



Calling all volunteers

for a special Day of Service



On September 11, 2026—the 25th anniversary of the terrorist attacks on the United States that killed almost 3,000 people—TRAIL will join thousands of Americans in the National Day of Service and Remembrance.

From 1 to 3 PM that day, teams of volunteers will complete yard and garden projects at the homes of TRAIL members who need an extra hand. Whether weeding flower beds, trimming shrubs, spreading mulch, raking, or tackling other seasonal outdoor tasks, every project helps create a safer and more welcoming home environment for our members.

This special afternoon of service is an opportunity to remember the spirit of unity and compassion that emerged after September 11 by putting those values into action right here in our own community.

No special gardening expertise is required, just a willingness to serve and work alongside fellow volunteers.

Individuals, families, neighborhood groups, civic organizations, faith communities, and workplace teams are encouraged to participate.

In just two hours, volunteers can make a lasting difference. For many TRAIL members, outdoor maintenance has become physically difficult or impossible. A couple hours of volunteer service not only improves the appearance and safety of a home but also provides reassurance that someone cares.

Join us as we remember, serve, and strengthen our community—one yard, one garden at a time. Together, we'll honor the day through meaningful service and demonstrate the power of neighbors helping neighbors.



Closing the Gap RETURNS!

Mark your calendar for Friday, October 2. That's when TRAIL's free public seminar series, Closing the Gap, will kick off with the first of five weekly presentations offering new speakers and topics to help you lead a healthy, active life. More information will come your way soon.



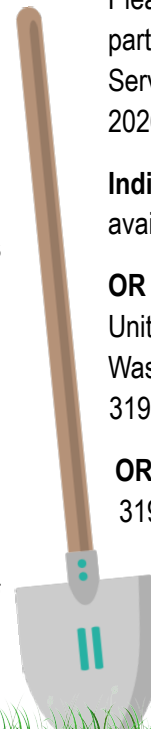
Volunteer Today!

Please sign up by Friday, Sept. 4, to participate in TRAIL's 9/11 Day of Service on Friday, September 11, 2026, 1–3 PM.

Individual and team sign-ups are available online at [United Way](#).

OR call the Volunteer Center of the United Way of Johnson and Washington Counties at 319-338-7823.

OR call the TRAIL office at 319-800-9003.



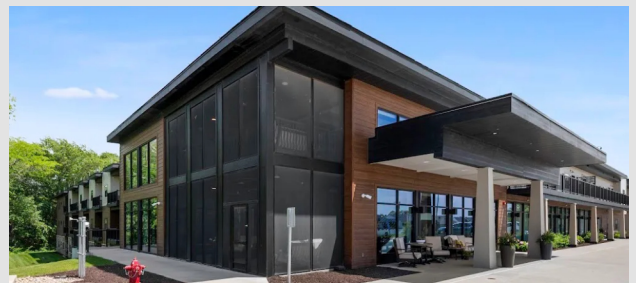
Two senior living facilities: A recap

By Phyllis Black, TRAIL member



On Friday, July 10, eight TRAIL members toured The Summit senior living facility in Coralville.

We were given a guided tour that included the independent living floor, a one-bedroom apartment model, salon, fitness center, swimming pool/patio area, various meeting rooms, dining area, and the indoor parking and storage facilities. It was a very informative tour, and we were pleased to learn that The Summit offers a 5% discount for veterans. We all agreed that it is a lovely facility with a wide range of amenities and dining options.



On Thursday, July 16, nine TRAIL members toured Stirlingshire, also located in Coralville.

This open and spacious community offers assisted living and memory care. The facility features a variety of dining options, activities, community rooms, fitness area, and a large screened-in patio. Services include housekeeping, salon and barber shop, maintenance, and technology help.



For detailed information and costs on all senior local living facilities, pick up TRAIL's Senior Housing and Services Guide from the TRAIL office at the Senior Center or view the PDF form on the [TRAIL website](https://www.trailofjohnsoncounty.org).



August is National Make-A-Will Month—the perfect time to consider people and organizations you care about and want to support. For more information about these important matters, visit this site provided by the American College of Trust and Estate Counsel: [Make-A-Will](https://www.aect.org/make-a-will). If you'd like to include TRAIL in your will or other estate plans, contact Exec. Director Christine Scheetz at christine@trailofjohnsoncounty.org or 319-800-9003.

Welcome back, Barb!



Barb Stein first joined the TRAIL Board of Directors in 2019 and quickly took over leadership of our Social and Educational Programs Committee. After serving two consecutive three-year terms, Barb left the Board at the end of 2024, although she continued her valuable committee work. And now she's back!

Barb was re-elected to the TRAIL Board last month and will resume chairing our Social and Educational Programs Committee, which has been led for the past few years by TRAIL volunteer Ana Peterson, who is stepping down to devote more time to family. **(Thank you for your leadership, Ana!)**

For those who don't know Barb, she retired from the Iowa City Community School District in 2005 after 35 years as a teacher and school librarian. After retirement she worked part-time for James Investment Group and in the children's section of Prairie Lights. She enjoys learning about anything that promotes healthy, interesting, and active aging. She also loves being a part of her grandchildren's lives.



THE JOY OF PETS

Does your household include any four-legged critters? Or a bird or fish perhaps?

If so, we invite you to **share your favorite photo** of that family member with *TRAIL Guide* readers. You may remember meeting Lily, Christine Scheetz's puppy, in the March issue. Now it's time to show off your pet (or pets!).

Just email your photo and any information you would like to share to: denice@trailofjohnsoncounty.org.

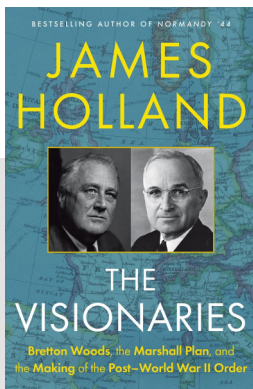
We look forward to hearing from you!



55% of adults age 50 and older say they have a pet, most commonly dogs (70%) and cats (50%).



83% of pet owners age 50 and older said their pets give them a sense of purpose, and 71% said their pets help them enjoy life.



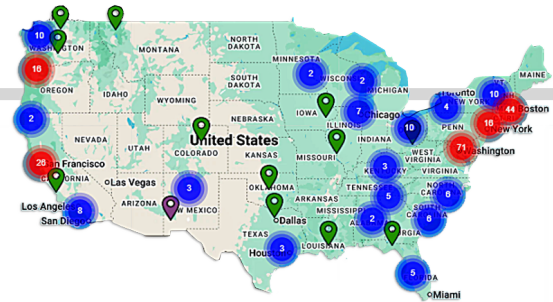
What I'm reading

By Don Brown, TRAIL member

I recently finished a fantastic book suggested by my daughter-in-law who is a lawyer in London. The book is *The Visionaries: The Making of the Post-World War II Order in the West* by James Holland, an historian. My daughter-in-law heard him speak and was impressed.

The book is clearly a tribute to Franklin D. Roosevelt and Harry Truman. However, the author sets the stage first in 1913 with Woodrow Wilson. The author sweeps you along the Treaty of Versailles, the Golden Age of the 1920s and The Crash, and a brief overview of the rise of Germany and Adolph Hitler, all in an instructive 100 pages. This is followed by the story of America under the vision and leadership of FDR and Truman, including pre-WW II, WW II, and the remaking of Europe. At only 256 pages, the book is exceptionally readable and rewarding.

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



Cross-country referrals

TRAIL members who have older friends and family members living out of state often remark to us, “I wish there was an organization like TRAIL where they live.” In fact, there just might be!

The Village to Village Network (VtV) is a nationwide association of organizations that help older adults live more independently in the places they call home by providing volunteer services, social connections, and more. TRAIL is the only VtV member in Iowa, but there are nearly 300 similar organizations across the country—and VtV makes it easy for you to find them.

An [interactive map](#) on the VtV website allows you to search for these aging-in-place “virtual villages” by state or city. Clicking on each village gives you contact information and website URL, if available. To cite just one example, there are six TRAIL-like organizations in the Chicago area. Across the country, most are clustered around major cities, but there are others (like TRAIL) in smaller towns, such as Eureka, CA, and Taos, NM.

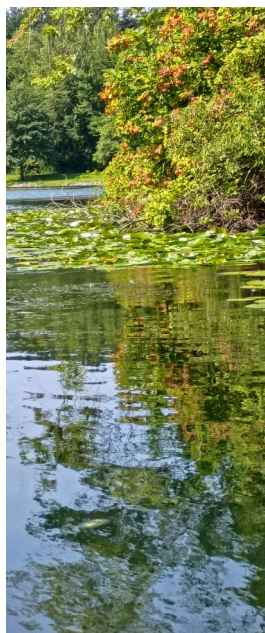
If you have friends or family members whose lives would be improved by an organization like TRAIL, visit the VtV website to see if there’s an aging-in-place village nearby. Or call the TRAIL office and we’ll be happy to check the map for you.



TRAIL members and a guest were treated to a tour of Claudia McGehee's studio on Friday, July 17. Claudia revealed how she develops her beautiful illustrations and also shared her books and projects with the group.

Top photo, L to R: Alfrieta Monagan, Barb Stein, Ellen Heywood, Cam Vanni (guest), Jenean Arnold, and Claudia McGehee.

Bottom photo: Pam Kautz, Claudia McGehee, Ellen Heywood, and Jenean Arnold.



A small but adventurous group of TRAIL members kayaked around Kent Park on a beautiful August day. The water lilies were in bloom and we saw a great blue heron land and fly off. Join us next time—you too can learn to kayak!

—Phyllis Black

FIND *Your* COMMUNITY

At Gloria Dei Lutheran Church, we strive to be community for all people. We invite you to find your community among us!

WWW.GATHEREDBYGRACE.ORG
123 E MARKET STREET - IOWA CITY

GLORIA DEI LUTHERAN CHURCH
Community. For all people.

THANKS to Gloria Dei Lutheran Church for sponsoring this month's newsletter.



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.

If you have questions or suggestions about the newsletter, email info@trailofjohnsoncountyg.org.

OUR MISSION:
TRAIL is powered by volunteers to help older adults live and age with support, safety, and connection in the places they call home by providing tools and resources for active independent living.

Upcoming TRAIL Events Calendar

TRAIL office closed Monday, September 7, for Labor Day.

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

Monday, August 17, 1 to 2 PM

Lunch at Watermill Kitchen Restaurant \$

Wednesday, August 19, 11:30 AM to 1 PM

300 East 9th Street, Coralville

Fireside Chat with Iowa City Fire Chief Scott Lyon

Thursday, August 20, 1 to 2 PM

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

Tour of Iowa City Bike Library

Friday, August 21, noon to 1 PM

122 South Gilbert Court, Iowa City

University of Iowa Mobile Clinic

Saturday, August 22, 10:30 AM to 12:30 PM

Iowa City Public Library, Meeting Rooms A, B, C, D, 123 South Linn Street, Iowa City

DeGowin Blood Center Drive

Tuesday, August 25, 10 AM to 2 PM

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

Let's Talk Books: Favorite Reads From Reese's Book Club (via Zoom)

Tuesday, August 25, 7 to 8 PM

Appetizer Potluck on the Deck

Thursday, August 27, 5 to 7 PM

Susan Spaziani's house, Iowa City

Member Happy Hour \$

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

Orchard Green, 521 South Gilbert Street, Iowa City

Free Vital Checks

Monday, September 7, 9 to 11 AM

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

Pup-A-Rama Playhouse

Wednesday, September 16, 2 to 3:30 PM

4852 Sand Road SE, Iowa City

Book Club: *Land* by Maggie O'Farrell (via Zoom)

Monday, September 21, 1 to 2 PM