

# Prime of LIFE

FRIDAY, JUNE 22, 2018

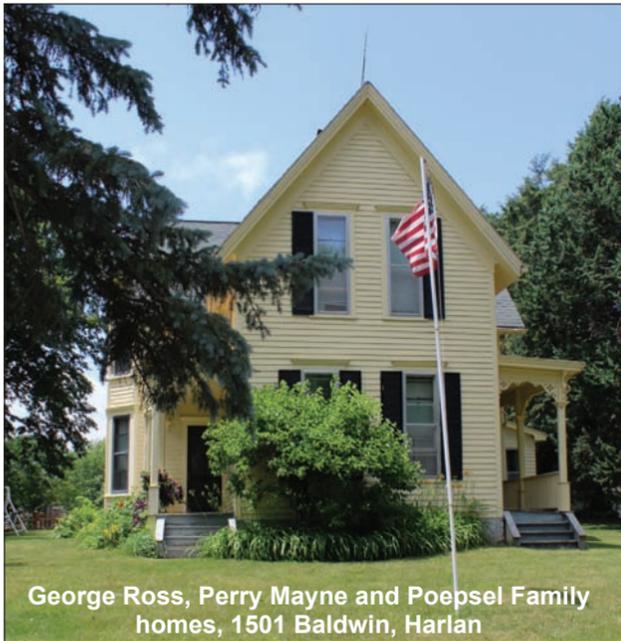
HARLAN NEWSPAPERS SPECIAL SECTION

**Clerk of Court, war vet, mail carrier, barkeep, publisher and farmer -**

## George Dallas Ross home at 1501 Baldwin has rich, long history

*by former Harlanite Chris Hoffman*

**HARLAN** - Today, the two-story, wood, yellow home, located in the bend on Baldwin Street, as it yields to 15th Street, is surrounded on all sides by many other homes. One hundred and thirty-three years ago in 1884 this location was out in the country from the rest of Harlan.



George Ross, Perry Mayne and Poepsel Family homes, 1501 Baldwin, Harlan

The nearest home towards town was at 1204 Baldwin Street built in 1892. The homes dotting the landscape in all directions were open lands that once consisted of a 33 acre farm. George Dallas Ross purchased this plot of land and in 1884 built the house that now resides at this location.

### George Ross, New Yorker

George Ross was born in Jefferson County, NY. When he was 12 his family resettled to Waupaca, WI to farm. At 19 on August

14, 1862 this 5'-6" blue eyed brown hair boy was inducted into the U.S. Army and during the Civil War he fought with the Wisconsin Company "G" 1st Berdan Sharpshooters. His unit became a part of the Army of the Cumberland under Major Generals Rosecrans, Thomas, and Sherman.

In 1863 he fought in Tennessee battles at Stones River, Hoover's Gap, Chickamauga, Lookout Mountain, Missionary Ridge and Chattanooga. 1864 found him in Georgia fighting battles at Buzzard's Roost, Resaca, Allatona Hills, Kennesaw Mountain, Chattahoochee River, and the Siege of Atlanta.

On August 7, 1864 at Atlanta he was shot through his right elbow resulting in the amputation of his right arm. Following his injury he transferred in and out of hospitals back to Madison, WI.

On September 1, 1865 he was discharged with a Surgeons' Certificate of Disability. While in hospitals prior to and after his discharge, George Ross studied English composition, geometry, geography, algebra, bookkeeping, and earned a teaching certificate. He began to teach in Wisconsin prior to moving to Harlan in 1872.

### A man of many interests

He was a man of many interests. In 1872 he taught school in Harlan and was elected Clerk of the District Court. In 1873 he built and operated the first livery stable in town located in the proximity of the Shelby County Community Outreach at 1105 8th Street until 1875. He also owned a feed stable in Avoca.

Prior to the arrival of the railroad to Harlan, George Ross operated mail routes between Harlan and Avoca, along with one between Harlan and Dunlap. The first being a daily run and the second being two days a week. During this time he was also a barkeeper.

In 1875 he sold the Livery Stable business and purchased the Herald Printing Office followed in 1876 with the purchase of Shelby County Record Printing and re-



Gaige & Julie Lytle at the barn tear down, March 1960 at Perry Mayne's home.

**SEE PAGE 2 - Ross**

## Aerial View of Harlan circa 1912 on page 5



### Volunteers welcome for Home-Delivered Meal Program

**SEE PAGE 6**



### The Greer family - a tale of two twins

**SEE PAGE 9**



Early photo of the farmstead at 1501 Baldwin, Harlan.

## Ross home later owned by his daughter and son-in-law Perry Mayne

FROM Page 1 - Ross

named his business the Harlan Herald. He continued his profession as a newspaperman and publisher until he sold it in 1879. At this point he began to purchase farms and began farming. This same year he was one of the original signers of the petition to incorporate Harlan as a municipality.

### Cultural and civic endeavors

He could recall the first Shelby County Fair in 1872, which consisted of just one

to two each of pigs and sheep and one bull. He was a leading member in the Young Folks Literary Society of Harlan as it was formed in 1874. He gave speeches to this high school group of youth. The same year he was one of four finalists in a spelling bee conducted by the Good Templars, an organization promoting literary and dramatic programs.

In 1875 he was first assistant with the Shelby County Musical Union which had the function of cultivating the vocal arts. He sang in the Old Folks Musical Association. In 1877 he was the Vice-

President of the Harlan Lecture Association. He was a member of the Republican Party. In a political rally for James Blaine in his campaign against Grover Cleveland on August 17, 1884 he was the commander of the Guards of Lincoln.

### His wife, family and Perry Mayne

George and Maria Emily Ross had three daughters by the names of Rose, Cora, and Ethel, all born prior to the construction of the home at 1501 Baldwin.

Ethel's husband, Perry Mayne, was born in Thornburg, IA, near Sigourney on October 1, 1878. His parents were Irish immigrants who settled in Mercer County, IL and eventually settled in Center Township, Shelby County.

Perry grew up on a 350-acre farm, attended township schools and Harlan High School where he graduated in 1901.

Following graduation he worked on a surveying crew laying a line for the Great Western Railway. On September 10, 1902 he married Ethel Ross. They moved to Rush Hill, MO, where they farmed until the death of her mother and then moved into the home of George D. Ross at 1501 Baldwin Street, Harlan.

### Turns area into a dairy farm

Perry developed the 33 acre site into

**SEE Page 3 - Ross**

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## Perry Mayne and Poepsel's home

FROM Page 2 - Ross



**George D. Ross**  
Perry Mayne's  
father-in-law

a dairy farm and raised purebred Jerseys. He took in more prizes than any other breeder in Shelby County and retailed the milk and cream. He had a herd of Cotswald sheep and kept seven Percheron Horses.

The main dairy barn was a 60' X 78' with two rows holding 30 cows. He had his own water and electrical system and maintained a very sanitary environment for the dairy cows. He had a windmill and storage reservoir and a 32' tall silo to the south and southwest of the home.

Farther north were the orchards consisting of apples, plums, pears, cherries and grapes. To the east was the tree lined lane leading to 12th Street.

In 1909 when golf first came to Harlan it was played in Perry Mayne's pastures.

### Perry and Ethel's children

Perry and Ethel Mayne had three children, Gayther, born in 1903; Darrel, born in 1907; and Virginia (Lytle), born in 1916. In 1914 Perry and Ethel purchased

the home from George Ross for \$5,000 and in 1925 at the age of 83, George Ross died. According to his obituary, at the time of his death he was the oldest living resident of Harlan. The Mayne family were members of the Congregational Church. Perry was a Republican and was a member of the Modern Woodmen's. Ethel was a member of the local Friday Club. Ethel died in 1958 and Perry Mayne in 1964.

### Poepsel's buy the home

In 1967, James F. and Edna Poepsel purchased the house from Perry Mayne's estate.

Jim was from West Point and Edna from Mount Pleasant. He served in the Marine Corp during the Korean War. After the war he and Edna met and were married and moved to Omaha where he was a dispatcher for Ruland Trucking. He also completed college to earn his teaching certification and began to teach English in Elk Horn then at Lewis Central, Council Bluffs.

In 1967 with the closing of several Catholic High Schools throughout Shelby County, He began teaching English at Harlan Community High School until he retired from teaching in mid-1970's.

This was followed by a period of employment with the State of Iowa's Employment Department. During this time Jim and Edna opened the Dairy Sweet across from the Harlan Post Office where Jacobs Corporation offices are located today. In time the Dairy Sweet building was sold and moved to Woodbine.

In 1980 Jim Poepsel died and Edna had remained in the home until her passing on Nov. 6, 2017. The Poepsels fell in love with this home immediately and were proud to have found such a large home for their large family.

Today the home is owned by their daughter, Sara Poepsel Miller, Harlan.

### Just four owners in 134 years

One hundred and thirty-three years ago in 1884 the house at 1501 Baldwin came into existence. The first and third owners have some similarities. George Ross and Jim Poepsel both moved to Harlan, were schoolteachers, served in the military, worked for the government, and shared a love for this house. In between them Perry Mayne developed a successful dairy farm. All three of their wives, Emily Ross, Ethel Mayne and Edna Poepsel brought their warmth to not only their home but to the community surrounding them.

Next time you turn west from 12th Street onto Baldwin Street take a moment to ponder an earlier time. A time of horse and buggies coming to and from downtown through a tree-lined lane mud road (also called Lover's Lane). At the top of the gentle incline was their grand home which could be seen from downtown Harlan.

From the upstairs of the home one could look through a spyglass and see the downtown square and all of its activities. The aroma of fresh coffee coming out of the dining room from the coffee mill drew you in for a cup.

If one ventured outside you would see the horses and sheep. One could enjoy the swing hung on the rafters in the big barn or play in a bin of shelled corn. And when required one could visit the three-holed outhouse in between their walk through the orchards and pastures.



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# Look back at **IRWIN**

Jacksonville contributions were made by Garland Barratt and Donna J Miller unless noted otherwise.



c. 1915. Dray service was common during early 1900s. This wagon may have been one of the first "garbage trucks" in Irwin. It had a wooden chain operated dump feature.

*Garland Barratt*



c. 1910. East side of Main looking north. Far right was Ed Quinn's Furniture Store which later became the Legion Hall. *Garland Barratt*



c. 1910. East side of Main, looking to the south. Irwin Hotel (center, see sign) now serves as the Irwin Museum. *Garland Barratt*



Below is the west side of Main Street looking south. On far right is the Irwin Locker. *Garland Barratt*



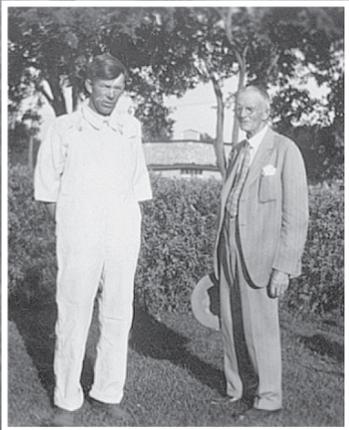
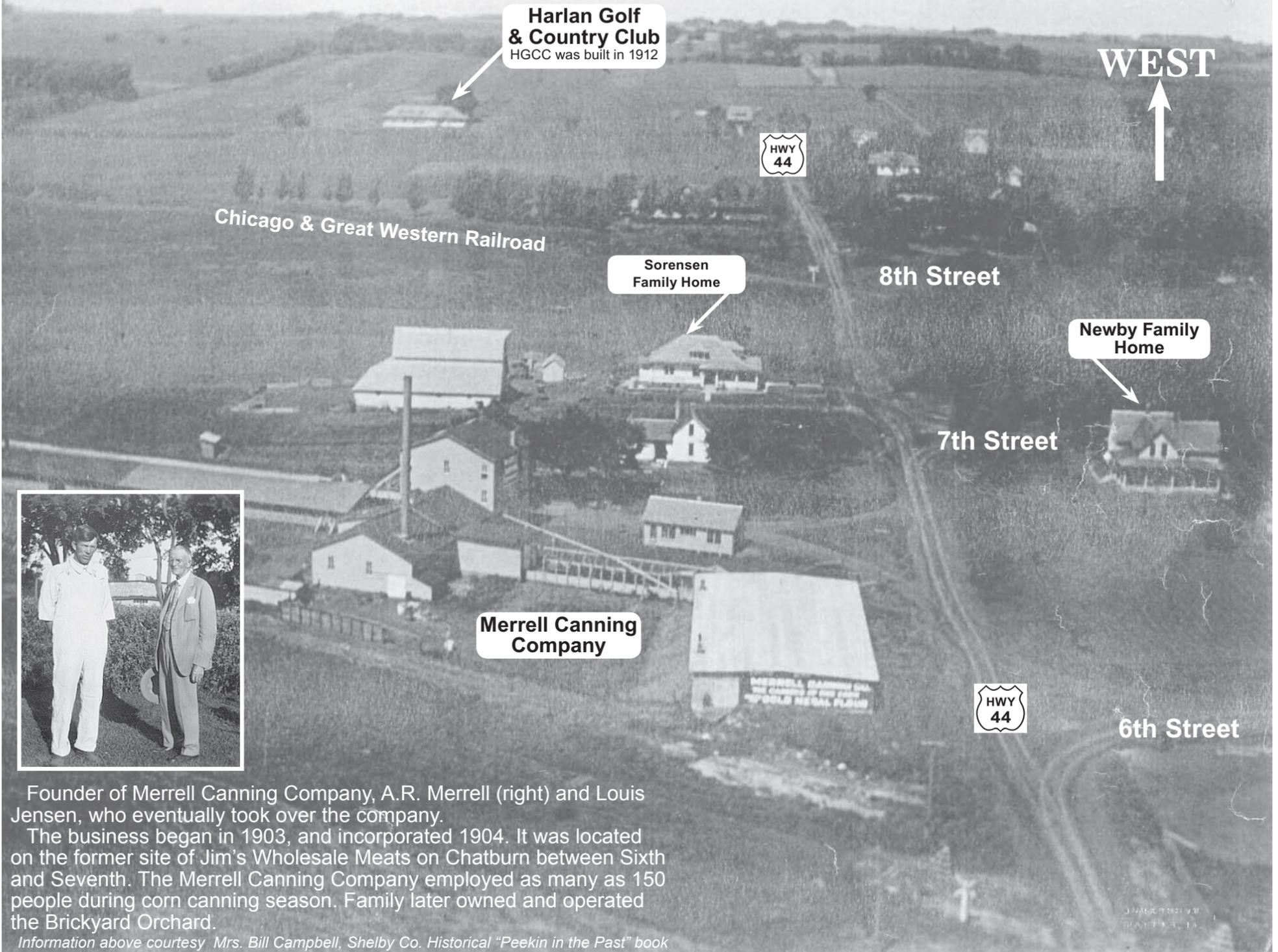
Truckload of shingles arriving via dray service in Irwin. *Garland Barratt*



c. 1910. North Western Depot with riders awaiting arrival of train. Irwin Fire Dept. is currently at this location. *Garland Barratt & Donna J. Miller*

# Aerial View of Harlan circa 1912

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Founder of Merrell Canning Company, A.R. Merrell (right) and Louis Jensen, who eventually took over the company.

The business began in 1903, and incorporated 1904. It was located on the former site of Jim's Wholesale Meats on Chatburn between Sixth and Seventh. The Merrell Canning Company employed as many as 150 people during corn canning season. Family later owned and operated the Brickyard Orchard.

Information above courtesy Mrs. Bill Campbell, Shelby Co. Historical "Peekin in the Past" book

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# Home-Delivered Meal Program is here to help, volunteers welcome

**HARLAN** - The Harlan Senior Center, which is also affiliated with Connections Area Agency on Aging, is located inside the C.G. Therkildsen Activity Center, and is in charge of maintaining and offering the home-delivered meal service to Harlan residents.

If you are interested in this service please contact the Harlan Senior Center at 755-2757 to begin the process of setting up meal delivery providing you are eligible for home delivered meals.

The option to visit the Senior Center, if you are able, is encouraged and it allows you to enjoy a meal with friends and take part in various activities and take advantage of community resources.

The Connections Area Agency on Aging is committed to continuing this vital service in Harlan and they offer their full support to the Senior Center. They also wish to thank the many valuable volunteers who help deliver the home delivered meals locally.

### How to apply

Application and registration forms for the Home Delivered Meal Program are available through the Harlan Senior Center, Myrtue Medical Center, your doctor, or Home and Public Health.

### Guidelines for the Home Delivered Meal Program

1. Call them at the senior center 755-2757 to request meal delivery.
2. Reservations / cancellations are required by 11:30 a.m. the day prior.
3. Microwave/oven packaged and sealed meals are delivered.
4. All meals are low sodium and diabetic friendly and include skim milk.
5. You will receive a monthly menu to review your choices.
7. Frozen meals are available for those that qualify for additional or week-end meals.

### DELIVERY TIMES

Meals are delivered Monday thru Friday

No meal deliveries on Fourth of July, Labor Day, Memorial Day, Thanksgiving, Christmas or New Year's Day.

Meals are delivered by volunteers from Harlan churches, schools and businesses. Suggested contribution is \$3.75 per meal, a contribution statement is mailed to each participant.



The program is based out of the Therkildsen's Center's Senior Center.



St. Michael's Catholic Church members Debbie Davis and Jan Goeser are two of the many volunteers who deliver meals Monday - Friday. Interested in helping, call 755-2757.



Immanuel Lutheran Church members Ilene Nelson and Denise Nelson are two of the many volunteers who deliver meals Monday - Friday.



*The Connection to Resources for Older Iowans*

[www.connectionsaa.org](http://www.connectionsaa.org)  
[info@connectionsaa.org](mailto:info@connectionsaa.org)  
[www.lifelonglinks.org](http://www.lifelonglinks.org)

## ELIGIBILITY REQUIREMENTS

- 60 years old or over
- must be homebound (have a major difficulty to leave the home)
- meet one of the following criteria:
  - be physically handicapped
  - have a permanent disability
  - temporary illnesses or disability lasting from 6 weeks to 6 months.
- A signed application from your doctor

## Social Security Offices

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Carroll, IA 51401  
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# Exercise and aging Addressing common concerns about exercise after 50

Exercising after 50 is a great way for you to improve their energy levels and manage many existing medical conditions.

Learn more about your health and aging with the Petersen Family Wellness Center's Aging Well Polar BodyAge System and senior fitness classes.



As beneficial as exercise can be, many men and women, particularly men and women over the age of 50, who have not laced up their sneakers in years are hesitant to begin an exercise regimen for a variety of reasons, potentially putting their long-term health at risk.

### Exercise is safe even if you have not been physically active in a long time.

Many older men and women worry that suddenly embracing physical fitness after years of inactivity may be detrimental to their health. But that's only true if men and women don't exercise caution at the outset of their routines.

When beginning the routine, take things slowly at first, choosing to walk or bike every day rather than hitting the treadmill and adjusting it to maximum resistance.

When strength training, start off with very little weight so your muscles can grow acclimated to the motions and you can get the exercises down pat.

As you grow more comfortable and your body starts to feel more up to the challenges of daily exercise, you can begin to gradually alter your cardiovascular and strength training workouts to make them more challenging.

### Exercise can make existing medical conditions more manageable.

Men and women over the age of 50 who have preexisting medical conditions are likely to find that exercise alleviates rather than exacerbates their physical problems.

Some conditions may affect a person's ability to be active, and it's best to get the go-ahead from a physician before beginning an exercise regimen. Doctors may even suggest certain activities that have been known to alleviate particular conditions.

### Exercise reduces fatigue, sitting around to preserve strength is not effective.

Exercise improves strength and energy levels, so sitting on the sideline to preserve your strength is counterproductive and could lead to serious medical problems.

### No one is too old to exercise.

No one is too old to exercise, as exercise helps the body stay strong and fit even when you can no longer max out on the bench press or squat hundreds of pounds. Scaling back your exercise routine will be necessary as you get older, but that does not mean you cannot still enjoy and benefit from physical activity.

Continuing to exercise as you age is a great way to improve your quality of life and stay as active as possible well into your golden years.



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## The Greer family of Shelby County -

# A tale of two twins

Submitted by Patty Steenhusen and  
Sandy Clemons, Harlan  
nieces of Verle and Unis

eight children. Earl and Ruby farmed, and the children helped and went to Lit-tau School.

The year 1929 brought the crash of the stock market - the beginning of hard times for many, and it was accompanied by drought and grasshoppers for Earl and Ruby. Barely scraping by, in 1934 Earl and Ruby packed up their family and moved to Iowa. The twins were 10 years old.

In time, they purchased a farm in Shelby County, near Harlan. The twins finished school and soon married, and Merle and Verle bought farms of their own in Shelby County, as did their brother, Gene. Of Earl and Ruby's family of 10, there are still two living and each is a twin. Unis Schumacher lives at Elm Crest in Harlan, and her brother, Verle Greer, lives in the Elm Street apartments.

Reflecting on their upbringing, Verle shares his great respect for his parents, how they worked so hard to take care of their family. Unis recalls shoes

**WAGNER, SD** - In the year 1924, the population of Wagner, SD, increased by four (at least). On February 9, 1924, Earl and Ruby Greer gave birth to twin boys, Verle Earl and Merle Berle. Ten months later, on December 13, 1924, the Greers were again blessed with twin girls. The twin girls arrived two months early; the weight of both of them together was less than 5 pounds.

The chances of survival seemed grim; Earl and Ruby did exactly as the doctor instructed - feeding them with a dropper. Their babies survived. The twin girls were named Unis Fae and Inis Mae.

A year later, in 1925, Earl and Ruby moved west with their four children to a homestead on the Rosebud Indian Reservation near Parmelee, SD.

### Family grows

The Greers had two more boys and two more girls, bringing their family to

**SEE PAGE 11 - Greer twins**



Verle Greer and Unis (Greer) Schumacher, Harlan

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## Hannah Johnk, DPM

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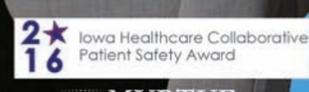
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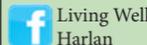
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# Harlan Senior Center Activity Calendar

**Therkildsen Activity Center  
& Harlan Senior Center**

706 Victoria, Harlan, 755-2757  
www.cityofharlan.com/ActivityCenter.htm

**Senior Center Hours 8:30 am - 2 pm**  
Mondays & Friday - crafts/quilts -- held at 9:30 am  
Wednesday -- bingo at 1 pm

**Monday - Friday** meals served at noon (except holidays and other special dates, call to confirm) • Call the day before to register

Check us out on FACEBOOK/Harlan Senior Center for Programs



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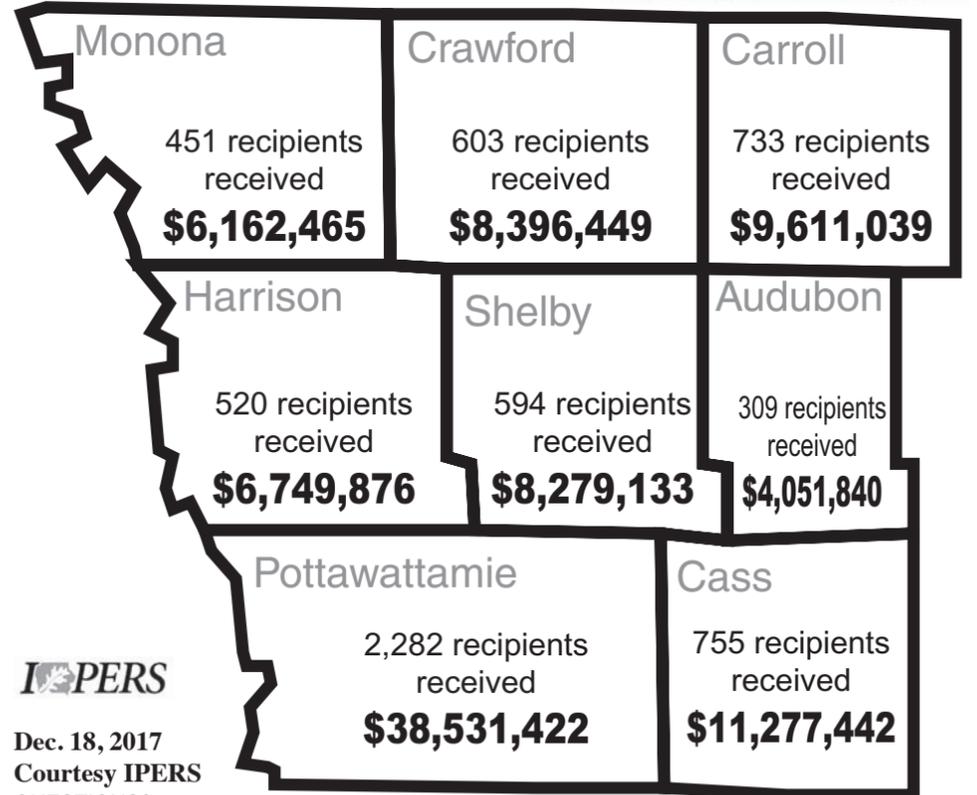
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We are a free, confidential service of the State of Iowa that helps Iowans make informed decisions about Medicare and other health coverage.

**Learn more by calling 1-800-351-4664  
or visit [www.ship.state.ia.us/](http://www.ship.state.ia.us/)**

## IPERS retirement benefits paid and number of payees per county IPERS



## Social Security Help For Those Nearing Retirement

### SOCIAL SECURITY TOOLS

A good place to start is [socialsecurity.gov](http://socialsecurity.gov) and click on the “Retirement” tab at the top of the page and access their retirement planner tools.

Or, if you would rather have face-to-face assistance, you should call below and schedule an appointment to visit with a nearby claims representative.

#### CARROLL Office

818 Bella Vista Dr F  
Carroll, IA 51401  
(800) 772-1213 for appointment

#### Co. Bluff Office

20 Arena Way #1,  
Council Bluffs, IA 51501  
(866) 331-9094

The Social Security Administration also offers a bevy of free publications (see [ssa.gov/pubs](http://ssa.gov/pubs)) that you can have mailed directly to you. “Retirement Benefits,” “When To Start Receiving Retirement Benefits” and “How Work Affects Your Benefits” are three popular publications for those nearing retirement.

### OTHER RESOURCES

“Social Security Claiming Guide” which is published by the Center for Retirement Research at Boston College. This easy-to-read 24-page guide sorts through all the options and frequently asked questions ([socialsecurityclaimingguide.info](http://socialsecurityclaimingguide.info)).

“When to Take Social Security Benefits: Questions to Consider” ([whentotakesocialsecurity.info](http://whentotakesocialsecurity.info)). Offered by the National Academy of Social Insurance, this 16-page booklet uses a question-and-answer format to guide you through the key issues. To get a free hardcopy mailed to you, call 202-452-8097.



*Merle, Verle, Inis, Unis Greer*

## The Greer family of Shelby County - A tale of two twins

**FROM Page 9 - Greer twins**

they wore which were made from the inner tube of a tire, by cutting off either end and making a hole in the top for your foot to slide in.

Today, you might recognize Unis by her love of jewelry. At times she wears a ring on every finger. The walls of Unis's room at Elm Crest sparkle with color because of her jewelry hanging there.

You may know Verle from the frequent walks he would take using his cane in recent years. Verle also frequents Burger King in the mornings to join other farmers and friends for coffee and a visit. Unis and Verle talk together daily on the phone, and meet for ice-cream every Sunday.

It is a joy to listen to the stories of elder family and friends. We learn of their ingenuity in living and surviving, and realize, with great humility, the ex-



periences they had. They love and need to share their stories, and it is a blessing and a gift we can pass on to future generations.

*(Wish to submit a brief history of your family, email the photos and article to news2@harlanonline.com)*

**\*82** Keep your eye on what matters most.

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- Dialysis
- Dietetic Consultation
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- Lab
- Occupational Health
- Outpatient, Laparoscopic & Pain Management
- Petersen Family Wellness Center & Lewis Family Aquatic Complex
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Friday 7:30 am – 8 pm  
Saturday 8 am – Noon

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CRNA



**Jill M. Paulsen**  
CRNA

# I'm 65 and going on Medicare...what do I need to know about Medicare supplement insurance?

Buying Medicare supplement insurance is a way to protect yourself from some of the costs not covered by Medicare. It is also called "Medigap" or "Med Supp" insurance.

There are 10 standardized Medicare supplement plans identified by the letters "A" through "N." Plan F is also available as a high deductible plan. The benefits in each plan are identical from company to company.

SHIIP has a free guide that explains Medicare supplement insurance— "Iowa Medicare Supplement & Premium Comparison Guide". Search this title on your browser to locate the guide.

If you have an employer-sponsored retiree health plan or receive Medicaid benefits you may not need a Medicare supplement.

The SHIIP fact sheet, "Ready to

Retire: Health Insurance Issues" provides more information.

You can see this fact sheet in the Medicare section of our web site. If you have a Medicare Advantage Plan, a Medicare Supplement will not pay benefits. Questions? Call SHIIP (800) 351-4664(TTY 800-735-2942).

**My wife is 62 and needs insurance. I am retired and on Medicare. What are my wife's health insurance options until she turns 65 and is eligible for Medicare?**

The first option is to investigate the individual health insurance market. If your spouse has no serious medical problems he/she can contact health insurance companies about an individual policy. Call local health insurance agents and discuss policies available to her.

You may use the Marketplace to

buy a plan that meets your needs before you are eligible for Medicare. For more information call 1-800-318-2596.

Another option might be HIPI-OWA. This is a state program that is designed to provide health insurance to any Iowa resident who is unable to find adequate and affordable health insurance coverage in the private market due to their mental or physical condition. Individuals over 65 and eligible for Medicare are not eligible for this coverage. Those under 65 and entitled to Medicare due to disability are eligible to apply.

For information about eligibility requirements and benefits 1-877-793-6880.

**COBRA**, will provide insurance for up to 36 months for the spouse and or children of an employee who has become eligible for Medicare. Any ques-

tions or problems should be directed to the regional office of the U.S. Department of Labor toll free at (866) 444-3272. SHIIP

also has a brochure on COBRA which is available on the resources section of this page.

**Can those who have Medicare because of disability buy a Medicare supplement plan?**

A limited number of companies offer Medicare supplement insurance to those with disabilities. SHIIP's "Iowa Medicare Supplement & Premium Comparison Guide" lists those companies (see the guide under "Resources" on the left side of this page.

It is important to note that only a few plans are guarantee issued. Policies that are guarantee issue will accept those with Medicare due to disability no matter what health conditions may exist. The waiting periods for pre-existing conditions should also be checked. This information is found in the premium section of the guide.



**Commanders Club**

With Commanders Club Coordinator, Teresa Coenen



## Upcoming Commander Club Events

**July 26, 2018:** Brownville, NE - Village Theater & Spirit of Brownville lunch cruise. \$149 per person.

**August 23, 2018:** Fremont, NE - Mystery Trip. \$129 per person, includes lunch.

**September 17-22, 2018:** Ladies Only Getaway - Oklahoma & Texas. 6 days, 8 meals, \$1065 pp/dbl. Reserve by August 1.

**November 7-15, 2018:** Israel: A Journey of Faith. Nine days, includes 15 meals, \$4099 pp/dbl.

**November 10-13, 2018:** Another Branson trip with Lana, price information yet to come.

**December 6, 2018:** Christmas Trip to Des Moines, includes a Christmas Vendor Mall, lunch & matinee show "Three Men & A Tenor." More details (including price) to come.

**March 2, 2019:** Live performance in Council Bluffs. Details to come.

As details/prices come available, we will print brochures and get information out to you. Please give us a call if you have interest in any of these trips.

**Don't forget Movie Day: 2nd Tuesday each month - coffee & rolls 8:30 am, movie 9:00 am, Harlan Theater.**

Tickets can be purchased in advance at any SCSB office (by the Friday before the movie) for \$2, or purchased at the door for \$3.

Contact Teresa at the Main Branch 755-5112 for more specific trip information



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MediVac Ambulance was on site offering a variety of free tests.



National Senior Health & Fitness Day® is a nationwide health and fitness event for seniors, held the last Wednesday in May. The event's goals are to promote the importance of regular physical activity and showcase what local organizations are doing to improve the health and fitness in our communities.

Above, surgeon David Bendorf, MD, gives the group a discussion on colon health during the morning program.



A healthy cooking demonstration at the Health & Fitness Day on May 30 featured Steve Studer and Hope O'Hara, CSC.

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# Are expired medications still safe?



It is 2 a.m. and that cough and stuffy nose you have been battling is still keeping you up. You reach for the nighttime cold relief medicine only to find it expired a few months ago. If you take a dose to ease your symptoms, will you be putting yourself at risk?

This situation is a relatively common occurrence. Many medicine cabinets are stocked with over-the-counter drugs as well as prescription medications that may be past their expiration dates. It is a good idea to routinely discard expired medicines, but if you happen to take a drug that has passed its expiration date, you will most likely suffer no ill effects.

According to the Harvard Medical School Family Health Guide, the expiration date on a medicine is not the dates when a drug becomes hazardous. Rather, it marks the period of time after which a drug company can no longer guarantee the efficacy of the medication.

Since 1979, drug manufacturers have been required by the Food and Drug Administration to stamp an expiration date on their products. This is the date until which the manufacturer can still guarantee full potency of the drug.

Therefore, most drug manufacturers will not do long-term testing on products to

confirm if they will be effective 10 to 15 years after manufacture.

The U.S. military has conducted their own studies with the help of the FDA. FDA researchers tested more than 100 over-the-counter and prescription drugs. Around 90 percent were proven to still be effective long past the expiration date — some for more than 10 years.

Drugs that are stored in cool, dark places have a better chance of lasting because the fillers used in the product will not separate or start to break down as they might in a warm, humid environment. Storing medicines in the refrigerator can prolong their shelf life.

Although a pharmacist cannot legally advise consumers to use medication past an expiration date, most over-the-counter pain relievers and drugs in pill form should still be fine. Certain liquid antibiotics and drugs made up of organic materials can expire faster than others. For those who still want to err on the safe side, routinely clean out medications from cabinets once they expire. However, if an expired medication is taken by mistake, there's little need to worry about potentially adverse effects.

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Stay Well.*

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Therkildsen Activity Center & Harlan Senior Center,  
706 Victoria, 755-2757

## Harlan Senior Center...at the Therkildsen Activity Center

The Harlan Senior Center, 706 Victoria, is open Monday - Friday, to all residents age 60 and over for services and information resources.

**Harlan Senior Center** is one of 50 Iowa senior centers in 20 counties operated by Connections Area Agency on Aging.

**Noon Meals at the Center:** Each day, the Harlan Senior Center serves a hot, delicious, and nutritious meal. The meal is available to any senior (age 60 and over) at the suggested contribution rate of \$3.50. Spouses of seniors who are not yet 60 may also receive a meal at the suggested contribution rate.

All meals are served at noon, Mon., thru Fri., and reservations are required (755-2757).

**ALSO - Reservations must be made by 11 a.m. on the day prior to the day that you wish to attend.**

**Persons under 60 years of age** may eat at the Harlan Senior Center at a cost of \$6.50 paid to the manager. There are no regular evening meals on the dining schedule.

**Meals Delivered:** Home delivered meals (suggested payment \$3.75) for those who are confined to their home, or who would have difficulty getting to the Senior Center for the noon meal. Arrangements can be coordinated for home delivered meals by calling the Center.

**Take a break from your day** and enjoy a a great luncheon, pool or bingo. To learn more about the senior center call 755-2757.

**Pool:** Come join a friendly game of pool every week at the Center.

**Craft & Quilting:** Every Monday and Friday morning experience quilting and crafting adventures. They have sewn over 200 quilts for Omaha's Open Door Mission and have crafted dozens of activity bags for children who are visiting the Veterans Hospital, Omaha. The group also does a variety of other crafts such as small bags as well as Christmas stockings.



## National Senior Health & Fitness Day® Aging well programs featured at Wellness Center event

**HARLAN** - On Wed., May 30, more than 125 seniors in Harlan joined 100,000 seniors across the U.S. participating in the Annual National Senior Health & Fitness Day®. This is the fourth year Myrtue Medical Center and Petersen Family Wellness Center is hosting the event.

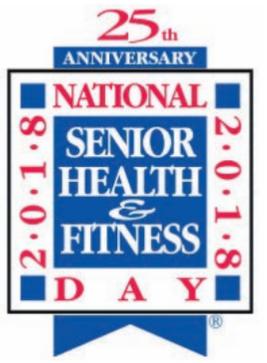
From 8 a.m. - 10:30 a.m., Myrtue Medical Center, Harlan Senior Center and Petersen Family Wellness Center offered age-related health and fitness activities at the Wellness Center. The health and fitness



activities include a mini health fair, healthy breakfast, presentations by Cardiologist Aiman Smer, MD; surgeon David Bendorf, MD and family practitioner Roger Davidson, MD.

Other free workshops included a walk around the Wellness Center with Mayor Mike Kolbe and healthy cooking demonstration.

"We are really look forward to the National Senior Health & Fitness Day. It allows us to highlight the wellness programs and equipment we have at the Petersen Family Wellness Center. It is truly an inspiration to watch them take pride in their fitness and strive to improve it," said Todd Alberti, director of the Petersen Family Wellness Center.



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**WE OFFER...** Medicare approved short-term rehabilitative stays with daily Physical, Occupational, and Speech Therapy services, and long-term care nursing services depending on the needs of the client.

### SOCIAL & SPIRITUAL CARE

Little Flower Haven understands the importance of meeting the individual social and spiritual needs of our residents.

**WE OFFER...**

- Religious services for all denominations.
- Requested personal visits with priest, minister or pastor.
- Prayer and communion services.
- Daily social activities, special events, exercise classes, hobbies and crafts.
- Community activities invited regularly.

### NURSING & THERAPY SERVICES

Little Flower Haven is a locally-owned Licensed Skilled Nursing Facility.

**WE OFFER...**

- Short-term recuperative stays covered by Medicare.
- 24-hour skilled and intermediate nursing care services in consultation with resident's own physician.
- Daily on-site physical, occupational and speech therapy services.
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- Quarterly care planning conferences for residents & families.
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