

Two-time POW - Norgaard recounts vivid memories of World War II

By Mary Johnson
News Reporter

Donald Norgaard has countless memories of his time serving our country in World War II. He also has fond memories of his work, family and life in Harlan.

Born on a farm northeast of Harlan in 1922, Norgaard had five sisters and one brother. "I started milking cows when I was five years-old, and we walked a mile and three-quarters to country school in all kinds of weather," he said.

Hard times hit the Jens Norgaard family during the Great Depression in the 1930s. The family had a big garden, raised chickens and food was canned and stored in the storm cellar.

Like many others in that generation, Norgaard quit school after the ninth grade and went to work for a farmer. "I was paid a dollar a day and all I could eat," he said. The work day was from 5 a.m. to 11 p.m.

Draft notice for WWII

His draft notice to join the Army came in 1942 on his 20th birthday, and he was off to Camp Dodge in Des Moines for a physical and shots before basic

training in Arkansas.

"I got to be a pretty good shot in basic training, and I reached the sharpshooter status," Norgaard said. After months of additional training, he and thousands of other soldiers shipped out of Boston on the Queen Mary.



Don Norgaard, Harlan, 1943

Landing on Omaha Beach

"We landed on Omaha Beach eight days after D-Day," Norgaard said. He led a scouting patrol of 10 men, discovering German soldiers about two miles away. The information he brought back to his unit earned him the military's Bronze Star medal.

In France he was asked into a house for tea and food, and a the woman of house gave him a crocheted item that he said looked like Mickey Mouse. He brought that home with him and gave it to his son, Denny, a few years ago.

The Germans attacked his unit in Belgium where Norgaard was shot in the foot, and the entire unit (about 30 soldiers) was captured. "They searched us, marched us 25 miles a day and fed us green apples and water for five days," he said.

His unit was eventually liberated by the French Underground, after which they marched into Germany toward the U.S. front lines. He was hospitalized for two



Norgaard's military memorabilia case includes his dog tags as well as his Purple Heart and Bronze Star.

WWII VET - see page 9

Peekin' into Harlan fire department's past...



c. 1946. Harlan News-Advertiser at 1113 7th St., badly damaged by fire and the press fell thru the floor in the rear of the building.



c. 1935. Stowe Produce fire on Chatburn Avenue just east of Sixth Street. Building was damaged badly. The new Harlan Fire Dept. pumper was put into use for the first time.



At left: c. July 24, 1939. Louis Christensen Implement Store on East Market was destroyed by fire. Headlines in area papers read: "Auto Spark Causes \$25,000 Downtown Harlan Fire". Photo at lower left taken from in front of what is now Locked Loaded Outfitters, on the north side of the square.

Commanders Club

With Commanders Club Coordinator, Teresa Coenen

Upcoming Commander Club Events

- Feb 21, 2015: Church Basement Ladies, IWCC Council Bluffs
- April 13, 2015: Sweetest Hearts of Branson, Sioux City
- April 25, 2015: Mama Mia, Dinner & Side Trip
- May 7-9, 2015: Pella Tulip Festival, Bridges of Madison County
- June 15-21, 2015: California Zephyr
- Sept 29-Oct 2, 2015: Mississippi River Cruise & Cranberry Country

*Don't forget Movie Day: 2nd Tuesday
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How to avoid growing bored in retirement

From the moment young men and women first walk into the office for their first day as a working professional until the day they officially retire, the notion of planning for retirement is never far from their minds. But when the day to hang up the briefcase and donate all those business suits arrives, some retirees wonder what to do next. Some retirees know exactly how they will spend their days when they no longer have to work, while others who decide to play it by ear may find themselves battling boredom.

For those among the latter group, it's important to understand that many retirees find themselves bored once they no longer have to focus on a career. Jobs keep men and women busy and provide a sense of purpose in their lives, so it's understandable that retirees feel bored once those jobs are no longer a part of their lives. But just because you no longer have an office to go to every day does not mean life cannot be as fulfilling or even more fulfilling than it was when you were still working. You just need to find something to avoid succumbing to retirement boredom.

• **Work part-time.** Though it might seem odd to start



Embracing a new hobby is one way for recently retired men and women to avoid growing bored during retirement.



working right after you retire, a part-time job can provide the type of structure you have grown accustomed to without all of the responsibility that comes with a full-time career. Part-time jobs can range from consultancy work that makes use of your professional experience to something entirely different like landscape maintenance at a nearby golf course that gets you out of the house and enjoying the warmer seasons. Whichever you choose, make sure it's something you find fun and interesting.

• **Embrace a new hobby.** Working professionals often say they wish they had time to pursue a hobby. Now that

you are retired, you have all the time in the world to do just that. Whether it's perfecting your golf game, writing that novel, learning to cook like a gourmet chef or whatever else you might have always wanted to do, retirement is a great time to do it.

• **Get in shape.** If retirement boredom has started to negatively affect your mood, one great way to conquer your boredom and improve your mood at the same time is to start exercising. Exercise is a natural mood enhancer. When the body exercises, it releases chemicals known as endorphins, which trigger positive feelings in the body. In addition, regular exercise has been shown to reduce stress, boost self-esteem and improve sleep. Working out at a gym also is a great way to meet fellow retirees in your community, and the energy you have after exercising may give you the boost you need to pursue other hobbies.

• **Volunteer.** If a part-time job is not up your alley, then consider volunteering in your community. Volunteers are always in demand, and volunteering with a local charity can provide a sense of purpose and provide opportunities to meet like-minded fellow retirees, all while helping to quell your boredom. Retirees who love to travel can combine their passion for volunteering with their love of travel by signing up to work with an international relief organization that travels abroad to help the less fortunate.

Upon retiring, many retirees initially find themselves coping with boredom. But there are many ways to avoid the restlessness of retirement.

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Harlan Mobile Meals a valuable family service

The Harlan Mobile Meals provides home-delivered meals to homebound individuals age 60 years and over who reside in Harlan. They provide a nutritional hot meal that meets one-third of the Dietary Reference Intake for individuals 60 or older, under the guidelines of the Older Americans Act.

Special diets are available, which include: diabetic/low calorie (usually separate salad or dessert); no added salt; and low cholesterol.

How to apply

Application and registration forms for Harlan Mobile Meals are available through Myrtue Medical Center, your doctor, or Home and Public Health. To be eligible you must be 60 years old or over; home-bound (have a major difficulty to leave the home) and meet one of the following criteria: be physically handicapped; have a permanent disability; or have a temporary illness or disability lasting from six weeks to six months.

The application must be signed by a doctor prior to being eligible for Meals for Wheels.

Delivery times

Meals are delivered Mon., – Friday with no 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 \$4 per meal; however, actual billing is based on income guidelines.

Harlan Mobile Meals Board of Directors meets quarterly and consists of Myrtue Medical Center staff; the mayor; Director, Department of Human Services; Director, Harlan Senior Center; a volunteer coordinator; and a secretary/treasurer.

Volunteer to deliver meals contact:

**Myrtue Medical Center - Kitchen
755-5161**

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



In February, Elm Crest Retirement Community staff offered their time helping deliver Harlan Mobile Meals. From left Patti Kumm and Kathy Goede.



Also assisting in February were Elm Crest staff Angela Bladt and Jeremy Bratetic.

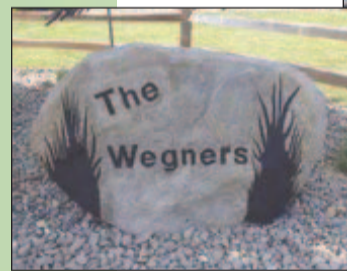
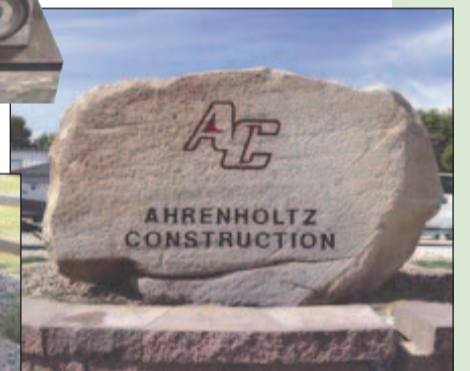


The Myrtue Dietary Dept. prepares and organizes an average of 25 meals each day for the Harlan Mobile Meals program.



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Just what is a TIA ?

A TIA or transient ischemic attack, often referred to as a “mini stroke,” is an event that’s similar to a stroke. When a person has a TIA, the symptoms are just like those of a stroke, but they last less than 24 hours before disappearing.

However, that disappearance does not mean a person is in the clear, as a TIA is a serious warning sign of stroke. According to the National Stroke Assoc., up to 40 percent of people who experience a TIA will go on to have an actual stroke, and studies have shown that nearly half of all strokes occur within a day or two of having a TIA.

But even those people who do not have a stroke within 48 hours of having a TIA are still at risk of having a stroke. In fact, 10 - 15 percent of people who have a TIA will have a

stroke within three months.

Symptoms of a TIA are sudden and may include confusion; difficulty speaking or understanding; numbness or weakness of the face, arm or leg, particularly on one side of the body; vision trouble in one or both eyes; trouble walking; dizziness; and/or loss of balance or coordination. Interrupted blood flow to the brain is often behind a TIA.

A lack of blood and oxygen in the brain often leads to the temporary symptoms described above.

Should you or a loved one exhibit any of the aforementioned symptoms, seek medical help immediately, even if the symptoms feel or appear as if they are subsiding. A quick response might just prevent a full-on stroke.



Making that first step toward preparing for senior living options

We all know that with proper planning, life is a lot less stressful. But if you’re like me, you have a list of things you’ve been putting off because for whatever reason, you’re not quite ready.

In my line of work, I often work with people who know they should be preparing for senior living options, but don’t because they think they’re just not ready for that step. Too often I see people delaying a move while they are healthy and able to fully enjoy all that a senior living community offers, and then a catastrophic event happens in their home, severely limiting their options for care. Sadly, that event could have been prevented had a move to a senior living community been made earlier.

A recent event happened in my own life that demonstrated this well. All fall and even into winter, I knew that I should get my blower ready for the snow we all know will come. But the lack of even a trace of the white stuff, especially no white Christmas, made me feel comfortable, maybe I wouldn’t have to deal with the snow blower all winter. After all, I wasn’t ready for it quite yet.

Until the last weekend in January. Yes, I knew they said the snow was coming. Lots of it. But it was rain at first, so it was easy to stay in denial until the end. Then the snow came. All 10 inches. I was going to have to deal with it – no quick fix was going to work. Even getting to the shed was a major ordeal. And once I dug the machine out, of course it wouldn’t work. After calls to friends to find a truck to take my machine in to the shop, and a few days later, I was finally able to clear my drive and walks. But it was a major hassle – not to mention stressful, frustrating, time consuming. And a lot more work than if I had just made plans and dealt with it earlier.

Once I was back at my desk at work, it occurred to me that I see this situation all the time. Potential residents and their families tour our apartments, planning for the time when they or their parents will move in to our senior living community. All agree they need and want living arrangements we have available in our community.

They could be enjoying all we have to offer right now – care free, maintenance-free living, social activities, a space to exercise, meal service, beautiful, remodeled apartments – but when it comes to moving in, they are “not quite ready.”

All too often, the next call I get from them is because they have had what we in the business call a “catastrophic event.” This is a healthcare crisis that occurs requiring hospitalization, surgery or nursing home placement. It could be unavoidable such as a stroke or heart attack, but more likely for the elderly living alone in their homes, it is a fall or accident that could have been prevented. I can’t count the times I’ve been told by a recently-admitted resident, “I just went out to get the mail”. Regardless of how it happened, an event like this can be life-changing. At the very least, it is stressful, frustrating and time-consuming.

When people choose to move into a senior living community, they are planning for a future in which they can live safely, happily and longer with a higher quality of life.

Remember Ben Franklin’s adage, “An ounce of prevention is worth more than a pound of cure.”

It just makes sense, realizing that at a certain age, we become more susceptible to events that can be game-changers for us. But with the proper planning knowing that we can lead longer, healthier lives with the least amount of stress and frustration.



Sara Poepsel Miller

Sara Poepsel Miller

Director of Marketing and Community Relations
Elm Crest Retirement Community, Harlan, Iowa

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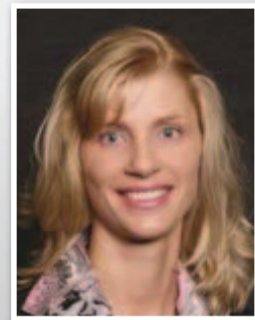


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Memories of WWII

WWII VET - from page 1

weeks due to his wounded foot.

Norgaard suffered wounds to his side, back and legs in a subsequent battle. He was taken to a German hospital and underwent surgery. "The German doctor used clamps, not stitches, in the surgery," he recalled.

Prisoner of War

In October of 1944, Norgaard was transferred to a hospital in Dortmund, Germany. He was the only American there, and laid flat on his back for four months. "My feet were black, and I started bleeding from the wound in my hip," Norgaard explained. He was saved by a transfusion from a German soldier.

"I woke up one night in the hospital with a straight razor at my throat, just in time to grab the wounded German soldier and fight him off," he said. "The good Lord was truly with me."

The diet at the hospital was spinach and potatoes every day, and once in a while he was treated to cake or pudding.

Norgaard had been hospitalized seven months when the war came to an end and his fellow Americans came to liberate him. He was transferred to hospitals in Belgium and Paris before returning to the U.S.

Life after the War

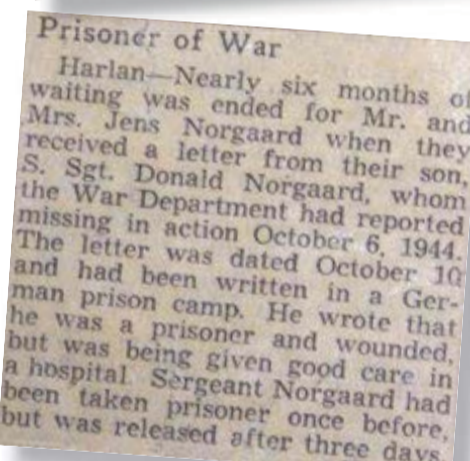
He married his wife, Pearl, in 1949, and they were married 63 years when she passed away in October of 2013. "Pearl was the best pie maker in the country," he proclaimed. Their sons Dennis and Don both live in Harlan, and a third son, Jim, passed away in 2000.

Throughout his working days, Norgaard used his talents and strong work ethic at several Harlan businesses, including Petersen Battery, the DX gas station, Lawn and Leisure and driving a school bus.

He recalled good memories of his life's work, but having his own business fixing lawn mowers was his favorite. He had that business for 25



Don Norgaard, Harlan, with his Bronze Star and Purple Heart



years, retiring at the age of 89.

Norgaard said one of his favorite momentos was from then second grader Jack Beach (now in sixth grade) who gave him a poster which was emblazoned with a crayon Purple Heart, the letter said, "My hero is Don Norgaard because he served in World War 2. He got two purple hearts. He got a shot few times and came out of it every time. And he is merried. And he's about 87."

Don's late wife, Pearl, help care for the Beach family children during their youth.

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DON'T BE A TARGET

Protect yourself and your loved ones from scam artists

Scam artists are smart, capable criminals. They target the elderly because that age group possesses a combination of characteristics that make them ideal victims. The best way to avoid scams is a little education can go a long way toward keeping yourself and your loved ones safe.

According to the FBI, today's seniors were "generally raised to be polite and trusting." They are lonely, and they just want someone to talk to." Accordingly, the elderly are more willing to talk to telemarketers or to respond to fraudulent emails.

The pride of the elderly and their desire not to be seen as incompetent by family members often prevent them from reporting fraud. And even if they do report the crime, the elderly are not always precise and accurate witnesses. Scam artists rely on this combination of traits to get away with fraud -- and their money.

Investment schemes include paying fees for investment advice, pyramid schemes and other financial fraud. Perhaps the most common scheme targeting homes is a reverse mortgage scam, also known as home-equity conversion mortgages. Other scams include "mortgage audits," in which a scam artist will claim they will save you thousands by finding a cheaper mortgage, but only after you pay a fee, of course.

Education is the best way to avoid becoming a victim of scam artists. Scam artists operate in the shadows. A little knowledge shines light on their crimes. Reading articles like this can cause alarm bells to ring the next time a telemarketer calls.

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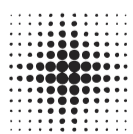
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by Lynette Wall, Director of Resource Development
Salem Lutheran Homes

ELK HORN - Salem Lutheran Homes is looking toward the completion of its restorative therapy room in the Memory Care unit providing residents the opportunity to attend their therapy sessions at a much more convenient location and encourage participation. Memory Care Residents tend to respond to consistent staffing and a more quiet and structured environment which can more easily be provided when they don't need to leave that area for therapy.

Therapeutic Equipment -- has been successfully proven to decrease pain, inflammation and edema associated with a broad range of prevalent conditions. This technology also enables therapists to treat more complex conditions, decrease muscle disuse atrophy, enhance soft tissue healing through increased circulation, and improve neuro-muscular control in patients with orthopedic and neurological diagnoses.

Diathermy -- One current option is shortwave diathermy which uses safe electromagnetic waves to create a gentle heating effect in muscles, joints and tissues. It can help manage pain, increase local circulation to assist with healing, treat larger areas such as knees, hips, or backs, and increase movement and flexibility in stiff muscles and joints. It may be used to assist in the treatment of soft tissue injuries, slow healing wounds, arthritis, joint pain, scar tissue and contractures.

Results! -- Therapist Robyn Peterson has already noticed a difference. This new equipment has already made a difference in the lives of residents who have been treated. They have shown improvement in the amount of movement in a stiff and painful joint along with decreased pain after only a few treatments!

This state of the art equipment has been used to treat sports related injuries in over 200 professional sports team locker rooms all across the nation.

PENS -- Patterned Electrical Neuro-muscular Stimulation: is a patented form of electrical stimulation that helps nerves and muscles work together to achieve normal movement after an injury or disease state.

It can use gentle electrical pulses to simulate the normal coordination or firing patterns that occur between nerves and muscles. It can also increase local circulation to assist in healing, help reduce pain and muscle spasm and help address muscle weakness.

Pens may be used to assist in the treatment of muscle re-education stroke recovery, joint replacement, bladder control and even Parkinson's and Multiple Sclerosis.

Pam Larsen (above) was able to completely raise her arm after only one PENS treatment. She was not able to raise it over her head prior to this and had suffered from limited range motion for at least two years. Larsen came to Salem for Therapy after shoulder surgery and The PENS machine is teaching her muscles to fire in the right pattern again and using muscles that had been too painful to use before. Without this treatment, she most likely would have needed more surgery.

Rehabilitation services are provided by trained professionals who work with your physician to assist you in choosing the best possible program to reach your rehabilitation goals.



Residents Dallas Hansen and Dorothy Johnson work on the popular EZ step exercise equipment.




Salem Lutheran Homes

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but today we are finding new ways to get things done!

Regaining your strength after an illness or injury means more than getting back on your feet. It means a shoulder to lean on when the challenges come and a smiling face when you've met your goals... and then gone even further. Please call us for more information about our comprehensive therapy services including outpatient therapy and Physical, Occupational, Speech, and Respiratory therapy. Also come and visit our Rehab to home Suites furnished for convenience. **We have added new state of the art equipment to provide our patients with Diathermy and PENS. These new machines are showing results in as little as one treatment!**

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Improving heart health need not be difficult

Heart disease is one of the leading causes of death across the globe. Perhaps the most troubling fact about the prevalence of heart disease is that it can be largely preventable. The American Heart Assoc. notes that there are several ways to easily improve heart health and avoid becoming one of the millions of people to succumb to heart disease.

• **Embrace aerobic exercise.** Aerobic exercise is essential to cardiovascular health. Daily aerobic exercise, which can be as simple as walking around the neighborhood, can help men and women lower their blood pressure, maintain a healthy weight and lower their bad cholesterol, which can circulate in the blood and cause blockages that can lead to heart attack.

• **Adopt a low-sodium, low cholesterol diet.** Diet can be a friend or foe with regards to heart disease. A heart-friendly diet that's low in sodium and cholesterol can help you maintain healthy cholesterol levels as well as a healthy blood pressure.

• **Monitor your blood pressure.** A blood pressure reading is a staple of many doctor visits, but men and women should monitor their blood pressure even when they aren't visiting their physicians. High blood pressure does not always produce symptoms, but that doesn't mean it isn't potentially deadly. High blood pressure is the leading cause of stroke and can contribute to heart and kidney disease.



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Steps involved with estate planning

Although inevitable, death is an emotional subject that's difficult to discuss. While estate planning can make people uncomfortable, it is an essential part of securing assets for future generations and can make a death in the family easier for loved ones to handle.

Estate planning is an umbrella term that refers to a host of things that must be done prior to a person's death, including writing a will and even making funeral arrangements. Estate planning attempts to eliminate financial uncertainties and maximize the value of an estate, and allows men and women to state their wishes with regard to long-term healthcare and guardianship for their children.

When done right, estate planning can prevent family feuds and ensure that the deceased's estate stays in the hands of family rather than being relegated to the government. Estate planning can be a complex process, so men and women should seek help to ensure the process goes smoothly.

Getting started

Estate planning should begin early in a person's life, especially for young parents. It's easy to talk about saving for a home or retirement, but it's not so simple to discuss who will care for your children should you die while they are still minors.

Those who are not able to sort through these answers on their own should enlist the help of an attorney or a financial adviser, both of whom can take some of the emotion out of the discussion and put it in more practical terms.

The will

A will is an important component of estate planning. Without clearly and legally spelling out your wishes, there is no guarantee that those wishes will be honored. It will be up to a state or province to make potentially life-altering decisions that can impact your surviving family members, and the only way to ensure your wishes will be carried out is to put them into a will.

Although men and women can write their own wills, many people prefer to seek the assistance of an attorney, who can make sure all necessary details are included in the will.

Medical directives

In addition to a will, estate planning includes your wishes if you become incapacitated or suffer from a serious medical condition that precludes you from making decisions about your care and finances. Spouses can be named to make important health decisions, but you may want to indicate other information, such as life support measures or organ donation, as well. If you have strong opinions on treatment, medical directives and living wills are a necessity.



Funeral arrangements

Another aspect of estate planning concerns funeral arrangements. Many people prefer to make their own funeral and burial plans so that these heart-wrenching decisions do not fall on the shoulders of grieving family members. Funeral planning may include choosing a burial plot, selecting a casket, indicating cremation, and paying for everything in advance so there is no financial burden on surviving family members.

Estate planning is a process that is difficult to discuss, but one that is essential to maximize your assets and ensure your end-of-life wishes are honored.

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What is Lifeline?

Lifeline is a government benefit program that provides discounted phone service to eligible, low-income consumers. Eligible consumers may receive **one** benefit per household, either wireline or wireless service. **All consumers must prove their eligibility to enroll and subscribers must re-verify their eligibility every year.**

How Do I Qualify for Lifeline Discounts?

To qualify for Lifeline, consumers must either have an income that is at or below 135% of the Federal Poverty Guidelines, or participate in a qualifying federal, state or Tribal assistance program.

Please visit www.lifelinesupport.org. You may also call the Federal Communications Commission at:
1-888-225-5322



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

Harlan Senior Center...

...home at the Thekildsen Activity Center

Take a break from your day and enjoy a game of cards or bingo. To learn more about the senior center call 755-2757.

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



The Harlan Senior Center is one of 20 in Southwest Iowa operated by Southwest 8 Senior Services, the Area Agency on Aging for eight Southwest Iowa counties: Cass, Fremont, Harrison, Mills, Montgomery, Page, Pottawattamie and Shelby.

The organization strives to meet the needs of the Harlan community's over age 60 adults by providing nutrition, socialization, information, assistance and advocacy.



Afternoon cards or pool at the Harlan Senior Center is just one of the many activities. Interested in a game of pinochle ? To learn more about the senior center call 755-2757.

Pictured above (l-r) Mike Assmann, Minehart Brasch, Kenneth Coenen, Cletus Schmitz, Bernard Leinen, Bud Weis. At right are Bernard Leinen and John Klein.

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 Friday 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.

Evening Meals:

The Harlan Senior Center has evening meals two times per month. These are held on the second and fourth Thursday of the month. Suggested contribution and reservation policies apply to evening meals as well. For information about serving times for evening meals, call the Center at 755-2757.

Meals Delivered:

Home delivered meals are available for seniors 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.



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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.
- IV therapy services.
- Quarterly care planning conferences for residents & families.
- Dedicated nurses and staff providing the highest level of health care and emotional support.

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