, and are actively planning to purchase hearing aids within the next six months (timing is flexible) or have purchased hearing aids in the past six weeks. The study consists primarily of answering online questionnaires, though some in-office testing will be done at the UI Hearing Aid and Aging Research Lab on the Health Sciences campus.

Compensation for completing the study ranges between \$225 and \$295, depending on whether you participate in the optional interview and in-person research session. Mileage is reimbursed at \$0.20 per mile up to 100 miles round-trip. There is no reimbursement for the cost of hearing devices.

If you are interested in participating or just learning more, contact Research Audiologist Elizabeth Stangl at ui-vu-hear@uiowa.edu or 319-335-2631.



Thank you, corporate sponsors
continued

County. Regardless of when they joined us, each one demonstrates a commitment to building a community where people of all ages can thrive.

What makes these partnerships especially meaningful is that they are rooted in shared values. Our sponsors recognize that healthy communities depend on neighbors helping neighbors. They understand that aging isn't simply a personal journey—it's a community responsibility.

We also know that our members and volunteers often support the businesses that support TRAIL. It's one way we can express our gratitude and strengthen the relationships that make our community unique. When local businesses invest in local nonprofits, the benefits ripple outward, creating a cycle of generosity that touches countless lives.

We are especially grateful for the businesses that have walked alongside us over the past decade. Their partnership has helped us grow from a small organization with a big idea into a trusted resource serving hundreds of older adults, families, and caregivers throughout Johnson County.

To every company, organization, and business that has sponsored an event, supported a program, or invested in our mission—we thank you. Your generosity helps make connection possible. It helps volunteers serve with confidence and compassion. Most importantly, it helps older adults continue to live independently, safely, and with the support of a caring community.

You will find a list of TRAIL's corporate sponsors on page 9.



As part of TRAIL's series of senior living community tours, nine TRAIL members visited Keystone Place at Forevergreen on June 26. Pictured left to right: Denice Connell, Rose Frank, Marie Evans, Chris Taylor, Kathleen Kearney, Pam Kautz, Tracy Albertsen (Keystone staff member), LaVerne Dvorsky, and Kathy Dvorsky. (Not pictured: Ana Peterson)

THANKS to Northside Family Dental for sponsoring this month's newsletter.



Dr. Chad Olinger and Dr. Grant Van Beek

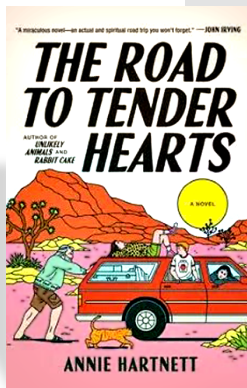
803 East Market Street, Iowa City 52245

Phone **319-337-7797**

Email: frontdesk@northsidefamilydentaliowacity.com



**Northside
Family Dental**



What I'm reading

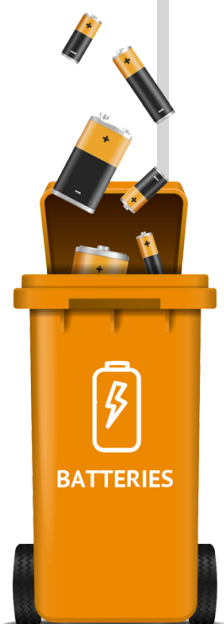
By Allison Andrews, TRAIL volunteer

Not a recent read, but *The Road to Tender Hearts* by Annie Hartnett is one that has stuck with me for its quirky characters and a fun ride that had me wondering, "What could possibly happen next?!"

We join PJ Halliday, a 63-year-old lottery winner with some bad luck and poor health, on a road trip to Tender Hearts Retirement Community in an attempt to win back his high school sweetheart, whom he learns is newly single after reading her partner's obituary.

It's a nice palate cleanser for anyone wanting a warm, light-hearted book with fun, and sometimes dark, surprises along the way. It's a road trip full of tragedy, dysfunction, and life-changing joy that you won't forget!

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



Recycle your batteries this month!

The Iowa City Senior Center is partnering with the Iowa City Landfill & Recycling Center to host a week-long battery recycling event. Johnson County residents can recycle household batteries in the Senior Center's first floor elevator lobby from **Monday, July 27, through Friday, July 31**.

Batteries accepted include alkaline, rechargeable, lithium, button, and coin cell batteries. Car or boat batteries are not accepted, nor are batteries from businesses or outside the Johnson County service area. Please do not place lightbulbs, regular trash, sharps, syringes, or electronics in the battery bins, which are only to be used for battery disposal.

The Iowa City Landfill & Recycling Center reminds residents that batteries should not be placed in their regular garbage or recycling. Improper disposal of batteries is a leading cause of landfill and recycling facility fires. Help prevent fires and the release of hazardous chemicals in the local environment by properly recycling batteries during this special Senior Center event.

Please reach out to recycling@iowa-city.org if you have any questions or visit www.icgov.org/battery for year-round battery recycling program information.



Your unwanted “stuff” can benefit TRAIL

If you or family members are preparing to move or downsize and are going through the “keep, toss, donate, or consign” sorting process, there are several local options for those latter two destinations.

Two local consignment businesses allow you to designate the proceeds from the sale of your items to TRAIL:

- When you bring your consignment items to Artifacts on E. Market St. in Iowa City (<https://artifacts-iowacity.com/>), tell the staff that you’d like the sale proceeds to be sent to TRAIL of Johnson County. A number of TRAIL supporters have done so in recent years and Artifacts will have our address and other details on file.
- TRAIL now has consigner accounts at the Stuff, Etc. locations in Iowa City and Coralville (<https://www.shopstuffetc.com/>). If you’d like the proceeds of your consignment items there to come to TRAIL instead of your personal account, use our Iowa City account number when checking into that store: 50780. Our Coralville account number is 61331.

Your usable but unwanted items can benefit other worthy causes here as well. Consider donating to these local nonprofits, all of which will issue charitable gift receipts if you desire:

- Crowded Closet on Highway 6 East in Iowa City, <https://www.crowdedcloset.org/>
- Goodwill of the Heartland, Iowa City and Coralville, <https://www.goodwillheartland.org/locations/>
- Houses into Homes in Coralville (furniture and household items), <https://www.housesintohomes.org/>
- Iowa City Restore on Scott Boulevard (building materials, furniture, household items), <https://www.iowacityrestore.com/>

Lastly, it’s the time of year when UI students change apartments, too often resulting in furniture and other belongings left on curbsides. To reduce the amount of “stuff” winding up in the landfill, in recent years Iowa City has offered a **Donation Drive-Thru event** (formerly “Rummage in the Ramp”).

The event is happening this year from **noon to 4 PM on Sunday, July 19**, in the lower level of the Chauncey Swan Parking Ramp, and will benefit several of the nonprofits noted above. Visit the **Donation Drive-Thru** website for full details.

THANK YOU, Corporate Sponsors!

TRAIL is pleased to express our gratitude to the local businesses and other organizations who have generously supported our mission and members in 2025-26

PLATINUM \$5,000+ per year



GOLD \$3,000-\$4,999 per year



SILVER \$1,500-\$2,999 per year



RPC Charitable Foundation

BRONZE \$500-\$1,499 per year



CONTRIBUTING SPONSORS \$250-\$499 per year

Amada Senior Care
CarePro Home Medical
Faithful Companions
Fix! Coffee
Iowa City Dental Health
Iowa Health Network
Rehabilitation Hospital

Northside Family Dental
On With Life
Solon Retirement Village
Team Iowa Physical Therapy
Towncrest Pharmacy



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@trailofjohnson-county.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

Artist Studio Visit: Claudia McGehee (illustrator/writer)

Friday, July 17, 10 to 11 AM
2533 Bluffwood Lane, Iowa City

Book Club: *The Covenant of Water* by Abraham Verghese (via Zoom)

(first half of the book in July)
Monday, July 20, 1 to 2 PM

Tour of Walden Place Senior Living

Thursday, July 23, 10:30 to 11:30 AM
2423 Walden Road, Iowa City

Let's Talk Books: *Winter in July* (via Zoom)

Tuesday, July 28, 7 to 8 PM

Kayaking at Kent Park

Tuesday, August 4, 9:30 to 11 AM
F.W. Kent Park, 2048 Highway 6 North, Oxford

Member Happy Hour \$

Tuesday, August 4, 4:30 to 6:30 PM
Bistro at The Courtyard by Marriott, 901 Melrose Avenue, Iowa City

New Member Orientation \$

Thursday, August 6, 1:30 to 2:30 PM
Java House, 1575 South 1st Avenue, Iowa City

Thriving in Late Life: The Path to Gerotranscendence

Thursday, August 6, 2 to 3 PM
Iowa City Public Library, Meeting Room D, 123 South Linn Street, Iowa City

Morning Coffee in My Home

Tuesday, August 11, 10 to 11:30 AM
Betsy Fischer's home, Iowa City

Amada Senior Care: What Families Wish They Knew Before Starting Senior Care

Wednesday, August 12, 11 AM to noon
Iowa City Senior Center, Room 302, 28 South Linn Street, Iowa City

The Book Club For Men: *A Journey Through Economic Time* by John Kenneth Galbraith

Thursday, August 13, 1:30 to 3 PM
The Courtyard by Marriott, 901 Melrose Avenue, Iowa City

TRAIL Ice Cream Social (See page 1)