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# Living

MAGAZINE

## Dealing with **ALLERGIES**

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## WELCOME

### HOW DO you carry the load?

Nasal congestion. Runny nose. Sneezing. Drowsiness. Itchy eyes.

If you suffer with these symptoms, or if you have seen any of the seemingly thousands of TV commercials for products that claim to lessen them, you know by now that I am referring to allergies.

I realize some of you who are reading this have dealt with allergies all your lives. I also realize some of you only began to be faced with these in your adult years. Either way, most of us recognize allergies are more common today than in generations past. But why?

Is it something in the air we breathe? The soil our foods come from? The water we consume?

Or do we just whine about these things more than our grandparents did?

Or maybe, just maybe, all that advertising really works in convincing us that we need to do something about allergies. Americans have spent more than \$8 billion per year to deal with how our bodies respond to foreign substances. Yes, \$8 billion.

If you can relate, you are not alone. According to the Allergy & Asthma Network, one in five Americans have been officially diagnosed with allergies, about 4 million work days are missed per year because of them, and more than 50% of allergy sufferers say this impacts their daily quality of life.

More than likely, I am preaching to the choir. But what do we do about it?

Football player, coach and analyst Lou Holtz said, "It's not the load that breaks you; it's how you carry it." With that in mind, we dedicate this month's cover to the stories of local residents and what they are doing to lessen the impact of allergies on their daily lives.

Thanks for reading. ■



**SHANE GOODMAN**

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**FREELANCE WRITER WANTED:** Altoona Living magazine is looking for a freelance writer who is familiar with the community and would enjoy featuring the stories of Altoona in our magazine. If interested, email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).



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# Dealing with **ALLERGIES**

Residents share their  
coping strategies

By Lindsey Giardino

While many of us are enjoying warmer temperatures, refreshing breezes and spring outdoor activities, others are suffering. Coughing, sneezing, itchy eyes, runny nose, scratchy throat. Yep, it is allergy season, and the one in five of us allergic to pollen is battling the annual onslaught. Others must take care not to eat certain foods for fear of getting hives or rashes — or worse. While allergies are an inconvenience to many, they are life-threatening to others. More serious symptoms can include low blood pressure, problems breathing, and anaphylactic shock. For those suffering from allergies, the world is a bit more daunting, and they have to keep their eyes open for potential triggers.

Connie Wright says her toddler, Jesse, is too young to understand why he can't play in the grass and dirt like the other kids because of his allergies.



## Allergy testing

"Allergies can present themselves in so many different ways," Amanda Foust says. "I would highly suggest that anyone who may question if they have an allergy be tested."

For her, these allergies have presented in a number of ways. She's dealt with severe environmental allergies since she was a child, when doctors would tell her parents that her skin was just overly sensitive. She also had allergy-induced asthma growing up.

Last year, Foust suffered from daily migraines and skin issues, too. As a result, she went to see an allergist to undergo chemical testing and environmental testing. This testing enables her to start immunology shots and lets her know exactly what she's allergic to so she can take preventative measures.

"We found out I have delayed reactions to many chemicals and even some foods," Foust says. "We've had to change every bath, body and cleaning product in our home, along with diet changes."

In addition, Foust takes Zyrtec and a prescription nose spray, carries an EpiPen and uses air purifiers. She takes Benadryl on the days she's outdoors. She will be on immunology shots for the next five years.

"Immunology shots have helped my daily symptoms, but knowing what to avoid or what is causing the issues can be the biggest piece of the puzzle," she says. "It allows our family to better prepare."

Foust knows her allergy symptoms flare up more when the pollen count is high or when it's windy and people are mowing. Indoors, she



Amanda Foust says immunology shots have helped alleviate her day-to-day allergy symptoms.

frequently washes bedding, dusts and vacuums.

Other members of her family suffer from allergies, too. Her son, who will turn 4 in June, is allergic to nearly every animal his allergist tested for, in addition to having severe environmental allergies. The Fousts plan to have their daughter tested this summer as well.

"Our bodies can change quickly," Foust says. "Those suffering may not always appear to be, but I assure you, it takes a daily toll on the body — physically and mentally."

## Allergic to mosquitos

When Deborah Troiano moved to the United States from England and endured her first summer here, she quickly realized she was allergic to mosquitos.

"I woke up one day after being outside the evening before with about 50 or so bites on my legs," she says. "When I get an allergic reaction to a mosquito, I can swell up and have redness around the site in excess of a 2-inch diameter."

She adds, after a few days, the bites blister up and then go away.

"I moved here in 2000, so this has been going on 22 years now," Troiano says. "Thankfully, as I have become accustomed to



Deborah Troiano discovered, upon moving to the United States, that she is allergic to mosquito bites.

them and I know it happens, I don't get bitten near as much as I used to."

To combat the mosquitos, Troiano uses insect repellent sprays and candles and makes sure to cover up in the evening.

## 5 most common allergies

*From Northeast Allergy, [neaa.com/5-most-common-allergies](http://neaa.com/5-most-common-allergies)*

- 1. Pollen:** Tens of millions of Americans suffer from pollen allergies. Every spring and summer, thousands of tiny pollen grains are dispersed in the air and can end up in your nose and throat, resulting in an allergic reaction.
- 2. Peanuts:** A peanut allergy is the most common food allergy in children and the second-most common food allergy in adults. Differing from tree nuts in that they grow underground and are a kind of legume, peanuts can cause severe reactions in affected individuals.
- 3. Tree nuts:** Tree nut allergies are another common food allergy in both children and adults, and fewer than 10% will outgrow it. Some types of tree nuts include walnuts, almonds, hazelnuts, pecans, cashews and pistachio.
- 4. Shellfish:** Another common lifelong food allergy is a shellfish allergy. This allergic reaction is prompted by certain proteins in marine animals, including crustaceans (shrimp, prawns, crab, lobster) and mollusks/bivalves (clams, mussels, oysters, scallops, octopus, squid, snail).
- 5. Animal dander:** Animal dander is composed of microscopic flecks of skin shed by cats, dogs, rodents, birds and other animals with fur or feathers. Though animal dander is the prominent cause of pet allergies, proteins found in the saliva, urine and feces of certain pets can also cause allergic reactions. Since animal dander easily sticks to belongings, pet allergies can be triggered even when animals are not present. ■



## Toddler deals with unknown allergies

Since birth, Connie Wright's toddler, Jesse, has dealt with severe psoriasis — an inflammation that results from his allergies to food and environmental elements. He tends to break out more when he's outdoors and seems to constantly have a runny nose. The spring and summer months tend to be the worst, Wright says, although Jesse flares up any time the seasons change.

"We have to limit him being able to play in the grass and dirt like other children because it causes more flareups," she says. "And he always has to have shoes on. With such sensitive skin, we have to be careful with how many baths we give him, so that also limits his play. Of course, we're always watching what he eats. He is only 2 so often doesn't understand why he can't roll around in the dirt and grass like other kids."

Wright adds that remedies are difficult because Jesse is only 2 years old and limited to what medicines he can take. He does have a prescription that can be taken as needed, but she feels it doesn't help much, as well as a cream for his psoriasis that seems to ease his symptoms. Wright also gives him over-the-counter children's Mucinex and allergy medications; however, he's still too young to undergo testing to find out what's causing his itching and flareups.

Wright's advice to others who have kids with allergic reactions is to make sure everything you use to wash clothes and everything you put on their body is for sensitive skin. She tries a lot of natural products, too.

**"Having allergies and living in Iowa is not easy. We are a big farming state, so no matter where you live, in a city or rural, you're going to have some effects."**

— Danielle Kunze

## Iowa living means allergies galore

Danielle Kunze's allergies drastically changed when she got married.

Her husband prefers to live in the country, so, for the past 18 years, she's lived next to corn or soybean fields. Because Kunze suffers from seasonal allergies, she takes additional medications.

"When I didn't have as bad of allergies, when I was a kid, I didn't have to use any of these things," she says. "Now, I know once things start to thaw or I start seeing tractors out in September harvesting, I know my allergies are going to flare."

Kunze's symptoms include itching and burning eyes, sinus problems and, sometimes, difficulty breathing. Allegra used to work, but a year ago



Danielle Kunze has seasonal allergies. Her husband, William, likes living in the country. The combination of the two means Danielle suffers more than she did while living in town.

she noticed a drop in its effectiveness, so she switched to Zyrtec, which she now takes daily. She uses Pataday eye drops, too, and Flonase nasal spray.

"Even after using all of those on a daily basis, I can still get sinus infections and bronchitis," Kunze says. "When I get that bad, I use my steroid inhaler and then start my nasal rinse, NeilMed Sinus Rinse. I should probably use that sooner rather than later, though. I also have had sinus surgery to open my nasal cavities and to reduce the amount of sinus infections I get. That has helped, but I do still get infections."

Kunze's advice to others suffering from allergies like hers is to try a nasal rinse. She believes it really works, and, when used consistently, can help one avoid allergy medicines altogether.

"Having allergies and living in Iowa is not easy," Kunze says. "We are a big farming state, so no matter where you live, in a city or rural, you're going to have some effects. Thankfully there are more over-the-counter options for us to fight those symptoms and not have to see a doctor. But, if you're miserable and nothing is working, please seek help from your doctor. You truly don't have to live like that." ■



# THE TUNNEL of faith

Have you ever prayed for something and not received the answer you hoped for? Have you ever been through a dark and confusing time and wondered where God was? If you are a normal person, you have been in seasons where the future is unknown and the present seems dark.

Corrie ten Boom lived through this kind of experience. Corrie and her family hid Jews in their house during the Holocaust, but when their secret was discovered, she and her family were arrested by the Nazis. Corrie and her sister, Betsie, were sent to the notorious Ravensbrück concentration camp near Berlin. There they faced cruelty, and Betsie died on a cold December day. I'm sure those were some very dark days. Confusing days. Days that would leave anyone wondering about God's plans.

But here's what Corrie said: "When a train goes through a tunnel, and it gets dark, you don't throw away the ticket and jump off. You sit still and trust the engineer."

When life gets dark, when things are really confusing, and you can't see the light at the end of the tunnel, you don't jump off the train. You trust that the Great Engineer knows where he's leading you. Just because you can't see, doesn't mean the Engineer is blind or unkind.


Let's be honest, there are moments in life when we feel like Heman, an ancient songwriter, who sang: "My soul is full of trouble and my life draws near the grave....I am like a man without strength" (Psalm 88:3-4). When this happens, Corrie reminds us to sit still and trust God. Just because your circumstances have changed, doesn't mean God has changed.

And God can be trusted. As the great king of Israel, David, said, "You are merciful, Lord! You are kind and patient and always loving. You are good to everyone, and you take care of all your creation. The Lord is trustworthy in all he promises and faithful in all he does. Our Lord, everything you do is kind and thoughtful" (Psalm 145:8-9, 13, 17). God is committed to you, your care, and to leading you through this life.


When life doesn't go the way you planned, when it's painful, and nothing seems to make sense, you are invited to trust that the Great Engineer, Jesus, knows where he's going and where he's leading your life. God can be trusted in the "dark tunnels" of this life. ■

Information provided by Pastor Nathan Anenson, Lutheran Church of the Cross, 1701 Eighth St. S.W., Altoona, 515-967-4818.






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## HOME HEALTH

By Ward Phillips

# HOSPICE CARE: a lot of living at any stage of life

As individuals and organizations, we spend a lot of time talking about the importance of living well. When it comes to conversations about end-of-life care, though, the conversation tends to take a turn. It may seem counterintuitive to think about “living” in conjunction with services offered at the end of a person’s life — but the keyword there is “life.”

Even during hospice care, a person is living. And any time is the appropriate time to start a conversation about how you or someone you love can live with a life-altering illness — and about the fact that hospice services care can help ensure quality of life.

Options for hospice services are nearly as varied as the individuals who seek them. They range from home care to services in a freestanding hospice center to in-between, hybrid models. The type of care you and your loved one select is truly an individual choice.

But no matter the type of services you’re considering, you should always ask any provider on your list: “How can you help me or my loved one continue to live through this stage of life?”

Ideally, hospice services should be initiated when a person is still healthy. Virtually anyone with a life-limiting illness can qualify for hospice care, enabling a patient to live life in comfort for the days, weeks, months or longer that remain in his or her life. If a person chooses home hospice services, the frequency of visits is determined by the individual and their care team and can change according to the person’s condition.

Overall, hospice services should be about options to help a person live their best life as long as they’re able, and that’s how Susan Y. of Des Moines describes her mother’s experience.

“When my mom’s doctor first suggested that we look into hospice, we were upset and offended and didn’t want to talk about it,” she recalls. “To us, admitting that Mom was ready for hospice meant she was going to die tomorrow. We didn’t have any idea what it really meant and how it could actually improve her life.”

A nurse on Susan’s mother’s care team talked the family into at least considering the idea, and the family talked through a number of options. They ended up choosing a home hospice service, and, to their surprise, Susan and her siblings — and especially their mom — grew to love the hospice team. In fact, Susan credits them with keeping her mother alive for a longer period of time than she likely would have lived without them.

“Mom lived six months to the day after they first came to the house, which is about four months longer than the doctor predicted she had left,” Susan says. “They helped manage her pain so that, on good days, she could go out into her vegetable garden and talk to the neighbors and even go to the store. They provided a nice break for us, and she felt very comfortable with them.”

If you’re considering hospice services for a loved one, do your research. Consider the logistics of where the care is provided, by whom, and the specifics of services. Then, ask the provider about their philosophy of “living” in the end stages of life. If the answer isn’t what you were hoping for, keep looking for a provider who meets your expectations. ■

Ward Phillips is Senior Director of Sales for WesleyLife, which offers a broad network of health- and well-being-focused communities and services, including home hospice care, for older adults. Celebrating its 75th anniversary this year and its 15th as a hospice provider, WesleyLife is a Level 4 partner of We Honor Veterans, a national program that empowers hospice providers to meet the unique needs of military veterans and their families at the end of life. Call Ward at 515-669-2205 to learn more.

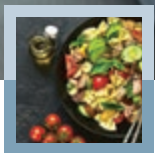






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## A DELIGHTFUL picnic starts with a stellar sandwich

*(Family Features)* Heading outdoors for a fresh, homemade meal is an alluring activity when warm weather and sunshine provide a perfect opportunity for dining on the patio. Or, if some time away from the house is calling your name, packing a lunch and taking off for the park can be an ideal getaway without getting too far from home.

Next time the sun's rays call your name, invite friends and family for a delicious picnic loaded with warm-weather flavors. Just lay out your favorite blanket on the grass or don an outdoor table with a classic checkered tablecloth, then share recipes that make al fresco meals truly memorable.

No picnic is complete without sandwiches loaded with all your favorite toppings, and these picnic-wiches with Greek artichoke beet salad provide the freshness that outdoor meals are made of.

To find more picnic-worthy appetizers, meals, sides and more, visit [readsalads.com](http://readsalads.com) and [auntnellies.com](http://auntnellies.com). ■

### Picnic-wiches with Greek artichoke beet salad

Servings: 6

- 1 jar (16 ounces) Aunt Nellie's Sliced Pickled Beets
- 1 jar (about 6 ounces) marinated artichoke hearts
- 1/2 cup pitted kalamata or ripe olives, sliced
- 3 tablespoons sliced green onions
- freshly ground black pepper, to taste (optional)
- 6 romaine lettuce leaves
- 1 pound thinly sliced deli turkey
- 6 ciabatta or sandwich rolls, sliced horizontally
- 1/3 cup crumbled feta cheese
- 1/4 cup pine nuts, toasted

#### DIRECTIONS





- Drain beets and artichoke hearts, reserving 1/4 cup liquid from each. Coarsely chop beets and artichoke hearts. In medium bowl, combine beets, artichokes, olives and green onions; set aside.
- In small bowl, whisk reserved beet and artichoke liquids. Pour over beet mixture; toss gently to coat. Season with black pepper, to taste, if desired.
- Layer lettuce and turkey on bottom halves of rolls. Top with relish, as desired; feta cheese; and pine nuts. Top with remaining halves of rolls. Wrap tightly; chill up to 4 hours. Serve with remaining relish.



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## DISABILITY and retirement

Clients frequently ask what happens when a disabled person meets retirement age. Simply put, when a disabled person attains full retirement age, disability benefits automatically convert to retirement insurance benefits. Most disabled beneficiaries will notice no difference when they become retirement beneficiaries.

A more complicated issue is whether to apply for disability or early retirement.

Some people close to, but not at, age 62 do not apply for disability thinking they will just wait until they can apply for early retirement. This results in a reduced monthly benefit.

However, if you are having difficulty maintaining employment because of a



severe medical condition or combination of conditions expected to last at least 12 months, you may want to consider applying for both early retirement and Social Security Disability. You can apply for both at the same time, or, if you already have a disability claim filed, you can apply for early retirement while the disability claim is processed. This can provide for monthly income while you are waiting for a decision on your disability claim. Should you be found disabled, you may receive compensation for the period of time you received the lower amount. This back-pay amount can be significant.

The amount of monthly benefits you receive depends on when you are found disabled. Regardless of when you apply, if you are found disabled, and your disability began before the age of 62, you will receive your full retirement benefits. If you are found disabled after the age of 62, your monthly payment will be reduced by the

number of months of full retirement benefit but will still be more than the amount of early retirement. You cannot receive disability and full retirement.

Another factor to consider is Medicare. Individuals are eligible for Medicare at the age of 65. Rather than wait until age 65, disabled persons are eligible for Medicare after they have been entitled to SSDI for 24 months.

If you are close to, or over, the age of 62, and unable to work because of a medical condition, you should consider filing for disability, early retirement, or both. Contact an attorney who specializes in Social Security disability claims to find out which options are best for you. ■

Information provided by Gail Barnett, attorney for Abendroth Russell Barnett Law Firm, 2560 73rd St., Urbandale, 515-278-0623, [www.ARPCLaw.com](http://www.ARPCLaw.com)

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## LIBRARY

# ALTOONA Public Library news

Looking for something to do this summer? The library is the best place for free activities and reading challenges for all ages, starting June 1. Find out more at [altoonalibrary.com](http://altoonalibrary.com).

### Adult programming (ages 18+)

- **Kids Café Lunch Prep**, Thursdays, June 9 - July 14 at 10 a.m. Looking for a way to volunteer in your community? Come help us prep the take-home, weekend lunches for Kids Café, a local program that provides meals to the food insecure, at-risk, and underserved youth, ages 18 and younger in eastern Polk County. We'll have all the supplies needed. No registration required.
- **Tie-Dye Canvas Bags**, Wednesday, June 22 from 6:30-8 p.m. Create your own colorful and unique canvas bag. All materials provided, but come prepared to get messy. Registration required.
- **Adult Coloring at Brightside Aleworks**, Thursdays, May 26, June 30 and July 28 from 6:30-8:30 p.m. Join us at Brightside Aleworks (480 Center Place in Altoona) at 6:30 p.m. for a fun night of coloring. We will bring the art supplies; you bring your friends and money for drinks. No registration required.

### Children's programming

- **Walk & Chalk**, Saturday, June 11 from 11 a.m. to noon. Come read the new story on our Tale Trail and help decorate our sidewalk. Pet Supplies Plus will be handing out goodie bags. For kids up to sixth grade. No registration required.
- **Circus Show with Laura Ernst**, Saturday, June 11 at 3 p.m. Local artist Laura Ernst will perform tricks, stunts and more in this family-friendly show on our lawn. Seating will not be provided, so please feel free to bring blankets or chairs. For ages up to sixth grade. Registration required.
- **Pigeon Storytime**, Monday, June 13, at 3 p.m. Don't let the pigeon in the library! Well, maybe one is OK. Ozzie the Pigeon will be here for a silly storytime. For kids up to sixth grade. Registration required.
- **Fishing Workshop**, Monday, June 13 at 5 p.m. Want to learn how to fish? Instructors from Bass Pro Shops will be at the pond behind the library to teach fishing basics for kids. For grades 4-6. Registration required.
- **Poké-a-Bug: Insect Zoo**, Saturday, June 25 at 11 a.m. Did you know that some Pokémon were based on bugs? Come learn some Pokémon bug-type facts while scoping out the ISU Insect Zoo interactive insect display. For grades K-6. Registration required.

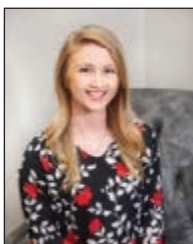
### Teen programming

- **Chalk the Wall**, Thursday, June 9, from 6-7 p.m. Help us brighten up the wall Beyond (well, along) the Beaten Path! We'll work together to chalk a welcoming rainbow mosaic along the ramp. Chalk and popsicles provided. For grades 7-12. No registration required.
- **Teen Try It: Truffles**, Thursday, June 23, from 3-4 p.m. It's National Candy Month. Celebrate by making some tasty chocolate truffle treats. For grades 7-12. Registration required.
- **Yart!** Thursday, June 30 from 6-7 p.m. Yeet + art = yart! Splotch some paint on a canvas...then yeet it across the lawn to make an original design. It's yart, y'all! For grades 7-12. Registration required. ■



## SPRING into your home remodel with these helpful tips

Spring is the perfect time to get started on that home remodeling project you've been eyeing all winter long. Whether you're just starting the project or putting some finishing touches on it, there are a lot of things to consider: materials, cost, contractor. But something that's frequently overlooked is the daunting clean up after the project is completed.



Keep reading for some tips that will come in handy once your project is done.

- **Check your heating and cooling vents.** Because the heating and cooling systems continue to run during a project, dust can easily get into ducts and furnaces. Take a vacuum or a dust rag to these vents to ensure that the dust isn't circulating around your home. While your vacuum is out, be sure to vacuum your furniture. Although your furniture was most likely covered during the project, dust can collect anywhere.

- **Instead of using flimsy garbage bags that rip or tear when you're filling them with debris, try using contractor's bags.** These will make the clean up much more efficient as you won't be fighting with them to stay open or trying to keep them from falling over. They travel much better than regular garbage bags, as well, and they typically hold more.

- **Wipe down your walls, cabinets and closets.** Like I mentioned before, dust can collect anywhere and everywhere. Even if you put a tarp down or keep the door shut, dust is still likely to get in and get on your personal items, such as clothes and shoes, silverware and dishes. Wipe down the ins and outs of your cabinets to remove dust and debris. While you're taking inventory on what's dusty, be sure to take a look at your walls — more than that, wipe down your walls. Even though certain paint colors do a good job at hiding dirt and debris, it doesn't mean it's not still covered in a mess. If your walls are newly painted, wipe them down with a dry rag or vacuum with a soft bristled attachment. And for those hard-to-reach areas, use a feather duster on an extendable pole.

- **Don't forget about the lightbulbs, ceiling fans and home decorations.** The last thing you want is a dust storm to occur the second you turn on the ceiling fan — use that feather duster I mentioned earlier to prevent the dust storm.

Maybe you don't have enough time to clean up, or maybe you did all the remodeling work yourself and now you want to relax in the fruits of your labor. This is an easy fix: call and support a local cleaning company to do the job for you. Don't know who to call? Ask your friends, family and neighbors for referrals. ■

Information provided by Rachel Schwab, The Insurance Station, Inc., 116 Second St. S.E., Altoona, 515-967-0489.

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### **Planning & Zoning Department**

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**515-967-5136**

## **PROTECTING AGAINST MOSQUITOES**

Mosquitoes can be dangerous with their threat of transmitting diseases, such as encephalitis to humans and heartworms to pets.



The City of Altoona periodically sprays mosquitoes starting in April until sometime in October, depending on mosquito count and weather conditions. The City uses VectoPrime and ULV Karrier Green. Altoona also uses an ultra-low volume cold aerosol insecticide generator/sprayer that targets mosquitoes. Mosquito control and your safety are important. That is why we use chemicals and techniques that meet EPA standards.

*Please contact the Parks Department at 967-5203 or email [parksdpt@altoona-iowa.com](mailto:parksdpt@altoona-iowa.com) if you do not want the City to spray your area for mosquitoes, or you want to be contacted prior to the city spraying in your area. Please include your address and phone number in the message.*

The homeowners' responsibility for mosquito control is to clear your property of any potential breeding sites and to prevent any problem areas from reoccurring. The following checklist offers some tips on how to reduce mosquito breeding on your property:

- Get rid of old tires, tin cans, buckets, drums, bottles, or any water holding containers
- Fill in or drain any low places (puddles, ruts) in yard
- Keep drains, ditches, and culverts clean of weeds and trash so water will drain properly
- Cover trash containers to keep out rain water
- Repair leaky pipes and outside faucets
- Empty plastic wading pools at least once a week and store it indoors when not in use
- Make sure your backyard pool is properly cared for while on vacation
- Fill in tree rot holes and hollow stumps that hold water
- Change the water in bird baths and plant pots or drip trays at least once per week
- Keep grass cut short and shrubbery well trimmed around the house so adult mosquitoes will not hide there

## **YARD IMPROVEMENTS? CALL BEFORE DIGGING**

Please take the time to call Iowa One Call at 1-800-292-8989 or calling 8-1-1. Iowa One Call will mark your utility lines on your property. This service is provided for free and provides a very important safety measure. Avoid digging and planting where the utilities are marked. Please contact the Building Department with any questions or concerns at 515-967-5138.





# 2021 WATER QUALITY REPORT FOR ALTOONA WATER SUPPLY

This report contains important information regarding the water quality in our water system. The source of our water is groundwater. Our water quality testing shows the following results:

CONTAMINANT	MCL - (MCLG)	Compliance		Date	Violation	Source
		Type	Value & (Range)		Yes/No	
Total Trihalomethanes (ppb) [TTHM]	80 (N/A)	LRAA	36.00 (36 - 36)	09/30/2021	No	By-products of drinking water chlorination
Lead (ppb)	AL=15 (0)	90th	1.20 (ND - 2)	2019	No	Corrosion of household plumbing systems; erosion of natural deposits
Copper (ppm)	AL=1.3 (1.3)	90th	0.436 (0.0409 - 0.672)	2019	No	Corrosion of household plumbing systems; Erosion of natural deposits; Leaching from wood preservatives
<b>950 - DISTRIBUTION SYSTEM</b>						
Chlorine (ppm)	MRDL=4.0 (MRDLG=4.0)	RAA	1.1 (0.35 - 1.9)	03/31/2021	No	Water additive used to control microbes
Total Coliform Bacteria	TT (TT)	RTCR	1 sample(s) positive	10/31/2021	No	Coliforms are bacteria that are naturally present in the environment and are used as an indicator that other waterborne pathogens may be present, or that a potential pathway exists through which contamination may enter the drinking water.
<b>01 - FINISHED WATER AT PLANT #1 (WELLS 1_2)</b>						
Gross Alpha, inc (pCi/L)	15 (0)	SGL	5.35	11/02/2021	No	Erosion of natural deposits
Combined Radium (pCi/L)	5 (0)	RAA	3.8 (1.74 - 4.5)	03/31/2021	No	Erosion of natural deposits
Barium (ppm)	2 (2)	SGL	0.014	05/12/2020	No	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits
Fluoride (ppm)	4 (4)	SGL	1.4	05/12/2020	No	Water additive which promotes strong teeth; Erosion of natural deposits; Discharge from fertilizer and aluminum factories
Sodium (ppm)	N/A (N/A)	SGL	152	05/18/2021	No	Erosion of natural deposits; Added to water during treatment process
Nitrate [as N] (ppm)	10 (10)	SGL	0.800	2021	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
<b>02 - FINISHED WATER AT PLANT #2 (WELL #3)</b>						
Gross Alpha, inc (pCi/L)	15 (0)	SGL	2.45	11/02/2021	No	Erosion of natural deposits
Combined Radium (pCi/L)	5 (0)	RAA	3.0 (ND - 5.0)	12/31/2021	No	Erosion of natural deposits
Barium (ppm)	2 (2)	SGL	0.0176	05/12/2020	No	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits
Fluoride (ppm)	4 (4)	SGL	1.6	05/12/2020	No	Water additive which promotes strong teeth; Erosion of natural deposits; Discharge from fertilizer and aluminum factories
Sodium (ppm)	N/A (N/A)	SGL	137	05/18/2021	No	Erosion of natural deposits; Added to water during treatment process
Nitrate [as N] (ppm)	10 (10)	SGL	0.500	2021	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
<b>03 - FINISHED WATER AT PLANT #3 (WELL #4)</b>						
Gross Alpha, inc (pCi/L)	15 (0)	SGL	2.67	11/02/2021	No	Erosion of natural deposits
Combined Radium (pCi/L)	5 (0)	RAA	3.0 (1.3 - 4.3)	09/30/2021	No	Erosion of natural deposits
Sodium (ppm)	N/A (N/A)	SGL	126	05/18/2021	No	Erosion of natural deposits; Added to water during treatment process
Nitrate [as N] (ppm)	10 (10)	SGL	0.700	2021	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits

Note: Contaminants with dates indicate results from the most recent testing done in accordance with regulations.

## DEFINITIONS

- Maximum Contaminant Level (MCL) – The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.
- Maximum Contaminant Level Goal (MCLG) -- The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.
- ppb -- parts per billion.
- ppm -- parts per million.
- pCi/L -- picocuries per liter
- N/A -- Not applicable
- ND -- Not detected
- RAA -- Running Annual Average
- Treatment Technique (TT) – A required process intended to reduce the level of a contaminant in drinking water.
- Action Level (AL) – The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.
- Maximum Residual Disinfectant Level Goal (MRDLG) - The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.
- Maximum Residual Disinfectant Level (MRDL) - The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.
- SGL -- Single Sample Result
- RTCR -- Revised Total Coliform Rule
- NTU -- Nephelometric Turbidity Units

## GENERAL INFORMATION

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water posed a health risk. More information about contaminants or potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline (800-426-4791).

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline (800-426-4791).

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. ALTOONA WATER SUPPLY is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

## SOURCE WATER ASSESSMENT INFORMATION

This water supply obtains its water from the sandstone and dolomite of the Cambrian-Ordovician aquifer. The Cambrian-Ordovician aquifer was determined to have low susceptibility to contamination because the characteristics of the aquifer and overlying materials provide natural protection from contaminants at the land surface. The Cambrian-Ordovician wells will have low susceptibility to surface contaminants such as leaking underground storage tanks, contaminant spills, and excess fertilizer application. A detailed evaluation of your source water was completed by the Iowa Department of Natural Resources, and is available from the Water Operator at 515-967-4464.

## CONTACT INFORMATION

For questions regarding this information or how you can get involved in decisions regarding the water system, please contact ALTOONA WATER SUPPLY at 515-967-4464.



# STUDENT work showcased

Iowa Industrial Technology Expo projects help students explore careers.

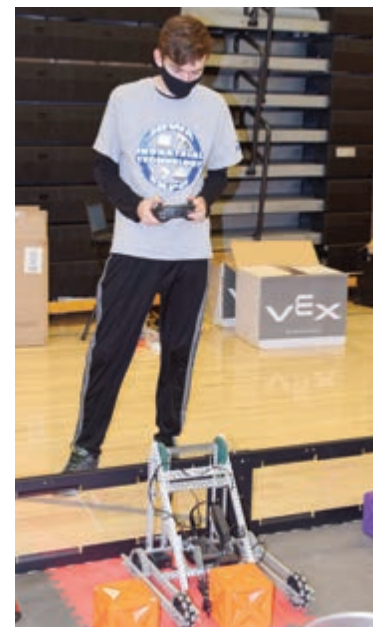
The Iowa Industrial Technology Expo first came to Southeast Polk High School after some of the teachers in the district decided to bring the event to the Des Moines metro area. This year's event took place on Friday, May 13 and was open to all students in grades 6-12 enrolled in an industrial technology class anywhere in the state of Iowa. The day of the event began with check in and set up at 7 a.m. and concluded around 3 p.m. with an awards ceremony followed by the projects being loaded out. The doors were also open for parents to attend the event.

"This is my first year helping direct this event. My favorite part is connecting students in high school to the opportunities they have in the community and Iowa after high school," said Ryan Andersen, Southeast Polk technology and engineering educator and Iowa Industrial Technology Expo co-director.

Throughout the day, students set up and showcased their personal projects from the past year for judging and feedback. Projects included categories such as metalworking, robotics, architecture, and more. In addition, student competitions such as the ultimate mileage car, trades challenge, and vex robotics also were offered. The 2022 34th Annual Iowa



Students participating in the Iowa Industrial Technology Expo were able to showcase their projects in a variety of areas.



Industrial Technology Expo marked the first year students were able to compete in mini trades and engineering competitions against students from other schools.

"Events like the Iowa Industrial Technology Expo are important for students, especially because it provides an outlet for students to showcase the hard work they have been putting into their woodworking, automotive, engineering, welding and metalworking projects of the past year and shows them the people in the community are looking for those skills and are supportive of students entering these career paths," Andersen said.

The day also included a vendor and career fair that was open for both students and parents to view. During that time, students were able to meet with local businesses and vendors who provide employment and higher education opportunities. Andersen says they could not have hosted the event without the fantastic support from the Southeast Polk Community School District as well as area businesses. ■

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## A SERIOUS CANDIDATE FOR SERIOUS TIMES

Mike Franken is a western Iowan who helped put himself through school working at meat-packing plants. He refers to his bootstrap childhood as the youngest of a family of nine where everyone worked: his father ran a machine repair shop, his mother was a teacher and the family seamstress. Mike obtained a Navy scholarship in 1978 and graduated in engineering from the University of Nebraska. He rose from ensign to admiral during his navy career, where he solved a wide variety of problems around the globe.

Mike wants all Americans to have the high-quality care that military members have because he knows the system works for the good of the people. He understands the critical difference that social security can make in people's lives. The power of a strong public education made it possible for him to achieve his many goals, and he wants to use his position as a US Senator to ensure that we can increase the quality of education to all our children.

We live in serious times. Mike Franken is the candidate for the US Senate we need now. Check out our website – [www.frankenforiowa.com](http://www.frankenforiowa.com) – and join the campaign that brings people together to solve problems.



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## CHIROPRACTIC for babies and children

Having a new baby comes with a period of adaptation for new parents as they adjust to life caring for a tiny human. An even more intense amount of energy and patience is needed when that baby is uncomfortable and unwell. Sleeping issues, inconsolable crying, distended abdomen, seeking relief through frequent feedings, arching the back, colic, reflux, poor digestion and uneven head shape are all signs of an overload of the nervous system. A newborn baby grows at a rapid rate, so its body's focus is directed toward feeding, digesting and sleeping. Spinal subluxations interrupt these processes.

A Board Certified Pediatric Chiropractor is specially trained to assess infants and children by providing a thorough exam to identify interferences to the central nervous system and then use that information to provide gentle, specific spinal adjustments. Removing interference enables the body to function optimally. Chiropractic care is natural and drug-free, restoring the body to its natural state of self-healing and self-regulation.

The longer we live with interferences to the nervous system, the greater the compensatory patterns the body creates for them. Interferences may show up differently as an infant moves into childhood and adulthood, but that doesn't mean they have gone away. In toddlers and older children, this can look like frequent falls, poor coordination, gait issues, scoliosis, allergies, ear infections, frequent colds, sleep issues, bed wetting, lack of attention, hyperactivity, sensory issues, and mood or emotional issues. The sooner babies and children are adjusted, the better. ■

Information provided by Dr. Kari Swain, Swain Chiropractic, 410 Center Place S.W., Altoona, 515-967-9300.



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## CHIEF is a third-generation firefighter

Ogbourne certain of career early on

Jared Ogbourne never questioned what his career would be. In fact, it's a lifelong passion that's never lost its spark.

The Altoona Fire Department chief grew up in Osceola in a family of fire professionals. Both his grandfather and father were fire chiefs, and they inspired him to become a firefighter himself.

"It means a lot that I'm able to follow in the footsteps of my grandpa and my dad," Ogbourne says. "It's pretty much just something I wanted to do my entire life. I grew up watching my dad do it. I went to trainings with him when I was a young kid. My dad was my hero growing up. Some people idolize sports figures — I idolized my dad and his firefighter abilities and wanted to be as good as he was."

Ogbourne joined the Osceola Volunteer Fire Department when he was 18 years old. He later found his first paid position with the Mason City Fire Department, where he spent 21 years and worked alongside his brother, Jeff, who's also a firefighter.

In late 2017, Ogbourne was hired as the fire chief for the Altoona Fire Department — a role he says he thoroughly enjoys.

"The experience has been great," he says. "I've experienced growth personally, and we have experienced a lot of growth as an organization. As the community grows, public safety must grow with it. There are very exciting times ahead for the Altoona Fire Department."

He adds that it's great to work with city administration and elected officials who support the growth and development of the organization.

For Ogbourne, the best part of being a firefighter is knowing he has the opportunity to make a difference every day, whether through an emergency response, code enforcement or community engagement.

"It's always great to be part of a team that helps when people call on their worst day, like a fire or a medical emergency," he says. "There's a great amount of pride that this team of people can make someone's worst day better in some way."

And, ultimately, Ogbourne feels the fire service is a large family.

"Not only people at work, but people at home who support you," Ogbourne says. "It wouldn't be possible without the support of workmates, people at home and people in the community." ■



Jared Ogbourne and his brother, Jeff, are third-generation firefighters. Both their father and grandfather served as firefighters in Osceola.



## SKIN Cancer Awareness

May is National Skin Cancer and Melanoma Awareness month, promoted annually to raise awareness of the symptoms, causes, risks and treatment of skin cancer in its various forms.

Melanoma develops from the cells (melanocytes) that control pigment of the skin and is caused by ultraviolet radiation and sunlight exposure. Genetic factors — like fair skin, family history and eye color — all can indicate increased risk for melanoma.

The good news is, there are many ways to prevent melanoma, and everyone can take steps to reduce their risk.

- Avoid tanning beds — ALWAYS
- Seek shade whenever possible
- Cover up with light-colored, non-reflective clothing or a broad-rim hat.
- Use broad-spectrum sunscreen with an SPF of 30 or greater and reapply every two hours.
- Use a daily moisturizer and/or mineral makeup with SPF to avoid both indoor (blue light) and outdoor UV damage.

Melanoma is most treatable when detected early. Therefore, it is important to perform regular self-exams.

If you notice irregular spots or other changes in the skin such as itching or bleeding, seek out a board-certified dermatologist ASAP. ■

Information provided by Nikki Morgan, owner and Nurse Practitioner, SkinFusion FX, 410 Eighth St. S.W., Altoona. 515-967-0587.



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## THE IMPORTANCE of mind-body connectedness

Mindfulness is a popular term these days, but what does it really mean? The Oxford dictionary defines mindfulness as: “a mental state achieved by focusing one’s awareness on the present moment, while calmly acknowledging and accepting one’s feelings, thoughts and bodily sensations.” At the heart of meditative practice is the concept of non-doing, which presents the paradox of getting something worthy by not trying. But the outcome is there, if only we can convince ourselves of the virtues of bringing mindfulness into our lives by giving it a try.

I might not be able to convince you here and now of the amazing benefits of meditation and yoga. But if you were to read “Full Catastrophe Living,” by Jon Kabat-Zinn, PhD, you might become convinced. In splendid detail, Dr. Kabat-Zinn shares many of the recent scientific findings that confirm our brains are much more powerful than we give them credit, and our mind state can deeply influence our personal chemistry, biology and health. I hope you contemplate the idea of bringing gentle, loving, non-striving and non-doing into your routines, which just might positively influence health throughout the lifespan. ■

Information provided by Lance Andersen, Intern, SS Therapy and Consulting, Ltd., 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, andersen@sstherapyandconsulting.com.



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## WHAT IS a stroke?

Stroke is the fifth-leading cause of death and the leading cause of disability in the United States.

A stroke begins when an artery becomes blocked or bursts, disrupting blood flow to or within an area of the brain. This interrupts your brain's supply of oxygen. Two million brain cells are lost for each minute blood flow is delayed to the brain.

### Risks

Strokes are generally caused by risk factors that are ignored over time. The following risk factors can be controlled with the help of your physician.

- High blood pressure is one of the leading risk factors for stroke. Have your blood pressure checked regularly.
- High cholesterol puts you at risk for heart disease and stroke. Your combined HDL ("good") and LDL ("bad") cholesterol should be



below 200.

- Atrial fibrillation (AFib) is the most common type of irregular heartbeat (arrhythmia), which can cause a clot and increase the risk of stroke if it travels to the brain.
  - Sleep apnea can be linked to AFib and is associated with increased stroke risks.
  - Diabetes: Approximately 20% of people with diabetes have a stroke. Maintain a blood sugar less than 100.
  - Smoking damages blood vessel walls, increasing your blood pressure, which can lead to a stroke.
  - Alcohol: Drink no more than one glass of wine or beer per day.
  - Obesity: Eat a diet low in sodium and fat. Moderate physical activity is recommended 30 minutes a day at least five days per week.
- There are some risks you can't control, such as family history of stroke and age. If an immediate family member has a history of circulatory problems or stroke, you are at an increased risk. People age 50 and older are at a higher risk for stroke.

### BE FAST

A stroke can happen at any time. Use BE FAST to see if someone is having a stroke.

(B)ALANCE: Is the person experiencing dizziness or having trouble with balance or coordination?

(E)YES: Is the person experiencing blurred or double vision or a sudden loss of vision in one or both eyes?

(F)ACE: Ask the person to smile. Check to see if one side of the face droops.

(A)RMS: Ask the person to raise both arms. See if one arm drifts downward.

(S)PEECH: Ask the person to repeat a simple sentence. Check to see if words are slurred and if the sentence is repeated correctly.

(T)IME: Time when the symptoms started, and call 911 immediately.

If a person shows any of these symptoms, get him or her to the hospital. ■

Information provided by Terri Hamm, RN, MA BEHP, stroke coordinator at MercyOne Des Moines Medical Center, 1111 Sixth Ave., Des Moines, [MercyOne.org/desmoinesneuro](http://MercyOne.org/desmoinesneuro)

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As the area's leader in stroke, MercyOne is central Iowa's only hospital to receive the Gold Seal of Approval™ and Primary Stroke Center certification from The Joint Commission.

Know the signs of a stroke.





# HOME equity loan versus line of credit

Spring is one of the most popular times for all things home-related: home buying and selling, landscaping and home renovations. All this excitement means spring is also a popular season for lending options that will cover the project expenses. I'm often asked about what financing options are out there for homeowners who want to borrow against the equity of their home. This comes down to two options: home equity loans and home equity lines of credit. Here's a look at each:



## Home equity fixed rate installment loan

A home equity loan is secured by the equity in your home, which means you receive a certain amount of money when the loan closes and pay that amount back in fixed monthly payments

over a set period of time. Most banks allow you to choose multiple terms, or lengths of time, to pay back the loan. This could be five, 10 or even 15 years.

Home equity fixed rate installment loans are good options in the market right now. Since home equity loans are fixed rates, you're able to lock in a lower rate today, and you will continue to pay interest at that rate, even if the market rate increases.

## Home equity line of credit (HELOC)

A home equity line of credit is also credit that is borrowed against the equity of your home; but, unlike the fixed rate installment loan, HELOCs use revolving credit. This means, as you pay your balance down, your monthly payment decreases and the amount you have available to borrow increases. An additional benefit of HELOCs is that you are only required to pay interest on the amount you actually use.

HELOCs are popular choices for shorter-term projects which still have significant costs, such as a kitchen remodel. However, HELOCs can be used for just about anything — whether it's the landscaping project you've been nagging your spouse about for years or filling in for some regular expenses as you pay down other debt.

Learn more about home equity loan and line of credit solutions to determine which option is best for your situation. When you do choose one, be sure to ask your tax advisor about any possible tax deductions that may come with the home equity lending option you choose. ■

Information provided by Lori Slings, Bankers Trust, NMLS ID: 406021, 3820 Eighth St. S.W., Altoona, 515-245-5624, lslings@bankerstrust.com, BankersTrust.com/LSlings, Bankers Trust NMLS ID: 440379.



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— and —  
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### Lori Slings

Residential Mortgage Originator  
NMLS ID#: 406021  
3820 8th St. SW, Altoona

Office: (515) 245-5624  
Cell: (515) 975-8240  
Fax: (515) 645-9307  
LSlings@BankersTrust.com  
**BankersTrust.com/LSlings**

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## EVENTS IN THE AREA

Be sure to check for cancellations.

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

### Summer CAmP 2022

CAP Theatre, 201 First Ave. S.,  
Altoona

#### Various dates

Youth entering grades 1-12 are invited to attend three weeks of Summer CAmP. Take center stage and find your light with Class Act Productions. Explore games, dance, activities, projects and design specially programmed just for you. CAP is offering three weeks of half-day camps from July 11 - July 29. For more information about each camp and to register, visit [www.captheatre.org/summer/camp](http://www.captheatre.org/summer/camp). All camps will be at CAP Theatre, 201 First Ave. S., Altoona.



### Olde Town Altoona Farmers Market

Thursdays, starting June 2,  
4-7 p.m.

#### Olde Town Altoona

Enjoy the Farmers Market and all it has to offer Thursdays during the summer. Enjoy a leisurely stroll among vendors in the charming Olde Town Altoona setting.

### John Wayne Birthday Celebration

May 28-29

John Wayne Birthplace Museum,  
Winterset

Join the John Wayne Birthplace Society for a John Wayne Birthday Celebration May 28-29. Activities include a 5K walk/run, pancake breakfast, all-horse parade, benefit dinner and live auction, and more. Movie and television personality Barry Corbin is expected to return to Iowa for the celebration, multiple screenings of "McLintock!" starring John Wayne will be presented at the Iowa Theater, and award-winning western recording artist Carin Mari returns as the musical headliner. For a full schedule, or to purchase tickets visit the John Wayne Birthplace Museum website, [www.johnwaynebirthplace.museum](http://www.johnwaynebirthplace.museum).



### Party in the Plaza

May 29 from 6-8 p.m.

Altoona Civic Plaza (next to  
Hy-Vee), 360 Center Place S.W.

The community is invited to a free family fun event, Party in the Plaza. There will be food and kids' activities (bounce house, face painting, and more). Walnut Creek Church - Altoona is hosting the event.

### Vacation Bible School

June 20-23, 5:30-7:30 p.m.

Christ the King Lutheran Church,  
600 First Ave. N., Altoona

Christ the King Lutheran Church is offering Vacation Bible School. The theme is God's Wonder Lab. Kids 4 years old through going into sixth grade may participate. Register at [vbsmate.com/events/ctkaltoonvbs/23441](http://vbsmate.com/events/ctkaltoonvbs/23441). All seventh graders through adults are welcome to register to volunteer at the same link.

### Airing of the Quilts

June 1-4

Madison County

The Madison County Airing of the Quilts celebrates the history, tradition and artistry of quilting in Iowa. Hundreds of quilts are displayed in dozens of historical and cultural landmarks across the county, including at the famous covered bridges. This unique event is one that you don't want to miss. Presentations, demonstrations, and the Covered Bridges Quilters Guild Quilt Show are all part of the festivities. This year, the Iowa Quilt Museum has added classes and a retreat to the event. For information, list of classes offered, and tickets, visit [www.iowaquiltmuseum.org](http://www.iowaquiltmuseum.org).

### Music at Haines Park

Haines Park Outdoor Stage, 700  
block of Third Ave. S.E., Altoona

Altoona Parks and Recreation Board is hosting Music at Haines Park, featuring free entertainment. Pop and popcorn are sold to support CAP Children's Theatre.

- Sunday, May 29, 6 p.m.
- Sunday, June 26, 6 p.m.
- Sunday, July 24, 6 p.m.
- Sunday, Aug. 28, 6 p.m.



### CelebrAsian

May 27-28, 11 a.m. to 10 p.m.

Western Gateway Park, 1000 Grand  
Ave., Des Moines

The largest Asian-American event in Iowa promises to be a delight to the senses. Enjoy more than a dozen Asian Villages of authentic food, drink, music, dance, activities, cultural demonstrations and entertainment for the entire family. More information is available at [www.iowaasianalliance.com/celebrasian](http://www.iowaasianalliance.com/celebrasian).



### Family Tees Golf Tournament

Wednesday, June 8

Toad Valley Golf Course, 237  
N.E. 80th St., Pleasant Hill

Children & Families of Iowa will host an intergenerational tournament. Family Tees will feature three morning flights for children and adult duos and one afternoon flight for those 18 years and over in a four-person scramble. Golfers of all ages and skill levels are welcome. Register and find more information at [cfiowa.org/events](http://cfiowa.org/events).



## CELEBRATING older Americans

May is Older Americans Month, when we set aside time to celebrate the many contributions older Americans make to our communities. Statistically, as we age, we are more likely to volunteer. Perhaps that is because we have more time, or maybe it is because, the older we get, the more we recognize the value in helping others. We live in an ever-increasingly age-centric society, but instead of putting one generation in opposition of another generation, let's acknowledge that aging adults make many contributions to our society.



Many organizations could not function without the generous donation of time from older adults. At Valley View Village, the majority of our volunteers are older adults, some from outside of our campus, but the majority are those who reside within our community, and we would be lost without them. They help with transportation of our health center residents to events, provide visits for those who have family out of town, form committees and plan events, and so much more. They are an invaluable resource to our community.

The theme for Older Americans Month this year is "Aging in Place." For many active adult living communities across the metro, aging in place is what we strive for. We offer services to keep older adults as independent as possible for as long as possible. For some, maybe that's as simple as giving up yard work and letting someone else take care of the mowing, or maybe it's having transportation to the grocery store. In planning ahead, what amenities are necessary to age successfully in place? Bathrooms accessible for assistive devices, one-level living, the security of knowing your neighbors?

Aging in place does not necessarily mean staying in the same house. Modifications to make a home more accessible can be a major financial investment, and moving to an active living community provides an opportunity to age in place with the environment and socialization to stay connected, healthy, and safe. Living outside of an active adult community still presents many options for assistance to help with keeping older adults healthy and active. Iowa Aging Services offers a great number of resources to facilitate successful aging in place. It's never too early to do your research and have a plan in place so you have security no matter what decision you make.

We are truly blessed to be able to celebrate the diversity and strength of our aging population and all they have to offer. Finding your purpose at any age — and having the opportunity to enrich the lives of others — is something we get to witness daily. From the bottom of our hearts, we wish you a very happy Older Americans Month. ■

Information provided by Stephanie Proper, Executive Director, Valley View Village, 2571 Guthrie Ave., Des Moines, 515-265-2571.

## WHAT will be your epitaph?

Decoration Day (now known as Memorial Day) was first observed in 1868 to honor those who had died in the Civil War. After WWII, the day was adjusted to honor the deceased in all wars and became a national holiday in 1971. Today, we often observe not only the death of our veterans, but of all loved ones who have died.



Have you ever walked through a cemetery and read the words on the memorials/tombstones?

In designing your future memorial/headstone, think of what you want others to know about you 100 years from now, when they will only know you through what is conveyed on that memorial.

Some epitaphs are sentimental: "Loving parents and grandparents," "Always in our hearts," or "Gone, but not forgotten."

Some reflect religious beliefs: "At home with God," "For God so loved the world," or "Everlasting life through Christ."

Still others are humorous: "I told you I was sick," "I'd rather be golfing," or "Sorry I can't get up."

Whatever you decide for your lasting memorial, choose your words carefully. Those words offer the world a glimpse into what was important to you,

Give your family a gift of love and care for your future end-of-life needs now. ■

Information provided by Jan Shawver, Family Services Representative, Highland Memory Gardens Cemetery, 1 N.E. 60th Ave., Des Moines, 515-289-2230.

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Located on 2nd Avenue, 1 mile north of I-35/80

515-289-2230 | [www.highlandmemorygardens.com](http://www.highlandmemorygardens.com)

## KNOW thyself

One of the areas small-business owners often overlook in their businesses is establishing a clear organizational identity — the business' purpose, mission, vision and values. This seems like something only big businesses with lots of employees need to be concerned with. However, there are several reasons why every organization — even a sole proprietorship — needs a clear understanding of its organizational identity.



### 1. A clear identity will help you develop a decision-making framework.

It is impossible to make consistent, disciplined decisions about the current and future state of your business if you don't know who you are or where you want to go. Taking the time to clarify and write down why your organization exists and what you bring to the marketplace will serve as a north star for the myriad variables and opportunities you need to assess on a daily basis.

### 2. A clear identity will help you identify and connect with your customers.

Understanding exactly who you are will help you identify those prospective customers who are "your people." There are always competitors out there who offer alternatives to what you do. There are many plumbers, mechanics, flower shops, dentists, lawyers and banks (so many banks). So what sets you apart? You need to know exactly who you are as an organization so you can connect with people who will resonate with your particular approach to doing business.

### 3. A clear identity will help you vet and assimilate new employees.

So much is written about the best way to attract, train and retain talent largely because this continues to be at the top of most business owners' list of challenges when it comes to running a business. If you and/or your leadership team are clear about what your company values, it is fairly easy to apply an early litmus test with potential employees regarding their organizational fit. This value alignment continues to be vital once that hire is made as the new employee seeks to fully assimilate into the organization.

Every organization must have a clear, shared identity in order to move toward a shared future. If your business can answer the fundamental question "Why do we exist?", it will help you make consistent decisions, identify and connect with your customers, and vet and assimilate new employees. Taking the time to answer that question now will pay dividends for you, your employees, and your customers well into the future. ■

Information provided by Josh Dunwoody,  
2022 Altoona Area Chamber of Commerce President.

**Altoona Area Chamber of Commerce**  
**WINE & CRAFT BEER FEST**  
**JUNE 3RD | 5:00-8:00PM**  
**ENABLING GARDEN**  
 1050 1ST AVE SOUTH, ALTOONA

**\$20 IN ADVANCE**  
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PURCHASE TICKETS AT THE ALTOONA CHAMBER OFFICE,  
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**Prairie Vista VILLAGE** **WHOLISTIC HEALTH CENTER** **StuntFun FX**

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# OUT & ABOUT

## RIBBON Cutting

The Altoona Area Chamber of Commerce held a ribbon cutting for Burget Mill at 200 First Ave. S. on May 13.



The Altoona Area Chamber of Commerce held a ribbon cutting for Burget Mill at 200 First Ave. S. on May 13.



Chad Quick and Mary Simon



Dean O'Connor and Bruce Mason



Bob Chittenden, Linda Harris and Brad Pfaltzgraff



**June 9**  
**11 a.m. to 1 p.m.**

**Bankers Trust Altoona Branch**  
**3820 8th St. S.W**  
**Altoona, IA 50009**



## CELEBRATING COMMUNITY DIFFERENCE MAKERS – THAT'S YOU!

Bankers Trust is committed to making a difference every day for our customers and communities. We believe our customers are Difference Makers, too! Join us as we celebrate **YOU** this summer.



**Join us at  
the Altoona  
Branch!**

- Free Lunch
- Games and Prizes
- Surprise Entertainment



## OUT & ABOUT



Jenny Dougan at the kickoff for Friday Cruise-Ins at the Outlets of Des Moines on May 6.



Ashley, Katie and Wes Gudenkaut at the kickoff for Friday Cruise-Ins at the Outlets of Des Moines on May 6.



Bryan and Cindy Armstrong at the kickoff for Friday Cruise-Ins at the Outlets of Des Moines on May 6.



Madonna and Jeff Coates at the kickoff for Friday Cruise-Ins at the Outlets of Des Moines on May 6.



Nichole DiMaio, Faith DiMaio and Luke Stillel at the kickoff for Friday Cruise-Ins at the Outlets of Des Moines on May 6.



Bailey, Kurt and Henry Moore at the kickoff for Friday Cruise-Ins at the Outlets of Des Moines on May 6.



Alyssa McCarl, Mark Vander Tuig and Linda Lawson at the Altoona Chamber's Perk Before Work at SkinFusion FX on May 3.



Melissa Horton, Luke Peterson and Maaik Hendrikson at the Altoona Chamber's Perk Before Work at SkinFusion FX on May 3.



Nikki Morgan and Chris Reil at the Altoona Chamber's Perk Before Work at SkinFusion FX on May 3.



An Altoona Chamber ribbon cutting was held for SkinFusion FX at 410 Eighth St. S.W. on April 22.



An Altoona Chamber ribbon cutting was held for Elite Health + Performance at 116 Brick St. S.E., Bondurant, on April 29.



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2022

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