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SENIORVIEW

DES MOINES' 55-PLUS LIFESTYLE MAGAZINE

JUNE/JULY 2025

A photograph of an older couple in a room filled with cardboard boxes, suggesting they are in the process of downsizing. The woman on the left is smiling and looking at the camera, wearing a black top and blue patterned pants. The man on the right is also smiling, wearing glasses, a plaid shirt, and blue pants. They are standing in a room with large windows in the background. Several cardboard boxes are visible in the foreground and background, some open and some closed. A small umbrella icon is visible above the man's head.

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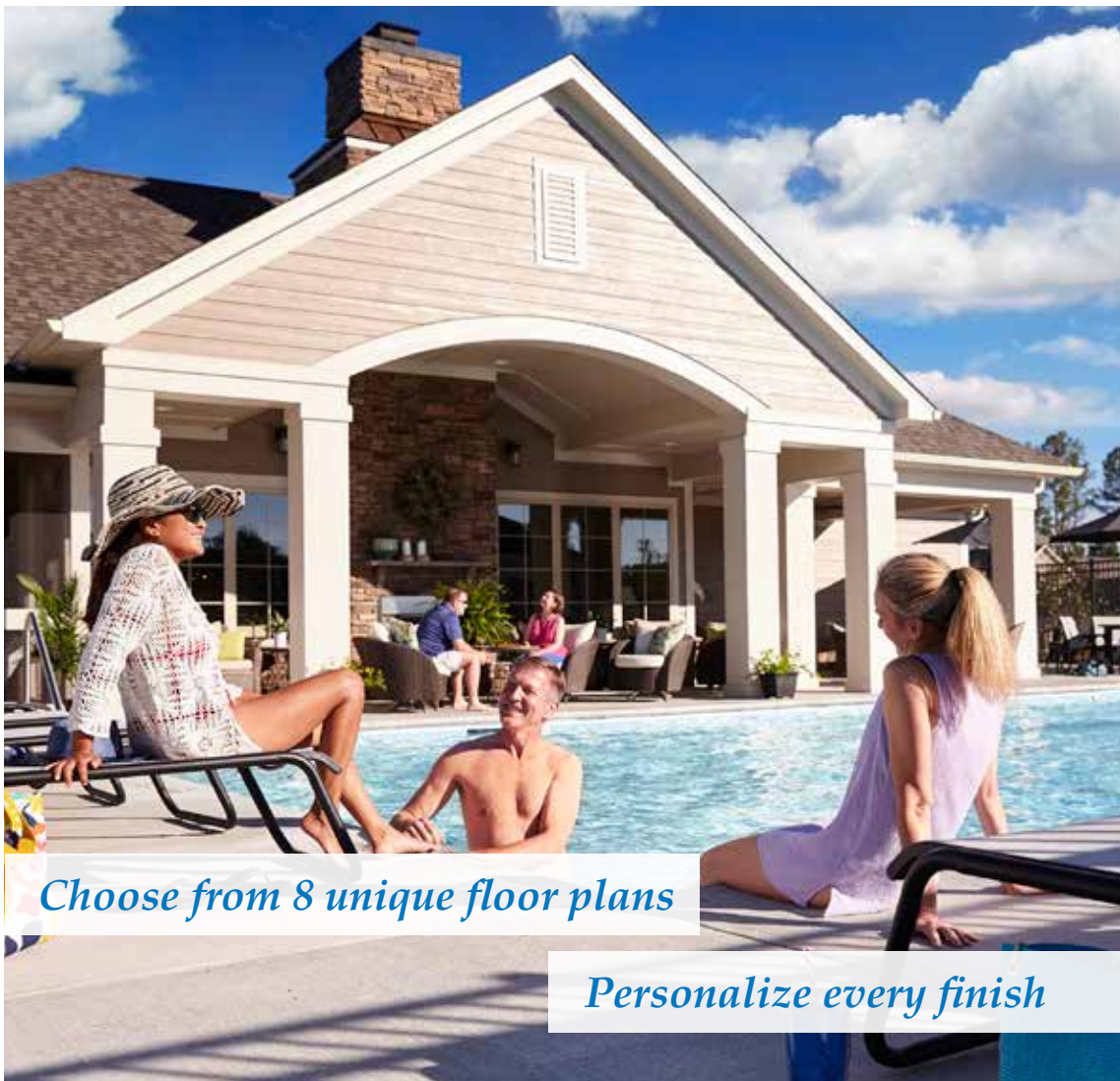
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FROM THE PUBLISHER

Welcome to SENIORVIEW

Some things in life kind of sneak up on you. Age is one of them. Not too many years ago, I remember being the youngest person in the room. Today, when I scan those in a group, I now realize I am often the oldest person in the room. When did that happen?

I will turn 58 this summer. As such, I have been in the 55-plus age bracket for a few years now. I am still in the working crew, and I plan to continue to be as long as I enjoy what I am doing. And, as of right now, I am having a lot of fun. But, like most all of you reading this, my interests are changing.

You may recognize our company name — Big Green Umbrella Media. If you don't, you certainly know our publications, which include CITYVIEW magazine, 14 separate Iowa Living magazines in the Des Moines suburbs, and our three Times publications in Guthrie County, as well as the Daily Umbrella email newsletter.

Recently, we have been working to expand our CITYVIEW division, which also includes Relish DM, our guide to food and fine dining; Explore DM, our entertainment and visitors guide; and now SENIORVIEW, our 55-plus lifestyles publication.

This is our first issue of SENIORVIEW, and we hope you enjoy what we are bringing to you. In this issue, you will find a feature story on downsizing, a listing of things for active seniors to do, TV streaming options, events in the area, a recipe and a multitude of advice columns — and that's just the beginning. We have a long list of topics to cover in the months ahead.

Speaking of the months ahead, you should know that SENIORVIEW will publish six times per year and is available for free at hundreds of locations across central Iowa. You can also find each digital issue online at seniorview.dmcityview.com. If you would like, we can even email you a notice with a link when each new issue is available. Sign up on the website or by scanning this QR code. (Please know that we, unlike the Big Tech companies, will never share or sell your email address or any personal data to anyone else, ever.)

Best of all, SENIORVIEW is available to you for free.

Our goal is to provide you with information that is relevant to your interests and lifestyles, and I welcome your feedback. When you have a minute, please drop me a note at shane@dmcityview.com and tell me how we are doing so far.

I appreciate you picking up this copy of SENIORVIEW, and I look forward to seeing you soon. In the meantime, I thank you for reading. ■

SHANE GOODMAN
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Catherine and Kevin Fitzpatrick sort through accumulated stuff spanning 27 years.

Embracing DOWNSIZING

LESS SPACE MEANS LESS STRESS FOR AREA SENIORS.

Story and photos by Jackie Wilson

A dream home established decades ago may have provided an ideal place to raise a family. These homes often included a huge back yard, numerous bedrooms and ample basement storage containing toys, seasonal decor and more.

Yet, when the kids grow up and move on, suddenly the house seems too big, and it's too much work. Chores, such as plucking weeds, mowing grass and shoveling snow, can seem endless. Storage bins contain rarely used items that now take up too much space.

After living in the same home, many empty nesters find it's time to downsize — to cozy into a smaller place with less to clean and no lawn to maintain.

In our debut issue of SENIORVIEW, we feature three stories from Des Moines area folks who have downsized. We discovered they all share one thing in common: nobody wants their china dish set. They offer advice and encouragement and discover a sense of peace in letting go of years of accumulated things and moving into a “just-right” home.

RENTING KEEPS OPTIONS OPEN

Kevin and Catherine Fitzpatrick raised two sons in their West Des Moines home. With 27 years of home ownership, the couple recently sold their house and moved into a downtown Des Moines apartment.

They opted to rent first, as they want to keep their travel plans and future living locale open. They felt home ownership would limit their travel plans.

“The lawn mowing and upkeep of owning a house is crazy,” Kevin says. “I started cranking the numbers. We could sell the place, rent and still not burn through it all.”

The couple found a spot at Gray’s Station in a brand-new, sleek, two-bedroom apartment with a view of downtown Des Moines, close to bike trails and, most importantly, no maintenance. A few years prior, they spent a month renting a spot downtown to determine if they liked the area.

Friends questioned, “Why not buy instead of renting a place?”

Catherine recalls, “Friends said to us, ‘Are you out of your mind?’ We toyed with the idea of buying a townhouse but didn’t think we’d be in the area that long. We didn’t want to deal with HOA (home ownership association) fees.”

Kevin adds, “Properties in downtown don’t appreciate as much. Tax abatements go away.”

Another reason for renting is the couple plans to move out of state. They also rented a place for a month in Colorado and Phoenix. By renting, they established desired features and were able to determine what they can or can’t live without.

“We discovered our limit. We could live in a smaller place,” Catherine says.

The next task was to go through boxes of items to keep, donate, sell or throw away. They took pictures of stuffed animals and sent them to their sons with a warning that items would be tossed if they didn’t claim them.

Both Catherine and Kevin received and stored dozens of boxes after their parents died and didn’t want their kids to go through the same thing.

“We both cleaned out our parents’ places. I don’t want to leave it up to the kids to deal with,” Kevin says.

The pair leisurely sorted through a couple sections of items each evening. Then, suddenly, they ramped up their efforts. Their grandson heard they were selling their place and wanted to buy it. With a quick deadline, they had to make a decision.

“We asked, are we ready to do it? Our grandson was the impetus to kick us into gear,” Kevin explains.

They sold bigger items online. Their grandson also needed home items, which made it easy.

“That’s the nice thing about selling it to a relative,” he says. “You can leave a lot of stuff and not have to move it.”

Catherine recently sold her wedding dress, which evoked many memories, but she says the most difficult part about leaving her home is a lack of a garden in her new place.

“I usually plant flowers and an herb garden in the spring. Not this year,” she reflects. “I will have pots on my new terrace.”

Now, without the burden of home ownership, Catherine and Kevin can explore and travel. The couple likes nature activities, running, biking and fitness.

“I’m looking forward to being free from owning property, to do what we want, when we want,” Kevin says.

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Marion Singleton views a cherished antique set and a painting, one of the few items she kept after downsizing her home.

RETIREMENT COMMUNITY

Sorting through a home with more than a half-century of memories — and “stuff” — can be an arduous task.

Marion Singleton, 89, lived in her two-story West Des Moines home 11 years after her husband, Roy, passed away. In that home, they raised three children.

Her adult kids encouraged her to find a new place where she didn’t have to hire out snow removal or lawn work.

Once she told her kids she was ready to move, all three kids came back the next week to look at retirement and 55-plus communities.

The task of cleaning out a home that she and Roy moved into in the 1970s seemed daunting.

“I thought, what am I going to do with all this stuff? My kids didn’t want any of it. They all had their own,” she says.

Marion hired a service that helped her pack up items to sell or give away. A percentage of the sales goes back to the owner.

“I didn’t make money. I just wanted to get rid of it,” she explains.

One item she owned was her china dish set, all displayed in her china cabinet. She inherited her mom’s china set and silver flatware.

“I’ve had these pieces in my home forever. I got it when I was first married, so it was hard to get rid of,” she reflects. “I’m disappointed the kids didn’t want it, but I don’t blame them. Nobody wants china anymore.”

Every time her adults kids came home, she would instruct them to go through their old bedrooms and take items. A friend helped sort through things, asking questions like, “Why do you have that? Do you think you really need it?”

As she sifted through the clutter, Marion says it was helpful for someone not attached to her things to assist with organization. However, she had one regret.

“I got rid of a few things I wish I hadn’t,”



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she reflects. “Now I miss something I wish I would have kept.”

As she loved Christmas and hosting parties, it was tough giving away holiday décor. Yet, her granddaughter in Texas was eager to snap up grandma’s Christmas items.

“I’m glad she wanted it,” Marion says.

She suggests when sorting out home items to put things in a “maybe” pile first and then come back to it.

“Look at it more than once,” she says. “But once you get rid of something, let it go.”

Marion easily settled into her new living space. If she doesn’t want to cook, she can purchase meals at the on-site restaurant. She says the best part of her new place is the people.

“I didn’t think I’d like being around a lot of people, but there’s a nice bunch of people here. At my age, you either take it or leave it,” she reflects. “You might as well run with it.”

DOWNSIZED TWICE

Pam Rothlauf of Des Moines downsized from a six-bedroom home to a three-bedroom home five years ago, shortly after her husband died.

But she’s not done downsizing. She is cleaning out her current home and hopes to find a two-bedroom townhouse or condo this summer. She is looking for spot with no stairs or yard work to do.

The family lived in the Drake neighborhood for 30 years and raised two sons. The house was formerly a duplex, and she didn’t want the upkeep.

“I didn’t want to be a landlord, and there was a lot of lawn to mow,” she says. “I wanted a smaller house.”

The first time she moved, she hired an auction service to get rid of home items.

“My husband had a lot of tools,” she says.

Now, as she is ready to move into a

DONATION IDEAS

From Carrie Blackburn with Tidy Butterfly

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The Free Store gives items to women using Iowa’s domestic violence services. They take furniture and household items and can schedule a pick up. www.thefreestore.org



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smaller spot, she thought it would be easy to downsize a second time. Yet, she pondered what items she really needed.

Pam attended a decluttering workshop at the Des Moines Library and hired a professional home organizer to assist in helping sort out items.

“I knew I needed someone to talk through things with,” she reflects. “I didn’t feel pressure to get rid of things. It was me who decided what needed to go.”

The organizer helped carry and pack boxes and found spots to donate items.

“I didn’t want to take stuff to where it might get dumped. She suggested different organizations that needed different items,” she explains.

Pam gave fabrics and materials to churches for quilting. Electronics were tossed in a separate bin for recycling. She opted not to sell items.

“I know a lot of people sell stuff. Why not help someone else? It gives them a boost and makes their day,” Pam reflects. “A lot of people need help these days.”

While sorting through the bedrooms and basement, Pam says she is amazed at how much she brought over after the first move.

“I’d pull stuff out from the closet and think, why in the world do I still have this?” she laughs.

Pam recalls how she helped clean out her mother-in-law’s home after her death, which contained two generations of stuff.

“My mother-in-law’s parents lived there, too. It was a nightmare to clean it all out. I don’t want my kids to have to go through that,” she says.

Pam got rid of her china dishes. Her Emmet Kelly clowns ended up in the donation pile, too.

“A friend of mine collected Hummel figurines. They were worth pennies when they sold them,” she says.

As Pam continues to purge and donate, she is happy to pass items on to her grandson. Her two sons get first pick of things she no longer needs.

“There are so many memories tied up in things,” she reflects. “The memories aren’t gone because the item is gone. The memories are still there.” ■



Pam Rothlauf downsized from a six-bedroom to a three-bedroom house. Her next move is to a one-level, maintenance-free condo.

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Couch theater

"SINNERS" (R)

This supernatural horror flick from director Ryan Coogler ("Black Panther: Wakanda Forever") has become one of the biggest film releases of the year, hopefully making it one to watch during next year's award season. Taking place in 1932 Mississippi, the film follows twin brothers Smoke and Stack Moore, as well as their cousin Sammie, as they start up a local juke joint for the Black community in their town. Despite a pastor's warnings that the blues can summon supernatural spirits, Sammie and other local musicians perform blues songs during the juke joint's opening night. Little do they know that their entrancing tunes beckon a vampire clan closer and closer, and a massacre is sure to follow. Michael B. Jordan stuns in the dual role of Smoke and Stack, and Ludwig Goransson's soundtrack is the perfect finishing garnish to this incredible film. Available to rent. (Amazon Prime Video)

"STRAW" (R)

Tyler Perry's films are often centered around telling underrepresented Black stories that often evoke intense emotions in their characters and their audience. His latest release, which is available to stream, puts this same formula to work with Taraji P. Henson being a force to reckon with in the lead role. She portrays single mother Janiyah, who is at her wit's end after a series of events cause her to lose out on money for her daughter's medical bills. With nowhere left to turn, Janiyah heads to the bank, preparing to commit a robbery. Once she's there and in the thick of the action, cooler heads like bank manager Nicole (Sherri Shepherd) and Detective Kay Raymond (Teyana Taylor) attempt to talk Janiyah out of making a terrible mistake. (Netflix)



Taraji P. Henson stars in "Straw." Courtesy of Netflix

"STICK" (TV-MA)

Owen Wilson takes on his first leading role since the trainwreck that was "Haunted Mansion" (2023), and this time, it seems like this role is a bit more his speed. Wilson plays Pryce Cahill, a "long washed up" professional golfer who lacks a purpose after both his golfing career and marriage went south. While teaching golf basics to the elderly, Pryce encounters a teen boy named Santi (Peter Dager), whose golf swing shows serious potential. So, Pryce decides to take Santi under his wing and sign him up for an amateur championship tournament to see if Santi can win it all. The first three episodes premiered June 4, with subsequent episodes releasing every Wednesday. (Apple TV+) ■
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NINTH ANNUAL SENIOR RETREAT DAY

Sheraton Hotel, 1800 50th St., West Des Moines
www.seniorsonthemove-ia.com

July 22

Hosted by Iowa Seniors on the Move, this retreat day is a chance to learn about different techniques and options for living a healthier lifestyle. There will be interactive workshops and presentations on a wide range of subjects. Registration is required.

NOCE

1326 Walnut St., Suite 100, Des Moines
www.nocedsn.com

- June 20: Bojangles:
 Napoleon Douglas sings
 Sammy Davis Jr. at 7 p.m.
- June 21: Torch Songs:
 Lauren Vilmain at 7 p.m.
- June 27: Kansas City the
 Grand Marquis at 7 p.m.
- June 28: Steve Berry:
 1974 at 7 p.m. and 9 p.m.



Photo courtesy of Noce



Photo courtesy of Polk County Heritage Gallery

IOWA EXHIBITED

Polk County Administration Building, 111 Court Ave., Des Moines
polkcountyheritagegallery.org
 Through June 26

This is Polk County Heritage Gallery's annual juried show for Iowa artists to showcase their work. Ames artist, Catherine Reinhart, is this year's juror. Awards have already been given out, but some of the best artwork from around Iowa will continue to be displayed in June.

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Photo by Jack Coady Photography

PRAIRIE MEADOWS

1 Prairie Meadows Drive, Altoona

www.prairiemeadows.com

Among its already impressive amount of gambling and entertainment, Prairie Meadows also offers live and simulcast horse racing. Pick your winner and cross your fingers. **Fridays to Mondays, through Sept. 27:** Thoroughbred and quarter horse racing

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www.iowacubs.com

Affiliated with the MLB's Chicago Cubs, our very own minor league baseball team has been around since 1969, originally known as the Iowa Oaks. Cheer on the cubs all summer through September with fireworks during Friday home games, plus the Fourth of July. **Home games:**

- June 24 at 6:38 p.m. vs. Columbus
- June 25 at 12:08 p.m. vs. Columbus
- June 26 at 6:38 p.m. vs. Columbus
- June 27 at 7:08 p.m. vs. Columbus
- June 28 at 6:08 p.m. vs. Columbus
- June 29 at 1:08 p.m. vs. Columbus
- July 1 at 6:38 p.m. vs. Omaha
- July 2 at 12:08 p.m. vs. Omaha
- July 3 at 7:08 p.m. vs. Omaha
- July 18 at 7:08 p.m. vs. Columbus
- July 19 at 6:08 p.m. vs. Columbus
- July 20 at 1:08 p.m. vs. Columbus
- July 29 at 6:38 p.m. vs. Indianapolis
- July 30 at 12:08 p.m. vs. Indianapolis
- July 31 at 6:38 p.m. vs. Indianapolis
- Aug. 1 at 7:08 p.m. vs. Indianapolis
- Aug. 2 at 6:08 p.m. vs. Indianapolis
- Aug. 3 at 1:08 p.m. vs. Indianapolis
- Aug. 12 at 6:38 p.m. vs. Worcester
- Aug. 13 at 12:08 p.m. vs. Worcester
- Aug. 14 at 6:38 p.m. vs. Worcester
- Aug. 15 at 7:08 p.m. vs. Worcester
- Aug. 16 at 6:08 p.m. vs. Worcester
- Aug. 17 at 1:08 p.m. vs. Worcester



Photo by Dylan Heuer

URBANDALE 4TH OF JULY CELEBRATION
7404 Prairie Ave., Urbandale
www.urbandale4thofjuly.org
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Photo courtesy of Waukee Area Arts Council

WAUKEE ARTS FESTIVAL

Centennial Park, Waukee
www.waukeeartsfestival.org
July 18-19

Check out the Waukee Arts Festival website and read about the incredible participating artists at this year's event. Several musical performances will be held throughout the weekend as well.

MUSIC UNDER THE STARS

Each Sunday in June, the ensemble will perform on the Iowa State Capitol West Mall. On July 7, they will perform at the Lauridsen Amphitheater at Water Works Park.

Summer concert series:

- June 23: Piano Men
- June 30: U.S. Coast Guard Band
- July 7: Mama Mia



Photo courtesy of Iowa Tourism Office

IOWA STATE FAIR

Iowa State Fairgrounds, 3000 E. Grand Ave., Des Moines
www.iowastatefairgrounds.org
Aug. 7-17

The biggest names in music hit the grandstand, award-winning livestock is yours to see, the giant slide begs to be ridden, and, best of all, crazy fair food creations are on every corner. More than a million attend each year for good reason.

ADEL SWEET CORN FESTIVAL

Adel City Hall, 301 S. 10th St., Adel
www.adelpartners.org
Aug. 8-9

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- Almost 70% of adults age 65 will need some type of long-term care services and support in their remaining years.¹
- 20% will require long-term care for more than 5 years.¹

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¹ acl.gov/ltc/basic-needs/how-much-care-will-you-need



Photo courtesy of Jasper Winery

JASPER WINERY

2400 George Flagg Parkway, Des Moines
www.jasperwinery.com

When the warm weather rolls in, Jasper Winery welcomes all for its Summer Concert Series, occurring Thursdays from 6-9 p.m. Quench your thirst and appetite while enjoying live music under the summer sky. Bring your lawn chairs to this outdoor summer event, held from May through the end of July.

- June 19: Rhino
- June 26: Damon Dotson Band
- July 3: The Nadas
- July 10: B2wins
- July 17: Pianopalooza Band
- July 24: Dazy Head Mazy
- July 31: Not Quite Brothers with Emma Butterworth ■



Mitch Johnk

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hourly visits

A large crowd of people, mostly seniors, are sitting on a green lawn in front of a large, multi-story brick building with arched windows and a central entrance. The scene is outdoors, likely during a summer event. The title text is overlaid on the right side of the image.

15 THINGS TO DO

FOR DES MOINES' SENIORS

By Jackie Wilson

Five. Four. Three. Two. One. It doesn't take a rocket scientist to discover what is happening in Des Moines this summer. Get out your calendar, mark your favorite activities and launch into your next warm-weather adventure. From stargazing to free concerts to a classic car show, these options offer summertime entertainment for people of all ages — but especially active seniors.

Jazz in July at Hoyt Sherman.
Photo by Julianne Gregory

FIVE... LIVE MUSIC OPTIONS

Windsor Heights' **Nights in the Heights** offers a Tuesday night concert series at Colby Park. Bring your chairs and attend in a relaxed park setting. Playing on **June 24** is Bob Pace and the Power and on **July 8**, RetroSpect with Jana West.

The **Jamie Hurd Amphitheater**, located at 4100 Mills Civic Parkway in West Des Moines, offers free outdoor tunes for Friday Night Live, Summer Sundays and community band concerts. Standing Hampton plays **July 18**. On **July 25**, Major Blues and the Mug Shots perform. www.wdm.iowa.gov/jha.

On Wednesdays, head downtown to a new urban neighborhood near Gray's Lake. **Gray's Station** at 469 S.W. 12th St. offers live music and food trucks. On **June 25**: Avey Grouws Band.

Air Supply celebrates its 50th anniversary with a concert at the **Des Moines Civic Center** on July 20. Tickets cost from \$50-\$90, plus fees.

Hoyt Sherman Place offers **Jazz in July**. These free concerts take place in the grounds outside the historic theater. On **July 8**, the Valley High School Combo kicks things off, followed by Mike Conrad's Hard Bop Express. <https://hoytsherman.org/events/>.



RetroSpect with Jana West plays at Windsor Heights' Nights in the Heights on July 8.

FOUR... FAMILY-FRIENDLY FESTIVALS

The **Polk City 4 Seasons Festival** includes a parade, music, food, vendors, bingo and more on **June 27-28** at the Polk City downtown square. While you are there, stop at nearby Saylorville Lake or Big Creek to hike the trails, go boating, fishing or have a picnic.



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— Jeff, Kurt & Scott

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The Waukee Arts Festival is July 18-19 at Centennial Park in Waukee.

The **Clive Festival** in Campbell Park in Clive from **July 18-19** includes a carnival, games, nightly concerts and fireworks. www.clivefestival.com.

The **Waukee Arts Festival** on **July 18-19** at Centennial Park in Waukee is much more than the 100 featured artists. It includes kids activities, a beverage garden and a footrace plus daily and nightly concerts.



Valley Classic Car Show is July 26 at the Valley Community Center, 4444 Fuller Road, West Des Moines.

Ankeny's Summerfest runs **July 11-13** at the District at Prairie Trail in Ankeny. The three-day fest starts on Friday night and includes a carnival, parade, music, food and vendors. Live music on Saturday and Sundays run from 1-9 p.m. <https://ankenysummerfest.com/>.

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THREE... AROUND-TOWN FREEBIES

Take a steep, winding drive up to **MacRae Park** at 1021 Davis Ave. in Des Moines. There, walk to the end of the catwalk lookout for a sweeping view of downtown Des Moines. Snap a selfie at sunset and post to your favorite social media site.

Attend the **Valley Classic Car Show** on **July 26**, where you might find the exact car you went to prom in. The 10th annual show is held at the Valley Community Center at 4444 Fuller Road in West Des Moines. In addition to hundreds of classic cars, the event includes kids activities and a free lunch.

Head over to the Jester Park Nature Center at 12130 N.W. 128th St. in Granger for a **“Raptor Force”** presentation on **June 29**. Local photographer Ty Smedes shares stories about capturing photographic images of raptors. www.polkcountyiowa.gov/conservation/events

TWO... WINERY WIND-DOWNS

Sundays are fun days at **The Cellar Winery** in Madrid at 2183-320th St. Sample Iowa wines or enjoy beer and other spirits to sip on. Free music goes from 2-5 p.m. On **June 22**, Kinda Petty performs, and **July 6**, The Sons of Gladys Kravitz do. <https://thecellarwinery.com>.

Prairie Moon Winery outside of Ames provides music on Sundays from 3-6 p.m. On **July 27**, listen to Jesse and the Medicine Men, playing classic country music. \$5. www.prairiemoonwinery.com



Spend the evening at Rollins Mansion for **Corks & Constellations Wine Flight** on **July 7**.

ONE... SPLURGE AT THE MANSION

Spend the evening at Rollins Mansion for **Corks & Constellations Wine Flight** on **July 7**. Enjoy a lineup of four wines alongside heavy appetizers, desserts and live music by Matt Terronez, all in a 100-year-old historic mansion. You will also hear from experts from the Drake Observatory and stargaze from multiple telescopes. Cost is \$96. www.rollinsmansion.com/event/7-7-25-corks-constellations ■



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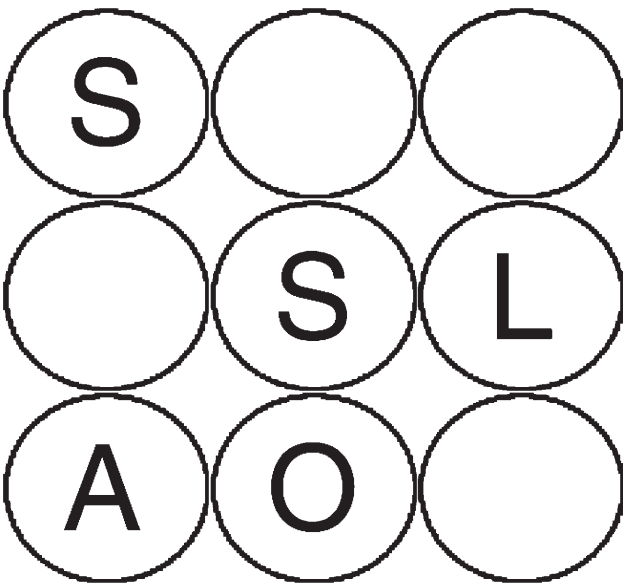
'In' the beginning

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L T Q N K I F C Z W U R P M J
H E I C Z X I U S X Q N L J G
E C I N C O N G R U O U S Z X
V T R P C N T O L J H B E C A
Y W V T R O E V I S A V N I P
N L K I G G R N E T I D C I B
Z A X N W U L R O T N E V N I
S R I P O A A M E L E E J C I
G E D D Y B K A Y C R D D H X
W U T S N Q E E K A T N I N P
E M O C N I N R U C N I O N I

Find the listed words in the diagram. They run all directions forward, backward, up, down and diagonally. Unlisted clue hint: WHAT YOU EARN

- Inbox
- Incur
- Inert
- Interlaken
- Inch
- Indeed
- Ingot
- Invasive
- Incongruous
- Indention
- Inlay Inventor
- Incorrect
- India
- Intake



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Fill in the missing letters to reveal the nine-letter word that starts at one of the four corners and moves clockwise around the perimeter before ending in the center.

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				4	
2					
5			6		
		4			
4	1			5	
					3

Place a number in the empty boxes in such a way that each row across, each column down and each small 6-box square contains all of the numbers from one to six.

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- 1. ANIMAL KINGDOM: What are male bees called?
- 2. TELEVISION: Which TV streaming network plans to host a new series based on the “Harry Potter” books?
- 3. GENERAL KNOWLEDGE: How many months have 31 days?
- 4. U.S. PRESIDENTS: Who was the first president to appear on television?
- 5. MATH: What is the Roman numeral MMXXV in Arabic numbers?
- 6. MOVIES: What is the name of the spaceship in the movie “Alien”?
- 7. LITERATURE: “Nicholas Nickleby” is a novel written by which author?
- 8. AD SLOGANS: Which airline uses the slogan “Fly the Friendly Skies”?
- 9. ACRONYMS: What phrase does the real estate acronym DTI stand for?
- 10. FOOD & DRINK: What are the seeds of a pomegranate called?

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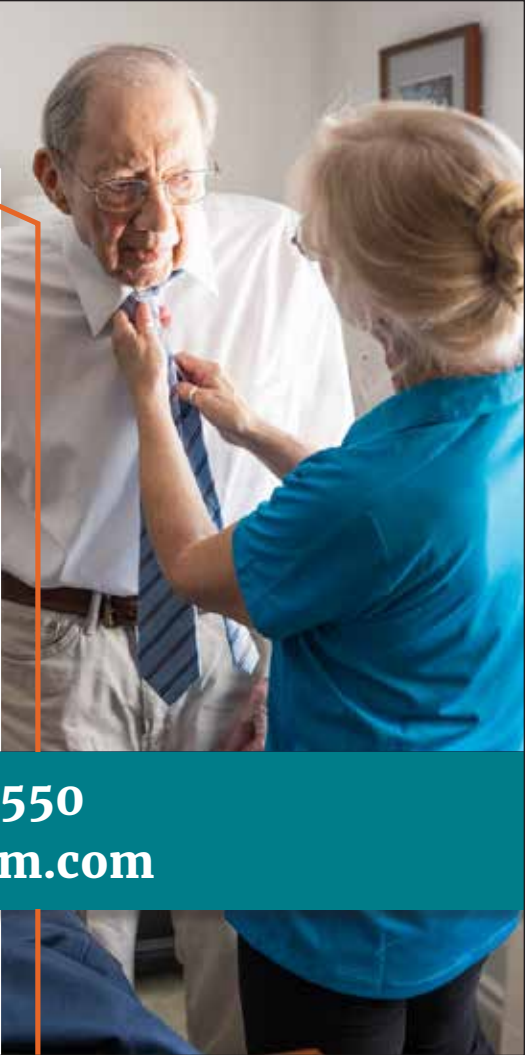
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Broccoli and friends salad

Step aside, “Trees and Raisins,” it’s 2025, and there’s a new salad in town. The Broccoli and Friends Salad is bursting with flavor and packed with nutrients, making it a fresh favorite you will want to hang on to.



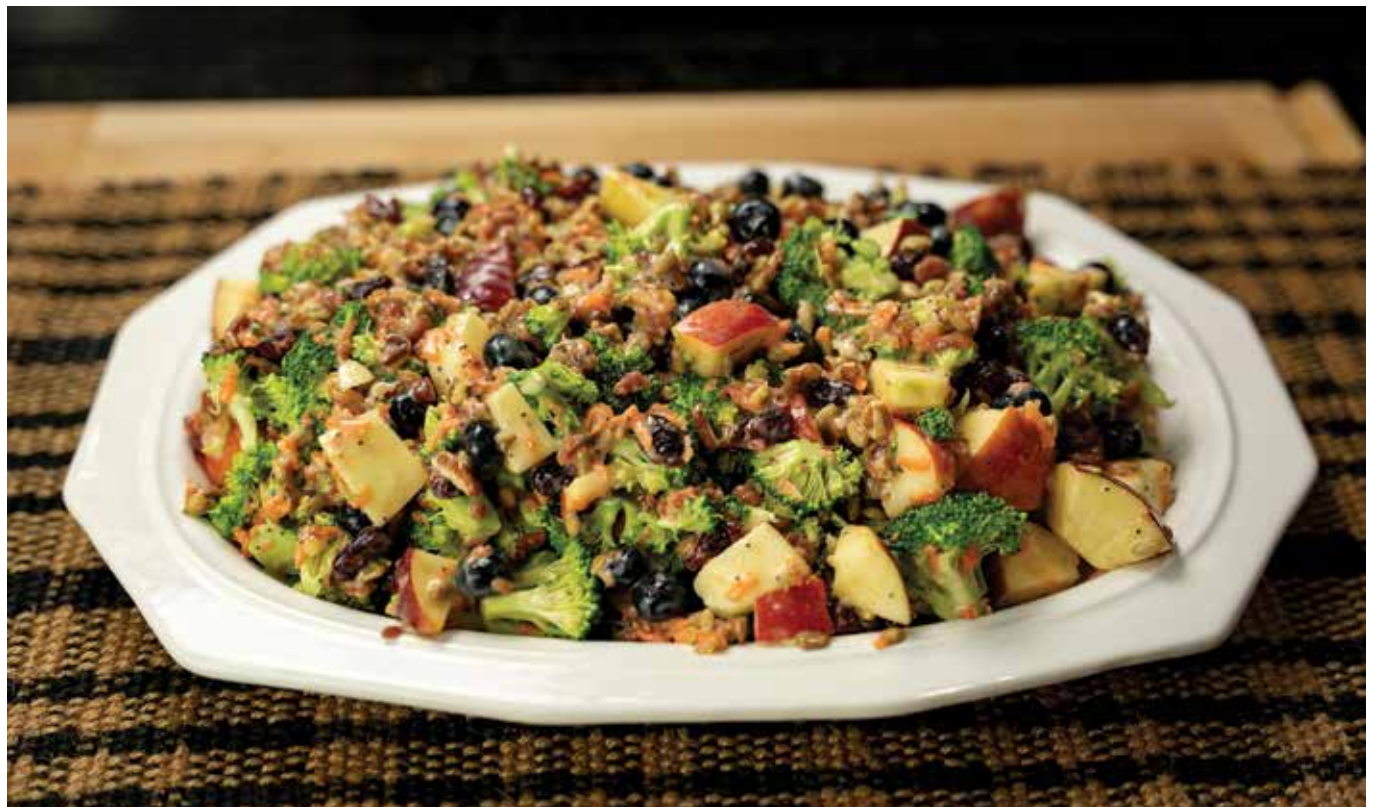
Salads and slaws have come a long way in the past 75 years. I’ll admit, I wasn’t a fan growing up, but now they are the dishes I look forward to most at potlucks. Add some cubed chicken or a piece of salmon, and you have got a light, satisfying meal.

These days, salads are more versatile than ever, thanks to healthier, more creative dressing options ranging from various oils and vinegars to honey, mustard, maple syrup, Greek yogurt, fat-free sour cream and soy sauce. To lighten this recipe, try swapping the mayo for Greek yogurt and cutting the sugar to half a cup. You will still get all the flavor with fewer calories.

Whip up a batch this weekend. You will be glad you did. ■

Information provided by Jolene Goodman, vice president of Big Green Umbrella Media.

SOURCE: Culinary.net. Recipe courtesy of “Cookin’ Savvy”



Broccoli and friends salad

Servings: 4-6

Ingredients

- 2 medium heads broccoli
- 2 apples
- lemon juice
- 1 carrot
- 1 cup blueberries
- 1 cup dried cranberries
- 1 cup sunflower seeds
- 1 cup pecans
- 1 package (2 1/2 ounces) real bacon pieces

Dressing

- 1 cup mayonnaise
- 1/3 cup milk
- 1/3 cup apple cider vinegar
- 2/3 cup sugar
- 2 tablespoons poppy seeds

Directions

- Coarsely chop broccoli and place in large bowl.
- Coarsely chop apples and brush with lemon juice to prevent browning

- Add to bowl.
- Shred carrot and add to bowl with blueberries, cranberries, sunflower seeds, pecans and bacon.
- To make dressing: Mix mayonnaise, milk, apple cider vinegar, sugar and poppy seeds.
- Pour over broccoli salad and mix well.



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Photo identification is required for adults (age 16 and older) to gain admittance to Camp Dodge (State Issued I.D.)

New hope for incontinence sufferers

Revolutionary technology offers life-changing results.

Incontinence affects millions of Americans, yet many suffer in silence due to embarrassment and the misconception that it is an inevitable part of aging. The reality is that incontinence is a treatable medical condition, and breakthrough technology is now offering unprecedented relief for those who have lost hope.



Understanding the different types. Incontinence manifests in several forms. Stress incontinence occurs when physical activities like coughing, sneezing or exercising cause urine leakage due to weakened pelvic floor muscles. Urge incontinence involves sudden, intense urges to urinate followed by involuntary loss of urine. Mixed incontinence combines both stress and urge symptoms, while overflow incontinence happens when the bladder doesn't empty completely.

Many don't realize that neurological conditions, including peripheral neuropathy, can contribute to incontinence. When nerves controlling the pelvic floor muscles or the nerves controlling bladder function become damaged, it can disrupt the communication between the brain and bladder muscles, leading to various forms of incontinence.

The hidden financial burden. The cost of managing incontinence extends far beyond emotional impact. According to recent market research, individuals with urinary incontinence spend approximately \$2,000 to \$3,000 annually on disposable pads and protective garments. Those with fecal incontinence can face costs exceeding \$4,000 to \$5,000 per year. Over a decade, this represents a staggering \$20,000 to \$50,000 expense — money that could be invested in effective treatment instead.

Revolutionary treatment: The Emsella Advantage. Enter Emsella, a groundbreaking pelvic floor training device that is transforming incontinence treatment. This FDA-approved technology delivers the equivalent of 12,000 Kegel exercises in a single 28-minute session. Patients remain fully clothed while sitting comfortably as high-intensity focused electromagnetic energy strengthens the entire pelvic floor muscle group.

Unlike traditional Kegel exercises, which many patients perform incorrectly or inconsistently, Emsella ensures optimal muscle contractions with each treatment. Clinical studies show significant improvement in incontinence symptoms with many patients experiencing dramatic results after just six sessions.

Beyond incontinence: comprehensive benefits. Emsella addresses more than urinary concerns. The strengthened pelvic floor muscles can improve sexual dysfunction, enhance core stability and boost overall quality of life. For individuals with neuropathy-related incontinence, this technology offers hope where traditional treatments have failed.

Reclaiming your life. Incontinence doesn't have to define your life. With advanced technologies like Emsella, we're seeing patients regain confidence and freedom they thought was lost forever.

The journey from incontinence to independence is possible. Modern medicine offers solutions that can eliminate the need for expensive pads while restoring dignity and quality of life. ■

Information provided by Dr. Ole J. Olson, D.C., Asuta Health, 210 N.E. Delaware Ave., Suite 110, Ankeny, www.AsutaHealth.org.



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- ✓ Frequency

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Dr. Ole J. Olson, D.C.
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The future of vision is here

Light Adjustable Lenses arrive in Des Moines.

For many, cataract surgery is a major turning point — often leading to clearer vision and better quality of life. But what if you could improve those results after surgery? Thanks to groundbreaking technology now available in the Des

Moines metro, that's no longer just a dream. The Light Adjustable Lens (LAL) brings new precision and personalization to cataract care.

What Is a Light Adjustable Lens? The LAL is the first and only intraocular lens (IOL) that can be fine-tuned after cataract surgery. Typically, patients and their surgeons choose lens power before surgery, based on measurements. But anyone who's worn glasses knows even small differences in prescription can greatly affect vision.

The LAL changes that. After it's implanted during standard cataract surgery, patients undergo a few brief, painless light treatments over several



weeks. These use targeted ultraviolet (UV) light to reshape the lens inside the eye, adjusting its power to match personal preferences.

In short, your vision is no longer a best guess — it's customized after healing.

Who can benefit? The LAL is especially appealing to those who want less dependence on glasses or contacts after surgery. Whether for reading, driving, or other activities, the ability to “test drive” and adjust vision makes this lens a standout.

It's also ideal for patients who've had refractive surgeries like LASIK, which can make lens power harder to predict. The LAL allows for real-world adjustments instead of relying only on pre-surgery estimates.

What's the process like? After cataract surgery with a LAL, patients wear special UV-blocking glasses to protect the lens from unintentional light. About three weeks later, once the eye has healed, light treatments begin. These are done in the doctor's office using the Light Delivery Device

(LDD).

Each treatment lasts just a few minutes. Most patients need two to four treatments, spaced about a week apart. Once the desired vision is reached, a final light treatment “locks in” the adjustments permanently.

The process is non-invasive, and most people return to normal activities the same day.

Now available in Des Moines. Though LALs have been in larger cities for years, they only recently became available in Des Moines. A recent upgrade added a built-in UV shield, preventing unintentional exposure. This makes the lens more convenient and user-friendly, prompting more providers to offer it.

A personal decision. While not right for everyone, the LAL offers a powerful option for many. As always, talk with a trusted eye care professional to decide what's best for you. ■

Information provided by Daniel Poe, Practice Administrator at Des Moines Eye Surgeons.



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Proper estate planning helps you manage each stage of your life

Estate planning is not only about directing the distribution of your assets when you pass away. Effective planning helps you manage each stage of your life, depending on your specific needs.

Older couples need to plan for their financial and healthcare quality of life. Following the death of a spouse, the survivor needs to address important legal issues. Retired couples want to protect their assets in the face of long-term care costs.

Estate planning comprises three major areas: planning for incapacity, directing wealth and preserving assets.

The first component to estate planning is often overlooked. It is likely that, before you die, something will happen to you that will render you unable to assist in your financial or medical decisions. You should have in place contingent documents — financial power of attorney, health care power of attorney, and living will — that nominate somebody to help you make decisions.

A durable financial power of attorney designates someone to handle your financial affairs if you cannot. A health care power of attorney nominates a medical spokesperson who can convey your wishes. A living will tells your family what you want if you are in a dire medical condition.

The second step in estate planning is to direct your wealth. Your will or trust will designate your beneficiaries. Most people naturally think of planning for spouses, children and relatives first. But you also have to take into account the possibility that your spouse may be in poor mental or physical health, or that your children may be unable to manage an inheritance. Effective planning will consider these contingencies.

Perhaps your children will now take over the role of Executor or Trustee. Or, if your child isn't financially responsible, maybe you want to extend your Trust to provide continuing oversight of assets. You may have new issues, such as preserving an inheritance for grandchildren or protecting it from divorce.

The third part of estate planning works to minimize taxes and preserve assets. Careful estate planning minimizes estate tax and preserves the recipient's basis for calculating capital gains taxes. Long term care costs can be devastating to a couples' savings. Both spouses should establish estate plans that will maximize asset transfers to your heirs and minimize estate taxation.

The process of estate planning raises difficult emotional and personal issues. Your loved ones will be affected by the plans you make now. If you fail to make plans, your spouse or family will be left to handle those issues without guidance. For many people, the most difficult step in the estate planning process is deciding to do it.

It is vital for every person to be responsible enough to create a plan for themselves and their family. Consult an attorney who specializes in estate planning. ■

Information provided by Ross Barnett, Abendroth Russell Barnett Law Firm, 2560 73rd St., Urbandale, 515-278-0623, www.ARPCLaw.com.



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The importance of pre-planning a funeral

Pre-planning a funeral is one of the most thoughtful and practical steps people can take for their loved ones. While it may seem like a difficult or uncomfortable topic to address, making funeral arrangements in advance helps alleviate emotional and financial burdens during an already challenging time.



At its core, pre-planning involves making key decisions about one's final arrangements before the need arises. This can include choosing between burial and cremation, selecting a casket or urn, deciding on a cemetery or final resting place, and outlining the type of service preferred — whether it be religious, secular, traditional or a celebration of life. Pre-planning can also involve writing an obituary, choosing music or readings and designating who should speak at the service.

One of the primary benefits of pre-planning is the relief it offers family members. Grieving loved ones are often overwhelmed by the number of decisions that must be made within a short timeframe. When arrangements have already been made, families are spared from guessing about what their loved one would have wanted and are better able to focus on honoring their memory.

Financially, pre-planning can also be advantageous. Many funeral homes offer pre-payment plans that allow individuals to lock in current prices, protecting against inflation and future cost increases. Pre-paying may also help prevent family disputes over costs or financial strain. However, it's important to research the terms of any pre-paid funeral plan carefully and ensure the funds are secure and transferable, should circumstances change.

Beyond practical matters, pre-planning can also be a deeply personal and reflective process. It allows individuals to make their wishes known and ensures their values and beliefs are respected. It can even prompt meaningful conversations with family members, fostering understanding and connection.

In conclusion, while planning a funeral in advance may not be easy, it is an act of foresight and love. It brings peace of mind to those making the arrangements and provides clarity and comfort to those left behind. Whether done through a funeral home, with the help of an estate planner or using online tools, taking the time to pre-plan is a powerful gift to your family — and yourself. ■

Information provided by Sarah Bering, Iowa Funeral Planning, 515-218-8103, IowaFuneralPlanning.com.

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Top trends and the power of 'with' in neuro rehabilitation

When it comes to healthcare and rehabilitation, the word “with” carries powerful meaning. Rather than approaching care as something done to or for someone, the focus is increasingly on working with individuals and their families. This collaborative approach fosters partnership, shared goals, and mutual respect throughout the healing process.



In neurorehabilitation, this spirit of collaboration extends to clinicians, researchers and care teams working together to support those recovering from brain injuries and neurological conditions. One of the guiding principles of a “with” culture is recognizing and celebrating even the smallest successes. Every step forward — whether it’s a first movement after an injury, a meaningful interaction or a return to an everyday routine — is a milestone.

Though success is more than just a strong culture and team, it also requires technology, research and the willingness to embrace change. So, in the rapidly evolving field of neuro rehabilitation, here are some exciting trends:

Technology-assisted rehabilitation: This is a major area of advancement that includes:

- **Robotics:** Robotic devices, including exoskeletons and robotic arms, are being increasingly used for highly controlled, repetitive and intensive training for motor recovery, especially in gait and upper limb rehabilitation. They offer objective data on patient progress.
- **Virtual reality (VR) and augmented reality (AR):** VR and AR create immersive and engaging environments for patients to practice motor skills, cognitive functions and balance. This can make therapy more interactive, motivating and adaptable, even allowing for home-based rehabilitation.
- **Exoskeletons:** Portable exoskeletons are revolutionizing gait rehabilitation, enabling patients with lower extremity weakness or paralysis to stand and walk.

Personalized medicine and AI-driven therapy: Recognizing that no two patients are alike, there’s a growing focus on tailoring rehabilitation plans.

- **Personalized Medicine:** This involves using individual patient data, potentially including genetic markers and neuroimaging, to create highly customized treatment approaches.
- **AI-Powered Personalization:** Artificial intelligence is being integrated into VR and other systems to analyze real-time patient performance, dynamically adjust therapy difficulty, and provide customized feedback, making interventions more effective and engaging.

Enhanced understanding and targeting of neuroplasticity: Research is continually deepening our understanding of how the brain rewires itself after injury (neuroplasticity). Neurorehabilitation strategies are increasingly designed to specifically optimize these neuroplastic changes through targeted therapies, including activity-based interventions and the integration of advanced technologies. ■

Information provided by Dave Anders, Chief Clinical Officer, On With Life, Ankeny, Polk City, Coralville, www.OnWithLife.org.



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Addressing seniors' top concerns



and maintain independence.

3. Access to medical and therapy services.

While home care is different from home health care, they often complement each other. Older adults recovering from illness or managing chronic conditions may need skilled nursing, wound care or physical therapy at home. Coordinating these services is key to smooth, effective care.

5. Relief for family caregivers. Family caregivers are often stretched thin, juggling jobs, children and caregiving responsibilities. Without support, burnout is a real risk. Respite care allows families to take needed breaks while ensuring their loved one receives compassionate, consistent care.

6. Home safety and preparedness. Falls are a leading cause of injury among seniors. Home safety assessments, grab bars, non-slip rugs and medical alert systems are simple steps that make a big difference. Some families also need help organizing legal or financial matters as part of future planning. Understanding needs and addressing concerns early leads to older adults living longer in their home happy and safe. ■

Information provided by Bob Baumgart, Home Instead, 515-978-7991, www.care.homeinstead.com.

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- Are stairs, clutter or unused spaces becoming daily stressors rather than comfort

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ADVICE

BY MARY EIKENBERRY

Is it time to right-size your life?

Have you ever looked around your home and wondered, "Do I still need all of this?" Or maybe you've thought, "What would it feel like to have less to manage and more freedom to enjoy life?"



Deciding when — and where — to move can be one of the most emotional and complex decisions of your later years.

What if there were someone who could walk beside you through these decisions — not to push, but to guide? A Certified Senior Downsizing Coach is just that: a compassionate professional trained to help you sort through the practical and emotional layers of moving and decluttering.

Would it help to have someone gently ask: How could a simpler space give you more time for what truly matters — friends, travel, hobbies, peace of mind? Would you like suggestions as to how to share your plans with your family so you maintain control of your life? Or even less complicated questions such as: What items still serve your life today/give you joy?

A Certified Senior Downsizing Coach can help you make a plan, provide a listening ear, provide direction and even connect you with trusted professionals you will need as you plan for your move.

So, what's holding you back? And more importantly, what could be waiting for you, just on the other side of letting go? ■

Content provided by Mary Eikenberry, Certified Senior Downsizing Coach, 515-238-5225, www.StraightTalkSeniorLivingSeries.com, MaryCoachingSeniors@gmail.com.

ADVICE

BY BETHENY WILSON

TURNING 65?

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ADVICE

BY BETHENY WILSON

Preparing for Medicare

Turning 65 is a major milestone — and it also means it is time to prepare for Medicare. Understanding your options and timelines is essential to avoid penalties and ensure you get the coverage you need.



Start by learning the basics. Medicare is divided into parts: Part A (hospital insurance) and Part B (medical insurance) form Original Medicare. Part C (Medicare Advantage) is an alternative offered by private insurers. Part D covers prescription drugs.

Enrollment begins three months before your 65th birthday and lasts for seven months. If you're already receiving Social Security, you'll be automatically enrolled in Parts A and B. Otherwise, you will need to sign up manually through the Social Security Administration.

Consider your current and future healthcare needs. If you have employer coverage, coordinate with your benefits team to understand how Medicare fits in. You may also want supplemental insurance (Medigap) to help with out-of-pocket costs.

Review and compare plans annually during annual election period, as needs and plan offerings can change.

Preparing early ensures smoother enrollment and smarter choices. Medicare can be complex, but with the right knowledge and planning, you can make confident decisions about your healthcare in retirement. ■

Information provided by Betheny Wilson, Health Insurance Advisor, LLC, 6000 Grand Ave., Suite H, Des Moines, IA 50312.

Smart financial preparedness for seniors

Balancing investment risk with asset safety

As retirement approaches or progresses, financial priorities typically shift dramatically. For senior citizens, one of the key concerns is not just growing wealth — it's preserving it. Balancing the potential rewards of investments with the safety and accessibility of assets can become a cornerstone of financial preparedness. With the right strategies, seniors can enhance their financial futures while still taking advantage of some carefully measured opportunities.



Financial preparedness is crucial for senior citizens, as it lays the foundation for a secure, stress-free retirement. With increased life expectancy and rising healthcare costs, it seems more important than ever for older adults to have a solid financial plan that supports their lifestyle, helps protect against unexpected expenses, and one that can provide comfort for their long-term well-being.

One of the first steps toward financial preparedness is understanding and organizing one's finances. Seniors should conduct a thorough review of their income sources, including Social Security benefits, pensions, retirement accounts and any part-time employment. Having a clear picture of income versus expenses helps identify gaps or opportunities for savings. It is also essential to budget for recurring costs like housing, food, insurance premiums, and medical expenses.

Healthcare planning is a critical aspect of financial security in later years. While Medicare provides basic coverage, it doesn't cover everything. Seniors should consider supplemental insurance policies, such as Medigap or Medicare Advantage, to fill potential gaps. Long-term care insurance is another valuable tool to help cover expenses related to nursing homes or in-home care, which can be financially devastating if unplanned.

Estate planning is another pillar of financial preparedness. Drafting a will, designating power of attorney and setting up healthcare directives help to manage that personal and financial matters are handled according to one's wishes. Trusts can also be a strategic option for managing assets and minimizing estate taxes or probate costs. Regularly updating these documents can be vital, especially after major life events such as the death of a spouse or the sale of property.

Additionally, seniors may benefit from consulting a financial advisor. A professional can offer guidance tailored to individual circumstances, including investment strategies that balance risk and return, tax planning, and strategies to help maximize retirement income. It's never too late to seek advice, even if retirement is already underway.

Finally, financial preparedness includes having an emergency fund. Life can be unpredictable, and having liquid assets set aside for emergencies helps avoid dipping into retirement savings prematurely.

Financial preparedness empowers senior citizens to enjoy retirement with confidence. By organizing finances, planning for healthcare and estate needs, and seeking professional guidance, seniors can maintain financial independence and peace of mind in their golden years. ■

Information provided by Vicki L. Monaco, CEO of Life & Legacy Advisors. Investment Advisor Representative for and investment services offered through Royal Fund Management, LLC a SEC Registered Investment Advisor. 7900 Hickman Road, Suite 200A, Windsor Heights. 515-309-2985.



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Tune in to summer

How hearing health supports your mind, memory and independence

As the warm days of June arrive and Iowans soak up the joys of backyard barbecues, farmers' markets and family reunions, there is no better time to think about how to keep your mind sharp and your body vibrant. Healthy aging isn't just about staying physically active or eating your veggies — it's also about maintaining your cognitive health. And believe it or not, your ears play a bigger role in that than most people realize.



Recent studies show that untreated hearing loss is closely linked to cognitive decline, including memory loss and even dementia. That's because when the brain has to work overtime to process unclear sounds, it takes energy away from other important functions like memory and

concentration. Over time, this extra strain can wear down cognitive function and increase social isolation, which only adds fuel to the fire.

Hearing loss also often develops gradually, making it easy to overlook until communication becomes noticeably difficult. Many older adults begin to withdraw from conversations and social gatherings — not because they want to, but because it becomes exhausting to keep up. This isolation can impact not just emotional well-being but also long-term brain health.

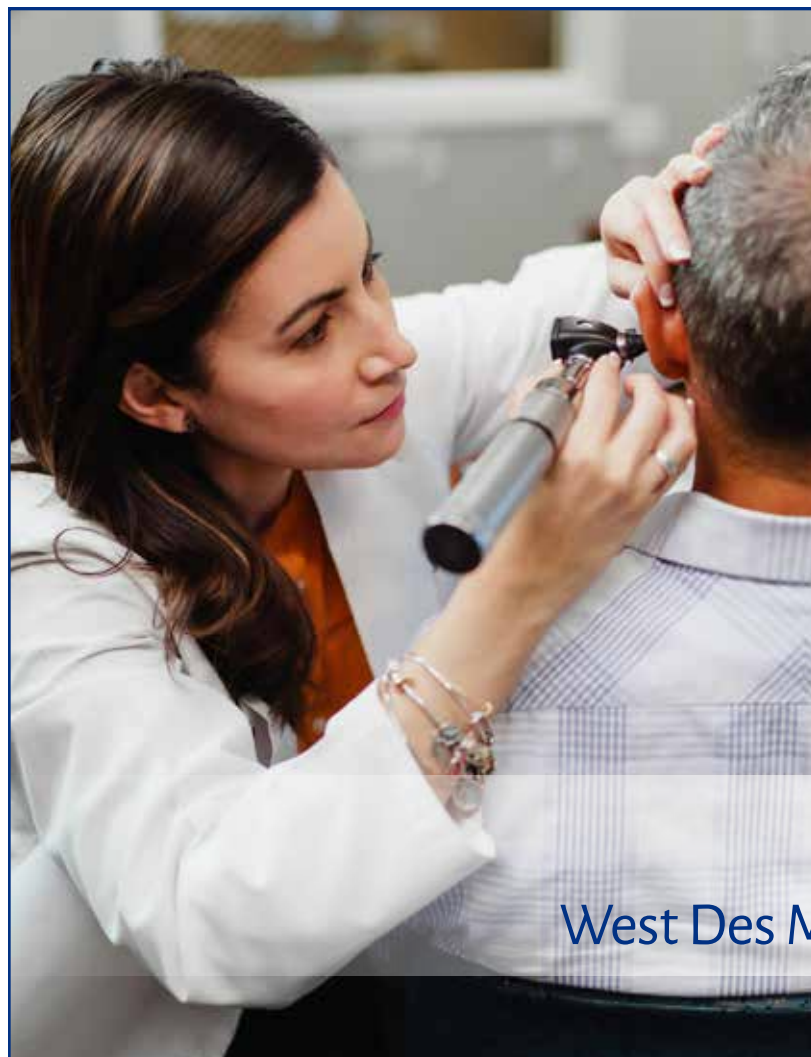
The good news? You can take simple, proactive steps today to protect your hearing and your brain. One of the most important things you can do this summer is schedule a baseline hearing test — just like you would annual bloodwork or a bone density scan in your 60s. Knowing where your hearing health stands gives you a valuable

reference point for future care and provides peace of mind.

Local hearing care professionals specialize in helping adults 50-plus stay connected — to loved ones, to the world around them and to their healthiest selves. Many hearing care providers offer free evaluations, advanced hearing technology and a compassionate approach that helps individuals feel truly heard — both emotionally and physically.

So, while you are planning your next summer getaway or garden project, don't forget to include your health checklist. A hearing test takes less than an hour, but the benefits can last a lifetime. Your hearing matters — not just for what you hear, but for how you live. ■

Information provided by Nathan Homes, Hearing Instrument Specialist, ASI Beltone, 515-225-2242, www.asibeltone.com.



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