

# SENIOR VIEW

DES MOINES' 55-PLUS LIFESTYLE MAGAZINE

APRIL / MAY 2026

## DRIVEN to give

Learn how three central lowans are changing lives through service.

### FEATURE STORY

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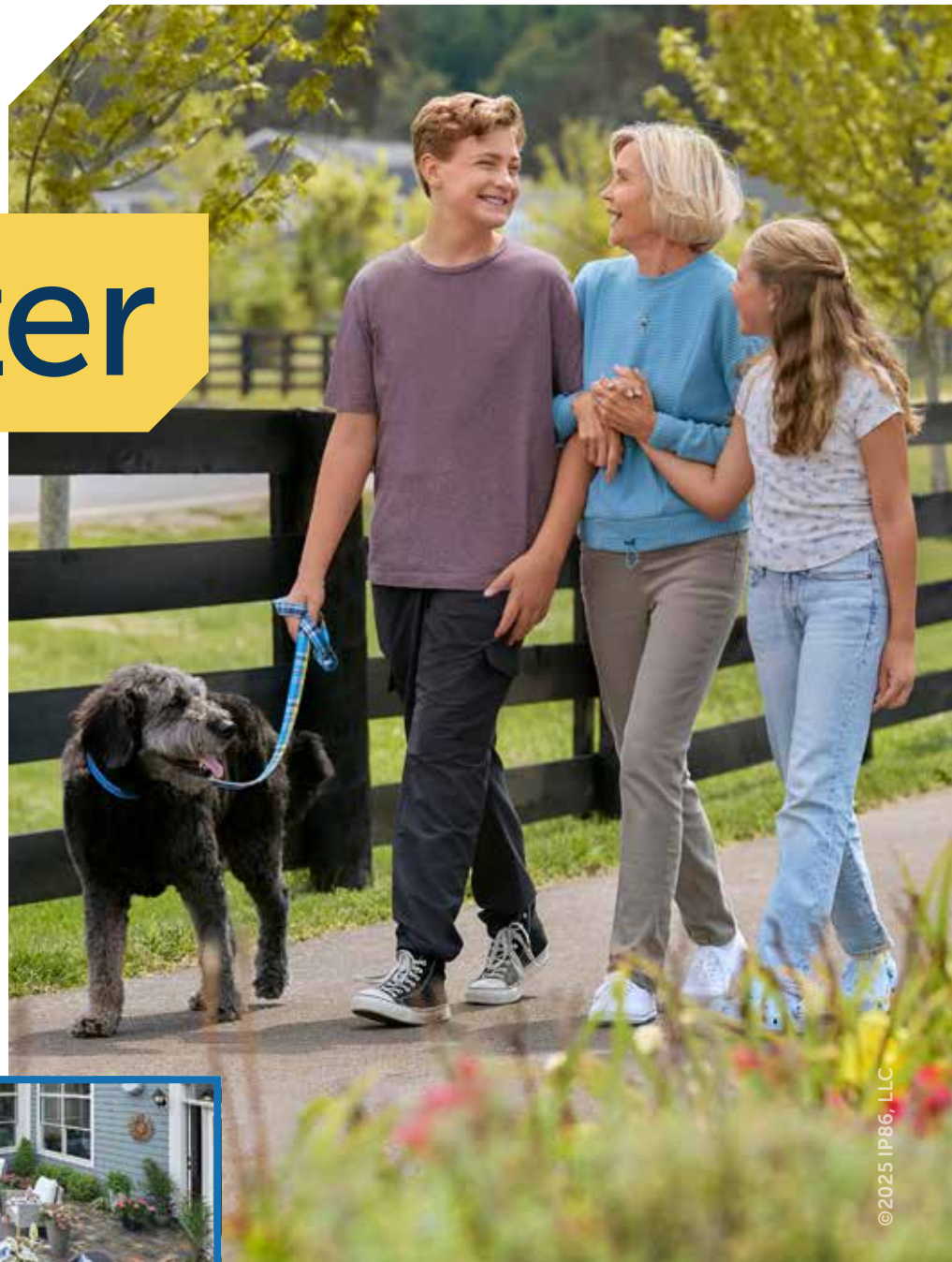
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# FROM THE PUBLISHER

## What volunteering has taught me about connection and growth

I used to think volunteering was simply about giving back — something you did for others, expecting nothing in return. And while that's true, I have come to realize it is only part of the story.

For me, volunteering has become something much bigger. It is not just about helping someone else; it is about connection, perspective and, surprisingly, personal growth.



At its core, volunteering fills gaps. There are countless organizations and community groups doing important work with limited resources, and volunteers help make that work possible. I have seen how something as simple as giving your time — serving a meal, helping a child or showing up when it matters — can make a real difference. On their own, those moments may seem small, but together, they add up to something meaningful.

What I didn't expect was how much volunteering would connect me to other people. In a world that often feels divided, it creates space for individuals from different backgrounds and experiences to come together. Working side by side toward a shared goal has a way of breaking down barriers. It is a reminder that we are more alike than we sometimes think.

It has also changed me in ways I didn't anticipate. Volunteering has pushed me to step outside my comfort zone, develop new skills and even rediscover interests I had not thought about in years. More than anything, it has given me a renewed sense of purpose.

I have also noticed how volunteering creates a kind of ripple effect. When people see others giving their time, it encourages them to do the same. Over time, that builds a stronger sense of community and shared responsibility. It becomes less about obligation and more about being part of something bigger than yourself.

Looking back, I don't see volunteering as just an act of charity anymore. I see it as an investment — in others, in the community and in myself. It has helped me build relationships, gain perspective and understand the value of showing up.

And maybe that is what matters most. Progress isn't just about what we accomplish on our own — it is about what we choose to do for each other. ■

**SHANE GOODMAN**

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shane@dmcityview.com  
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# TABLE OF CONTENTS

<b>Driven to give</b> .....	6
<b>Couch theater</b> .....	13
<b>Events in the area</b> .....	16
<b>The sounds of summer</b> .....	24
<b>If you have been turning up the TV, it's time to find out why</b> .....	30
<b>Why having 'The Talk' is a gift to your family</b> .....	31
<b>Navigating caregiving</b> .....	32
<b>The hidden warning signs before a fall happens</b> .....	34
<b>A smarter way to see after cataract surgery</b> .....	35
<b>Problems to identify in outdated estate plans</b> .....	36
<b>Invest today in a stroke-free future</b> .....	37
<b>Why you should take a walk today</b> .....	38
<b>Preparing for Medicare before you turn 65</b> .....	38
<b>Your next chapter: Financial confidence for women 55-plus</b> .....	39
<b>Sausage and cheese breakfast bake is easy, filling and practical</b> .....	40

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**ADVERTISING DIRECTOR**  
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**ADVERTISING SALES MANAGER**  
**ACCOUNT EXECUTIVES**

Shane Goodman  
 Jolene Goodman  
 Cyote Williams  
 Jackie Wilson  
 Aaron Burns  
 Mary Fowler  
 Allyssa Ertz

**DESIGN MANAGER**  
**ADVERTISING DESIGNERS**  
**DIGITAL MANAGER**  
**BUSINESS OFFICE MANAGER**  
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Celeste Tilton  
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# DRIVEN to give

Learn how three central Iowans are changing lives through service.

By Jackie Wilson

With busy schedules and seemingly endless to-do lists, volunteering or attending fundraising events often falls by the wayside.

Yet volunteering is a way of life. According to recent statistics, approximately 25% of the adult population volunteers at some point in their lives. Within those numbers, older adults volunteer more consistently.

People volunteer for many reasons, including a sense of purpose, empathy for those less fortunate and a desire to change medical outcomes.

We feature three Des Moines-area adults who share their hope for a lifesaving cure, feeding kids and providing food for hungry Iowans.

Susie Rider is passionate about finding new ways to fundraise for cystic fibrosis research, including a Running With Straws event.



Susie Rider began volunteering for the Cystic Fibrosis Foundation after her daughter, Andrea, was diagnosed with cystic fibrosis at age 4.

## ANDREA'S ANGELS FUNDRAISE FOR CYSTIC FIBROSIS

Most mothers are ultimate protectors, doing almost anything to ensure their children's safety, health and well-being.

One mom took it to the extreme. Susie Rider has shaved off all her hair, had pies thrown in her face and spent the past 25 years seeking donations — all because of her daughter's diagnosis.

When Susie and Jeff Rider's daughter, Andrea, was born in 1996, she suffered from gastrointestinal issues and poor weight gain. At age 2, doctors noted a failure to thrive. After two and a half years, tests confirmed Andrea carried the DF508 gene mutation associated with cystic fibrosis. CF is a genetic disease that damages the lungs, digestive system and other organs.

Susie's initial reaction was fear.

"I was shattered. I started planning her funeral," she said. "I didn't know anything that first month."

Through her fear, she dove in, researching and absorbing information about the disease. What piqued her interest was the science behind treating CF. Research — and ultimately treatments — could not only extend her daughter's life but also improve its quality.

She connected the dots: Raising money for research could help her daughter and others live longer.

It has been 25 years since Andrea's diagnosis, and Susie's fundraising efforts continue to support the goal of finding a cure.

Over the years, she has raised \$725,000 through her Andrea's Angels team, which has been the top fundraiser for the Cystic Fibrosis Foundation in Iowa for the past eight years.

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partnering with local restaurants such as Tullpa and Wasabi. Susie also sends annual fundraising letters with self-addressed stamped envelopes to hundreds of supporters.

She once set a goal to raise \$50,000 for her 50th birthday. When she fell short, another team member raised \$10,000 by shaving her head. Susie made the same pledge — and exceeded her goal by \$12,000.

Because of the COVID-19 pandemic, she livestreamed the event instead of hosting a party.

“I told Andrea, ‘I love you more than I love hair,’ ” she said.

A newer fundraiser, “Running With Straws,” gives participants a sense of what it is like to breathe with CF. The event raised \$15,000 last year and is now in its eighth year. Participants run or walk with a straw in their mouths for the first minute.

“People experience what it’s like to not breathe fully,” she said.

Fundraising has helped lead to treatments such as Trikafta, a life-changing drug Andrea began taking in 2019. Within days, her chronic cough improved.

“Life expectancy was 24 when she was first diagnosed. Now it’s in the 60s,” Susie said. “All



Susie Rider, a passionate advocate for cystic fibrosis, agreed to shave her head after raising \$50,000 for cystic fibrosis research.

because of fundraising and volunteering.”

Susie estimates her fundraising work is equivalent to a part-time job.

When Andrea got married last year, it was a special moment to share with her supporters.

“Volunteering is important. When it hits home, it changes everything,” Susie said. “It makes me feel like I’ve played my part. Seeing my child be healthy is enough.”

## MARY’S MEALS

Ellen Miller’s smile reflects decades of compassion and service. For more than 20 years, she has dedicated her time to helping others.

Miller began volunteering through her church, St. Thomas Aquinas. She later co-chaired Christ Our Life, a Catholic conference where Mary’s Meals founder Magnus MacFarlane-Barrow spoke about feeding students in Africa. Children receive meals only if they attend school.

Miller’s son, Mike, became an ambassador for Mary’s Meals, and she began sharing the organization’s mission in Des Moines-area schools.

“When I was asked how I could make a difference, I said, ‘How can I help?’ ” she said.

She helped establish the Race to Feed Kids in 2012. A \$25.20 T-shirt purchase feeds one child for an entire school year.

Organizers initially hoped to sell a few hundred shirts but quickly surpassed expectations. Since then, they have sold more than 42,000 shirts.

“People can understand that number,” she said. “The shirts are like a walking billboard.”

Other fundraisers include concerts at Jasper Winery and performances at parishes across the

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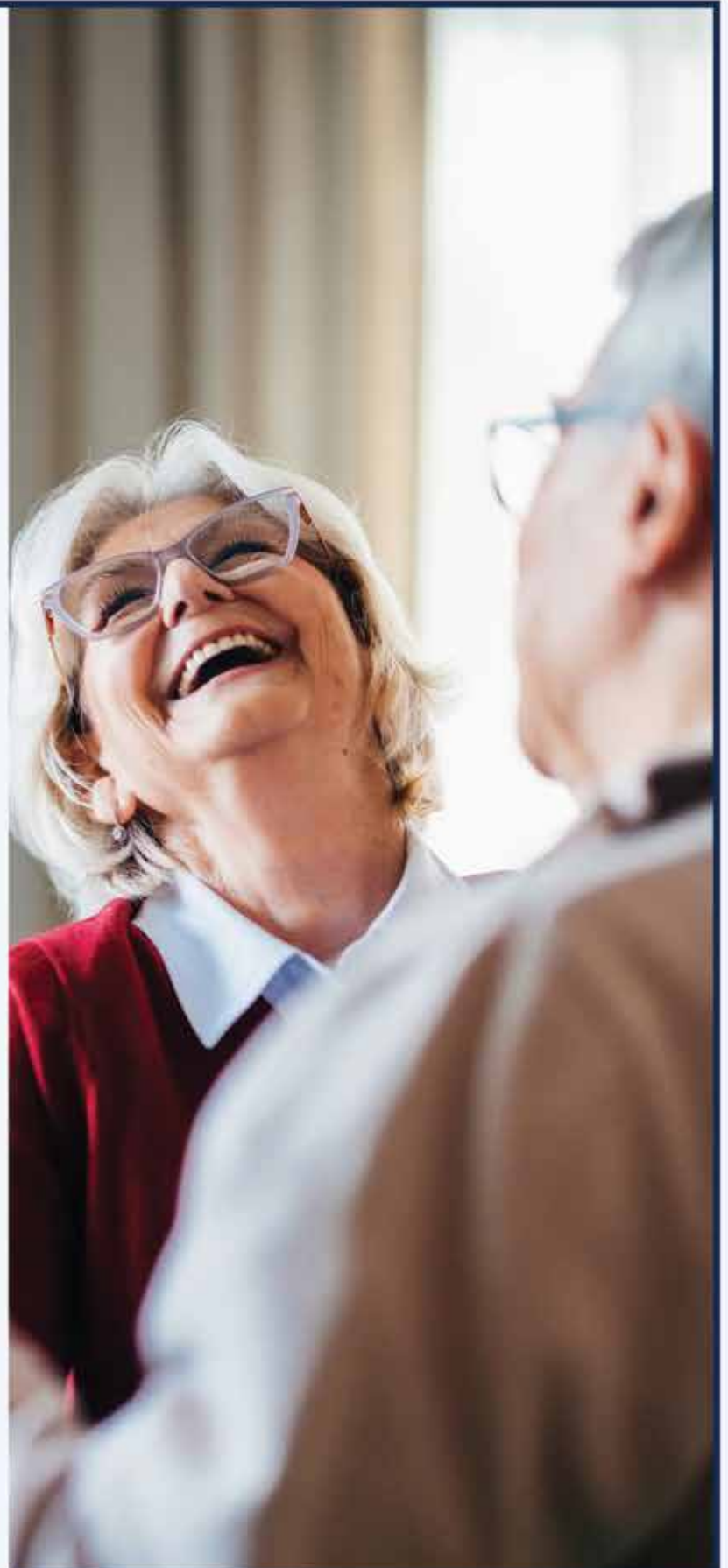
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Ellen Miller teaches people to share “little acts of love” through Mary’s Meals. The cost of one T-shirt is \$25.20 and feeds a child for an entire school year.



Ellen Miller speaks at a fundraising concert at Jasper Winery benefitting Mary’s Meals.

Midwest.

Miller has traveled to Malawi 11 times to witness the mission firsthand. Despite language barriers, connection often begins with a simple smile.

“It breaks down barriers and connects us,” she said. “It’s not just us helping them — they help

themselves.”

Mary’s Meals feeds 3 million children daily in 16 countries. Locally, Heartland for Kids supports about 3,000 students in Malawi and Iowa.

“It’s about small acts of love,” Miller said. “It brings hope for the future.”

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## FOOD PANTRY

When Jerry Wylie retired from State Farm, he planned to relax. That changed when a friend suggested volunteering at the DMARC Food Pantry.

“I thought I’d try it,” he said. “I never left.”

Nine years later, Wylie continues to volunteer regularly at the warehouse, sorting donated food. He works two to four hours a day, up to three days a week.

“I come in when I can,” he said.

He checks expiration dates, inspects items and sorts them into categories — sometimes processing up to 250 items per hour.

Large drives, such as Stamp Out Hunger, can bring in tens of thousands of pounds of food.

“There are people of all ages who need help,” he said. “Hunger is invisible.”

Wylie has a long history of volunteering, including coaching youth sports and supporting Special Olympics with his wife, Debby.

“There’s always a volunteer opportunity if you look for it,” he said.

He encourages retirees to get involved.



Jerry Wylie volunteers up to 10 hours a week at the DMARC Food Pantry in Des Moines.



“When you retire, you have time,” he said. “Try something.”

Wylie recommends organizations such as United Way for finding opportunities.

“It’s like having work friends,” he said. “But through volunteering.”

His wife recently joined him at DMARC, and the couple now enjoys trying new restaurants after their shifts.

“Volunteering is a good way to get off the couch,” he said. ■

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# Couch theater

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## “AVATAR: FIRE AND ASH” (PG-13)

After an incredible run at the box office that earned 20th Century Studios \$1.487 billion, the third “Avatar” installment is out now to rent on video on demand. Picking up right where “The Way of Water” left off, “Fire and Ash” thrusts viewers immediately into action as Jake (Sam Worthington) and Neytiri’s (Zoe Saldana) family embark on a trip to drop off Spider (Jack Champion) at the human scientist camp. Of course, nothing goes to plan as their ships get ambushed on their way there, leaving the family separated and susceptible to danger. Additionally, a new Na’vi tribe is featured, called the Mangkwan — volcano-dwelling killer warriors who are led by a matriarch named Varang (Oona Chaplin). The world of Pandora is still as immersive and vibrant as ever. (YouTube)

## “THE BRIDE.” (R)

Director Maggie Gyllenhaal (“The Lost Daughter”) and Oscar winner Jessie Buckley (“Hamnet”) teamed up for the second time for this Gothic romance film about the Bride of Frankenstein. Buckley plays the titular character, who gets revived by Dr. Euphronius (Annette Bening) for Frankenstein (Christian Bale) to have as a companion. However, Frankenstein’s eccentric bride had a previous life that was spent in the shadows, and even though she loses her memory when she’s revived, her old life seeps into their current reality together. The pair also go on an accidental killing rampage, which keeps Detective Jake Wiles (Peter Sarsgaard) and his assistant, Myrna (Penelope Cruz), hot on their tails. Available on April 7 to rent. (Amazon Prime Video)

## “WUTHERING HEIGHTS” (R)

This week brings us a ton of new movies that were awaiting their video-on-demand release dates. The next one up is director Emerald Fennell’s (“Saltburn”) reimagining of Emily Bronte’s 1847 novel. She chose Margot Robbie (“A Big Bold Beautiful Journey”) as her Cathy and Jacob Elordi (“Frankenstein”) as her Heathcliff, which undoubtedly contributed to the film’s \$236 million gross at the box office. Those who have read the novel or seen previous adaptations know that Cathy and Heathcliff’s love story is one of tragedy, despair and longing. But set against Fennell’s uniquely modern direction, their romance would make anyone swoon. Out now to rent. (Fandango at Home)



Courtesy of MovieStillsDB

Margot Robbie, left, and Jacob Elordi star in “Wuthering Heights.”

## “PILLION” (R)

Last but not least is this dark-comedy romantic drama led by Harry Melling (“The Devil All the Time”) and Alexander Skarsgard (“Succession”). If you thought the hockey show “Heated Rivalry” was juicy, just wait until you rest your eyes on this film. It follows the intimacy journey of a shy gay man named Colin (Melling). Lonely and desperate to feel intimacy, Colin encounters local biker Ray (Skarsgard) and begins a BDSM relationship with him. At first, Colin enjoys their strict, no-nonsense dynamic, but after some time, he wonders whether his feelings for Ray (and perhaps Ray’s feelings for him) can move their relationship into a more romantic light. Out now to rent. (Apple TV+) ■

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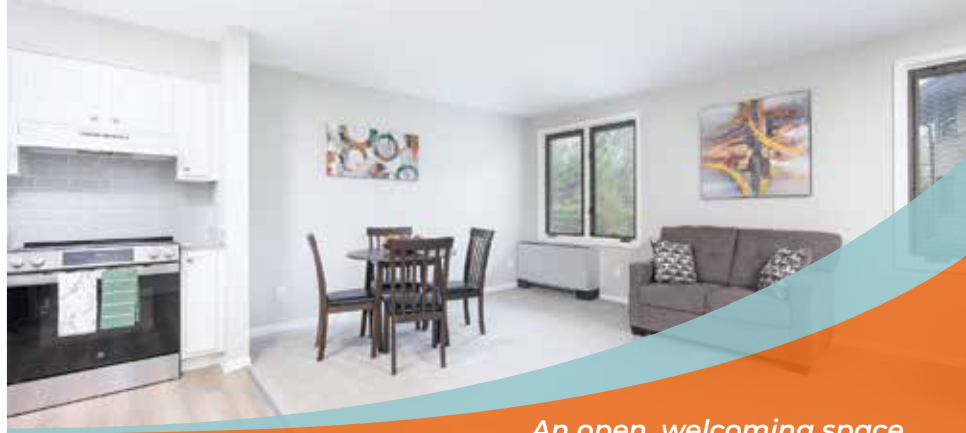
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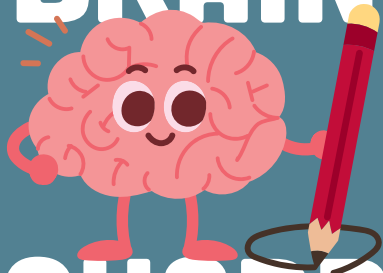
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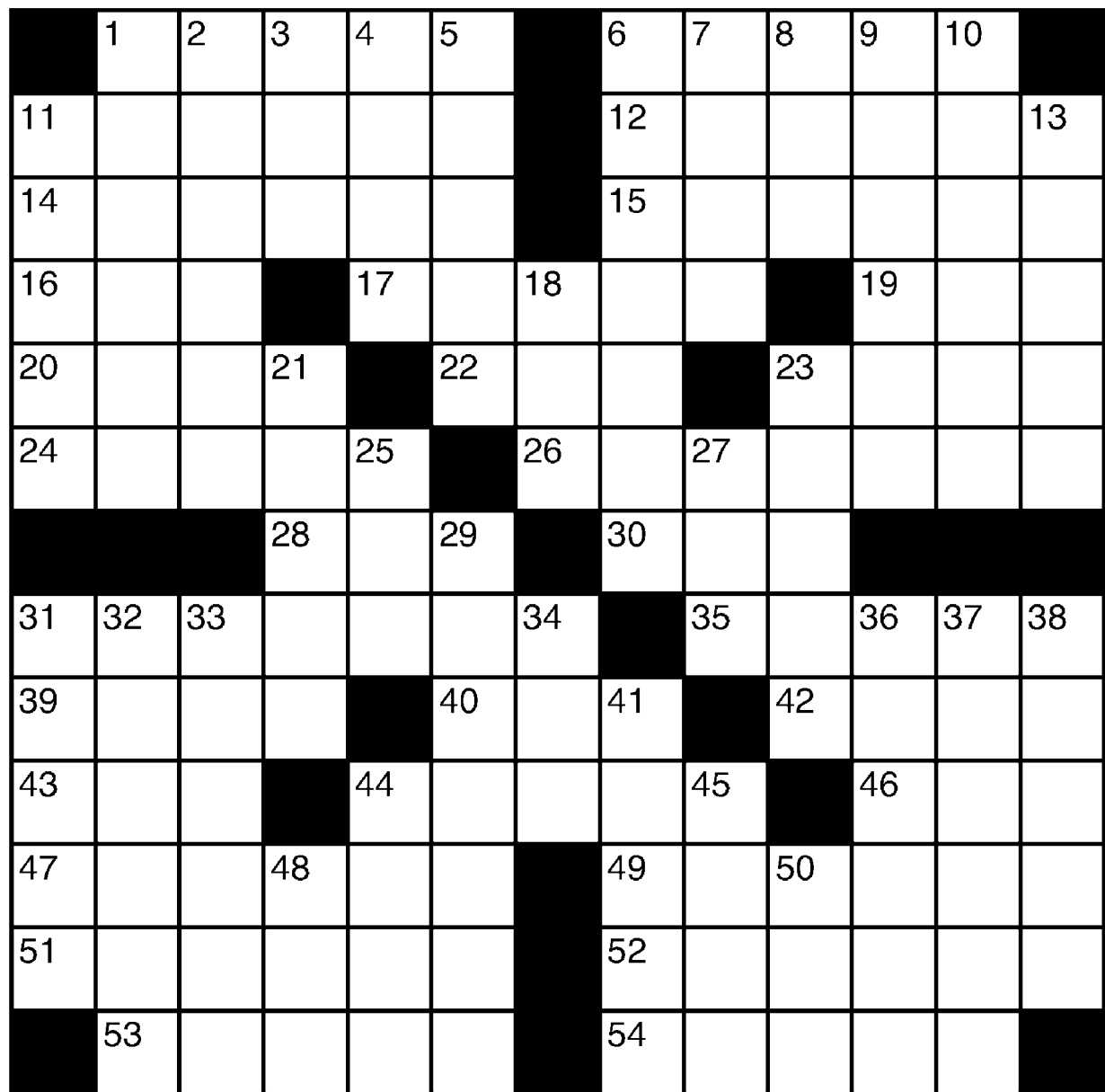
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- 1 -- Ark
- 6 Con games
- 11 French novelist
- 12 Heckler's weapon
- 14 "Delta Wedding" author Welty
- 15 Defeated in a footrace
- 16 Govt. stipend
- 17 Roly-poly
- 19 Roast VIPs
- 20 Golf pegs
- 22 Docs' org.
- 23 Lap dog, for short
- 24 Former First Daughter
- 26 Most sore
- 28 401(k) alternative
- 30 Med. plan
- 31 Popeye's veggie
- 35 Muslim legal expert
- 39 Centers
- 40 Possesses
- 42 Uttered

- 43 Before
- 44 "Graceland" singer Paul
- 46 The Browns, on scoreboards
- 47 Chew out
- 49 Tex-Mex treat
- 51 "I, Robot" author
- 52 Leg joints
- 53 Hosiery shade
- 54 Repaired shoes

### DOWN

- 1 Mal de mer
- 2 "Golden" tunes
- 3 Dye type
- 4 Angelic instrument
- 5 Milan's La --
- 6 Tolerate
- 7 Brilliant stroke
- 8 Invoice fig.
- 9 "Little Women" matriarch
- 10 Pancake towers
- 11 Defeats

- 13 Start
- 18 Hollywood's Thurman
- 21 Tibia settings
- 23 Reverent
- 25 Altar in the sky
- 27 "Let me think ..."
- 29 Reach
- 31 Biblical realm
- 32 Least spoiled
- 33 Portugal's place
- 34 Sandwich meat
- 36 Glib
- 37 Inclined
- 38 Concepts
- 41 Remote locations?
- 44 Halt
- 45 iPod model
- 48 Asia's -- Darya river
- 50 Keypad trio

SEE ANSWERS ON PAGE 42

# SENIOR SOCIAL EVENTS

## AFTERNOON WITH ANN HANIGAN KOTZ

Thursday, April 23rd, 2026 | 3:00-4:00 PM  
Holland Farms Senior Living | Norwalk, IA

Join Iowa historical fiction author Ann Hanigan Kotz as she takes you back in time to explore the stories of forgotten individuals. Test your knowledge during an interactive Iowa trivia competition—and you might just walk away with a prize! This engaging afternoon is a wonderful chance to connect, learn, and experience the vibrant spirit of Holland Farms.



## 5TH ANNIVERSARY CELEBRATION

Wednesday, May 28th, 2026 | 6:00-6:30 PM  
Holland Farms Senior Living | Norwalk, IA

Join us as we celebrate the 5th Birthday of Holland Farms! Step into the action at our open-house style celebration featuring live music and light refreshments. It is the perfect opportunity to meet our neighbors, explore our community, and savor a sweet milestone together.

## UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Tuesday, June 16h, 2026 | 2:00-3:00 PM  
Holland Farms Senior Living | Norwalk, IA

Alzheimer's disease is not a normal part of aging. Join us for an educational program to learn about the differences between dementias, including stages, risk factors, and current research and treatments. This gathering offers a welcoming setting for community members to gather for words of insight and shared support.



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## DES MOINES TULIP FESTIVAL

Wilson's Orchard and Farm,  
3201 15th Ave., Cumming  
[www.wilsonsorchard.com](http://www.wilsonsorchard.com)

April 22-26, April 29 to May 2

Attendees can expect thousands of tulips stretching toward the sky, picking your own bouquet, farm-to-table dining, farmers market, activities, live entertainment and more.



## DES MOINES PERFORMING ARTS

Des Moines Civic Center, Cowles Commons, Stoner Theater,  
221 Walnut St., Des Moines

[www.dmpa.org](http://www.dmpa.org)

- April 18, 19: Des Moines Symphony: Hope – Copland and Gershwin
- April 22: National Geographic Live: Diving The Great Barrier Reef
- April 24: The Rock Orchestra by Candlelight
- April 25: America: The Happy Trails Tour
- April 28-30, May 1-3: Suffis
- May 9, 10: Des Moines Symphony Season Finale: Courage – Alpine Symphony
- May 16-17: Ballet Des Moines: Cinderella



## DSM BOOK FESTIVAL 2026

Franklin Event Center,  
4801 Franklin Ave., Des Moines  
[www.beaverdalebooks.com/dsm-book-festival-2026](http://www.beaverdalebooks.com/dsm-book-festival-2026)

May 2

Readers and book lovers in central Iowa will be thrilled to find an outstanding array of authors appearing at the 2026 DSM Book Festival. This is a free event, presented by Beaverdale Books. It will have author programs, panels, workshops and children's activities. The event will offer attendees the opportunity to have their books signed, visit with publishers and enjoy mingling with fellow booklovers. Headlining authors are Rainbow Rowell, Art Cullen, Julie Murphy and Taylor Wolfe.



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## CELEBRATE JAZZ APPRECIATION MONTH WITH CJC

Patty and Fred Turner Jazz Center, 268A Harmon Fine Arts Center, 1310 25th St., Des Moines

[www.cjc-dsm.org](http://www.cjc-dsm.org)

April 19

In celebration of Jazz Appreciation Month, the Community Jazz Center of Greater Des Moines (CJC) presents four hours of local jazz on Sunday, April 19 at the Turner Jazz Center on the campus of Drake University. The event, which runs from noon to 4 p.m., will feature the past, present and future of jazz in Des Moines with performances from Drake Jazz Band II, CJC Youth Combo, DSM Young Lions (a group of up and coming players on the scene) and the CJC Big Band (with guest soloists).



Hayden Cantrelle. Photo by Dylan Heuer

## IOWA CUBS

Principal Park, 1 Line Drive, Des Moines

[www.iowacubs.com](http://www.iowacubs.com)

Home games

- April 21 at 6:38 p.m. vs. Louisville Bats (Cincinnati Reds)
- April 22 at 12:08 p.m. vs. Louisville Bats
- April 23 at 12:08 p.m. vs. Louisville Bats
- April 24 at 7:08 p.m. vs. Louisville Bats
- April 25 at 3:08 p.m. vs. Louisville Bats
- April 26 at 1:08 p.m. vs. Louisville Bats
- May 5 vs. Columbus at 6:38 p.m. | Demonios de Des Moines
- May 6 vs. Columbus at 12:08 p.m.
- May 7 vs. Columbus at 12:08 p.m.
- May 8 vs. Columbus at 7:08 p.m. | Outdoors Night
- May 9 vs. Columbus at 3:08 p.m. | Mental Health Awareness Day | Catch On The Field
- May 10 vs. Columbus at 1:08 p.m. | Mother's Day
- May 19 vs. Memphis at 6:38 p.m.
- May 20 vs. Memphis at 12:08 p.m.
- May 21 vs. Memphis at 12:08 p.m. | Iowa Oaks
- May 22 vs. Memphis at 7:08 p.m. | Friday Night Fireworks
- May 23 vs. Memphis at 6:08 p.m. | Catch On The Field
- May 24 vs. Memphis at 1:08 p.m. | Kids Run The Bases



## EARTH DAY AT THE BOTANICAL GARDEN

Greater Des Moines Botanical Garden,

909 Robert D. Ray Drive, Des Moines

[www.dmbotanicalgarden.com](http://www.dmbotanicalgarden.com)

April 18

Celebrate Earth Day at the Des Moines Botanical Garden, central Iowa's hub of earthly goodness. There will be family-friendly activities, chances to explore and community partners promoting awareness, sustainability and Earth-friendly practices, all with free admission on April 18.



## SIGN UP FOR OUR DIGITAL EDITION EMAIL

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West Des Moines



Dr. Kathleen Matthews



The Des Moines Symphony. Photo by Ben Easter

## THE DES MOINES SYMPHONY'S SEASON FINALE: COURAGE – ALPINE SYMPHONY

Des Moines Civic Center, 221 Walnut St., Des Moines  
[www.dmsymphony.org/concerts-events/season-finale-courage-alpine-symphony](http://www.dmsymphony.org/concerts-events/season-finale-courage-alpine-symphony)

May 9

The Symphony's Season Finale explodes with Richard Strauss and his monumental storytelling. The symphony's powerful brass section is on display, from the composer's Vienna Philharmonic Fanfare to the cinematic grandeur of his Alpine Symphony featuring 34 brass players.



## SMOKE AND SIP BBQ FESTIVAL

Middlebrook Agrihood, 4300 Cumming Ave., Cumming  
[www.middlebrookfarm.com](http://www.middlebrookfarm.com)

May 16

This is the second annual Smoke and Sip BBQ Festival at the Middlebrook Farm. Local pitmasters will be bringing their best BBQ right to your plate. There will also be beer sampling, yard games, live music, and it is free to attend. Check out the farm while you're there and try not to get too full.



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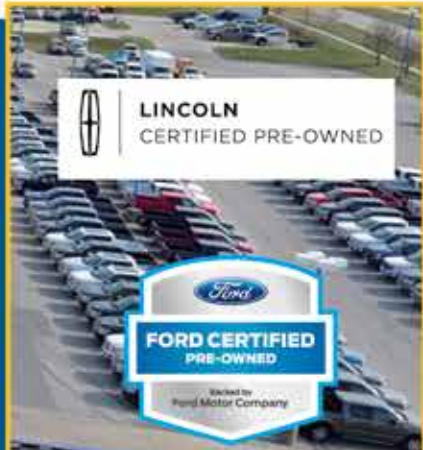


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					2			
			7	6				9
6			8	2			3	
9		7		5			2	
3				6	8			
		5				3	7	
5	8		2	9			4	
	2	4		8			5	3
	3	9			5	8		

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆◆◆

◆ Moderate ◆◆ Challenging  
◆◆◆ HOO BOY!

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- 1. GEOGRAPHY:** The famous Hanging Gardens of Babylon, one of the Seven Wonders of the World, are believed to have been in what modern-day country?
- 2. GENERAL KNOWLEDGE:** What is the name of the six-point blue star on emergency medical vehicles?
- 3. MOVIES:** What is the nickname of the "vicious" dog in "The Sandlot"?
- 4. HISTORY:** What was the name of the United States' first space shuttle?
- 5. LITERATURE:** In what language was "The Odyssey" originally written?
- 6. TELEVISION:** Where is the 1990s sitcom "Northern Exposure" set?
- 7. ANIMAL KINGDOM:** What is a group of kangaroos called?
- 8. SCIENCE:** What is the process called when a lizard loses and regenerates a tail?
- 9. U.S. STATES:** Which state borders two oceans?
- 10. MUSIC:** What was Taylor Swift's first song to make Billboard's Hot 100?

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**SEE ANSWERS ON PAGES 41-42**

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: **OTHER THAN ZERO**

- |            |             |           |
|------------|-------------|-----------|
| Non-GMO    | Nonfiction  | Nonsmoker |
| Nonacid    | Nonnative   | Nonstick  |
| Nonaligned | Nonresident | Nonstop   |
| Noncom     | Nonskid     | Nonsuch   |
| Nonfat     | Nonslip     | Nonunion  |

GAMES: WORD SPIRAL

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N		T
	Y	
S		A

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.

SEE ANSWERS ON PAGE 41



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-Becky C. of Des Moines

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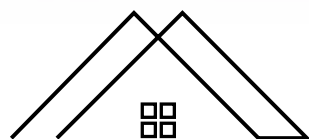
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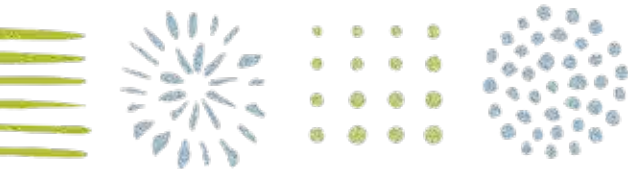
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# Come what may, *be ready.*

But are you? Many older adults simply don't have plans in place for future care needs. Perhaps they assume Medicare or their private health insurance will cover future care costs. But what they may discover about their assumptions isn't good news:

- Medicare typically covers only temporary in-home medical care or short-term stays in a long-term care center.
- Long-term care insurance policies are often relatively inflexible and costly. After a claim is reviewed, the insurer is expected to cover part or all the policyholder's costs, but will only do so when the need for care and the way it's delivered meet policy requirements.

*Poor planning and false assumptions can result in financial hardship and lack of access to care when it's needed.*



Readiness means

*WellAhead.*

WellAhead is a continuing care at home program designed to empower older adults who desire to stay independent at home with a plan for future care. Membership requires a one-time fee to join — only a fraction of the cost of even one year in long-term care — and ongoing monthly fees. Unlike long-term care insurance policyholders, WellAhead members enjoy benefits from the start, including personal wellness coaching, access to fitness centers and classes, and select at-home services. If a member ever develops a need for more extensive care, the program covers most primary costs within a WesleyLife community or through WesleyLife at Home.



# A closer look:

## WellAhead vs. long-term care insurance



The key difference between long-term care insurance and WellAhead is the philosophy behind these approaches to future care planning.

- Long-term care insurance policies often include a 90- to 100-day waiting period before benefits begin. Many also cap daily coverage amounts, which may fall short of the actual cost of skilled care. In addition, individuals typically must lose the ability to perform two to three activities of daily living before any benefits are triggered.
- WellAhead helps you invest in your well-being and empower your independence as you age. Even if you never require long-term care, you can benefit from your membership's access to healthy living services. And if your needs change, WellAhead ensures you'll receive the care you need at the same predictable cost for which you're already budgeting.

	WellAhead	Long-term care insurance
Support for healthy aging at home?	Yes	No
Daily cap on health care coverage?	Varies by plan	Often
Guaranteed access to health care?	Yes	No
Waiting period before benefits kick in?	No	Often
Medical approval needed at the time of health care activation?	No	Often
Annual increase amount known ahead of time?	Yes	No
Personal assistant to help you navigate the health care system?	Yes	No
Personal wellness coach dedicated to your needs?	Yes	No



**Take charge of your future with WellAhead, the proactive approach to aging planfully at home**

No matter what the future holds, the independence, support and peace of mind you gain make the WellAhead program well worth the investment.

To find out more, visit [wesleylife.org/wellahead](https://wesleylife.org/wellahead) to register for an upcoming seminar or call (515) 219-8164 to schedule a 1-on-1 appointment.



# The sounds of Summer

Experience live music at these eight outdoor venues

By Jackie Wilson

Summer is a time to celebrate, sit back, relax and listen to a free outdoor concert. The Des Moines metro offers a variety of outdoor venues with live music, food trucks and drink options. Just grab a folding chair or blanket and don't forget to bring bug spray — and your dancing shoes.

The Cellar Winery is located at 2183 320th St. in Madrid.



## NIGHTS IN THE HEIGHTS

windsorheightsfoundation.org/events

Experience a park-like, chill atmosphere for Nights In the Heights. This laid-back concert series takes place at Colby Park in Windsor Heights on Tuesdays from 7-8:30 p.m. Ride your bikes or bring the kids, as there is a trail and playground close by.

- June 30: Recoil
- July 7: Faculty Lounge
- July 14: Jana West and Retrospect
- July 21: The Dick Danger Band
- July 28: Sons of Gladys Kravitz



## MUSIC IN THE JUNCTION

valleyjunction.com/valley-junction-events/music-in-the-junction

The Valley Junction Farmer's Market on Thursday evenings is a long-time tradition which runs from May-September. Grab food or produce from the market vendors and enjoy a free concert. Music in the Junction starts at 6 p.m., located at Valley Junction in West Des Moines.

- May 7: Cinco de Mayo with Guitarras ATM
- May 14: Dirty Champaign
- May 21: Bad Friends
- May 28: Surf Zombies
- June 4: The People's Band
- June 11: Decoy Trio
- June 18: Kinda Petty Band
- June 25: Brother Trucker



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## FRIDAYS AT THE FARM

[middlebrookfarm.com/events#fridays-at-the-farm](http://middlebrookfarm.com/events#fridays-at-the-farm)

Middlebrook Agrihood, located in Cumming, offers up Fridays at the Farm. Live music is available each Friday from 4:30-7:30 p.m. Various vendors, food trucks, a wine wagon and more are offered in shady and sunny spots. Bring chairs and blankets.



- May 22: Brittany Sword
- May 29: Joshua Sinclair
- June 5: Gladys Lite
- June 12: Robert Deitch and Friends



## RENDEZVOUS ON RIVERVIEW

[www.riverviewevents.org/new-page](http://www.riverviewevents.org/new-page)

Riverview Park, located at 710 Corning Ave. in Des Moines, is the place for free weekend concerts with Rendezvous on Riverview. If you are on grandkid duty that night, bring the kiddos, as there is a playground next to the music.

- June 5: Faculty Lounge
- June 13: The Sons of Gladys Kravitz
- June 19: Standing Hampton
- June 26: BitterSweet Nation
- July 3: Bad Friends
- July 10: Dick Danger Band
- July 17: Mike Moody and the Outlaws
- July 24: Stark Raving Madge
- July 31: Jesse and The Medicine Men



## FRIDAY NIGHT LIVE WDM

[www.wdm.iowa.gov/government/parks-recreation/facilities/jamie-hurd-amphitheater](http://www.wdm.iowa.gov/government/parks-recreation/facilities/jamie-hurd-amphitheater)

Various events, movies and concerts take place at the Jamie Hurd Amphitheater located in West Des Moines. A few concerts include:

- June 19: Flying Solos
- July 17: Suede
- Aug. 21: Juniper Street
- May 6, June 3 and July 29: Community Band concerts



## JASPER WINERY

[www.jasperwinery.com/summer-concert-series](http://www.jasperwinery.com/summer-concert-series)

Jasper Winery's popular Thursday night concert series returns for 2026. It is located at 2400 George Flagg Parkway and close to Water Works Park. Music starts at 6 p.m. Picnic food may be brought in, but no outside liquor.

- May 7: Kick
- May 14: Dueling Guitars feat. Brian and Brad
- May 21: Birdchild
- May 28: Blake Jack (with Jordan Beem)
- June 4: Dirty Rotten Scoundrels
- June 11: Damon Dotson Band
- June 18: Tyler Richton and The High Bank Boys (River City Opry)
- June 25: The Pork Tornadoes (with Zachary Freedom)
- July 2: The Nadas
- July 9: Pianopalooza Band
- July 16: Kris Lager Band
- July 23: Rhino
- July 30: Decoy
- Aug. 6: Not Quite Brothers (with Brian Congdon)
- Aug TBA: Mary's Meals Fundraising concert



## THE CELLAR WINERY

thecellarwinery.com

The Cellar Winery in Madrid offers Sunday afternoon concerts and Firepit Fridays. It is a short drive, located at 2183 320th St. in Madrid.

### Sunday Music Series (cover varies)

- April 26: Oreo Meatwagon
- May 3: Kinda Petty
- May 10: Meadowbrook Circle
- May 17: Midnight Radio
- May 24: Central Iowa Blues SpringFest
- May 31: Burnin' Sensations
- June 7: Kinda Petty
- June 14: Sons of Gladys Kravitz

### Fire Pit Friday

- May 1: Kris Karr
- May 8: Larry Myer
- May 15: Jason Walsmith
- May 22: Saner and Gibbons
- May 29: Kris Karr
- June 5: Keifer and Scott Band



## THE DSM BIERGARTEN

The DSM Biergarten is located at Water Works Park, next to the Lauridsen Amphitheater. It is a popular stop with bicyclists and nature walkers. Live music and pop-up events take place various evening and weekend hours. For an updated schedule, visit <https://desmoinesbiergarten.com>. ■



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##### Trust & Estate Services:

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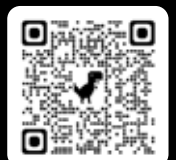
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# CAREGIVER SUPPORT WORKSHOP

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Christine Giberson, Sherrie Nelson and Shanon Menard



Maria Mendoza, Kelly Baughman and Crystal Doig



Kathleen Redhead and Etta Berkowitz



Taylor Satibanchong



Trisha Tanney

# If you have been turning up the TV, it's time to find out why

Small signs of hearing loss can have a bigger impact than you think.

If you have found yourself turning up the TV, asking others to repeat themselves, or struggling to follow conversations in busy environments, you're not alone. These are some of the most common early signs of hearing loss — and they often develop so gradually that they're easy to overlook.



should, the brain has to work harder to interpret what is being said. Over time, this added strain can impact memory, concentration and mental processing.

Research has also shown a connection between untreated hearing loss and an increased risk of falls. When hearing is reduced, spatial awareness and environmental cues can become less reliable, affecting balance and overall safety.

Beyond the physical effects, hearing loss can influence emotional well-being. It is common for individuals to begin withdrawing from conversations or social activities because listening becomes more effortful or frustrating. This can

lead to feelings of isolation and disconnection from family, friends, and everyday experiences.

The encouraging news is that hearing loss is one of the most manageable aspects of overall health, especially when addressed early. Establishing a baseline and understanding changes over time can play an important role in maintaining both cognitive and social well-being.

Taking a proactive approach to hearing health is an important step toward staying engaged, confident and connected through every season of life. ■

Information provided by Mason Olson, Hearing Instrument Specialist, ASI Beltone, 515-225-2242, [www.asibeltone.com](http://www.asibeltone.com).



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# Why having 'The Talk' is a gift to your family

Talking about end-of-life wishes can feel uncomfortable, but it is one of the most thoughtful and meaningful gifts you can give the people you love. Having "the talk" removes uncertainty, eases emotional stress and ensures your final wishes are clearly understood and honored.



In times of loss, families are often asked to make dozens of important decisions quickly — many of them deeply personal. Without guidance, loved ones may struggle to guess what you would have wanted. Burial or cremation? A traditional service or a simple gathering? Music, readings, special traditions? These choices can create tension and second-guessing during an already overwhelming time. A clear conversation ahead of time replaces confusion with confidence.

Discussing your wishes also provides emotional relief. Grief is heavy enough without the added

pressure of decision-making. When families know they are carrying out a plan you thoughtfully prepared, it brings comfort and reassurance. Instead of worrying whether they made the "right" choice, they can focus on supporting one another and remembering a life well lived.

Financial clarity is another important benefit. Funeral arrangements come with costs, and unexpected expenses can place strain on families. Talking openly about preferences and planning options allows everyone to understand what to expect. Many people also choose to prearrange or pre-fund services, which can lock in today's prices and prevent financial burdens later. Even simply documenting preferences helps families plan responsibly.

Having the talk also opens the door to sharing values and stories. Conversations about legacy, faith, family traditions and personal memories often become meaningful moments of connection. These discussions can strengthen relationships and

help loved ones better understand what mattered most in your life.

You don't need to have all the answers to start. A simple conversation over coffee or during a family gathering is enough. Share your general preferences. Ask loved ones about theirs. Write things down as your thoughts become clearer. Planning tools and compassionate professionals can help guide the details when you're ready.

Most importantly, remember that talking about end-of-life wishes is not about dwelling on death — it's about caring for the people who will one day carry your memory. Clear plans spare your family from uncertainty, reduce stress, and allow them to focus on healing.

Having the talk is an act of love, responsibility and generosity. And that is a gift your family will always be grateful for. ■

Information provided by Blair Overton, Iowa Funeral Planning, 515-218-8103, IowaFuneralPlanning.com.

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## Navigating caregiving



Caring for an aging parent is a profoundly meaningful journey, but it is completely natural for it to bring up complex family emotions. If you are feeling the weight of sibling disagreements or frustration over caregiving roles, know that you are not alone and you are doing your best in a very challenging season. In her “Caregiver Chats” episode, Dr. Lakelyn offers a compassionate roadmap for navigating these dynamics with grace.

### Understanding the pressure points

It is OK to acknowledge that family tensions are common. Many of us face hurdles that make caregiving feel overwhelming:

**Geographical distance:** Being hundreds of miles apart can create a sense of isolation and make coordinating care feel like a logistical puzzle.

**Competing demands:** Balancing your own career, children, and home life alongside caregiving is a lot to carry. It is normal for this to lead to feelings of guilt or burnout.

**The weight on one shoulder:** It is quite common for one family member — often an adult daughter — to take on the primary care role. This can lead to heavy feelings of resentment if other family members don't fully see the daily challenges you face.

**Differing perspectives:** Past history and different ideas about care can sometimes cause communication to stall, which is a painful place to be when all you want is to help your parent.

### Gentle steps toward harmony

Dr. Lakelyn reminds us that the goal is to shift the focus from past conflicts to the well-being of your loved one, while also honoring your own needs. Here are some ways to bring more support and peace into your experience:

**Lead with love as your North Star:** When things get heated, try to ground everyone in your parent's own goals and wishes. Asking “What would Mom or Dad want in this moment?” can act as a gentle reminder of why you are all on this journey together.

**Open your lines of communication:** Think of family meetings as a safe space to share feelings, not just tasks. If emotions run too high, there is absolutely no shame in asking for help from a professional mediator or geriatric care manager to guide the conversation.

**Request support with clarity:** It is easy to assume others know how to help, but sometimes they just don't know where to start. Being kind and direct — such as, “Could you please help by taking Dad to his appointment on Tuesday?” — gives your family a chance to step up and support you.

**Practice grace and forgiveness:** Healing old wounds can be a powerful way to reduce the burden of guilt. Dr. Ira Byock's four phrases — please forgive me, I forgive you, I love you, and thank you — are simple, beautiful tools for fostering peace during this precious time with your loved one.

**Most importantly, please remember to be kind to yourself.** You are navigating a difficult path, and it is OK to set boundaries or “agree to disagree” if that is what your family needs to stay healthy. You are doing important, difficult work, and you deserve support every step of the way. ■

Information provided by Anne Peters, Home Instead, 515-978-7991, [www.care.homeinstead.com](http://www.care.homeinstead.com).

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## The hidden warning signs before a fall happens

For many people, a fall doesn't come out of nowhere. It's often the result of small changes that build over time ... changes that are easy to ignore or explain away.

Maybe you have noticed feeling a little less steady. You take stairs more carefully. You reach for something to hold onto when turning. You may even avoid certain activities without fully realizing why. These moments may seem minor, but they can be early signs that your balance and coordination are changing.

One of the most common contributors is reduced sensation in the feet. When the nerves aren't sending clear signals, it becomes more difficult to feel the ground and maintain stability. At the same time, changes in circulation can affect how quickly your muscles respond, while decreased strength or coordination can make it more difficult to recover from a misstep.

Balance itself is more complex than many realize. It relies on communication between the eyes, inner ear, nervous system and your lower extremities. When that communication becomes less reliable, even simple movements, like turning quickly or stepping onto an uneven surface, can feel uncertain.

What makes fall risk especially concerning is how quietly it develops. Many people adapt without realizing their stability is declining. By the time a fall occurs, several contributing factors are often already in place.

The impact of a fall goes beyond the physical injury. It can affect confidence, limit independence and change how someone moves through their daily life. That is why recognizing these early warning signs is so important.

The encouraging news is that these changes often happen gradually, which means they can be identified earlier. Paying attention to how your body feels, especially balance, stability and coordination, can provide valuable insight into your overall risk.

Understanding these factors is a simple but important step toward maintaining independence and reducing the likelihood of future falls. ■

Information provided by Dr. Ole J. Olson, D.C., Board Certified in Neuropathy and Chronic Pain Syndromes, Asuta Health, 210 N.E. Delaware Ave., Suite 110, Ankeny, [www.AustaHealth.org](http://www.AustaHealth.org).



# A smarter way to see after cataract surgery

Light Adjustable Lenses in Des Moines is transforming cataract outcomes.

Cataract surgery has long been one of the most successful procedures in medicine — restoring clarity and improving daily life for millions each year. Now, patients in the Des Moines area have access to an even more advanced option: a lens that allows vision to be customized after surgery, not just before it.



The Light Adjustable Lens (LAL) is transforming cataract outcomes by offering a level of personalization that wasn't possible with traditional lenses.

## What makes the Light Adjustable Lens different?

With standard intraocular lenses (IOLs), surgeons determine lens power before surgery using detailed eye measurements. While highly accurate, these calculations are still based on predictions.

The LAL takes a different approach. After surgery, your vision can be refined through a series of precise light treatments. These treatments gently reshape the lens inside your eye, allowing adjustments based on how you actually see. This means your results aren't locked in on surgery day. Instead, your vision is customized after your eye has healed.

## Designed around your lifestyle

One of the biggest advantages of the LAL is flexibility. Many patients want to reduce their dependence on glasses for everyday tasks like driving, reading or using digital devices. With post-surgical adjustments, patients can experience their vision first and then fine-tune it to better match their lifestyle. The LAL is also especially helpful for patients who have had previous vision correction procedures such as LASIK or PRK, where traditional calculations can be less predictable.

## What to expect after surgery

The surgical procedure itself is similar to standard cataract surgery. The difference comes afterward. During healing, patients wear UV-protective glasses to prevent unintended changes to the lens. Once the eye is ready, usually a few weeks after surgery, light treatments begin. These treatments are quick, painless and performed in the clinic. Most patients complete two to four sessions, spaced about a week apart. A final treatment then locks in the results.

## Is it right for you?

The Light Adjustable Lens isn't for everyone, but for the right patient, it can be a game-changer. If you value precision, flexibility and the ability to personalize your vision after surgery, it is worth discussing with your eye care provider. ■

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

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## Problems to identify in outdated estate plans

In our practice, we see many clients who have an outdated estate plan. An organized and easily-understood estate plan is a gift to those you leave behind. Even if you have a Will and powers of attorney, they may not meet your current needs. Here are three problems to watch out for:



### **You named the wrong executor or trustee**

Your Executor or Trustee should be someone you can rely on. Outdated estate plans often name fiduciaries or successor fiduciaries who are no longer suited for the position. An Executor named years earlier may be too old or may have died. A Trustee who will be in charge of managing assets may no longer be close to the family. A Guardian may not be necessary if your children are no longer minors.

### **Your children are older**

When your children are young, your primary goal is to name a guardian to help raise them and provide a structure (often by trust) for management of money. If your child is now an adult, these concerns may no longer be relevant.

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 that Trust to provide continuing oversight of assets. You may have new issues arise as well, such as preserving an inheritance for grandchildren or protecting it from divorce.

### **Your medical authority is defective**

The Health Insurance Portability and Accountability Act (HIPAA) was passed in 1996 to establish national standards for protecting the confidentiality of medical records. As a general rule, your powers of attorney — medical directives, living wills, and durable financial power of attorney — should contain stipulations waiving HIPAA protections so that your agent can communicate with your physician about your care.

These provisions ensure that your doctor can share important information about you so that your agent can make informed health care decisions. Without these protections, doctors may be unwilling to share medical information. If your powers of attorney are old enough, they may not even reference HIPAA.

### **Review your plans**

It is important to review your estate planning documents every so often due to major life events and ever-changing tax laws. You should consider revisiting your plan every three to five years. Life can change and it is vital to meet with your attorney to avoid potential pitfalls. Be sure to consult with an experienced attorney when reviewing and updating your estate planning. ■

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

# Invest today in a stroke-free future

The thought of having a stroke is scary, and, right now, the risk of stroke is on the rise. It is estimated that one in four adults will experience a stroke in their lifetime. I'm not a gambler, but these odds feel too high to ignore. Fortunately, there are concrete ways to prevent having a stroke or subsequent stroke (additional stroke after an initial stroke), and an easy way to remember them:



**S – Stop smoking.** Smoking contributes to clot formation and plaque buildup, which increases stroke risk. Quitting smoking or vaping, and even avoiding secondhand smoke, is a lifestyle change that can significantly reduce your risk.

**T – Take medications as prescribed.** By managing health conditions such as diabetes and

high blood pressure, this one simple habit can drastically reduce your risk of stroke. Consult with your physician before making any medication changes and request regular check-ins to ensure you are taking the optimal medications and doses.

**R – Regular physical activity.** Staying active helps lower blood pressure and promotes weight loss. There is no magic workout or activity that reduces stroke risk, so find something that you enjoy and fits into your lifestyle to help you stay consistent.

**Q – Obesity.** Obesity raises the risk of stroke due to the complications it is linked to, including high blood pressure and diabetes. Losing as little as 10 pounds can have a significant impact.

**K – Keep track of blood pressure.** High blood pressure is the leading cause of stroke. There are several ways to reduce blood pressure in

collaboration with your healthcare team, which is why I cannot stress enough the importance of regular medical checkups.

**E – Eat healthily.** To maintain a healthy diet, focus on foods low in saturated fats, trans fats and sodium, while also limiting sugary drinks. Many sources recommend the Mediterranean diet for stroke prevention, as it emphasizes plant-based foods, heart-healthy fish and unrefined grains.

While there are still stroke risk factors that cannot be modified (think age, sex, race and genetics), keeping the above tips in mind is essential for managing the lifestyle factors that have the greatest impact on stroke prevention. Small choices today can be a powerful investment in a stroke-free future. ■

Information provided by Paula Duve, Physical Therapist and Outpatient Clinical Team Lead at On With Life.

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## Why you should take a walk today

Here are seven benefits to walking.

**1. A brain boost.** A brisk walk before an important project improves attention, memory, crystallized intelligence and processing speed.

**2. Reduction of risk of cognitive impairment.** The mental processes that set and carry out goals are improved with ongoing physical activity.

**3. Reduction and prevention of joint pain.** Walking circulates synovial fluid, distributing nourishment and oxygen. Walking strengthens the muscles supporting knees and hips.

**4. Help in achieving and maintaining a healthy weight.** Brisk walking can curb cravings. Walking an hour a day counteracts the effects of some weight-promoting genes. Walking, like all movement, does burn calories.

**5. Reduction of risk of diabetes.** Walking and other physical activity lower your risk of Type 2 Diabetes. A higher volume of walking — longer or more frequent — leads to even lower risk.

**6. A mood boost.** Walking has been shown to reduce depressive symptoms in people with depression without depression. A quick walk can relieve immediate feelings of anxiety. Regular walking can reduce trait anxiety.

**7. An expanded world.** Stop and explore new trails. Walking opens up many things to see and provides a way to make friends. ■



Information provided by Katherine Roccasecca, CPT, Roccasecca Fitness, 515-360-3832, [www.roccasecca.fitness](http://www.roccasecca.fitness).

## Preparing for Medicare before you turn 65

Planning for Medicare is an important part of turning 65, and preparing helps ensure a smooth transition.

Part A provides hospital coverage, while Part B covers outpatient and physician services. Together, they form Original Medicare. Part C (Medicare Advantage) is offered through private insurers and may include additional benefits. Part D offers prescription coverage. Understanding each part helps you evaluate which coverage best fits your needs.

Enrollment timing is equally important. Your Initial Enrollment Period (IEP) is a seven-month window: three-months before your 65th birthday, your birthday month, and three-months after. Enrolling during this period helps you avoid late penalties and gaps in coverage. If you or your spouse continues working past 65 with employer coverage (20-plus employees), you may be able to delay Part B without penalty.

It is important to know whether your employer or retiree coverage is creditable (pays at least as much as Medicare), especially for Part D, since noncreditable drug coverage can lead to late-enrollment penalties. Some employers require Medicare enrollment at 65, while others allow you to stay on their plan if it remains creditable.

Estimating your healthcare expenses can help you decide whether Medigap or Medicare Advantage may be beneficial. Preparing ensures your coverage aligns with your needs. ■



Information provided by Brogan Freese, Administrative Assistant/Individual Account Manager, Health Insurance Advisor, LLC, 6000 Grand Ave., Suite H, Des Moines, IA 50312, 515-706-9994.



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## WHAT TO KNOW ABOUT MEDICARE BEFORE 65

*Understanding coverage options, enrollment timing, employer insurance rules, and choosing plans to avoid penalties and coverage gaps.*



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# Your next chapter: Financial confidence for women 55-plus

For many women, the years after age 55 represent a powerful transition — one filled with both opportunity and important financial decisions. Whether you are approaching retirement, recently retired, widowed or simply taking a more active role in your finances, I feel this stage of life calls for clarity, confidence and a well-structured plan.



Women often face unique financial challenges. On average, women live longer than men, which means retirement savings may need to last longer. Time out of the workforce, whether for raising children or caregiving, can also impact Social Security benefits and overall retirement savings. In my experience, these realities make thoughtful planning not just important, but essential.

Where will your retirement paycheck come from? Social Security, pensions, IRAs and investment accounts should all work together in a coordinated strategy. A well-designed income plan can help reduce stress and provides peace of mind, even during uncertain markets.

Taxes are typically another critical piece of the puzzle. Many women are surprised to learn how much taxes can erode retirement income. Strategic withdrawals, Roth conversions and proper account sequencing can help to reduce your lifetime tax burden. For widows in particular, the shift from married filing jointly to single tax brackets can create unexpected tax increases. That is why I feel advanced planning is so important.

Estate planning is equally important, but it's not always just about money. It can also be about control, clarity and making things easier for the people you love. Having an up-to-date will or trust, clear beneficiary designations, and powers of attorney in place help your wishes be honored. It can also reduce the emotional and administrative burden on your family during difficult times.

Finally, don't underestimate the value of guidance. Working with a fiduciary advisor, someone legally obligated to act in your best interest, can help you navigate these decisions. You deserve advice that is objective, personalized and aligned with your goals.

I believe this chapter of life is not about limitation... it's about empowerment. ■

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# Sausage and cheese breakfast bake is easy, filling and practical

Mornings get busy, which is why I love having a breakfast recipe I can rely on. This one checks every box for me.



It is incredibly easy to make — just mix, pour and bake — with simple ingredients I usually already have in the fridge. No complicated steps. No mess. No standing over the stove while trying to get ready for the day. I love the idea of cooking once and enjoying for days.

What I appreciate most is how protein-packed this recipe is. Between the eggs, sausage and cheeses, it is the kind of breakfast that actually keeps you full and focused all morning. I am not reaching for a snack an hour later, which makes a big difference on busy days.

It is also perfectly sized for real life. The recipe makes enough for two people to enjoy breakfast for a couple of days, which means less cooking and more convenience. Or, double the batch and freeze some for future quick meals. I can warm up a slice and have a hot, satisfying meal in minutes. Easy, filling and practical — exactly how breakfast should be. ■

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

## Savory Sausage and Cheese Breakfast Bake



### INGREDIENTS

- 8 large eggs
- 1/4 cup water
- 2/3 cup cottage cheese
- 1/2 cup shredded mozzarella cheese
- 1/2 package of Jimmy Dean breakfast sausage cooked, crumbled
- 1 teaspoon Nature's Seasoning

### INSTRUCTIONS

- Preheat oven to 350 F. Lightly grease a small baking dish (8-inch by 8-inch works well).
- Blend eggs, water and cottage cheese for 10-15 seconds in a blender.
- Combine with mozzarella and sausage and pour into the prepared baking dish. Spread evenly.
- Bake for 30-35 minutes or until the center is set and the top is lightly golden.
- Rest for 5 minutes, then slice and serve.
- Vary this recipe by adding sauteed onions, peppers or mushrooms. Pictured is the original recipe, plus a version with peppers and mushrooms.



## DO YOU HAVE A FAVORITE RECIPE?

I would love to see it, and the story that goes along with it. Send to [jolene@iowalivingmagazines.com](mailto:jolene@iowalivingmagazines.com). Happy cooking!

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**KING CROSSWORD: PAGE 14**

**Solution time: 21 mins.**

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

**SUDOKU: PAGE 20**

4	7	8	5	3	9	2	1	6
2	5	3	1	7	6	4	8	9
6	9	1	8	2	4	7	3	5
9	4	7	3	5	1	6	2	8
3	1	2	7	6	8	5	9	4
8	6	5	9	4	2	3	7	1
5	8	6	2	9	3	1	4	7
1	2	4	6	8	7	9	5	3
7	3	9	4	1	5	8	6	2



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