

Harlanite Maggie Hatcher's love of participation - Seventeen years of loving golf volunteering in Des Moines

DES MOINES - You may not know Maggie Hatcher, but she's a very important person.

She is one of the approximately 1,200 volunteers who make the Principal Charity Classic run like clockwork. Or in Maggie's case, a most experienced volunteer. She's worked the tournament every year since it arrived in Greater Des Moines in 2001.

That covers 17 tournaments, three host golf courses, two title sponsors and one terrific volunteer.

"It's a labor of love," said Hatcher, who is from Harlan. "I'm going to be 79 in August. If the health holds, I'll keep doing it."

Maggie has held three different jobs at the golf course during her volunteer career.

"I kind of go wherever," she said. "And they take good care of me."

Hatcher started as a walking scorer, then worked in radio control. Now Maggie serves as a marshal on Wakonda's 14th tee.

Not bad for someone who got shut out the first time she tried to volunteer, at the 1999 U.S. Senior Open at the Des Moines Golf and Country Club. She applied, but all the spots had already been spoken for.

That U.S. Senior Open smashed records, and caught the attention of the PGA TOUR.

"All of a sudden, the PGA TOUR realized there's a market out here," Hatcher said. "I was so happy when I heard one was coming here. And we are so lucky. I have friends in Omaha, and they have a Web.com TOUR event there. They would give anything to have a PGA TOUR Champions event over there."



Maggie Hatcher, 78, displays her volunteer uniform from the 2001 Allianz Championship in Des Moines.

Des Moines had 10 months to get organized

It was the first week of December, 2000, when the PGA TOUR announced that a senior event scheduled for 2001 in Indianapolis, Ind., wouldn't take place because Comfort Inns had dropped title sponsorship. Des Moines officials, expect-

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Museum continues archiving process of hundreds of bound volumes of Shelby County newspapers

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The best (and worst) foods for heart health



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Golf tournament badges are one keepsake she retains

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PAGE ONE

ing an event starting in 2002, suddenly had 10 months to make the Allianz Championship at Glen Oaks Country Club in West Des Moines a reality.

Maggie still has the golf shirt and pullover that volunteers were given that first year. She keeps it because one of her favorite players, Fred Couples, owned the company that made the shirt.

She used to keep a lot of things, like the golf balls the players signed and gave to her after each round, the pairings, the golf shirt she received every year and other mementos. She's given most of that stuff away, or thrown it out.

"As you get older, you get rid of a lot of stuff," Hatcher said.

But she has kept her tournament badges, the one keepsake from her annual trek to Des Moines. It's the friends she's made, the golfers she's met and plenty of memories that mean more to her than material goods.

"I always had good people to walk with," Maggie said. "I don't care whether it was a name player or just some guy who was working every day who just loved the game of golf. I always liked to score the pro-ams, because you kind of get to know the player better, and you see the communication they have with the other four (amateur) players. They have to have the patience of God."

Longtime golfing volunteer

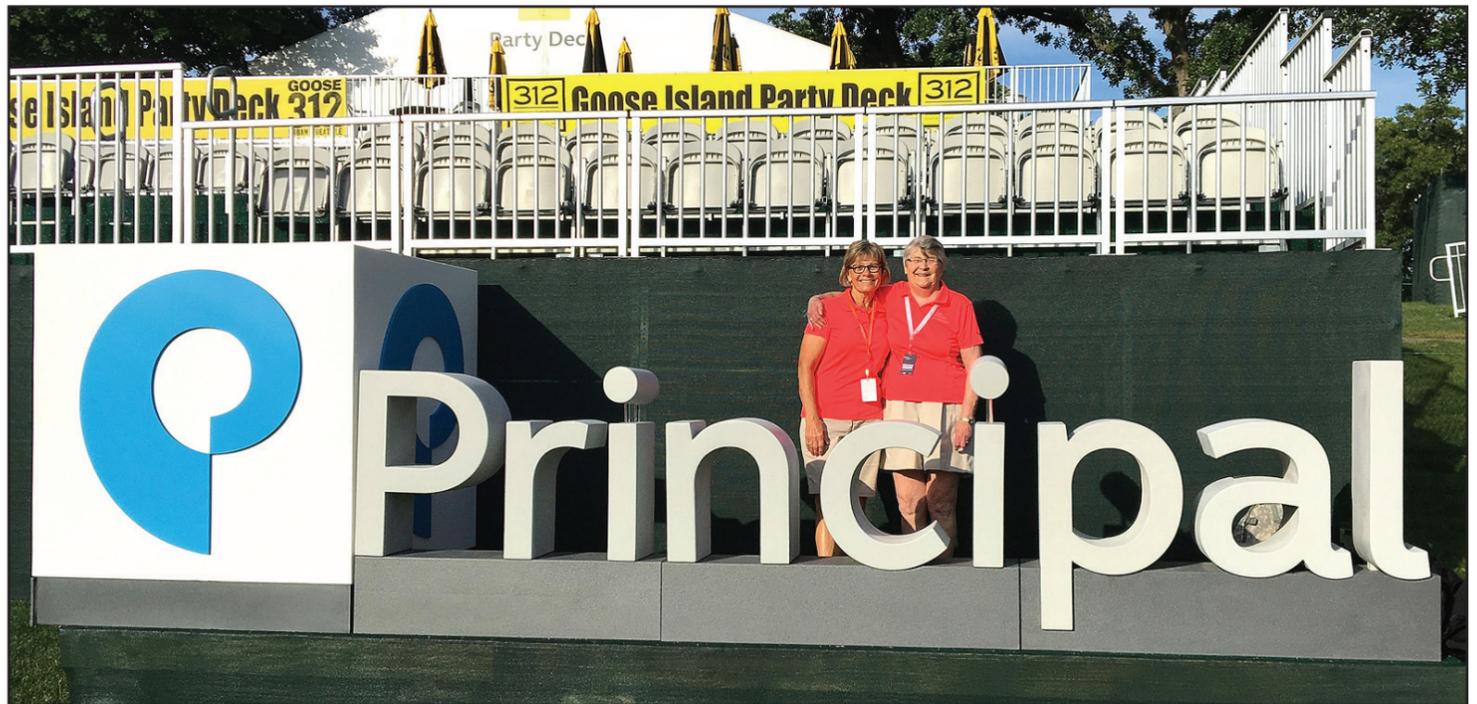
Golf found its way into Hatcher's life long before the PGA TOUR Champions made its way to Des Moines. She used to volunteer at an LPGA event in Springfield, Ill., and even served as tournament chairman one year.

"That's something that stayed with me," she said. "I've always been a big sports nut."

Later on, she worked for Executive Sports in Delray Beach, Fla., which managed golf tournaments, including some on the PGA TOUR. Two years later she returned home to Harlan. And when she heard that Greater Des Moines was getting a senior event, she jumped at the opportunity to volunteer.

Walking scorer in 2001

When she started as a walking scorer in 2001, hole-by-hole scores



Maggie and her sister-in-law, Carol Brodersen at the 2017 Principal Charity Classic. Brandt Jobe won the Principal Charity Classic on Sunday, June 11 at the Wakonda Club in Des Moines. He outdueled his good friend

and college roommate, defending tournament champion Scott McCarron, down the stretch. Jobe's wife, Jennifer, is from Dubuque, where her parents still live.

were kept on paper and radioed into scoring central. In 2012, her last year in that job, she carried a hand-held device that automatically registered the score.

Hatcher learned one valuable lesson: when in doubt, the caddie is your best friend.

"Most of the guys are very easy to work for," Maggie said. "But if I didn't pick up a score or something, I just asked the caddie. I didn't bother the player."

Maggie wasn't able to continue as a walking scorer in 2013 because of heart issues. So radio control became her home. But she felt like she was missing the action.

"I said, 'You know, I want to get back out on the course,'" she said.

So in 2015, she joined up with some volunteer friends who used to work the 13th hole at Glen Oaks. They now keep things in order on Wakonda's 14th tee. And that's where she'll be for her 17th tournament.

"We're blessed with a tremendous volunteer tent, thanks to Bob Clark and his crew," Maggie said.

Whether it's a good meal or a thank you, Hatcher feels appreciated for the work she does.

"It's fun," she said. "And to me it's the camaraderie, and coming back and seeing the people."



Principal Charity Classic Senior Reporter and former longtime Des Moines Register reporter Rick Brown and Maggie Hatcher at the Wakonda Club.

Article by Rick Brown,
Principal Charity Classic Senior Reporter
"courtesy of the Principal Charity Classic."

1880 to 1917 bound newspaper volumes already done

Historical Society continues newspaper scanning

HARLAN - The Shelby County Historical Museum is cooperating with the Harlan Community Library and Harlan Newspapers to digitize their entire collection of newspapers dating back to the 1870s, an estimated 100 bound and unbound volumes.

Director Nate Buman said thru donations from local residents and a gift from the Iowa Historical Society, the Museum had amassed an extensive collection of historical newspapers dating from 1870-2008. Buman said the treasure trove of bound volumes some in excellent condition while others tattered and torn are an incredible historical and genealogical resource on all things Shelby County.

The newspapers span Shelby County, including short-live early Harlan newspapers as well as publications from throughout the County. The Museum also holds miscellaneous national newspapers dating as early as 1823 and extending up to the Civil War era.

The Museum and Library are combining their holdings in the Library's climate-controlled newspaper storage area in the Library's lower level. Buman said they are applying for grants to minimize the expenses to the three entities (Harlan Community Library, Harlan Newspaper, Museum).

SCANNING

The Newspaper Digitization Project continues as staff works to scan local newspapers for preservation and research purposes. The tedious project will, and is already yielding important results for both Museum staff and the researchers that come in search of their family's history.

Buman said at this time they have completely digitized the Harlan newspapers for the years 1880-1917 and they have begun to scan the newspapers into the early 1900s.

"We are contracting with Microfilm Imaging Systems, Omaha, to rent a Minolta PS7000 flatbed scanner for \$100 per month which is shared with the Harlan Community Library. The Library allows Museum staff to scan on-site and make the entire project more cost-effective."

"Currently it takes approximately four hours to scan one year's bound volumes of the Harlan News-Advertiser and Harlan Tribune, etc."

ACID-FREE STORAGE

He said they are working with the Harlan Community Library, and they made the decision to dismantle the bound copies that the library holds, allowing for a full and accurate scan of the pages. The binding does not allow them to scan in the center of the book. They carefully disassemble the volumes, scan the pages individually, and place them in acid-free archival boxes for safekeeping at the Library.

Buman said what is unique is the files are scanned and utilize Optical Character Recognition (OCR). This allows us to type in names or words and the program will find any instances of those words within the digitized text. This cuts down on the research time significantly.



"Once the project is complete, researchers can use these digitized newspapers by simply searching for key names or key terms that fit their research purposes. It will help researchers and staff tremendously," Buman said.

Above - Nate Buman carefully examines each newspaper page, removes it from the bound volume, places it on the scanner and then back into an archival storage box for safekeeping. It takes four hours to scan one bound volume of newspapers.



What the word-searchable page will look like on your computer screen.

Below - Mary Jo Hall, Harlan Newspapers, reviews bound volumes for the newspapers weekly Peeking in the Past column. The volumes are provided free of charge to the Harlan Community Library for research.



Look back at **Villages of the Past...**

The vitality of many Shelby County early settlements was sapped by other towns taking rank as trading points along rail lines. Eventually better roads and major highways also did not pass near these vanishing villages, leaving them a distant memory. The following pages are a glimpse into the past of a few formerly bustling communities of Shelby County.



BOTNA – c. 1920s. Farmstead in Botna, originally known as Rochdale, northeast of Irwin. Note cultivator and sparsity of corn on ground. c. 1898. Threshing at Long Branch Stock Farm, Botna. Barn at left in the photo was built 1895 and is still standing. Garland Barratt



BOTNA – c. 1920s. Farmstead in Botna, originally known as Rochdale, northeast of Irwin.



ASTOR – Homestead, northern Greeley Twp at Astor. Earliest date in nearby Astor cemetery is 1873. Shelby County Historical Society



PRAIRIE ROSE - Located in Monroe Twp. featured a creamery, blacksmith shop, implement shop and general store which served as post office . It's from this village that nearby Prairie Rose State Park derived its name. The park opened in 1962. Shelby County Historical Society



BUCK VALLEY – (Above and at Right) c 1910s. Buck Valley Creamery northeast of Jacksonville. Organized 1894 to handle milk and making of butter until 1929, when fire destroyed home of butter maker. Note wooden barrels that contained cream being hauled and flynets on horses. Marlene Hansen & Mae Petersen



Home-Delivered Meal Program is here to help



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.

Sharon Daberkow (center) and her granddaughter, Jocelyn Cheek, chip in regularly to help deliver meals thru the Immanuel Lutheran Church. Volunteer Marian Fitzwater, at right, is a regular helping deliver daily meals. Fitzwater, 92, is entering her 26th year of volunteering for the program and delivers 12 months a year.

Currently there are three routes with a total of 22 - 30 hot meals each week. why don't you ? If you are interested in delivering for the Home-Delivered Meal program please call 755-2757.

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.

VOLUNTEERS NEEDED
to deliver meals call the
Harlan Senior Center
755-2757



The Connection to Resources for Older Iowans

www.connectionsaa.org
info@connectionsaa.org
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

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How To Get Your Affairs In ORDER

PERSONAL INFORMATION

- ❑ **Contacts:** Make a master list of names and phone numbers of close friends, family, clergy, doctors, and professional advisers such as your lawyer, accountant, broker and insurance agent.
- ❑ **Personal documents:** Include such items as your birth certificate, Social Security card, marriage license, military discharge papers, etc.
- ❑ **Secured places:** List all the places you keep under lock and key or protected by password, such as safe deposit boxes, safe combination, security alarms, etc.
- ❑ **Service providers:** Provide contact information of the companies or people who provide you regular services such as utility companies, lawn service, etc.
- ❑ **Pets:** If you have a pet, give instructions for the care of the animal.
- ❑ **End of life:** Indicate your wishes for organ, tissue or body donation including documentation (see donatelifenet), and write out your funeral instructions. If you've made pre-arrangements with a funeral home include a copy of agreement, their contact information and whether you've prepaid or not.



LEGAL DOCUMENTS

- ❑ **Will:** Include the original copy of your will and other estate planning documents you've made.
- ❑ **Power of attorney:** This names someone you trust to handle money matters if you're incapacitated. If you don't have a will or power of attorney, do-it-yourself resources like legalzoom.com and Nolo's Quicken WillMaker (nolo.com) can help you create them for a few dollars.
- ❑ **Advance directives:** These documents – a living will and medical power of attorney – spell out your wishes regarding your end-of-life medical treatment when you can no longer make decisions for yourself. For free advanced directive forms visit caringinfo.org or call 800-658-8898.

FINANCIAL RECORDS

- ❑ **Income and debt:** Make a list of all income sources such as pensions, Social Security, IRAs, 401Ks, interest, investments, etc. And do the same for any debt you may have – mortgage, credit cards, medical bills, car payment.
- ❑ **Financial accounts:** List all bank and brokerage accounts (checking, savings, stocks, bonds, mutual funds, IRAs, etc.) and their contact information. And keep current statements from each institution in your files.
- ❑ **Company benefits:** List any retirement plans, pensions or benefits from your current or former employer including the contact information of the benefits administrator.
- ❑ **Insurance:** List the insurance policies you have (life, long-term care, home, auto, Medicare, Medigap, prescription drug, etc.) including the policy numbers, insurance agents and phone numbers.
- ❑ **Credit cards:** List all credit and charge cards, including the card numbers.
- ❑ **Property:** List real estate, vehicles and other properties you own, rent or lease and include documents such as deeds, titles, and loan or lease agreements.
- ❑ **Taxes:** Keep copies of tax returns for seven years and preparer contact information. Keep all your organized information and files together in one convenient location.



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Caring for grandchildren

In the not-so-distant past, it was quite common for various generations of a single family to live under one roof and for many different members of the family to play a role in raising the children.

But that dynamic slowly changed as families spread out geographically. However, when the economy faltered and parents of young children realized they needed help, many returned to the old way of doing things. Grandparents stepped up to look after their grandkids, and adults moved back home with their aging parents. Some seniors needed to move in with their children to make ends meet.

A study of data from the Rand Corporation found that, of the four million children living with their grandparents in the United States, 2.5 million live in three-generation households. Nearly 1.5 million live in split-generation households or ones in which grandparents are raising their grandchildren. The proportion of all

grandchildren living in three-generation households, 3.6 percent, has been steady in recent years.

Caring for their grandchildren can elicit many feelings in grandparents, from nervousness to excitement about a fresh face around the house. Raising grandkids can be overwhelming for elderly men and women, but the following are a few tips that can make the process easier.

Explore your feelings. When you acknowledge your feelings, you are on the right path to making things work and recognizing possible obstacles.

Expect mixed feelings from others. Grandchildren and your own children also may be apprehensive about this new living situation. Encourage everyone to share their thoughts and come to a consensus on how things will be done. Expect it to take some time to establish a schedule, and don't be discouraged by any initial behavioral problems.

Take care of yourself.

Grandchildren, particularly young ones, can have a lot of energy and may require constant attention. Caring for such lively youngsters can be taxing on grandparents, who must make their own health and nutrition a priority. Give yourself some time for recreation and rest. Have grandchildren help out where they can. Don't feel you have to spend every moment entertaining them.

Ask for help when needed. Reach out to friends or community members if you are feeling overwhelmed. There are a number of resources available to you, and many organizations, including AARP, have their own tips for assisting three-generation households.

Multi-generational households are common once again. Families who work together can make the most of such living arrangements.

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24th Annual National Senior Health & Fitness Day® event in Harlan

HARLAN - On Wed., May 31 seniors in Harlan joined 100,000 seniors across the nation participating in the 24th Annual National Senior Health & Fitness Day® with honored guest, Chuck Long, former Iowa Hawkeye & NFL quarterback legend and Iowa Sports Foundation CEO.

That morning Myrtue Medical Center and Petersen Family Wellness Center offered a variety of senior-related health and fitness activities at the Wellness Center. The health and fitness activities included a mini health fair, non-competitive and low-impact fitness classes, a senior stroll around the Wellness Center track with Chuck Long and health information workshops provided by many Myrtue Medical Center departments.

The free event was open to anyone 50 and older and offered blood sugar and blood pressure screenings, snacks and refreshments, prizes, giveaways, a cooking demonstration and autographs from Chuck Long. Presentations were given by Dr. Daniel Larose of Miller Orthopedic Specialists and Dr. Hannah Johnk from Myrtue Medical Center covering orthopedic and foot care topics, respectively.

“Our National Senior Health and Fitness Day is a wonderful opportunity for seniors to make, renew and revitalize their commitment to live healthier lives through better health and fitness,” said Todd Alberti, director of the Petersen Family Wellness Center.

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.



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SENIOR FITNESS CLASSES

Generation Fit • 9:30 am on Mon., Wed., Friday
One hour program that helps adults take greater control of their health by encouraging physical activity and offer social events. Taught by a certified fitness instructor.

Silver Sneakers® - Muscular Strength & Range of Motion
10:05 am on Tuesday, Thursday
Have fun and move to music in this 1 hour class through a variety of exercises, designed to increase muscular strength, range of motion and activities for daily living. A chair is used for seated and standing support. Taught by a certified SilverSneakers instructor.

Sit & Be Fit - 10:45 am on Wednesday
Thirty-minute class instructed from a chair designed for beginners, seniors, or individuals with limited physical conditions.

Facility Hours:

Monday - Friday...5 am - 9 pm
Saturday.....7 am - 7 pm
Sunday.....11 am - 7 pm

Pool Hours:

Monday - Friday...6 am - 8 pm
Saturday.....8 am - 6 pm
Sunday.....noon - 6 pm

Waterslide Hours:

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Friday.....1 pm - 4 pm
Saturday & Sundaynoon - 6 pm

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Harlan Senior Center Activity Calendar

**Therkildsen Activity Center
& Harlan Senior Center**

706 Victoria, 755-2757

Senior Center Hours 8:30 am - 2 pm

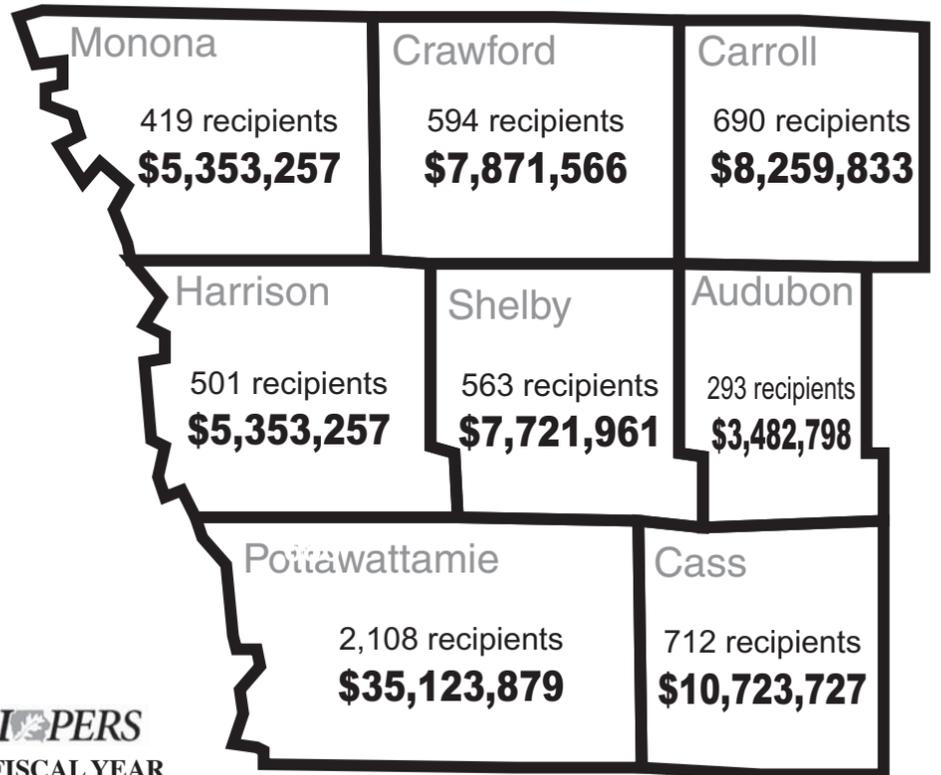
Mondays & Friday - crafts/quilts -- held at 9:30 am

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

IPERS retirement benefits and how they effect our area financially



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Social Security Help For Those Nearing Retirement

SOCIAL SECURITY TOOLS

A good place to start is 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) 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).

"When to Take Social Security Benefits: Questions to Consider" (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.



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Renovations for senior safety

As adults approach their golden years, the homes they once thought of as sanctuaries can become unsafe. Families wrestle with the decision to keep parents and grandparents in their homes or move them into assisted living facilities or other senior residences.



Modifying seniors' homes to make them safer is another option. The National Institute on Aging says that families may be able to have a senior stay at home by helping older relatives remain independent but safe. The following are a few ways to do just that.

Remove fall hazards. The NIA reports that six out of 10 falls happen at home, where people spend the most time and fail to think about their safety. Seniors who want to be independent may overestimate their physical abilities. Because falls can be so dangerous, leading to cuts, abrasions, broken bones, and more, seniors and their families must take steps to prevent falls in homes. Improve lighting, especially at night when sight may become diminished. Install hand rails and grab bars where possible. Pick up clutter and remove tripping hazards, such as slippery rugs or electric cords. Install an electric stair climbing seat to make traversing stairs less risky.

Improve visibility and ability to communicate. Vision loss may accompany aging, but technology can help mitigate such losses. Use big-button phones, remote controls and even keyboards so seniors can keep in touch. Voice-activated thermostats or smart home technology also can make it easier for seniors to voice their needs.

Modify fixtures and other features. Dexterity may wane with age, and arthritis can make grasping or turning doorknobs and faucets more challenging. Take inventory of areas of the home that present the biggest obstacles to seniors. Replace knobs in the shower or on faucets with lever handles, which are easier to maneuver. Install new cabinets and doors that freely glide open and self-close. Replace toggle light switches with easier paddle-type switches that can be pushed with a hand or even arm. Motion-sensor lights also can be handy. Push-button oven controls may make cooking easier.

Prepare for medical emergencies. Invest in medical alert systems, such as necklaces or bracelets, that can be used to contact police or emergency medical personnel directly. Make phones available in commonly used rooms in the home, such as bedrooms, the living room, bathrooms, and the kitchen.

Install ramps and nonslip flooring. Ramps can make it easier to reach the front door or cross over elevated doorway thresholds. Nonslip flooring also can prevent falls around the house, offering more traction for feet, walkers or canes.

Repair cracks in walkways and driveways. Safety should also extend to the outdoors. Be sure to repair cracks or uneven pavement. Replace loose patio blocks or bricks with a more stable design or with concrete or asphalt. While outdoors, trim back bushes and make sure there are no tripping hazards outside as well.

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

Together let's plan for the future so you can continue all the good you do in your life.

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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". This resource can be found at: www.therightcalliowa.gov/SupplementalInsurance.aspx

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 more information about eligibility requirements and benefits call 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 questions 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.

Updated: 02/02/2017 (JLR)



Commanders Club

With Commanders Club Coordinator, **Teresa Coenen**



Upcoming Commander Club Events

JULY 20-21: Explore Waterloo Area: Gallery de Paco, John Deere factory and more.

JULY 31-AUG 4: New York Broadway & Baseball. Yankee fans, will love these seats in the exclusive VIP Audi Club. We'll attend a Broadway show and take in all of the sights of NYC before we head home.

SEPT 7-16: Canyonlands & National Parks. Enjoy the natural beauty of the area from the comfort of the motor coach. A few seats are left.

OCTOBER 4: Savor the flavors of Europe. Get your tastebuds ready for this day trip.

NOVEMBER 12-15: Christmas in Branson, take in the sights and sounds (6 shows) of a Branson Christmas

FEBRUARY 1-11, 2018: Winter Get-Away to Texas, Let's get out of the cold and enjoy the sun!

NOVEMBER, 2018: Mark your calendars – we'll be heading to the Holy Land. Price and details to come. As details/prices come available, we will print brochures and get information out to you.

Brochure available (or will be shortly) for the above trips.
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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The best (and worst) foods for heart health

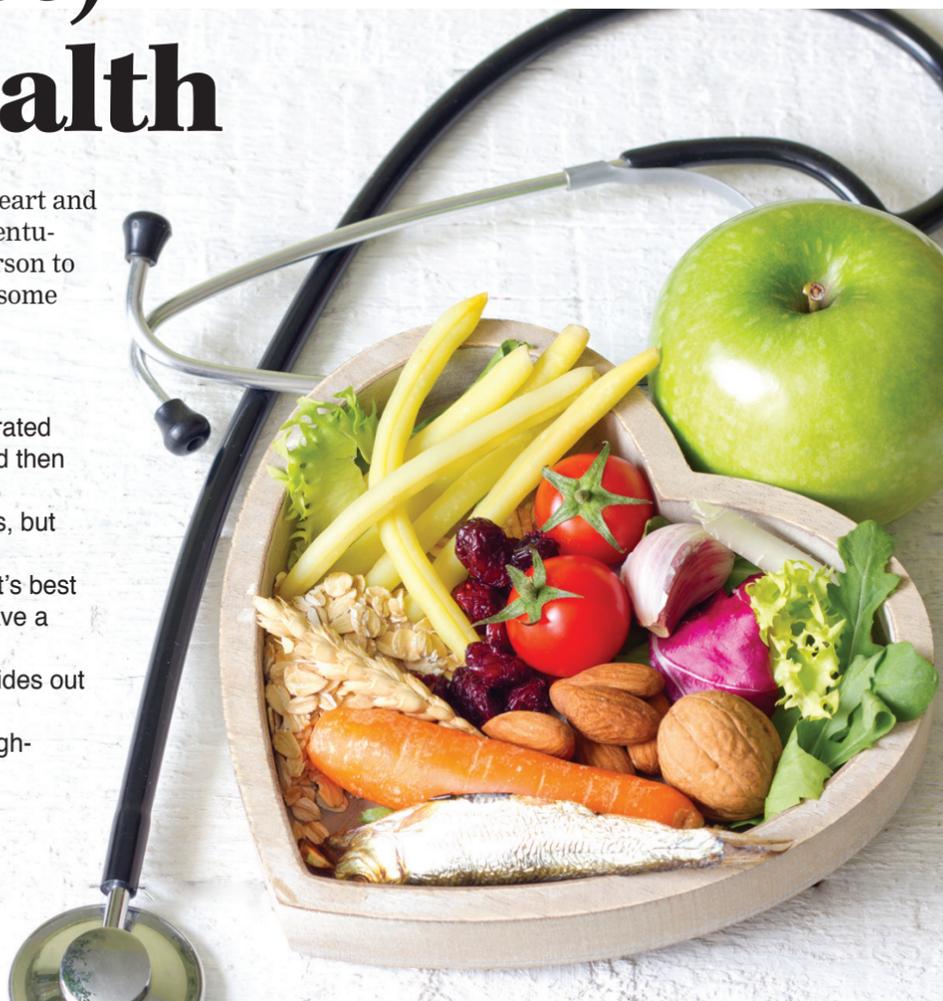
A variety of foods are considered helpful for maintaining a strong and healthy heart and cardiovascular system, while others can contribute to conditions that may eventually lead to cardiovascular disease or cardiac arrest. Moderation enables a person to sample a little of everything, but not to make any one food a habit. The following are some foods to promote heart health and some foods you might want to avoid.

BAD

- **Fried foods:** Many fried foods have little nutritional value, as they tend to be high in saturated and trans fats. French fries are particularly bad because they are carbohydrates fried and then doused in salt.
- **Sausage:** Processed meats have frequently earned a bad reputation among cardiologists, but sausage can be a big offender, due in large part to its high saturated fat content.
- **Red meats:** Enjoying a steak is probably not as bad as eating a deep-fried brownie, but it's best to limit red meat consumption to about 10 percent or less of your diet. Red meats can have a considerable amount of cholesterol, saturated fat and calories.
- **Added sugars:** Sugar can increase blood pressure and triglyceride levels. Sugar often hides out in foods that you would not associate with the sweetener.
- **Salty foods:** Leave the salt shaker in the spice cabinet and opt for herbs for flavoring. High-sodium diets often are to blame for hypertension, a major risk factor for heart disease.
- **Dairy:** Artery-clogging saturated fat also can be found in dairy products, particularly the full-fat versions. Butter, sour cream and milk can be problematic when people overindulge. Opt for low-fat dairy when possible.

GOOD

- **Tree nuts:** Tree nuts contain unsaturated fats that can help lower LDL cholesterol (bad) and improve HDL (good). Nuts also are a filling source of protein and other healthy nutrients.
- **Whole grains:** Whole grains contain complex carbohydrates for energy, as well as protein and fiber. Fiber can help scrub cholesterol from the blood, lowering bad cholesterol levels.
- **Fatty fish:** Halibut, herring and salmon, contain omega-3 fatty acids, which are heart-healthy. Omega-3s also can be found in walnuts, flaxseed and some soy products.
- **Beans:** Beans and other legumes are an excellent source of protein and can be a stand-in for meats that are high in saturated fat. Beans also contain cholesterol-lowering soluble fiber and folate, which can reduce blood homocystein levels. The Bean Institute reports that consuming beans may reduce cholesterol levels by roughly six to 10 percent.
- **Yogurt:** Researchers in Japan found yogurt may protect against gum disease. Left untreated, gum disease may elevate a person's risk for heart disease. Yogurt contains good bacteria that can counteract bad bacteria and boost immunity.
- **Raisins:** Raisins contain antioxidants that may help reduce inflammation. Inflammation is often linked to heart disease and other debilitating conditions.



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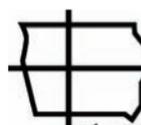
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Alzheimer's researchers hopeful



Alzheimer's disease has no cure, and its progression cannot be radically slowed. The Alzheimer's Association reports that every 67 seconds someone in the United States develops Alzheimer's, and around 5 million people in the country currently have the disease.

But according to information from the 2015 Alzheimer's Association International Conference, there is reason for optimism regarding Alzheimer's treatments.

Researchers now have a better understanding of how the brain changes with Alzheimer's and can fine tune medications to react with certain areas of the brain responsible for certain symptoms. For example, drug companies Eli Lilly and Biogen have been testing drugs that block beta amyloid, a protein that can cause toxic brain plaques in people, which are often associated with progressive brain disease.

Another abnormality associated with Alzheimer's is caused when a protein called tau twists into microscopic tangles, says the Mayo Clinic. Tangles collapse vital brain cell transport systems. Researchers are looking into medicines that may prevent tau from forming tangles.

In addition, researchers continue to look at anti-inflammatory drugs to help delay the progress of Alzheimer's disease, as well as how other conditions and diseases, including high blood pressure or diabetes, may impact the risk of developing Alzheimer's.

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

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

Noon Meals:

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). 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 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 coor-



dinated for home delivered meals by calling the Center.

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 coming to visit loved ones at the Vet-



Common causes of poor vision

The Kellogg Eye Center defines low vision as a reduced level of vision that cannot be fully corrected with conventional glasses. Those with low vision have some useful sight and are not considered completely blind. However, low vision can interfere with performance of daily activities, and some people with this condition are classified as “legally blind.”

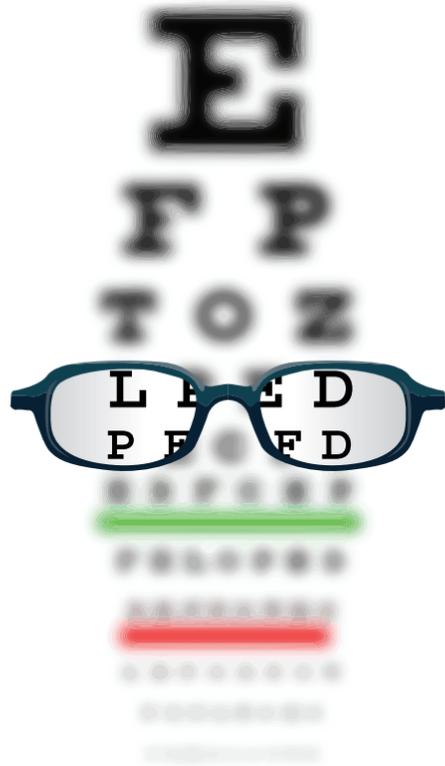
Symptoms of low vision include difficulty recognizing objects at a distance or problems with differentiating colors. Yet, not everyone dealing with these symptoms has low vision.

Here’s a look at some of the more common vision issues.

Glaucoma: A person with glaucoma may gradually lose peripheral vision. Early symptoms, such as a subtle loss of contrast, may be unnoticeable. Eventually, glaucoma may cause tunnel vision, which occurs when a person can only see through a small window.

Macular degeneration: Macular degeneration is the leading cause of vision loss, affecting more than 10 million people in the United States alone. Macular degeneration is caused by the deterioration of the retina’s central portion, known as the macula. The macula is responsible for focusing central vision in the eye, and it contributes to one’s ability to read, drive a car, recognize faces or colors and see objects in fine detail.

Retinal detachment: An increase of floaters or sudden flashes of light in vision may be indicative of retinal detachment or a tear in the retina. When caught promptly, a detached retina may be repaired. However, if left untreated and the detachment reaches the macula in the center of the retina, vision loss may be irreparable. The National Eye Institute says those with extreme nearsightedness, those who have had cataract surgery or those with a family history of retinal detachment are at a high risk.



Diabetic retinopathy: Blurring or patchy vision loss can be a side effect of high blood glucose levels. Not all people with diabetes will develop vision problems, but it is common enough to warrant attention.

Cataracts: According to The Mayo Clinic, a cataract is a clouding of the normally clear lens of the eye. Cataracts develop when aging or injury changes the tissue that makes up the eyes’ lenses. Clouded vision can make it more difficult to read or drive. Over time, cataracts may obscure vision so much that they require surgical repair.

Routine eye examinations can bring potential vision disturbances to light and facilitate faster treatment. Eye doctors also can make suggestions about lifestyle changes, including the use optical devices to improve sight.



Anemia and Aging

Anemia is not usually discovered unless a blood test is ordered as its symptoms can mimic other conditions.

While anemia is common in older adults and its prevalence increases with age, it is not a condition that is widely considered part of the aging process. Anemia is often a symptom of a hidden problem that needs to be addressed promptly.

It is characterized by insufficient levels of red blood cells in the blood. Anemia also occurs when red blood cells, which are responsible for carrying oxygen to the various organs and tissues throughout the body, are not functioning properly.

Very often the signs of anemia are overlooked or go unnoticed until a blood test determines low hemoglobin (Hb) or hematocrit (HCT) concentrations. Some people discover they have anemia as they attempt to donate blood, at which time their red blood cell count is found to be inadequate, resulting in a variety of symptoms.

- weakness
- dizziness
- extreme fatigue
- shortness of breath
- fast or irregular heartbeat
- pale or yellow skin
- cold hands or feet

Frequently, existing disorders or conditions, such as congestive heart failure, are made worse by anemia. But unless doctors specifically consider anemia as a possible cause of symptoms, its presence can go undiagnosed.

The most common causes of anemia among older men and women include chronic diseases and iron deficiency. Vitamin B12 deficiency, folate deficiency, gastrointestinal bleeding, and myelodysplastic syndrome are other causes of anemia.

The main way to treat anemia is to discover its source and reverse the outcomes. For instance, a gastrointestinal bleed may need to be repaired. If iron deficiency is the source of the anemia, iron supplements may be prescribed. Many methods to correct anemia involve trial and error and experimentation, especially when the source of the anemia is unknown.

Anemia is a condition that can affect aging adults but does not need to be accepted as a natural consequence of aging. Correct diagnosis and treatment can mitigate symptoms.

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