

Frederickson, Harlan volunteer and community cheerleader

There's no slowing down this 90-year-old



By Michaela Ramm, News Reporter
HARLAN -- Prue Frederickson turned 90 years old on March 13, and she shows no indication of slowing down anytime soon.
 Community members may have seen Prue around Harlan, actively involved in several groups and organizations. Even with a large number of responsibilities and jobs, Prue has no interest in giving it all up.
 “The things that I do are the things that I like to do,” she said.



Life of Prue
 Prue was born on March 13, 1925. At three weeks old, she was adopted and taken to Harlan by Cline “C.J.” Tinsley and Hazel Booth-Tinsley.
 C.J. Tinsley worked as a jeweler at Tinsley’s Jewelry, a business his father Prior Tinsley originally owned.
 Prue’s older brother, Bill, eventually took over the business with his wife, Lorna.
 At the age of 10, Prue’s mother Hazel passed away. Her father remarried a woman named Louise Cook-Tinsley, whom Prue remembers fondly.
 “Not often do you fall in love with a step-mother, but she was just a dream,” Prue said. “She and I had a great time, because she always wanted a girl.”
 Prue attended Harlan Community High School, where she graduated in 1943.

Frederickson - continued on page 6

Not owned by the City...

Volunteers focus on remembering Harlan’s loved ones

By Michaela Ramm & Alan Mores
Reporter & Co-publisher
HARLAN -- Residents in Harlan may have noticed the significant upgrades at the more than 150-year-old Harlan Cemetery, particularly along Cyclone Ave. and 12th St.
 A new retaining wall and fencing on the north side of the grounds, a new web site that allows you to search for a loved one’s burial plot and new concrete roadways replacing damaged asphalt are some of their renovation projects during the last several years.
 These projects are all part of the Harlan Cemetery Association’s efforts to not only maintain, but beautify the 33-acre land where residents can honor their loved ones.
 The Association was incorporated on Sept. 2, 1872 with the oldest headstones dating back to the early 1860s. According to their web site there are approximately 6,500 burials; 10,300 spaces sold and 2,000 spaces for sale. They have 3,200 undeveloped spaces as well as the entire west hillside is available for expansion.

Board of Directors
 The Association has a five member board who maintains and oversees the grounds, board members include: Don Stowe, president; Eldon Erickson, secretary, Mickey Williams, treasurer; Bill Early and Allan Ickes.

Eldon Erickson and his wife, Lesly, have been an integral part of the goings on at the cemetery since the summer of 1999. Eldon said they were approached by the late Jim Kalal, former Harlan Municipal Utilities general manager and then association secretary, about coming onto their board.
 “Jim reached out to Lesly about getting involved on the board, and we both took

Tour and Search for Loved Ones at the....

HARLAN CEMETERY

One of their upgrades includes a new web site: harlancemetery.com

Cemetery renovations - continued on page 9

Ron and Jodie Wingert, Panama - July & August 2015

Wingerts make a trip of a lifetime

Special to the Harlan Newspapers
By Jodie Wingert, Panama

One evening this past January, I asked my husband if he would like to go to Rome and he replied that he thought that would be okay. Immediately (before he could change his mind!) I went online to research tour companies and tour packages. The thought then occurred to create our own tour and invite a priest as a spiritual director.

We called Father Enrique Garcia, a new friend of ours, and asked if he had ever been to Rome. “It is one of my life’s dreams!” he replied. I proposed the idea of setting up a tour and asked if he would be the spiritual director. His reply: “My head

is hitting the ceiling!”

Father teaches at Conception Seminary during the school year so the only time he could go was during the summer which isn’t the most popular time to travel to Rome. Our tour wasn’t attracting anyone so I went back to the computer to find a tour package for the window of time that Father could be gone.

We found a tour to the Holy Land and Medjugorje that left on the exact day that Father could leave. The travel company proposed an additional tour of Vatican City if we could stay in Rome a couple of days on our own before joining the tour. The Holy Land, Medjugorje and Rome, Oh my! It was the package of a lifetime!

Met Father in Des Moines

We met Father in Des Moines and flew out at 8:30 a.m. on a Sunday and arrived in Tel Aviv about 22 hours later. We were met by our tour guide and joined 12 other “pilgrims” at the Dan Panorama Hotel in Tel Aviv (photo at lower left). Father James Bearss from Michigan was the spiritual director of the tour. It was his first time in the Holy Land as well. He and Father Enrique said their first Mass in the Holy land in a room at the Hotel.

Our guide

Our guide was Usama Salman, a Roman Catholic, a Palestinian and lives with his family in Jerusalem. He can trace his ancestry back to the year 600 AD and “grew up playing around the Church of the Holy Sepulcher”. One of the first things he told us was that we could feel perfectly safe while traveling around the Holy Land. Usama studied for four years at Marquette University in Wisconsin and holds a PhD in his field of study.

He has a reputation of being “the best” guide in Jerusalem. He is passionate about everything in the Holy Land. The insights he gave us regarding many of the events of Jesus’ life included the political climate and the religious practices of that era, kept us captivated. At right he is telling us of the many building projects of Herod the Great (aka “Bob-the-builder”) who turned Caesarea into the grandest city other than Jerusalem, one of them being a stadium that is still being used to this day.

Why Joseph and Mary were not welcome

Usama asked us why we thought there was no room for Joseph and Mary in Bethlehem, where Joseph’s family still lived. He told us that it was obvious that Mary was about to give birth which would render a room “unclean” for 40 days and 80 days if the baby was a girl. No one wanted to lose that room for that long of a period; however, they were welcome to use one of the caves which were already unclean.

For seven glorious days we traveled the holy sites. One of the places that was very moving for me was the grotto of the



Fathers Bearss & Garcia
celebrate Mass

Annunciation where Mary said yes to Jesus coming into our world. It was also where Father Enrique and Father James said their first Mass in one of the Holy sites for the next seven days. Besides the church of the Annunciation, Mass was celebrated on the Sea of Galilee (see photo), at the site of the Transfiguration, the cave beneath the Church of the Nativity where St. Jerome spent over 30 years translating the Bible into the Latin Vulgate, in Bethany where Lazarus was raised from the dead, the Church commemorating Peter’s Denial of Christ and the forgiveness of Jesus, and the Church of the Holy Sepulcher.

Ron and I renewed our marriage vows at the Cana and a couple that was on the pilgrimage with us announced their engagement at that site. We knew before their parents knew!

Medjugorje

We left for Medjugorje which was a full day of travel because of connecting flights. There we stayed at Hotel Grace which is located a half a block from St. James Church and is a lovely facility. The final day of the Annual International Youth Festival was celebrated the second day of our visit. Father Enrique was one of 523 priests who concelebrated Mass at the closing of the Festival. Father also spent time hearing confessions at one of the numerous stations that are always busy. Our guide was Dragan Zovko, a native of the area. He went out of his way to get Euros and a laundry service for us besides telling us of the history of the area as well and the amazing faith of the people even before the Apparitions began in 1981. In the photo below are my husband Ron, myself and Dragan.

On page 4, above the three of us in the picture at the lower left is a painting by a local artist who gave it to the pastor

Wingert trip - continued on page 4



Fathers Enrique Garcia & James Bearss



Their guide was Usama Salman.

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Trip to Holy Land never to be forgotten

Wingert trip - continued on page 2



Ron & Jodie Wingert and their tour guide Dragan Zovka

(without the image of Mary). The pastor critiqued it saying there was too much sky so the artist added the image of our lady above the town. The pastor then accepted it and all of this happened before the apparitions!

Apparition Hill

Early the next morning we climbed the very rocky Apparition Hill where Our Lady first appeared in 1981. We prayed the rosary on the way up stopping at a station for each mystery. The climb is rather precarious and it is suggested that good hiking shoes be worn. Some pilgrims opted to walk up in their bare feet.

The hotel provided canes to help with stability. We didn't use them on the way up but I appreciated the cane on the way down which was almost more difficult. We spent our last evening in Medjugorje on Fri., with the veneration of the Cross, a most moving and solemn event.

Off to Rome

We flew to Rome and arrived at our hotel around the supper hour. When we stepped out of the van we looked down the street to see the dome of St. Peter's Basilica! We literally giggled with excitement

to be so close. We checked in and waited for our luggage to be deposited in our rooms. We could barely contain our eagerness to go out of the hotel and down the street to St. Peter's Square. It was perfect timing as the Basilica was closed for the day clearing the square "just for our first visit". The next day brought more excitement as Pope Francis greeted the crowd in the square at noon for the praying of the Angelus. The crowd roared with greetings to our dear Holy Father. The ringing of the bells for the Angelus added to the joy of the occasion. We were on our own in Rome for three days before we met the tour group.

A priest we met on the Square gave Father Enrique directions as to the procedure to say Mass in the Vatican. We were to arrive at 7 to go through security and to enter the Basilica where Father would enter the Sacristy, vest and be assigned a server and a chapel. It was a thrill each of the three days he was able to say Mass in the Basilica of St. Peter.

One of those early mornings after Mass, the three of us joined a few other pilgrims to climb to the top of the cupola in the dome. We took an elevator to the rim of the dome and then climbed the 321 steps to the top that rewarded us with an incredible view of Vatican City and Rome.

I could go on for pages. In reflecting upon all three of the tours, I have three completely different experiences. The Holy Land was so sacred and I was moved many times at some of the sites. Overall, the experience was very deep and my focus was on where Jesus was.

Medjugorje was a time of intercession and worship. Someone asked me if I had witnessed any miracles and I then recalled the message received by one of



Father Enrique at St. Peter's Square

the visionaries only two days before we arrived. Our lady said that many people come to seek and witness miracles when the greatest miracle happens every day at Mass during the consecration.

In Vatican City, I felt as if a huge burst of love and energy was flowing from St. Peter's Basilica and covering the whole world. This is where Jesus is!



Father Enrique Garcia, Jodie and Ron Wingert, St. Mary's Parish, Panama.

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Home-Delivered Meal Program began anew in Harlan in July

For the last 23 years the Harlan Mobile Meals has contracted with Myrtue Medical Center and Connections Area Agency on Aging to provide the home delivered meals to those who are eligible in our community.

On July 1 the Harlan Senior Center, which is also affiliated with Connections Area Agency on Aging, will took over 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 Sherry at the senior center 755-2757 to request meal delivery.
2. Reservations / cancellations are required by 11:30 a.m. the day prior.
3. Meals are packaged in a microwave/oven ready disposable sealed container.
4. All meals are low sodium and diabetic friendly and include skim milk.
5. You will receive a monthly menu and when you look it over if there is a day you do not care for your meal you may order a boxed lunch a week before that date and you will receive that in place of the hot meal.
7. Frozen meals are available for those that qualify for additional or week-end meals.

DELIVERY TIMES

Meals are delivered Mon., – Fri., .
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; however, actual billing is based on income guidelines.

**Volunteer to deliver meals contact:
Harlan Senior Center 755-2757**



In June, Shelby County State Bank offered their time helping deliver for the Home-Delivered Meal Program. From left Mary Ohlinger and Dara Svendsen.



In June, Harlan’s Concerned clients and staff offered their time helping deliver for the Home-Delivered Meal Program. From left Brittany, Sam and Crystal Sanders.



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 - be physically handicapped
 - have a permanent disability
 - temporary illnesses or disability lasting from 6 weeks to 6 months.
- A signed application from your doctor

Frederickson never seems to slow down!

Frederickson - continued from page 1

From there, she moved to St. Louis to attend Monticello, a girls’ college in Missouri, to study to be a teacher for the next two years.

Teaching was not in her future, however, moving back to Harlan in 1945. “I was going to go to Cedar Falls to become a kindergarten teacher,” she said. “But I got back home and I liked the jewelry business, so I stayed put.”

Prue worked in the family store until eventually, the business closed its doors permanently.

“With all the costume jewelry coming into it at that time, no one was buying diamonds anymore. If my dad knew all the junk I wore today, he’d be turning over in his grave. But I like all that junk.”

Prue married Dean Frederickson in 1947 and the newlyweds moved to Iowa City, where he attended the University of Iowa and Prue worked in a jewelry store. Two years later, the pair were back in Harlan with their first born daughter, Mirandi.

In 1983, Dean retired and sold the business to a group of insurance agents from Atlantic, Denison and Harlan, in 1992 Judie Ahrenholtz and Tom Ouren became owners the Agency and in 2005 Tom and Joan Ouren bought out Ahrenholtz and became sole owner.

Involvement in Harlan

Prue has been involved with the community and her list of her total activities, of course, is impressive for a woman who has lived nine decades.

Her first activity and perhaps her first passion is Girl Scouts. “I loved the Girl Scouts,” she said. “Girl Scouts were the love of my life. I spent many, many years with them.”

Prue eventually went on to involve her daughters in the club as well as running a club of her own as a leader. “My girls weren’t as active as I was, but I made them be,” she laughed.

Prue is also active with the Congregational United Church of Christ in the choir, during coffee time and is known for making chicken noodle soup for their annual Chicken Noodle Dinner.

Apple Pie Mornings & Clowning

She is also been involved in Apple Pie Mornings at the Shelby County Fair. She helps cut the pies for the judges and the guests, but also enters a pie for the contest.

One of these days, she said, she hopes to get the “Oldest Contestant Award.” This year, she was beat out by a 91-year-old.

Prue, or “Honey Bun” as she may be known to some, has also taken a six week clown course with Iowa Western Community College.

Now “Honey Bun” and her friend Tony, a puppet monkey, entertain friends and community members at various events.

“It’s fun because I get to go to every party, every get-together in town,” she laughed.

Prue said one of her biggest accomplishments during her lifetime was being named the Iowa Mother of the Year in 1991.

Other organizations Prue is involved in is Myrtue Medical Center Auxiliary, Eastern Star, Shelby County Relay for Life, P.E.O. and takes time to exercise three days a week at 6 a.m. with her friends.

Is there anything she doesn’t do? “There are two things I don’t do; I don’t play cards and I don’t sew,” she laughed. She does, however, have a passion for cooking. “I like to cook. Always have,” she said. “Ever since I was a little girl, I can remember making angel food cakes when I was 12.”

Prue said she became involved in so many activities during her time as a stay-

at -home mother with her growing daughters.

“I was a lucky mom who got to stay home with her daughters,” she said. “That’s really how I got involved in everything.”

She said she likes to know people in the community and considers herself more of a people person.

“I do it because I like to do it,” she said. “I like being with the people and doing what I do.”



Prue relaxing at her family's cabin near Cheyenne, Wyoming.



Other Loves

But it’s not all work for Prue. She makes sure to throw in some fun too.

She has wintered in Hawaii on Maui every year from February to March for the last 40 years.

Prue first went with her husband, Dean, decades ago and still takes time to stay in her beach-front complex and enjoy herself.

Her daughters all try and schedule time with her as well, they include: Mirandi (Terry) Galbraith, Euless, TX; Sandra Leuschen, Harlan; Kerri (Jeff) Christensen, Schuyler, NE and Staci (David) Byrd, Denton, TX,.

Another adventure for Prue and her family is camping near Cheyenne, Wyoming.

“My step-mother, Louise Tinsley, was originally from Cheyenne and she had a cabin up in the mountains where we know go every to nearly every summer since she was 12 and now our entire family travels there,” she said.

She said they used to take “the whole tribe,” children and grandchildren alike. Now, it’s boiled down to two of our four daughters and a grandson who still rough it, cooking over an open fire and sleeping in tents. Except Prue, she’s graduated to a camper.

“I still to this day remember all the good times we had cooking over an open fire,” she said.

Her four daughters are still very involved with her life, even though some live out of the state but still gave her a big surprise for her 80th birthday party.

She was told to dress up and was taken to the downtown square, where an impromptu parade was formed involving all the groups and organizations she has been involved in over the years.

Of course, the fun didn’t end with the parade, her daughters also took her to get a tattoo featuring a tropical flower on the inside of her left wrist in honor of her Hawaiian adventures.



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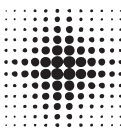
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Social Security Help For Those Nearing

SSA TOOLS

A good place to start is at the Social Security website. Just go to socialsecurity.gov and click on the “Retirement” tab at the top of the page and access their retirement planner tools where you can estimate your benefits at different ages and get guidance based on your personal situation.

Or, if you would rather have face-to-face assistance, call 800- 772-1213 and schedule an appointment to visit with a claims representative at your nearby Social Security office.

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

Consider the “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, spells out how much you can get, and answers frequently asked questions (socialsecurityclaimingguide.info).

Another good publication is “When to Take Social Security Benefits: Questions to Consider” (whentotakesocialsecurity.info). Offered by the National Academy of Social Insurance, a nonprofit research and educational group, 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.

Seniors - Be Aware of Tax Identity Theft

Every two seconds, someone’s identity is stolen. And with tax season upon us, con artists are stealing Social Security numbers to file for fraudulent tax refunds. It’s a big problem. To date, the IRS has identified around 15 million false tax returns alone. For more information on the latest trends in tax identify theft, check out AARP’s Fraud Watch Network.

And you can also view targeted information and a special video devoted to tax identity theft awareness at www.aarp.org/scamalert.

The Warning Signs

How do you know if you’re a victim of tax identity theft? If someone files a fraudulent tax return using your identification, and then you file your return, the IRS will contact you by mail. The letter will state that more than one return was filed using your Social Security number. Note that the IRS will not contact you by phone, email, text or social media. You can check the legitimacy of any IRS mailing by calling 1-800-829-1040.

If You Fall Victim

- If you become a victim of tax identity theft, here are the steps to take:
- Contact the IRS immediately using the contact information on the notice you received. You’ll be asked to fill out an IRS Identity Theft affidavit, Form 14039.
 - Contact your bank and credit card companies and inform the credit bureaus of the fraud. Ask one credit bureau -- Experian, TransUnion or Equifax – to place a free fraud alert on your report, and the others will follow. A fraud alert lasts 90 days, but you can renew it.
 - Access your credit report free from all three credit bureaus. Ask the bureau that places your fraud alert how to obtain your reports.
 - File an Identity Theft report with the Federal Trade Commission. This will help you get fraudulent information removed from your credit report and stop companies from trying to collect debts related to fraudulent activity.
 - File a police report. Bring the form you filed with the FTC to the police.
- Tips for Avoiding Tax Identity Theft
- It’s becoming ever more difficult to protect our identities, but here are some steps you can take to protect yourself and your family:
- Monitor your credit reports. You can order free reports from all three credit bureaus once a year at www.annualcreditreport.com.
 - Never give your Social Security number or other personal information to phone callers.
 - If you file your tax return electronically, be sure to use a private, protected wireless network. Filing your return from the local coffee shop, library or other public place is not a good idea.
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Heisman Trophy winner gets new knee and avoids an overnight hospital stay

OMAHA - Nicknamed “The Jet” for his rapid speed on the field, Johnny Rodgers won the Heisman Trophy in 1972 then played in the Canadian Football league. He later joined the NFL until a knee injury ended his career. Only after several years of operations and rehabilitation did his knee return to normal.

Rodgers, 64, experienced years of knee pain, but he did not want to undergo major surgery. He said, “I found out I needed a total knee replacement, but I didn’t want the surgery because I had to stay in the hospital.” He said “Hospitals are full of sick people and I didn’t want to stay in the hospital for two to three days with risks of getting an infection or getting sick.”

Rodgers then found Dr. Kent Boese, orthopedic surgeon, Miller Orthopedic Specialists, who performs total knee replacements on an outpatient basis, allowing patients same-day discharge.

Miller Ortho only orthopedic group performing the surgery locally

Miller Orthopedic Specialists is the only orthopedic group in the Omaha, Council Bluffs and Southwest Iowa conducting outpatient total knee replacements. Dr. Boese said, “This is made possible with recent advances, such as improved anesthesia, less invasive techniques, comprehensive pre-operative programs and protocols for post-surgery home-health and rehabilitation.”



Rodgers spent eight hours at the Advanced Surgery Center, Omaha. He received a spinal block instead of general anesthesia and nurse visits that provided similar clinical care at home as he would have in a hospital. “I was surprised when I was done with surgery that I didn’t have a lot of pain. I even went to my office that afternoon and walked the halls to show everyone I just had surgery and was feeling great,” Rodgers said.

Within one month after his surgery and undergoing physical therapy, he was able to return to activities he could not do before surgery. Both Rodgers and Dr. Boese agreed that he is doing better than expected. “I had a great experience and would recommend it to anybody,” Rodgers said.

Not for everyone

Outpatient total knee replacement is not a new procedure and has been conducted in larger cities for years. “Not every patient who is interested will qualify. We look for patients who are very motivated to return to activity better than pre-surgery and who can follow post-surgical requirements. Someone who is reasonably in good physical condition and has a strong support system in their home for an extra set of eyes and hands to help after surgery is important too,” says Dr. Boese.



Johnny Rodgers, 1972, Heisman trophy winner

Research shows costs are significantly less

A research study published in the Journal of Arthroplasty in 2014 showed costs for outpatient total knee replacement are significantly less than an inpatient total knee replacement. Another study indicated no differences in long-term complication rates between patients undergoing outpatient total knee replacement versus inpatient total knee replacement.

Several physicians within Miller Orthopedic Specialists perform this procedure including: Drs. Boese, Abraham, Trinh and Atteberry. Convenient locations are available with twelve outreach clinics throughout Omaha, Council Bluffs and Southwest Iowa. Miller Orthopedic Specialists has served the Council Bluffs/Omaha area for over 40 years. The goal is to restore patients to optimum health quickly and safely.

What is outpatient total knee replacement?

Outpatient total knee replacement allows patients to undergo surgery in the morning and complete their recovery at home by that afternoon. This is possible with recent advances in surgical techniques, improved anesthesia, post-surgical home health, and expedited rehabilitation protocols.

To see if you are an eligible candidate for this procedure, please call (712) 755-5161 and schedule an appointment with Dr. Trinh at Myrtue Medical Center.



Dr. Huy Trinh
Orthopedic Surgeon
Council Bluffs
Denison – Harlan
Omaha – Red Oak



Dr. C. Kent Boese
Orthopedic Surgeon
Council Bluffs
Denison – Manning
Omaha



Dr. Roy Abraham
Orthopedic Surgeon
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Volunteers and board members gather at the Harlan Cemetery. From left, Bruce Burger, Burger Construction; Don Stowe, Stowe Red-E Mix and Cemetery board president and Eldon Erickson, board secretary.

Cemetery renovations - continued from page 1

Retaining wall progress continues

up the charge to become involved. I was elected to the board, while Lesly became an integral part of the behind the scenes book work and record keeping.”

“Her inside work allows me time to work on maintenance and repair projects as well as working with area funeral homes and monument companies to insure accurate burials -- it’s a team effort with our entire board,” he said.

The Ericksons said many of the renovations have been made possible by the Harlan Cemetery Foundation, a non-profit organization, which was the impetus of the late John Vanderheiden who served on both the Cemetery Association and its Foundation. The

Cemetery renovations - continued on page 14

Welcome to the *Harlan, Iowa Cemetery*

HOME FACTS FOUNDATION CEMETERY SEARCH NEWS CONTACT US

A sanctuary of peace and beauty

Established in 1872 the Harlan Cemetery is a tranquil, meticulously maintained, 28-acre cemetery located on the northern edge of Harlan, Iowa. Extending from 12th Street along Cyclone Avenue the grounds are a pleasant combination of lawns, trees, evergreens and shrubs.

We take special care to be certain that families' needs, desires, and religious traditions are met and are committed to providing a place where the ritual of caring and honoring for the deceased.

Picturesque and serene, the cemetery is ideally suited as a resting place as well as a place to seek inspiration, take a walk and quietly reflect. We encourage you to discover our rich history and spend time visiting the beautiful grounds of the Harlan Cemetery.

For your convenience, we have created a database of burial records on our website. By clicking on the tab at your right, you can search our records to find the location of your loved one. We plan to offer the option in the future of allowing submitted memories, photos and life stories. Our goal is to continue to work to collect and celebrate the history of Harlan by collecting the history of the lives that once lived here.

Click here to find family burial sites



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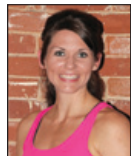
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Harlan Senior Center Activity Calendar

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

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NOVEMBER EVENTS

Tues., Nov. 3.....	Resource Group	9:30 am
Fri., Nov. 6	Coffee Morning	9:30 am
Monday, Nov. 9	Alzheimer's Support Group.....	9:30 am
.....	Fresh Conservation	noon
Wed., Nov. 11	CLOSED Veterans Day	
Thurs., Nov. 12	Senior Council Meeting	9:30 am
.....	Noon meal	
.....	Entertainment- Janet Leader and Friends	1pm
Fri., Nov. 13	Bunco	1pm
Wed., Nov. 25	Thanksgiving Meal.....	noon
Thurs., Nov. 26	Closed for Thanksgiving	
Fri., Nov. 27	Closed for Thanksgiving	

DECEMBER EVENTS

Tues., Dec. 1	Resource Group	9:30 am
Fri., Dec. 4	Coffee Morning	9:30 am
Thurs., Dec. 10	Senior Council Meeting.....	9:30 am
.....	Noon Meal	
.....	Entertainment - TBA .	1 pm
Fri., Dec. 11	Bunco	1 pm
Monday Dec. 14	Alzheimer's Support Group.....	9:30 am
.....	Fresh Conversation..	noon
Fri., Dec. 18.....	Time for Tots	1 pm
Wed., Dec. 23.....	Christmas Party	1 pm
Fri., Dec. 25.....	CLOSED Merry Christmas	
Thursday Dec. 31	New Years Eve party	noon
Fri., January 1, 2016.....	CLOSED Merry Christmas	

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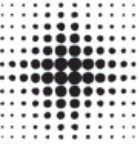
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June D. Scott Kitchen dedicated at Elm Crest

HARLAN - Elm Crest Retirement Community recently celebrated the dedication of the June D. Scott Kitchen in its Assisted Living area. The major renovation included a total kitchen replacement with all new, state-of-the-art appliances installed in the Assisted Living kitchen as well as a public restroom addition for the convenience of residents and their guests.

“June Scott was very committed to Elm Crest – her mother lived here for several years and June herself lived at Elm Crest before her death. She

was a thoughtful and kind person whose generosity has made a difference in the lives of our Assisted Living residents,” said Kathy Goede, Director of Assisted Living at Elm Crest Retirement Community. “We think she would be happy to know her gift will directly benefit our residents, and her friends who still live in Assisted Living, for years to come.”

The Assisted Living community at Elm Crest consists of 31 private apartments housing residents who desire the independence of living in their own apartments, but who need some assistance with activities of daily living.

*54 Simple actions often speak the loudest.

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Enrollment available thru Dec. 7, 2016

Protect Yourself from Medicare Open Enrollment Scams

*By Neil Shultz**AARP Iowa Fraud Watch Network Volunteer Educator
Retired Division Chief for the Polk County Sheriff's Office*

Each year Medicare Open Enrollment comes around. It's a good time to double-check your Medicare and prescription drug plan coverage and make sure your plans fit your needs. This year Medicare Enrollment for the 2016 season is thru December 7, 2016.

It's also the time of year the barrage of phone calls, mailings and emails arrive for those of us on or about to become eligible for Medicare. Most, of course, are well known and legitimate companies. Others could be from scammers.

If you're about to become Medicare eligible, there are a lot of things you will need to know to make an intelligent and informed decision. If you are like many of us, you retired from an employer that had an HR department that knew all you needed to know and could answer all your insurance questions.

Now that you are on your own, it's important to search out the legitimate sources and protect yourself from the scammers. One of the best sources of information is The Senior Health Insurance Information Program or SHIIP. It's a State of Iowa program, it's free, confidential service and helps Iowans make informed decisions about Medicare and other health coverage. It's good neutral information presented in a comfortable format. They will provide valuable information and won't try to sell you anything. You can find out more at information at www.shiip.state.ia.us.

But beware of the scammers who will try to take advantage of you and separate you from your hard earned money. This past June, the U.S. Department of Justice arrested 243 people across the country and charged them with submitting fake billing for Medicare that totaled \$712 million. Those arrested included 46 doctors, nurses and other licensed medical professionals. These "professionals" were charged in a variety of alleged fraud schemes including submitting claims to Medicare and Medicaid, the healthcare program for low-income individuals, for treatments that were medically unnecessary and often never provided.

Medicare fraud can take many forms and seniors are frequent targets of Medicare schemes, especially by medical equipment manufacturers who offer seniors free medical products in exchange for their Medicare numbers. A doctor has to sign a form certifying that equipment or testing is needed before Medicare pays for it. A con artist can fake signatures or bribe corrupt doctors to sign the forms. Once a signature is in place, the manufacturers bill Medicare for merchandise or service that was not needed or was not ordered. Often times, they can make up a patient's name and information or use the names and information of real patients. Maybe your name and information.

Be wary of equipment manufacturers that offer "free" products. Insurers are then charged for products that were not needed and/or may not have been delivered. Unnecessary and sometimes fake tests are given to individuals at health clubs, retirement homes, or shopping malls and billed to insurance companies or Medicare.

Here are tips from the FBI to help you from becoming the next victim of health care or insurance fraud:

- Never sign blank insurance claim forms.
- Never give blanket authorization to a medical provider to bill for services rendered.
- Ask your medical providers what they will charge and what you will be expected to pay out-of-pocket.
- Carefully review your insurer's explanation of the benefits statement. Call your insurer and provider if you have questions.

- Do not do business with door-to-door or telephone salespeople who tell you that services of medical equipment are free.
- Give your insurance/Medicare identification only to those who have provided you with medical services.
- Keep accurate records of all health care appointments.
- Know if your physician ordered equipment for you.

If you or someone you know is or thinks they may be a victim, contact:

HHS Office of Inspector General

Call: 800-447-8477 • **TTY:** 800-377-4950

Online: Report Fraud Online

Mail: HHS Tips Hotline, P.O. Box 23489, Washington, DC 20026-3489

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Foundation has donated \$28,195 to Harlan Cemetery



Cemetery renovations -

continued from page 10

Foundation was established in 2007 as a 501(c)13 charitable organization allowing for tax deductible gifts. Its board members include: Julianne Ferry, Allan Ickes, Seth Johannsen, Dick Jones, Phyllis Lytle and Alan Mores. Donations can be sent to Harlan Cemetery Foundation, P O Box 43, Harlan, IA 51537

New Retaining Walls and Fencing

The largest project undertaken is along Cyclone Ave. where volunteers have been installing a retaining wall. Klein Fencing, Earling, is installing new fencing along the top of the retaining wall, as well as along the grassy slopes that didn't require a wall.

Don Stowe, Stowe Red-E Mix, and Bruce Burger, Bruce Burger Construction, have completed nearly all the work on the retaining wall themselves as volunteers.

Stowe, who serves as the board president, and has been involved with the association for 13 years said the mammoth project began in the fall of 2012 and when completed it will encompass 1,000 one-ton Stowe Red-E Mix concrete blocks along Cyclone Avenue.

Black wrought iron fencing has been installed by Klein Fencing and in 2011 and 2013 donations by former Harlanites Dick and Barb Nelson paid for the gates at each of the three entrances. The east gate entrance was made by Metal Ink, Harlan, and the two northern gates were completed by Panama Welding.

New Web Site - First in Iowa

The association, with financial assistance from its Foundation, hired Des Moines-based software company, NewCom, to create a GIS-map which has allowed the cemetery to be the first in Iowa to offer web-based searches of all its cemetery plots.

All they have to do is log-on to the cemetery's new web site, HarlanCemetery.com, and click on the black monument which states, "Click here to find family burial sites" and you can search for your loved one's burial plot.

NewCom's, former vice president of business development said "Harlan's system becomes an important genealogical tool for finding burial information, and the system offers them a document management system. Future potential will allow them to add family histories as well as other family information such as birth certificates, etc."

The software also includes plot sales, burial permits, updates burial information and comprehensive reports.

Private donations as well

Since 2012 the Foundation has contributed \$28,195 to the cemetery thru fund drives, while other work at the cemetery has been completed thru donations directly to the association.

"We had a gift directly to our association from the Atkinson estate which helped with the majority of concrete roadways," Lesly Erickson said.

Along with Foundation and direct donations, the association operates roughly a \$53,000 annual budget to handle the 45 - 70 burials they have each year.

"Many continue to believe our Cemetery is city-owned and maintained, but it is not -- it is owned by the lot owners past and present of the Harlan Cemetery," Erickson said.

One major expense is lawn maintenance handled by K & T Entrprises (Troy and Kenny Hansen), Kimballton, since 2001. Mowing takes an estimated 25-30 hours per week, while trimming every other mowing takes another 25-30 hours. Snow removal is handled by Stowe Red-E Mix and Dan Mennenoh, Audubon, is contracted to open and close graves, which is included in the burial fee to the family.

Memorial monuments and gravestones care is the responsibility of the family of the interred, while the board does their best maintaining those monuments with no family or survivors. Board volunteers also work to "reset" headstones, or replace their base if they become broken and fall over.

Erickson said during the last 10 years, there have been an estimated 100 monument resets, and there are still others who need repair.



Just one of the new retaining walls with new fencing at the Harlan Cemetery.

A program to maintain the trees on the grounds has been in place since 2005 which includes trimming, thinning out branches and cutting down unhealthy ones.

"The trees are much better taken care of than they have been," Erickson said.

How It All Works

The five member board makes all decisions on the property for the cemetery's lot owners.

"The way I've always looked at it, the reason for the association is to respect those area residents who are buried here and honor their memory and that of their family. We want to make the grounds welcome and accessible to family and visitors."

Two members of the board receive a stipend for their time devoted to their work at the cemetery and they include; the secretary and the treasurer, while the remainder of the three positions are volunteer.

Like any body they are rules and regulations to follow to create order in the cemetery.

"We try to regulate rules and enforce them," Stowe said. "And we also improve the cemetery the best we can."

Stowe said the first 100 years of the cemetery's existence it may not have been maintained as well as they would have like, but the last nearly 50 years has been focusing on upkeep.

Erickson said the board has been working hard to change that. "I would say it's in a lot better condition since we've started."

Lesly Erickson said they have been getting good feedback from visitors about the streets, trees, new wall and fencing and overall upkeep.

"We enjoy what we do," Stowe said. "We're out there to do our best."

Board requests

The board asks that visitors to the cemetery stay on the roads while driving in an effort to protect unmarked burials and retain the grounds, while remaining courteous to other visitors. Recently their mowing firm has been concerned about the amount of pet droppings on the property and the board has encouraged those walking thru the cemetery to take waste bags with them for the cleanliness and respect of the property for visiting families.

Learn more by contacting the Harlan cemetery at 235-8888 or www.harlancemetery.com.

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Harlan Senior Center...

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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., - Fri., 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 Iowa operated by Connection Area Agency on Aging, the Area Agency on Aging for eight 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.

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.

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.



Afternoon cards or pool at the Harlan Senior Center

Are just one of the many activities.

Interested in a game of pinochle ? To learn more about the senior center call 755-2757.

Pictured are (l-r) Cletus Schmitz, John Klein and Kenneth Coenen.

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