

WEST DES MOINES  
JORDAN CREEK

SEPTEMBER 2025

# Living

MAGAZINE

## ROOM FOR

# improvement

Residents share their  
home renovation  
experiences

**Crack corn dip**  
RECIPE

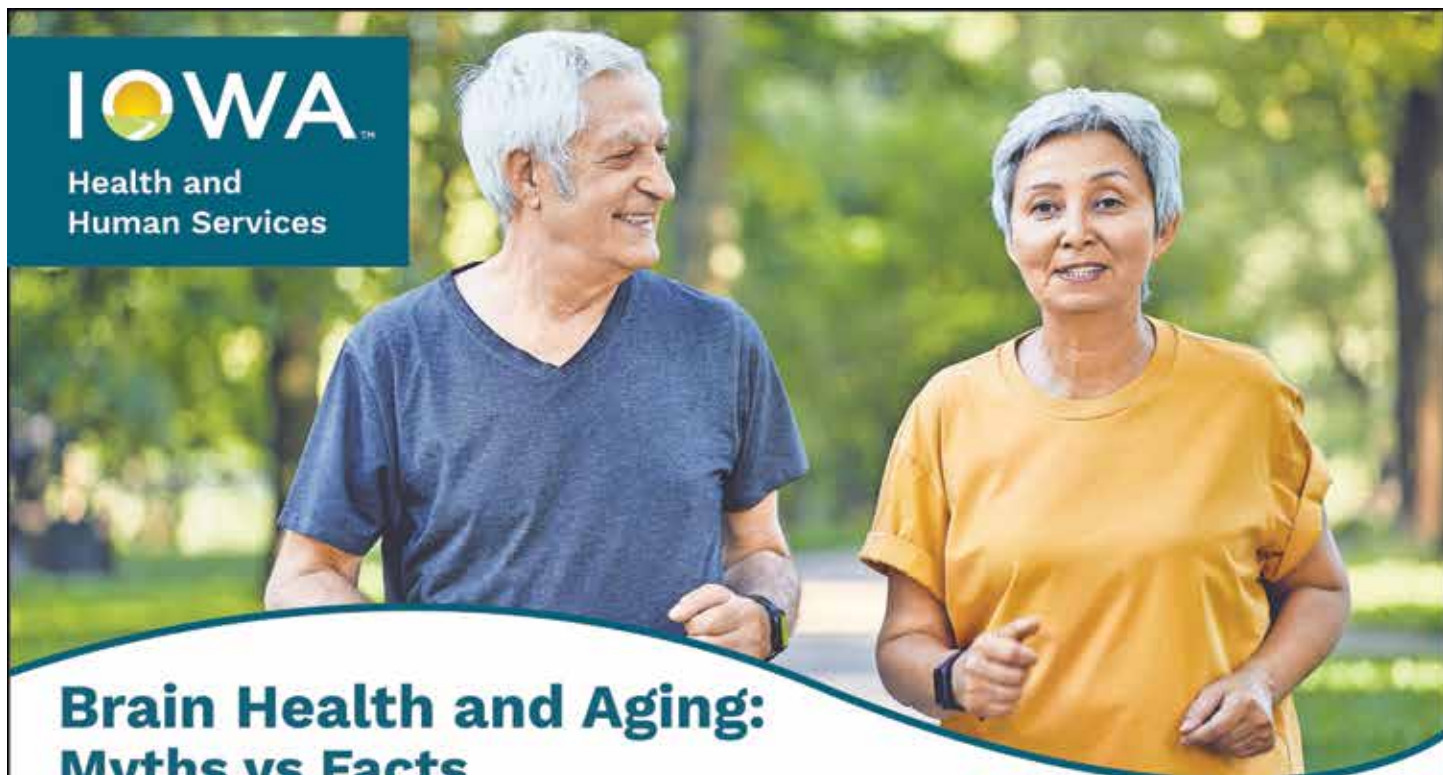
**Meet Shane Christensen**  
EDUCATION

**Suckow creates a legacy of  
volunteerism**  
NEIGHBOR SPOTLIGHT

PRSR STD  
ECRWSS EDDM  
U.S. POSTAGE  
PAID  
BIG GREEN  
UMBRELLA MEDIA  
RESIDENTIAL CUSTOMER  
BIG GREEN  
UMBRELLA MEDIA  
8101 Birchwood Ct. Ste. D  
Johnston, Iowa 50131



Health and  
Human Services



## Brain Health and Aging: Myths vs Facts

### MYTH

I have to see a specialist to  
get diagnosed with Alzheimer's

### FACT

Most primary care doctors can assess whether a person might have Alzheimer's disease or related dementias (ADRD). They can do cognitive screenings, some even offer biomarker testing. They may refer you to a specialist or a diagnostic clinic, but starting with your family doctor is always a great first step.

You can also get a screening done at your free Annual Medicare Wellness Visit.

### MYTH

I can't prevent or treat Alzheimer's

### FACT

Research shows that up to 45% of dementia cases can be avoided by making positive lifestyle changes. These include managing your blood pressure, exercising, eating right, keeping your brain active and staying social. And now there are new medications that can slow Alzheimer's disease if caught in the early stages.

### MYTH

There are no resources near me to  
help with dementia caregiving

### FACT

The Iowa HHS ADRD Program has a wealth of resources online from partner organizations all around Iowa. There is a thorough Dementia Resource Guide, a State Strategic Plan, options for caregiver support, the latest on research, local programs, training for professional workers and more.

If you or a loved one has been diagnosed with Alzheimer's or other dementias, you are not alone. The ADRD Program at Iowa HHS wants to help get you connected to the resources you need.

Scan the QR code to visit  
our website and get the  
latest information.



WELCOME

# WE GET what we pay for

Sometimes, I drive by a remodeling project on a house and say to myself, "Wow, that is beautiful. Those folks really know what they are doing."

Other times, I drive by a project that is seemingly in the works for months (or years) and say to myself, "Wow, they are taking forever, and what they have done looks awful."

The difference usually has to do with having professionals do the work or relying on a handful of weekend amateurs.

Yes, some of you are quite skilled and can do quality DIY work. Others, like me, put forward a good effort but often end up with a less-than-satisfactory result. At some point, though, we all realize when we need to call in the experts.

This month's cover story will appeal to all sides, as we once again interview homeowners who have worked through the remodeling or construction process. They share their experiences, the lessons they learned, and how they might have done things differently.

Meanwhile, one of the common complaints we all hear is the challenge in lining up people to do the work. On occasion, that truly is a problem. More often, though, we simply don't want to pay the costs for quality workmanship — until, of course, we learn that we get what we pay for.

And then the people driving by say, "Wow, they are taking forever, and what they have done looks awful." We hope our efforts in this issue will help you avoid those comments.

Happy remodeling, and thanks for reading. ■



## SHANE GOODMAN

President and Publisher  
Big Green Umbrella Media  
shane@dmcityview.com  
515-953-4822, ext. 305



**Tammy Pearson**  
Editor  
515-953-4822 ext. 302  
tammy@iowalivingmagazines.com

**Martha Munro**  
Advertising Account Executive  
515-953-4822 ext. 314  
martha@iowalivingmagazines.com



IOWA  
*Living*  
MAGAZINES



Circulation and readership  
audited by Circulation  
Verification Council

Experience senior living  
*at it's finest*



## Walnut Ridge | Mill Pond

Independent and assisted living apartments are now available at two of Iowa's finest senior living communities — Walnut Ridge in Clive, Iowa and Mill Pond in Ankeny, Iowa. Start your journey toward a supportive lifestyle in a Presbyterian Homes & Services senior living community, today!

### Walnut Ridge



**Newly renovated apartments | Refreshed common areas | Updated amenities**

For more details, scan the QR code, visit [walnut-ridge.seniorliving-phs.com](http://walnut-ridge.seniorliving-phs.com) or call 515-457-1111.

### Mill Pond



**Beautiful grounds | On-site rehab services  
Private movie theater**

For more details, scan the QR code, visit [mill-pond.seniorliving-phs.com](http://mill-pond.seniorliving-phs.com) or call 515-964-2273.



Senior Apartments | Assisted Living  
Memory Care | Long Term Care

Equal housing opportunity. All faiths welcome. © 2025 Presbyterian Homes and Services

# ROOM FOR *improvement*

Residents share their  
home renovation  
experiences

By Jackie Wilson

Live in a home for a while, and one is likely to start thinking, “If only....” If only the bathroom had a walk-in shower.... If only the kitchen had new cabinets.... If only the old flooring could be replaced.... If only the basement was finished.... If only a room could be added.... If only that longed-for home improvement project could be completed ... then the house would be just right. Residents who have taken the leap from thinking about it to tackling their dream projects share their experiences.

Dan and Mary Buscher of West Des Moines have lived in their home since 1998. The master bathroom shower had always been too small for Dan, who is 6-foot 4-inches tall. Photo by Jackie Wilson



Janet and Gary Seeberger wanted to get rid of the oak trim throughout their house. They replaced hunter green and white carpet with vinyl flooring, along with white trim and black accents throughout the place. Photo by Jackie Wilson

## Oak swapped with black, white

Oak trim and gold highlights were a popular décor in many homes in the 1990s, including Janet and Gary Seeberger's home in West Des Moines.

Fast forward 32 years, and the Seebergers were ready to refresh their entire home. Last year, the couple installed new siding and put in a stone entry.

"That got me to thinking the outside looked like a brand new house, but the inside didn't," Janet reflects. "One thing led to another."

They first began by updating the bathrooms and then removing the oak fireplace in the family room, replacing it with stone. Once one room was refinished, the rest of the house seemed dated.

The couple hired a contractor who is adept at providing different remodeling services. One overall change was to get rid of the oak trim, something Janet was never fond of. She replaced the staircase with black metal and installed black patterned carpet on the stairs. All-white trim, with black hardware accents, replaced the oak and shiny gold. Janet chose single-panel doors.

"I wanted a simple, clean look," she says.

Another item to replace was the hunter green and white carpet throughout the upstairs and downstairs. Janet says the 32 year-old carpet was in great shape, yet they replaced it with gray-toned luxury vinyl plank floors, creating a seamless look.

Janet wanted numerous changes in the kitchen. Initially, she considered just replacing the cupboard doors, but, after researching costs,



The Seebergers' daughter's cat, Murphy, matched their updated décor.



she found the price was almost as much as new cupboards. They opted for black cupboards and installed a single deep black sink. A corner cabinet was made more functional with lazy Susans and pull-out shelves.

"I used to have white cupboards and a dark countertop," she explains. "Now we have black cabinets and a white countertop."

Much of her décor was already black, and now the colors and artwork pop among the white trim. Gold is popular again, so she put frosted gold handles in the kitchen.

"I love the new look. I've wanted to get rid of the oak for a long time," she says.

## Bathroom refresh

Dan Buscher is tall. With a 6-foot, 4-inch frame, he only had a few inches of headroom in the shower. He tolerated a cramped shower for 27 years before finally having it replaced.

Dan and Mary Buscher moved into their West Des Moines home in 1998. With the house built in the 1980s, the couple says it was time to update it. They renovated the kitchen and another bathroom. Then, it was time to refresh their master bathroom.

As they researched contractors and remodelers, they found estimates came in "all over the place." They finally found a remodeler

## FEATURE

### BEFORE



### AFTER



### AFTER



Dan and Mary Buscher wanted an updated look to their bathroom which included a new vanity with more storage and a heated floor. The new shower provides more room and a higher ceiling for Dan, who is 6 feet and 4 inches tall.

they could trust.

The old bathroom included dark wood and tile. Since it was on the north side of the house, they installed a heated floor.

A two-sink vanity was replaced with a new

vanity that included extra storage space, with a small linen closet next to it.

They took out the old tile shower and replaced it with a fiberglass option. The biggest improvement was the extended ceiling so Dan

had more headroom.

The couple says they won't be moving anytime soon.

"We didn't do it for resale value; we did it because we just wanted it done," Mary says.

# DOES YOUR EXTERIOR NEED A FRESH LOOK?

## YOUR EXPERT SOURCE FOR ALL THINGS GARAGE DOOR

REPAIRS • NEW DOORS • OPENERS



VISIT OUR  
WEBSITE OR  
SHOWROOM TODAY!

**AMEGA**  
GARAGE DOORS  
& OPENERS, INC.

## GARAGE DOORS WITH CURB APPEAL

CALL US **515-633-2119**

[AmegaGarageDoors.com](http://AmegaGarageDoors.com)

SALES • SERVICE • PARTS • INSTALLATION



Neal Logan is currently on his second contractor. He has completely gutted the 1980s-built home and is modernizing it. Photo by Jackie Wilson



Neal Logan had new flooring installed, took out the oak trim in favor of a more modern white, and accented his home with artwork.

Dan is pleased with the bathroom.

"It was time. For me, now I finally have room in the shower," he says.

"It's a pretty bathroom. I know I'll like the heated floors this winter," Mary adds.

## 1980s rehab

When Neal Logan moved into his West Des Moines home five years ago, it offered added space for his family, which includes two sets of twins. Yet, the home, built in the 1980s, was dated. It contained oak trim, oak cabinets, worn carpet and dated flooring.

"I wanted to modernize it," he says.

The outside also needed work. The roof, siding, concrete and patio are currently being repaired. He has had contractors on the job both inside and outside of his home for months.

He hired a contractor last year but found the work to be "shoddy." Now, his new construction

crew is cleaning up mistakes made by the previous contractor. In the bathroom, he wanted a zero-entry shower but got a half-foot step-up instead. The shower nearly hit the top of his head, and the wrong color tile was installed. The wrong windows were also installed and not sealed.

"They messed up everything. Last year, they were supposed to be done in July and still were not done in December. I had to fire them," Logan explains.

He finally connected with a new contractor and has been happy with their work.

The first thing that was completed was the kitchen. The cupboards, which are white with black hardware, are Amish-built. They are solid oak. They also constructed the center kitchen island, which also serves as a dining spot. The island includes pop-up electrical outlets in the center to plug in devices or kitchen appliances. The kitchen walls were also opened up to



Neal Logan installed a popup outlet on the kitchen island.

connect to the family room for one large living area.

A giant painting from Peter Hackett adorns one wall. Facing the other kitchen wall is a popular rabbit painting by local artist Mary Kline-Misol.

A new stove with five burners and an exhaust hood built by the Amish are on order. Logan says he appreciates the quality of Amish-built construction.

"I grew up in southern Iowa, and the Amish are hard-working," he says. "I like their work."

Because of his negative experience with his first contractor, Logan gives advice to those looking to remodel.

"Find an honest contractor and pay them what they deserve. They are few and far between. Ask for references and referrals," he suggests.

Logan says he finally feels like his home is on track to be completed in a timely manner—and with quality workmanship. He says once everything is finalized, he won't need to hire out any other projects to the home.

"I won't have to touch it for 15 years," he reflects. "I'm not sure it will maintain its value, but at least it will be done the right way." ■

# UNIQUE program offers senior living alternative

Michael has lived in his Ankeny house for more than 40 years. Now 79, he often thinks about what the next stage of life will bring — especially when it comes to his health and living arrangements.

Unlike some of his longtime friends who have relocated to senior living communities, Michael hopes to remain right where he is. He enjoys his neighborhood, his garden and the sense of independence his home provides him. Still, he worries about what will happen if he needs support in the future. His nearest family member lives several hours away, and he doesn't want to place unexpected burdens on her.

Michael's concerns are common. The idea of "aging in place" sounds appealing, but it can be complicated. Chronic health needs can make independent living unsafe, and 24/7 in-home care can become just as costly as moving to a senior living community.

So, what options exist for people who want to stay home but also want peace of mind about the future?

One solution is a Continuing Care at Home (CC@H) membership. These programs are designed to support older adults' well-being at home while also helping them plan financially for care needs that may arise later.



If you're exploring CC@H options, here are some important questions to keep in mind:

Do you know what's included? Strong programs provide not only health and wellness services to help you remain independent, but also financial coverage for potential long-term care.

Is personalized support available? Research shows that people who receive encouragement from a coach or advocate are more likely to maintain healthier habits and meet their goals.

What are the care pathways? A comprehensive program should cover both in-home care and access to care in a community setting if needed. Make sure you're comfortable with the provider's reputation and outcomes in both areas.

Choosing the right CC@H program should feel like choosing a plan that was created with your needs in mind. The right fit can help you protect both your health and your finances — and give you confidence about what's ahead. So, ask all your questions, and make sure you are satisfied with the answers. ■

Aaron Wheeler is Vice President of Home and Community-Based Services for WesleyLife, which provides health and well-being services, including WellAhead — A WesleyLife Well-Being Experience, a CC@H offering. To learn more, visit [wesleylife.org/wellahead](http://wesleylife.org/wellahead).

Your local GEICO agent makes bundling simple.

## Home + Auto = Easy



**GEICO**  
Local Office



**Justin Krogman**  
515-318-6307  
Get a quote!

## QUESTIONS to ask about Medicare

If you are new to Medicare, there are several questions you should consider while approaching or within your Initial Enrollment Period (IEP) or a Special Enrollment Period (SEP). Use this guide to consider your options when preparing to enroll in Medicare or after you have already enrolled.



**What are the basics?** Medicare is a complex program and can sometimes be confusing. The best place to start when you are new to Medicare is by familiarizing yourself with the differences between it and the health insurance you have now. Learn what makes a person Medicare-eligible, the different parts of Medicare insurance and what those parts cover, times to enroll in Medicare, and how putting off enrollment can result in penalties. These initial steps will help smooth the transition from your current insurance to Medicare once you are eligible.

### What are your coverage options?

Everyone has different health care needs, meaning the coverage that is right for your friends or family may not be right for you. Will you enroll in Original Medicare or would you prefer a Medicare Advantage Plan that may limit your provider networks or have different costs but that offers additional coverage? If you have current employer insurance, you may decide not to enroll in Medicare until you have retired. If you are already retired, you might find that Original Medicare plus retiree insurance works better for you than Original Medicare plus a Medigap (or vice versa). Find out the full range of your coverage options.

**Should you enroll in Part D?** While you should make sure you enroll in Part D prescription drug coverage when you become Medicare-eligible (assuming you do not have other creditable drug coverage), there are many Part D options for you to explore. Keep in mind, too, that sometimes retiree insurance offers prescription drug coverage that is as good as or better than Medicare Part D. If that is

the case, you might decide not to take Part D because you are already covered.

**Are you eligible for programs that help lower Medicare costs?** There are several programs for people with low incomes that help pay for Medicare-related costs, such as premiums and copays. Some of these programs are federal while others are state-specific. Find out whether you meet the eligibility requirements and take full advantage.

**What resources exist to help you navigate Medicare?** Medicare is a complex and beneficial program, and a variety of trusted sources can help you navigate your rights and options.

- 1-800-MEDICARE
- Social Security Administration, [www.ssa.gov](http://www.ssa.gov)
- State Health Insurance Assistance Program (SHIP), [www.shiptacenter.org](http://www.shiptacenter.org) ■

Information provided by Travis Gaule, founding partner/financial advisor, Trust Bridge Wealth Advisors, 4090 Westown Parkway, Suite 108, West Des Moines, IA 50266, 515-207-4346.



## Every Champion Has a Coach.

SO SHOULD YOUR FINANCES.

At Trust Bridge Wealth advisors, we serve as your dedicated coach, guiding you through the complexities of wealth management with purpose and a steadfast commitment to your long-term confidence.



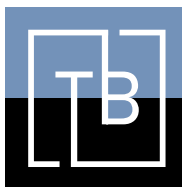
**Travis Gaule**

Founding Partner/Wealth Advisor  
515.207.4346 • [Travis@TrustBridgeWA.com](mailto:Travis@TrustBridgeWA.com)



**TrustBridgeWA.com**

4090 Westown Pkwy, Suite 108, West Des Moines



**Trust Bridge**  
WEALTH ADVISORS

Securities and advisory services offered through LPL Financial (LPL), a registered investment advisor and broker/dealer (member FINRA/SIPC).

## PREPARING your pet for fall

As the hot Iowa summer begins to fade, and we look forward to cooler days, many of us welcome fall with open arms. However, the seasonal shift also brings unique health considerations for our pets. Whether you have a dog, cat or exotic companion, here are a few important tips to keep your furry (or feathered) family members safe and healthy this autumn.



**Watch out for seasonal allergies.** Just like people, pets can develop allergies to pollens, molds and other environmental triggers that peak in the fall. If you notice your dog or cat scratching more than usual, licking their paws or developing red, irritated skin, it could be seasonal allergies. Talk to your veterinarian about testing and treatment options to provide relief.

**Be mindful of holiday hazards.** Autumn brings plenty of gatherings, from football tailgates to Halloween parties. Some seasonal foods and decorations, however, can be dangerous for pets. Chocolate, grapes, raisins and sugar-free candies containing xylitol are toxic to

dogs and cats. Similarly, decorations like candles, glow sticks and fake cobwebs pose hazards if chewed or swallowed. Keep festivities fun and safe by designating a pet-safe zone away from the action.

**Fleas and ticks don't take a break.** Many pet owners assume that cooler weather means the end of flea and tick season, but these parasites can thrive well into late fall. Continue your pet's preventive medications consistently, and check them regularly after outdoor activities — especially if you enjoy Iowa's many trails and parks during the crisp autumn months.

**Cold weather preparation.** The first chilly mornings can catch us off guard, and the same goes for our pets. Short-coated breeds, senior pets, or those with chronic conditions may be more sensitive to dropping temperatures. Consider a cozy sweater for outdoor walks, and ensure your pets always have access to a warm, dry space indoors.

**When to see your regular vet vs. the ER.** Sometimes it can be tough to know whether your pet's issue can wait for your family veterinarian or if it's a true emergency. In general:

- See your regular veterinarian for non-

urgent concerns such as mild itching, routine vaccines, minor limping or medication refills.

- Seek emergency care immediately if your pet experiences sudden difficulty breathing, severe injury or trauma, collapse, repeated vomiting/diarrhea, toxin ingestion or uncontrolled bleeding. Trust your instincts; if your pet seems in distress or you're unsure, it's safest to call an emergency hospital for guidance.

**Wildlife encounters.** As crops are harvested and natural food sources shift, wildlife often moves closer to towns and neighborhoods. Pets may be more likely to encounter raccoons, skunks, or even coyotes during fall. Supervise outdoor time and avoid leaving food outside, which can attract unwanted visitors.

**A season for wellness.** Finally, fall is a great time to schedule an annual check-up. Routine exams and vaccines help detect health issues early and ensure your pet is protected before winter. ■

Information provided by Sam Patterson, Operations Director, Iowa Veterinary Specialties, 24/7 emergency hospital for pets, 6110 Creston Ave., Des Moines, 515-280-3100.

## THE BEST CARE FOR YOUR BEST FRIEND!



**PREMIER EMERGENCY VET CARE.**  
24 HOURS A DAY. 7 DAYS A WEEK.

**Here When You  
Need It Most. 24/7**

Check-in and see wait times online.



24 Hour Emergency Vet | Surgery | Exotics | Veterinary Pain Management  
Endoscopic Foreign Body Removal | Computed Technologies (CT)



IOWA  
VETERINARY  
SPECIALTIES

6110 Creston Avenue,  
Des Moines | 515.280.3100  
[iowaveterinaryspecialties.com](http://iowaveterinaryspecialties.com)

PROUDLY ASSOCIATED WITH IOWA STATE UNIVERSITY  
COLLEGE OF VETERINARY MEDICINE



## NEWS BRIEF

# SCHOOL district receives fund to support student attainment of industry-recognized credentials

The Iowa Department of Education awarded \$500,000 in competitive grants to 15 Iowa school districts focused on aligning secondary career and technical education programs with student attainment of industry-recognized credentials. Metro-area schools receiving grants include West Des Moines Community School District, which received \$50,000.

With this most recent round of awards, the Credentials to Careers grant program has provided over \$3.5 million since its inception in 2024 to support high school students earning credentials with labor market value.

“By expanding opportunities to attain an industry-recognized credential in high school, the Department’s Credentials to Careers grant helps connect the classroom to the workplace,” said Iowa Department of Education Director McKenzie Snow. “Students earning portable, stackable credentials will be ready to succeed in in-demand, high-wage and public-good careers across our state. Through the leadership of these school districts and prior awardees, Iowa is ensuring all students are empowered with multiple pathways to postsecondary success, changing lives and strengthening communities.”

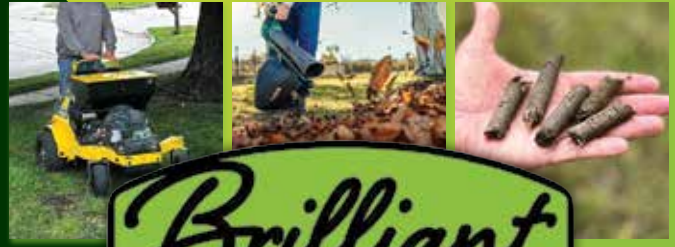
Industry-recognized credentials are certifications, credentials or licenses vetted by employers and endorsed by a nationally recognized trade association or organization in a particular industry. Credentials are valuable tools for individuals in the workforce, verifying skill mastery and educational attainment. Industry-recognized credentials are available across many career pathways, including health sciences, information technology, construction, manufacturing, child development, culinary and business.

In determining awards, competitive district applicants demonstrated clear, sustainable plans to align one or more existing CTE pathways with student attainment of industry-recognized credentials. Award amounts of up to \$50,000 were determined by the expenditures outlined in each applicant’s budget proposal, all of which must be directly related to the attainment of an industry-recognized credential through a secondary CTE program.

Allowable costs could include student exam fees, instructional equipment, non-consumable instructional supplies, computer equipment and software, wired and wireless internet connections, installation costs, instructor training related to new equipment purchases, instructor training expenses required to offer the credential and curriculum enhancements. ■

## YOUR LAWN, PROFESSIONALLY PREPPED FOR FALL

From aeration and over-seeding to fall clean-up, Brilliant Borders ensures your property looks its best—now and into spring.



# Brilliant BORDERS

Now scheduling fall services.

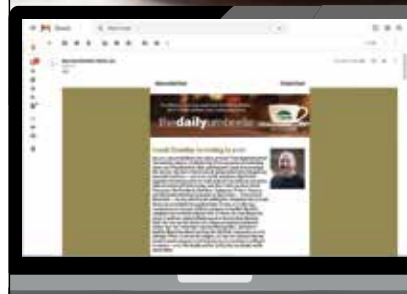
**CALL TODAY! 515-236-5214**

Waukee, IA • [brilliantborders.com](http://brilliantborders.com)

Ask about  
our custom  
holiday  
lighting  
packages.

## Start your morning off right with an update from the**daily**umbrella

Brief updates on local news, weather, events, career opportunities and the morning chuckle — for free!



Delivered Mondays  
through Fridays for  
FREE to your inbox.

**SCAN  
HERE**



or subscribe at  
[dmcityview.com](http://dmcityview.com)

Brought to you by the publisher of CITYVIEW and the Iowa Living magazines.

# Curious about CBD?

*Discover the benefits for yourself!*



**Stop in today!** Our team is here to guide you every step of the way.

RELIEF | RELAXATION | RECREATION



**CBD American Shaman** +THC

VETERAN OWNED & OPERATED

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

3418 8th St SW, #3, Altoona • 515-967-4036  
800 S 50th St, #106, West Des Moines • 515-380-5251

VETERAN & MILITARY  
DISCOUNT 15% OFF

## HEALTH

By Ashley Powell

### BEYOND CBD

Beyond CBD, hemp is emerging as a plant that supports both personal wellness and sustainable living. From farming and fashion to construction and household goods, hemp is quickly becoming a plant of the future.

One of hemp's biggest strengths is how easily it grows. It matures in just three to four months, uses minimal water, and requires almost no pesticides. It also improves soil health and absorbs high amounts of carbon dioxide, making it one of the most eco-friendly crops available.

In the building world, hemp is making waves with "hempcrete," a natural insulation material that's fire- and mold-resistant. The fashion industry is also turning to hemp, using its strong, breathable and biodegradable fibers to create comfortable fabrics.

Beyond these uses, hemp continues to shine in wellness. From oils and gummies to topical creams, hemp-based products are helping people manage stress, improve sleep, ease pain and find everyday balance. Its natural compounds work with the body's own systems, offering support in ways that many traditional options cannot.

If you're curious about how hemp may support your lifestyle, stop by your locally owned CBD store and talk with a certified hemp consultant. They can and guide you toward the products that best fit your needs. ■

Information provided by Ashley Powell, CBD American Shaman, 800 S. 50th St., No. 106, West Des Moines, 515-380-5251, and 3418 Eighth St. S.W., No. 3, Altoona, 515-967-4036. Reference: Hemp as a Sustainable Carbon Negative Plant (Victoria University, 2024)



## WELLNESS

By Kyla Bowen

### IMPACTS of facial balancing

Facial balancing is a cosmetic procedure that utilizes injectable dermal fillers and neuromodulators to enhance facial symmetry and proportion, aiming for a harmonious and aesthetically pleasing appearance. This non-surgical approach focuses on the face as a whole, rather than isolated features, to create subtle yet impactful improvements.

The impacts of facial balancing are multifaceted, extending beyond mere aesthetic enhancement. One primary impact is the improvement of facial symmetry and proportion, which can significantly boost an individual's confidence and self-esteem. By addressing areas of volume loss, asymmetry or disproportion, such as the cheeks, temples, chin, jawline and lips, facial balancing can create a more youthful and refreshed look. This is particularly beneficial for those experiencing weight loss or age-related volume loss, which can lead to a tired or older appearance.

Facial balancing offers a minimally invasive alternative to surgical procedures with little to no downtime and immediate results. This makes it an attractive option for individuals seeking significant aesthetic improvements without the risks and recovery associated with surgery. The customizable nature of the treatment allows practitioners to tailor plans to each patient's unique facial structure and aesthetic goals, ensuring natural-looking outcomes. ■

Information provided by Kyla Bowen, Registered Nurse and Injector with more than six years injecting experience, 4 Ever Young, 1180 S.E. University Ave., Waukee, 515-304-2324, [www.4everyyoungantiaging.com](http://www.4everyyoungantiaging.com)



BALANCE YOUR HORMONES

*Reclaim Your Life!*

with Hormone  
Replacement Therapy  
for Men & Women!

BUY 2  
GET 1  
FREE

*Dermal Filler*

Cannot be combined with other discounts/offers, coupon expires 12/31/2025



**4EVERYOUNG**  
ANTI AGING SOLUTIONS

See all  
services here!



Look Your Best. Feel Your Best.

1180 SE University Ave, Waukee • 515.304.2324

## PLAN AHEAD

By Scott Eriksen

# GET your funeral arrangements done now

The fair is over, and the kids and grandkids are back to school. Life is back on schedule, and it feels good. Now that things are "back to normal," it is time to get those things done that you have put off these past few months. One of those things might be addressing your final arrangements.

We hear it all the time: "I am so glad to have this taken care of." I can certainly tell you that no one ever regrets that their loved one planned ahead when the time comes that the services of a funeral home are needed.

Planning your final arrangements begins with a simple conversation and can be a pleasant process. Planning ahead also allows you time to give the thoughtful consideration that these important decisions deserve.

There are many options to think about when addressing your final arrangements, and there are even prepayment options available to those who wish to have their final financial obligations handled in advance.

An advanced planning consultant can walk you through these choices and options.

Make it a goal to get this off your "to-do" list before the snow flies... or you fly south for the winter. Reach out to your funeral home of choice and schedule a meeting to get your prearrangements in place. You will be glad you did. ■

Information provided by Scott Eriksen, Director of Hamilton's Advanced Planning, Hamilton's Funeral Home, 605 Lyon St., Des Moines, 515-697-3670, [www.HamiltonsFuneralHome.com](http://www.HamiltonsFuneralHome.com).



## PLAN AHEAD FOR PEACE of MIND

One of our five Advanced Planning consultants will take you every step of the process to lessen the emotional stress when the need arises.



Scott Eriksen Dave Cortner Kathy Dunbar Robert Christensen Sarah Masteller

**Contact Hamilton's to start your plan.**

[www.HamiltonsFuneralHome.com](http://www.HamiltonsFuneralHome.com) 515-243-5221



**HAMILTON'S**  
FUNERAL & AFTER LIFE SERVICES

6 Area Locations • Funerals • Cremation • Advanced Planning  
Academy of Grief & Loss • Pet Services • Memorial Gift Shop

## WELLNESS

By Mary Doherty, LISW

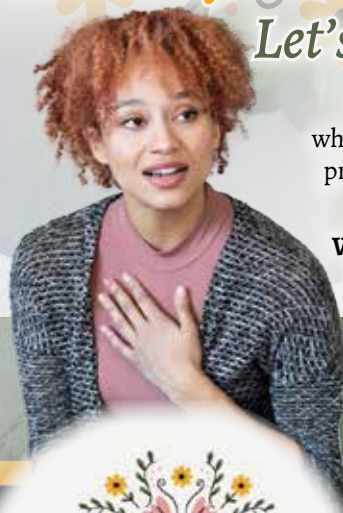
# WHY therapy?

Many of us have a preconceived notion of therapy where we are laying on a couch with our hands folded on our chest and sharing our feelings with a therapist sitting in a chair taking notes — or that we cannot go to therapy because we shouldn't be sharing our family's "secrets." While this could be a possibility, therapy is what you would like it to be and what you need. This is a space for you to feel safe and discuss what is going on in life — the good, the bad and the ugly. This is a judgment-free space to be who you are, always. Whether it is talking through past issues, like Ted Lasso, or current stressors like Dani Rojas, it is the space for you to have all of the feelings and emotions — or simply exist. Not every therapist is the right fit for every person, so exploring the right fit for you is important. Not sure where to start? Psychologytoday.com is a great resource to find who is near you, who takes your insurance, what they charge out of pocket and so much more. Or, trying out a session with a therapist in person can be helpful. Therapy is designed for you — an outlet, a safe space, a resource. My question for you now is, why not therapy? ■



Information provide by Mary Doherty, LISW, Renewed Strength Counseling, 2910 Westown Parkway, Suite 314, West Des Moines, IA 50266, 515-809-2419.

## It's Okay to Feel Worn Out. Let's Talk About It.



All of us struggle. Moments when we can't find that energy to proceed, we sometimes need an extra boost.

**We are here to help you to find that renewed strength.**

Schedule your session today.



Group Discussion • 1:1 Therapy  
Family Therapy • Meditation  
Kids and Gentle Yoga

From ages 6 and up  
Most insurances accepted & private pay



Mary Doherty, LISW  
Elise Hill, LMSW

**RenewedStrengthCounseling.com**

2910 Westown Pkwy, #314, West Des Moines • (515) 809-2419

# CRACK corn dip

There's something special about recipes that come from family, and my daughter, Samantha, has a corn dip that fits the bill, especially when made with fresh Iowa sweet corn. There is nothing quite like the flavor of corn picked at its peak — crisp, juicy and naturally sweet.



Every summer, when the corn stands start popping up around town, we know it is time to whip up a big bowl of her famous dip. It is creamy and a little cheesy with just the right amount of spice, and that fresh sweet corn takes it to the next level. Whether we are hosting friends, heading to a potluck or just craving a snack on a hot afternoon, this dip is a hit. Served with tortilla chips or fresh veggies, it disappears quickly. I like that it has become part of our summer tradition, and now we're sharing it with you, straight from our kitchen and Iowa's golden fields. ■

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

## Crack corn dip

### Ingredients:

- 5.25 cups of fresh corn plus 1/2 each red and green pepper, finely diced (for the off-season use 3-15 oz cans fiesta corn or Mexicorn, drained)
- 1 can Rotel, 10 oz (reg or hot), drained
- 1 can jalapenos, 6 oz, drained and diced
- 1/2 cup green onions, sliced (5 stalks), optional
- 2 cups cheddar, shredded
- 1 cup sour cream
- 1 cup mayonnaise
- Salt and pepper to taste
- Pinch of sugar
- Handful fresh cilantro leaves, chopped

### Directions

- Mix all the ingredients excluding bell peppers in a bowl. Refrigerator for 3-4 hours before serving. The dip will thicken as it sits in the fridge. Add peppers right before serving. Enjoy!



Ready to make your dream home a reality?

**Apply Online!** 

**USB** **UNION STATE BANK**  
Your Hometown Financial Advantage  
USBIOWA.COM

NMLS #435185

 6305 Mills Civic Pkwy, West Des Moines • 515-440-2265  
611 W. Highway 92, Winterset • 515-462-2161

**Ready for HOMECOMING?**

Bouttonnieres and corsages

Now taking pre-orders for Homecoming!

Call us to place your order!  
**515-410-2397**

**Bellflower** FLOREST & GIFTS • 2251 Sunset Drive Ste C, Norwalk  
handmade WITH A PERSONAL TOUCH

**ORDER TODAY!** 

**Your Local Top-Notch Plumbing Solutions**

*Call For All Your Plumbing Needs*

- Install and repair
- Water Heaters
- Toilets
- Garbage Disposal
- Outside Faucets
- Septic System Repair
- Sewer Services

Call us today for your **FREE Estimate!**  
**515-205-8054**

 **RHINER'S SERVICES LLC**  
*Business with a Heart!*

**Proudly Serving Waukee & the Surrounding Region!**

# MEET Shane Christensen

New Valley High School principal

For the 2025/2026 school year, Valley High School welcomes a new principal, Shane Christensen. He replaces David Maxwell, who took a position as the district's first director of strategic outreach and systems change.

Christensen is no stranger to West Des Moines Schools. He previously served as the Indian Hills Junior High principal for 19 years. This is his 25th year at WDM schools and his 35th year in education.

He started out as an English teacher and liked creative writing. He enjoyed coaching kids as well and coached "a little bit of everything" year-round, including football, track, basketball, speech and drama.

As Christensen pursued his master's degree in administration, his interest grew in the administrative side of education.

"People were supportive of me as a teacher and a coach, but I never thought I'd be a principal — it wasn't in my plan," he recalls.

As a principal, it's not just his job to discipline students. Christensen says there are two parts of serving as a school administrator.

The first part includes strong management skills, developing procedures and clear expectations, to ensure the school is operating in a safe way.

The second aspect, which he says is the most important part, is to lead teachers and students.

"The primary job of a principal is to be an instructional leader," Christensen says.

The National SAM Innovation Project has helped make that a priority. The project is a way for administrators to focus on improving teaching and learning in the school.

"I used to spend 75% of my time on management. Now, it's 75% on instruction. It's allowed me to change the work that I do. At Indian Hills, we made great strides with SAM, and we're in the process of bringing that to Valley," he explains.

Currently 2,150 students are enrolled at Valley High School, which serves grades 10-12. Christensen wants the school to grow academically and create a culture of belonging.

"I want to continue with a strong tradition of excellence for all of our students," he explains. "I aspire for Valley that every person — both staff and students — collaborate together on whatever their life path is. It's my goal to develop a vision and have that vision come to life."

The most challenging part of being a principal is trying to meet everyone's unique needs.

"It's a lot happening all at one time, learning how to juggle activities and keeping it all in the air."

As a longtime WDM administrator, Christensen has enjoyed working with people and witnessing their growth, which is why he returns eagerly day after day.

"Over time, you look back at both the staff, students, parents and the community, and see how much we've grown. Looking at what we've done makes me proud and fulfilled," he says.

He's grateful for the opportunity to serve as principal at Valley.

"It's an honor," he reflects. "I take it seriously. I'm excited about what's coming up." ■



Shane Christensen joined Valley High School as its new principal this school year.

# Accredited

ASSOCIATE ADVERTISING  
EXECUTIVE



## Martha Munro, AAE

Martha Munro completed a series of industry training courses with the Association of Community Publishers and has earned the title of Associate Advertising Executive.

### What does this mean to her customers?

It means Martha is accredited with industry knowledge in current advertising and marketing services to help turn our readers into their customers.

Contact Martha today at  
[martha@iowalivingmagazines.com](mailto:martha@iowalivingmagazines.com) or 515-321-5246.



Your family of locally owned lifestyle publications focusing on the people, places and events of the communities we serve.



# JORDAN House Heritage Jubilee

Celebrating 175 years on Oct. 11.



Take a step back in time with the Jordan House Heritage Jubilee celebration on Oct. 11. The Jordan House, which is celebrating 175 years, along with the city of West Des Moines, are putting on the family-friendly event at 2001 Fuller Road in West Des Moines.

The free event features traditional activities that may have occurred more than a century ago. For example, at the end of the harvest season, settlers celebrated their bounty. The Jubilee features apple cider pressed from an antique apple press.

History of the underground railroad, along with a cemetery walk, offer a chance for people to learn about people from that time. Gale Brubaker, executive director of the West Des Moines Historical Society, says the event provides a glimpse of what settlers, freedom seekers and Native Americans faced when they arrived in Iowa.

"It's important to put names and faces around historical people, as it's an important component of our history," she says.

Ralph Moisa will set up a teepee, and folks can learn about the history of the indigenous tribes that lived in Iowa. A ceremonial tree will be planted representing indigenous tribes that lived on the land. A representative from SOAR will bring a raptor and discuss wildlife during the era.

Learn what it is like to pack a wagon with everything you may have needed in the 1800s for a long journey on the Oregon Trail. Or, practice your pioneer skills to see how to build a log cabin. Kids will get a chance to make crafts, grind corn and play historic games. Live music will be provided by the Weary Ramblers.

The Jordan House was the home of James Jordan, an early West Des Moines settler. The Jordan House was a frequent stop for the underground railroad. Freedom seekers escaping slavery often stayed in



Gale Brubaker, executive director of the West Des Moines Historical Society, encourages the public to attend the Jordan House Heritage Jubilee Oct. 11.

the Jordan House. Abolitionist John Brown stayed on the property with his own groups of freedom seekers on the way to Canada.

"We're walking in the footsteps of history right here," Brubaker explains.

The Jordan House was designated as a historic landmark, and the WDM Historical Society, formed in 1970, helped to save the landmark. Tours began in the 1980s and continue today. Part of the tours is to continue telling the stories of slavery and those who came to the house seeking refuge.

Participants can also discover updates about Legacy Woods, an area next to the Jordan House. Legacy Woods will consist of prairie restoration and a historic campus, which will include moving of the Bennett School there. Brubaker is passionate about keeping history alive.

"I find it fascinating how people reacted in the past. That ties in with things still happening today," she reflects. "History is not in our past. We are still making history every day."

For more information on the free celebration, visit [www.wdm.iowa.gov/HeritageJubilee](http://www.wdm.iowa.gov/HeritageJubilee). ■

***It's Back*** AFTER 10 YEARS!



**10 SAMPLE DRINKS, JUST 25 BUCKS!**

\*\$25 pre-purchase online price. \$35 at the door.

**FRIDAY,  
SEPTEMBER 19**

West Glen Town Center,  
West Des Moines ✨ 5-9 p.m.



Tickets and information available at:

**MARTINIFEST.DMCITYVIEW.COM**

**HURRY!** LIMITED TICKETS AVAILABLE

# EVENTS IN THE AREA

Check for cancellations

**Note about calendar events:** This magazine is delivered the second Thursday of each month. Calendar items included are events happening after the delivery date and extend into the following month. If you receive and read your magazine upon delivery, you will not miss out on any calendar items.

## Upcoming in the West Des Moines - Jordan Creek Living magazine

**Costume Creations:** Halloween fun is quickly approaching! If you forgo the off-the-rack costumes for something more creative, we want to hear from you. Tell us about your costume creations and the fun you had making them. Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) with your stories.

## Yoga in the Park

Saturdays, Sept. 13 and Oct. 11, 9-10 a.m.  
Railroad Park Stage, 425 Railroad Ave.,  
West Des Moines

Yoga in the Park offers a unique blend of tranquility and community, set against the backdrop of Historic Valley Junction. Led by local yoga instructor Lindsay Bordwell, each session is designed to harmonize your energy and enhance your practice, whether you're a beginner or a seasoned yogi. Share this journey with like-minded individuals, creating bonds that transcend the mat.



## Jordan House Heritage Jubilee

Saturday, Oct. 11, 1-4 p.m.  
Historic Jordan House, 2001 Fuller Road,  
West Des Moines

Step back in time at the Jordan House Heritage Jubilee. Enjoy a good, old-fashioned party at the historic Jordan House to celebrate its 175th anniversary. Find out more at [www.wdmhs.org/jordan-house-heritage-jubilee](http://www.wdmhs.org/jordan-house-heritage-jubilee). Consider joining the 175 club by giving \$175 (or more) this year to help keep history alive. Donate at [www.wdmhs.org/online-donation](http://www.wdmhs.org/online-donation).

Family-friendly fun includes making apple cider on antique presses, creating heritage crafts and playing historic games, live music by The Weary Ramblers, learning about the history of the indigenous people who were once in West Des Moines, learning about the exciting progress at Legacy Woods, historical reenactments, practicing a variety of pioneer skills and much more.

## Jordan House Tours

Fridays and Sundays, 11 a.m.  
and 1:30 p.m.  
Jordan House Museum, 2001  
Fuller Road, West Des Moines

Weekly guided tours are offered at the Jordan House. The cut off for purchasing tickets is noon Thursday for Friday tours and noon Friday for Sunday tours. If you have missed that cutoff, call 515-225-1286 to find out if walk-up tickets are available. To reserve a ticket, see the schedule and links at [www.wdmhs.org/openhousevisit/](http://www.wdmhs.org/openhousevisit/). All tours will be guided by a docent. Arrive at the Jordan House Museum at least 10 minutes before the tour begins. The tour will involve taking stairs to the basement and the second floor, as well as walking and standing for at least one hour. If you have a group of eight or more, call to schedule a private tour.

## Mentoring for Women

Friday, Sept. 19, 8 a.m. to 3:30 p.m.  
West Des Moines Marriott,  
1250 Jordan Creek Parkway

This event features a full day of connection and growth, beginning with check-in, breakfast and networking, followed by a welcome session. Attendees will then participate in three morning mentor sessions then enjoy lunch and a keynote speaker. The day concludes with three additional mentor sessions. For more information and registration, visit <https://wdmchamber.org/mentoring-for-women>.

## Edgewater Holiday Mart

Nov. 1, 9 a.m. to 3 p.m.  
9225 Cascade Ave.,  
West Des Moines

Local artists and vendors offering their personal creations — carved Santas, wine bottle stoppers, wooden pens and toys, kaleidoscopes, goodie boxes, paintings, paper quilling, linoleum block prints, blown and fused glass, photographs, cards, fiber arts, pottery and ceramics, clocks, jewelry, decorated felt bags, quilted bags, cutting boards, woven baskets, embroidered dish towels, knitted socks, crocheted animals, painted rocks, goat soaps and lotions, breads, fudge and peanut brittle, honey, vanilla, gourmet popcorn and nuts, jams and jellies, and baked goods.

## Community Shred Day

Saturday, Sept. 13, 9 a.m. to noon  
Maple Grove Elementary,  
1455 98th St., West Des Moines

Veridian Credit Union will host a mobile shred truck for Community Shred Day. The event is free and open to the public to promote the importance of shredding unwanted, sensitive documents in protecting your identity from fraud. Attendees are asked to arrive with documents in the cargo area of their vehicle and to remain in their vehicle while event staff unload it and place it in shred bins. To ensure capacity for all who would like to attend, each event can accept no more than two 25-pound containers of documents per person. More tips on how to prepare for Community Shred Day and other shredding opportunities are available at [veridiancu.org/shred](http://veridiancu.org/shred).

## Self-Defense Class

Tuesday, Oct. 7, 6 p.m.  
West Des Moines Elks Lodge,  
2060 N.W. 94th St., Clive

The West Des Moines Elks Lodge in Clive is hosting a self-defense class taught by Blackbelt Hall of Fame inductee Ray Boyer. This event is free and open to the public.

This class will help you focus on what to look for in terms of your surroundings so you can get yourself out of a potentially threatening situation. Boyer says learning the signs that something is not quite right and avoiding a situation altogether is key to self-defense. He will also teach participants some simple self-defense techniques to help get out of a situation if they are attacked.

## 'The Hippies & Cowboys Tour'

Thursday, Sept. 18, 6 p.m.  
Water Works Park, 2201 George  
Flagg Parkway, Des Moines

Cody Jinks brings "The Hippies and Cowboys Tour" to Water Works Park this summer, along with rising star Tanner Usrey, for a night under the stars of quality country music and compelling lyrics from his new album. For tickets, visit [www.axs.com/events/766169/cody-jinks-the-hippies-and-cowboys-tour-tickets](http://www.axs.com/events/766169/cody-jinks-the-hippies-and-cowboys-tour-tickets).

# EVENTS IN THE AREA

Check for cancellations

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

## The Iowa Files: A History Series

Various dates, 3 p.m.

Community Room of the West Des Moines Public Library,  
4000 Mills Civic Parkway

The Iowa Files, an educational history lecture series, returns for its seventh year in 2025/2026. This joint West Des Moines Historical Society and West Des Moines Public Library program is free and open to the public, thanks to the generosity of West Des Moines Historical Society members, Bravo Greater Des Moines and the Friends Foundation of the West Des Moines Library. All programs are streamed on the WDMHS Facebook page and YouTube channel.

• **Sept. 14: Hoyt Sherman's Enduring Legacy.** Hoyt Sherman was a banker, lawyer, postmaster, insurance company creator, Union Army paymaster, politician and philanthropist. His legacy lives on in Hoyt Sherman Place, the 1877 grand manor which is now a museum and performing arts center. Robert Warren, chief executive officer for Hoyt Sherman Place, will share behind the scenes pictures and stories of this storied home turned museum.

• **Oct. 19: The Soldiers' and Sailors' Monument.** The State of Iowa erected the 135-foot tall Soldiers' and Sailors' Monument, funded partially by refunded war taxes, to commemorate Iowans who fought during the Civil War. Michael Swanger, publisher of the Iowa History Journal, will talk about this much-photographed monument and share the stories of the four Civil War generals from Iowa who are featured on the sculpture.

## Prairie Meadows Casino

### Free Shows

1 Prairie Meadows Drive, Altoona

- Dutch Front Band: Friday, Sept. 12, 10 p.m. to midnight
- Motley Scrue: Saturday, Sept. 13, 10 p.m. to midnight
- Craig Swalwell Band: Tuesday, Sept. 16, 11 a.m. to 3 p.m.
- Suede: Saturday, Sept. 20, 10 p.m. to midnight
- Panther Creek Band: Tuesday, Sept. 23, 11 a.m. to 3 p.m.
- Jordan Beem and John Griffiths: Friday, Sept. 26, 10 p.m. to midnight
- Jake McVey: Saturday, Sept. 27, 5:30 p.m.
- The Weasels: Saturday, Sept. 27, 10 p.m. to midnight
- Tommy Browder & The Country River Band: Tuesday, Sept. 30, 11 a.m. to 3 p.m.
- Chuck Briseno Band: Saturday, Oct. 4, 8-11 p.m.
- Richie Lee & the Fabulous 50s: Tuesday, Oct. 7, 11 a.m. to 3 p.m.
- Mark Doty & The Cause: Friday, Oct. 10, 8-11 p.m.
- Southern Rail Band: Saturday, Oct. 11, 8-11 p.m.
- Clarksville Station: Tuesday, Oct. 14, 11 a.m. to 3 p.m.
- Lola Blu: Friday, Oct. 17, 8-11 p.m.
- Adam Whitehead: Saturday, Oct. 18, 8-11 p.m.
- Gaylin Sudik & Friends: Tuesday, Oct. 21, 11 a.m. to 3 p.m.
- The Unfortunate Sons: Saturday, Oct. 25, 8-11 p.m.
- Kenny Frette & the Country Classics: Tuesday, Oct. 28, 11 a.m. to 3 p.m.
- Back to Vinyl: Friday, Oct. 31, 8-11 p.m.

## Martini Fest

Friday, Sept. 19, 5-9 p.m.

West Glen Town Center

CITYVIEW is bringing Martini Fest back to West Glen Town Center. For a ticket price of \$25 (tickets will be \$35 at the event), attendees will receive 10 tickets that can be redeemed at each participating martini stop for a sample-size martini. Locations include nightclubs and restaurants at West Glen Town Center. Reserve your tickets at [martinifest.dmcityview.com](http://martinifest.dmcityview.com) now so you can avoid registration lines at the event.



## Halfway to St. Pat's Charity Car Show

Sunday, Sept. 14

Charlie's Filling Station,  
305 Grand Ave., West Des Moines  
[www.friendlysonsiowa.com](http://www.friendlysonsiowa.com)



The Friendly Sons of St. Patrick are holding a fundraising car show to benefit the St. Patrick's Day Parade. Bring your classic or unique vehicle. Registration is 11 a.m. until 1 p.m. Trophies will be awarded at 3 p.m. Vendors and food will be available.

## Des Moines Art Center Museum Highlights Tour

Saturdays from 1-2 p.m.

Des Moines Art Center,  
4700 Grand Ave, Des Moines

Discover the vast variety of the Des Moines Art Center's permanent collections during the Museum Highlights Tour. This tour offers a unique journey through the galleries, featuring a selection of timeless paintings, sculptures and more. Join knowledgeable guides to uncover the stories, techniques and inspirations behind the art on view, and experience the highlights of the Art Center in a fresh and engaging way. This guided tour is perfect for art enthusiasts of all ages. Free to all, no registration required.

## Confluence Brewing Summer Concert Series

Thursdays and Fridays  
through September,  
6-8:30 p.m.

1235 Thomas Beck Road,  
Des Moines

Enjoy live music every Thursday and Friday. Performances are held outside, weather permitting and moved inside in case of poor weather. A food truck is also available. Entertainment includes: Patresa Hartmen Sept. 11, Black Dirt Ramblers Sept. 12, Kris Karr Sept. 18, Velver Trio, Sept. 19, Chris Falcon Sept. 25, and TBD Sept. 26.

## Square Dance Lessons

Sunday nights starting Sept. 14, 6:30 p.m.

Douglas Avenue Presbyterian Church, 4601 Douglas Ave., Des Moines

Ankeny Square Dance Club is sponsoring Square Dance Lessons. Cost is \$20 per person for the entire session accepted at the third lesson. Attend with or without a dance partner. You'll learn the calls, one at a time, taught by a caller (instructor) and volunteers. For more information, call Sandy Townsend, 515-294-2624, or visit [www.ankenysquares.com](http://www.ankenysquares.com).

Do people say  
you'd be great  
in sales?

THEY  
MIGHT BE  
RIGHT!

Use your skills to help local businesses succeed.

## NOW HIRING

### Advertising Account Executives

to connect local businesses with CITYVIEW, SENIORVIEW, and Iowa Living magazine readers. Your work helps entrepreneurs, restaurants, shops, and community organizations grow.

- ✓ Community-focused impact
- ✓ Full-time position with benefits
- ✓ Unlimited earnings potential



### Interested in learning more?



**Contact Jolene Goodman!**  
515-953-4822 x 319  
or scan to email Jolene



CITYVIEW SENIORVIEW



## EVENTS IN THE AREA

Check for cancellations

### Wallace Centers of Iowa Summer Events

Wallace Farm, 2773 290th St., Orient

Wallace House, 756 16th St., Des Moines

- **Pizza on the Prairie:** Every Friday until Sept. 26, 5-9 p.m., Wallace Farm. Come to the prairie at the Wallace Farm on Friday nights during the summer for brick oven pizza packed with farm-fresh veggies and local meats. This family-friendly evening is packed with good food, live music, outdoor art, and picturesque sunsets. Reservations for pizza ordering times are required at <https://wallace.org/pizza-on-the-prairie/>.

- **Picnic Theater - Agrimusic:** Sunday, Sept. 21, 4:30-6:30 p.m., Wallace Farm. Dive into history, music and a farm-fresh picnic meal at an outdoor performance of Agrimusic by musician and historian Seth Hedquist. \$25/ticket. <https://wallace.org/event/picnic-theater-agrimusic/>

- **Fresh From the Farm: Garlic:** Wednesday, Oct. 1, 6-8:30 p.m., Wallace House. A three-course dinner featuring garlic in each course. \$75/ticket. <https://wallace.org/event/fresh-from-the-farm-6/>.

### Des Moines Performing Arts: Made in the Midwest series

The Temple Theatre, 1011 Locust St., Des Moines

Made in the Midwest, DMPA's newest concert series, highlights the artistry of local musicians in the intimate Temple Theater. Celebrating the talents of independent artists from across our region, guests will enjoy a unique experience where the musicians take center stage in a venue known for its unparalleled acoustic quality.

The new season will feature four artists from of different genres:

- Sept. 12: Sharane Calister and The Feel Right Band
- Oct. 23: The Lubben Brothers
- Nov. 4: Jordan Messerole
- Dec. 13: Andrew Hoyt

Tickets are on sale starting at \$22/show. You can purchase tickets by visiting [DMPA.org](http://DMPA.org), calling 515-246-2300, at the Civic Center Ticket Office or at the Temple Theater Ticket Office night of the show. All shows will start at 7 p.m.

### Armed Forces 250th Birthday Celebration

Sept. 20, 4-7 p.m.

Iowa Gold Star Military Museum, Camp Dodge Freedom Center, 7105 N.W. 70th Ave., Johnston

On behalf of the Iowa Gold Star Military Museum on Camp Dodge, Iowa Department of Veterans Affairs (IDVA) extends their invitation to attend the Armed Forces 250th Birthday Celebration. All members of the public are invited to attend. Visitors can expect refreshments, historic military vehicles, reenactors and displays of period uniforms, museum experts, the Iowa Military Veterans Band, and more.

### CultureALL Ball

Saturday, Sept. 20, 8-11 p.m.

Hilton Hotel, 435 Park St., Des Moines

CultureALL invites Iowans to participate in a milestone event — an evening of community dancing at the CultureALL Ball. The event line-up features 20 cultures and 15 performances, four real-time dance lessons, a fashion experience, global bazaar with pop-up street performances, interactive live art, and culinary flavors inspired by local chefs. For tickets and more information, visit <https://events.humanitix.com/cultureall-ball>. ■

# THE BENEFITS of trusts

A revocable trust is an estate planning document that holds and controls your assets under your direction. It is a legal document that names a trustee to administer assets and provides instructions to the trustee on how to manage and disburse funds. It also names specific beneficiaries and determines how and when they should receive payments. A revocable trust is an important part of your estate planning strategy, and it has a lot of benefits.

Trusts allow you to control your wealth if you become disabled or incapacitated. Having the assets in a trust, with instructions to another person to distribute funds, ensures you and your loved ones will still have those benefits even if you are not there to provide



them mentally or physically.

Trusts also protect your legacy. A properly constructed trust can protect your assets from your heirs' creditors or even from the irresponsible ways of the beneficiaries themselves. If you have children with special needs, a trust can manage assets in a way that guarantees the preservation of benefits like Medicaid and Social Security Disability.

Trusts allow you to choose who will manage your affairs. You will most likely act as the trustee of your own trust. But you should name a successor trustee to continue the role in the event of your incapacity or death. The successor trustee will follow the instructions in the trust document and continue the management of your assets.

Trusts are often used as a means to transfer inheritance to others over time, or to protect assets for an individual with special needs. But

the most common use of a trust is to avoid probate. Probate is the court-supervised settling of an estate after death. Probate can take a year or more to complete and can cost thousands in court-awarded fees.

A well-drafted and correctly funded trust will continue after your death and will avoid probate. Assets in the trust are distributed according to the instructions in your trust, instead of being subject to court control. It can provide privacy and efficiency in the settlement of your estate.

Trusts are not for everybody. But for those who want to protect their assets, avoid probate, and ensure a smooth transition of inheritance, consult with an experienced attorney to see if trust planning is right for you. ■

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

## PREPARE FOR THEIR FUTURE

DO YOU NEED TO  
UPDATE YOUR WILL?

SUPERIOR SERVICE.  
LEGAL SOLUTIONS.

FOR 38 YEARS



### EXPERIENCED ATTORNEYS — SINCE 1987 —

Wills, Trusts, & Estate Planning ■ Residential Real Estate  
Probate & Estate Administration ■ Social Security Disability  
Business Formation & Planning ■ Medicaid & Asset Protection

ATTORNEYS WHO SPECIALIZE IN YOU



ABENDROTH RUSSELL  
BARNETT LAW FIRM

ESTABLISHED IN 1987

2560 73rd St., Urbandale ■ 515.278.0623 ■ [www.ARPCLaw.com](http://www.ARPCLaw.com)

## A LIFETIME of giving

Suckow creates a legacy of volunteerism.

For more than 40 years, Mary Kay Suckow has been part of the West Des Moines community.

Throughout that time, she's given back in countless ways.

Volunteering is simply something she enjoys doing.

Suckow began volunteering with UnityPoint Hospice 15 years ago. She especially valued spending time with hospice patients, listening to their life stories and offering support to their families. Some of her most memorable moments include friendships with patients and hearing their remarkable stories, like that of a veteran who served in World War II.

For the past four years, Suckow has focused her efforts on Mary's Helping Hands — an organization that provides hope and essential supplies to expectant moms, families and their babies up to age 2.

This role is an extension of Suckow's nursing career, which began in 1977 as a public health nurse. Her work included home visits to moms and babies during pregnancy and infancy.

"As a volunteer with Mary's Helping Hands, I am once again helping that population," Suckow says. "When I have met with these families, I



Ryan Mehalovich of Edward Jones presents the Neighbor Spotlight Certificate to Mary Kay Suckow.

have seen tears of joy and appreciation for the maternity and baby clothes, pack and plays, formula, diapers and other donations given to them. This simple act and many donated clothes and supplies from our generous community have given these families hope."

Every few months, Suckow also volunteers with a team that prepares and serves meals at Connection Café in Des Moines. Typically, they make 160 hot or cold sandwiches and provide fruit, drinks and chips — free meals for those facing food insecurity in downtown Des Moines.

In addition, Suckow helps neighbors in need through St. Vincent de Paul, assisting with rent payments and other support.

"There are so many small ways anyone can volunteer," she says. "I have found such joy in the friendships made with those I help and with the fellow volunteers. Taking someone to church or a doctor appointment is easy and a nice, shared experience. Those I have helped with these small errands are now dear friends. That is why I would encourage others to take the steps and volunteer, too."

For her generosity, Suckow was humbled this spring when she was inducted into the 2025 Iowa Volunteer Hall of Fame.

"I was certainly surprised to be one of six across Iowa to receive this award from our Governor," she shares.

All this volunteer work harkens back to Suckow's parents and grandparents. Her grandma worked at the welfare office and often brought someone home from the community, giving them a small job in exchange for a hot meal. And her dad offered friends rides to doctor appointments, while her mother once cared for a relative's baby while the child's mother recuperated from an illness.

It's those small acts of kindness that Suckow has carried with her — and amplified throughout her own life. ■

**Edward Jones**

> [edwardjones.com](https://edwardjones.com) | Member SIPC



**Partnering throughout the years to help reach your financial goals**  
We can help you get there.



**Ryan P Mehalovich, CFP®**  
Financial Advisor  
4601 Westown Pkwy Ste 218  
West Des Moines, IA 50266  
515-224-5284

EJB-19325-A-E-DA-4 AECSPAD 26168604

# LEADERSHIP program graduates 4 WDM long-term care professionals

Fourteen professionals from long-term care organizations across Iowa have completed a year-long executive leadership program through the Iowa Health Care Association (IHCA), designed to strengthen leadership in nursing homes, assisted living programs, care continuum and home care settings.

The 2024-2025 Executive Health Care Leadership Institute wrapped up in July with a graduation ceremony and final project presentations in West Des Moines. The program helps rising leaders in long-term care develop key skills in management, communication, workforce development and quality improvement, while fostering confidence and collaboration across care settings.

The following graduates from West Des Moines completed the program:

- Jenny Blackmore, Care Initiatives (West Des Moines)
- Kathy DeHaven, Cedar Ridge Village (West Des Moines)

• Rachel Ferguson, Accura Healthcare of Iowa (West Des Moines)

• Heather Kling, Highmark Senior Living (West Des Moines)

"This program supports the next generation of long-term care leaders who are committed to delivering high-quality care for older Iowans," said IHCA Vice President of Regulatory Affairs Brenda Irlbeck. "Each graduate brings new energy, insight and dedication to our field. Their impact will be felt in communities across the state."

Throughout the year, participants took part in both virtual and in-person sessions covering topics such as mission-driven leadership, building trust within teams and leading quality improvement projects.

The program was sponsored by Martin Bros. Distributing Co., Consonus Healthcare and Right Dose, A Guardian Pharmacy. ■

## HONORING OUR LOCAL VETERANS

**VETERANS DAY IS MONDAY, NOVEMBER 11, 2024**

**ANTHONY FLORA**

Adel  
Military branch: U.S. Army  
Rank: E6  
Service: 1990-2013  
How can Americans best honor veterans?  
"Show you them you appreciate them."  
— Anthony Flora

**STEVE KELLER**

Adel  
Military branch: Air National Guard  
Rank: E5/Staff Sgt.  
Service: 1963-1970  
How can Americans best honor veterans?  
"Show them how much you appreciate what they gave. Some gave some, and some gave all." — Steve Keller

**MIKE GILES**

Adel  
Military branch: U.S. Army  
Rank: Sgt. First Class  
Service: 1990-2014  
How can Americans best honor veterans?  
"Support organizations that help veterans and honor anyone who puts others before self, such as police, firefighters and medics. They are all heroes." — Mike Giles

**JIMMY J. McDOWELL**

Adel  
Military branch: U.S. Army, then Iowa National Guard, also worked for the Army Recruiting Office and the VA Hospital as a civilian after retirement.  
Rank: Sgt. First Class  
Service: 1976-2005  
How can Americans best honor veterans?  
"We can honor our veterans best by teaching the young of our history, the importance of the freedoms that we enjoy in this country, and the importance of defending our country."  
— Jimmy J. McDowell

**THOMAS WALTZ**

Adel  
Military branch: U.S. Navy  
Rank: Electronics Tech Third Class  
Service: 1966-1970  
How can Americans best honor veterans?  
"Honor and respect them. Adel does a good job of this."  
— Thomas Waltz

**KENT MCADON**

Adel  
Military branch: U.S. Air Force and U.S. Army  
Rank: Chief Warrant Officer 4  
Service: 1967-2002  
How can Americans best honor veterans?  
"Support veterans in any way you can. Help those with PTSD. Contact the VA and help how you can." — Kent McAdon

**RAYFORD STANES**

Adel  
Military branch: U.S. Air Force  
Rank: E4 Tech Sgt.  
Service: 1973-1991  
How can Americans best honor veterans?  
"Show up and say how much you appreciate what they've done." — Rayford Stanes

**JERRY BOND**

Adel  
Military branch: U.S. Marine Corp  
Rank: First Lt.  
Service: 1969-1971  
How can Americans best honor veterans?  
"Stand behind them and give lots of support. Support the VA." — Jerry Bond

PUBLISHES: NOVEMBER



## 2025 SALUTE TO OUR VETERANS

**ACTUAL AD SIZE:**

**THANK YOU, VETERANS** ★★★★★★

from

**STAR GAS STATION**

2701 Ingersoll Avenue ★ 244-4500



**TO RESERVE YOUR SPACE, CONTACT MARTHA MUNRO**  
at 515-953-4822 ext. 314  
or martha@iowalivingmagazines.com



# FARMERS Market

Valley Junction Farmers  
Market on Aug. 21.



Robb Prohaska and KaLani Hill



Keezeng Lee, Kamaura Kim and Evelyn Ahmed



Lily Simmons and Justin Simmons



Sanel Bajric and Grant Prock



Sean Waterman and Nadine Waterman



Rod Murphy



Phoebe Cook



Jiaxue Reben



Steampunk Jess



Morgan Walker



Kate Cobb



Krista McCleish



Vanessa Ceren

# OUT & ABOUT

## RIBBON Cutting

West Des Moines Chamber of Commerce hosted a ribbon cutting for Family Connections Inc. on Aug. 20.



David Zanders, Connie Blodgett, Dustin Lambert and Matt Davidson



Lauren Watson and Jared Galligan



Mariahma Presley-Ellis and Abdullateef Jinadu



Sean Presnall and Katherine Harrington



Spring Skalberg and Amanda Knows



Charity Baird and Gared Hassel



Everett Mullican and Jared Galligan



Alex Shcharansky and Krystal Williams



Nicole Waller and Lena

# CLASSIFIEDS

**DISCLAIMER:** This publication does not knowingly accept advertising that is deceptive, fraudulent, or which might otherwise violate the law or accepted standards of taste. However, this publication does not warrant or guarantee the accuracy of any advertisement, or the quality of the goods or services advertised. Readers are cautioned to thoroughly investigate all claims made in any advertisement and to use good judgment and reasonable care, particularly when dealing with persons unknown to you who ask for money in advance of delivery of the goods or services advertised.

## FOR SALE

**NEW, (2 BR-2 BA), 14x66, Gas Range, 2-Door Refrigerator, Dishwasher, Walk-In Master Shower. Tub/Shower in 2nd Bath, \$79,900. Delivered, Set, On Your Prepared Lot - Iowa. Coachlight Homes. 1-319-239-1920. (mcn)**

## WANT TO BUY

**WANT TO BUY your manufactured or mobile home 1990 and newer CENTURY HOMES of OSKALOOSA 641-672-2344 (mcn)**

## AUTOMOBILES

**GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS.** Fast free pick up. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-833-485-1046. (mcn)

**Get a break on your taxes!** Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2025. Call Heritage for the Blind Today at 1-855-977-7030 today! (mcn)

**Donate your car, truck, boat, RV and more to support our veterans!** Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car Donations at 1-888-429-2331 today! (mcn)

## CABLE/INTERNET

**AFFORDABLE TV & INTERNET.** If you are overpaying for your service, call now for a free

quote and see how much you can save! 1-833-472-7954. (mcn)

**DIRECTV-** All your entertainment. Nothing on your roof! Sign up for Directv and get your first three months of Max, Paramount+, Showtime, Starz, MGM+ and Cinemax included. Choice package \$84.99/mo. Some restrictions apply. Call DIRECTV 1-866-296-1409. (mcn)

## FINANCIAL

**Inflation is at 40-year highs.** Interest rates are way up. Credit Cards. Medical Bills. Car Loans. Do you have \$10k or more in debt? Call NATIONAL DEBT RELIEF and find out how to pay off your debt for significantly less than what you owe! FREE quote: Call 1-866-552-0649. (mcn)

## HEALTH & MEDICAL

**DENTAL INSURANCE** from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance -NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-973-9175 www.dental50plus.com/midwest #6258 (mcn)

**PORTABLE OXYGEN CONCENTRATOR** May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-716-2411. (mcn)

**STOP OVERPAYING FOR HEALTH INSURANCE!** A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-888-772-8454. You will need to have your zip code to connect to the right provider. (mcn)

**ATTENTION OXYGEN THERAPY USERS!** Discover Oxygen Therapy That Moves with You with Inogen Portable Oxygen Concentrators. FREE information kit. Call 1-833-650-5916. (mcn)

## HOME SERVICES

**Don't Pay For Covered Home Repairs Again!** Our home warranty covers ALL MAJOR

**SYSTEMS AND APPLIANCES.** We stand by our service and if we can't fix it, we'll replace it! Pick the plan that fits your budget! Call: 1-833-816-2128. (mcn)

**WATER & FIRE DAMAGE RESTORATION.** Our trusted professionals will restore your home to protect your family and your home's value! Call 24/7: 1-833-879-1480. Mold Remediation services are also available! (mcn)

## MISCELLANEOUS

**Reach over 1.4 million homes for just \$249!** Advertise your business or item with a classified ad in the Midwest Free Community Papers. Simple, cost-effective, and powerful. One call, and you're done! Boost your visibility now! 888-899-6327. (mcn)

**SunSetter.** America's Number One Awning! Instant shade at the touch of a button. Transform your deck or patio into an outdoor oasis. Up to 10-year limited warranty. Call now and SAVE \$350 today! 1-855-462-2330. (mcn)

**NEED NEW FLOORING?** Call today schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-833-641-6323. (mcn)

**INJURED IN AN ACCIDENT?** Don't Accept the insurance company's first offer. Many injured parties are entitled to cash settlements in the \$1000's. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-833-879-1534. (mcn)

**Prepare for power outages today with a Generac Home Standby Generator.** Act now to receive a FREE 5-Year warranty with qualifying purchase. Call 1-877-228-5789 today to schedule a free quote. It's not just a generator. It's a power move. (mcn)

**NO MORE CLEANING OUT GUTTERS.** Guaranteed! LeafFilter is backed by a no-clog guarantee and lifetime transferrable warranty. Call today 1-855-577-1268 to schedule a FREE inspection and no obligation estimate. Plus get 75% off installation and a bonus \$250 discount! Limited time only. Restrictions apply, see representative for warranty and offer details. (mcn)

**The bathroom of your dreams in as little as 1 day.** Limited Time Offer - \$1000 off or No Payments and No Interest for 18 months for customers who qualify. BCI Bath & Shower. Many options available. Quality materials & professional installation. Senior & Military Discounts Available. Call Today! 1-833-618-1178. (mcn)

**Replace your roof with the best looking and longest lasting material steel from Erie Metal Roofs!** Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer- up to 50% off installation + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-844-907-2386. (mcn)

**Over \$50,000,000 in timeshare debt and fees cancelled in 2019.** Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 877-326-1608. (mcn)

## REAL ESTATE

**WE BUY HOUSES for Cash AS-IS!** No repairs. No fuss. Any condition. Easy process: Call, get cash offer and get paid. Call today for your fair cash offer: 1-888-715-0513. (mcn)

## WANT TO BUY

**BUYING AND SELLING SILVER BARS,** silver dollars, rare coins, gold jewelry, any gold-silver items, collector coins, currency. 44 years in business. I have a \$1,500,000 line of credit and own 1,475 acres of land near Ormsby. Kuehl's Coins, Fairmont, MN. 507-235-3886/507-399-9982. (mcn)

**CASH PAID FOR HIGH-END MEN'S SPORT WATCHES!** Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 1-833-641-6646. (mcn)

**WE BUY VINTAGE GUITARS!** Looking for 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 1-833-641-7028. (mcn)

**My Patriot Supply**  
Patriotic and Natural

**GRAB YOUR 4-WEEK EMERGENCY FOOD SUPPLY**

- ✓ Breakfasts, Lunches, Dinners, Snacks and Drinks
- ✓ 2,000+ Calories/day | Fortified with 12 Essential Vitamins & Minerals
- ✓ Up to 25-Year Shelf Life
- ✓ Lightning-fast FREE Shipping

AMERICA'S MOST TRUSTED EMERGENCY FOOD COMPANY  
OVER 72,000 5-STAR REVIEWS | A+ RATING WITH THE BBB

**1-844-214-6185**  
mypatriotdeal.com/prep13

**We Buy Houses!**

Liz Buys Houses Connects Home Sellers with Legitimate Cash Buyers Nationwide!  
**No Repairs. No Fuss.**

- Fair Cash Offer
- Quick Closing
- No Realtor Fees
- No House Repairs
- Simple Home Sale

We work fast and are ready to help with your sale. Call today to see if our fast cash offer aligns with your home sale needs!

**CALL (877) 791-5531**

**Jacuzzi**

BATH REMODEL

**Safety. Style. Stress-Free Installation.**

**SPECIAL OFFER**  
**Waiving All Installation Costs!**

**CALL NOW**  
**866.753.9521**

Add'l items apply. Offer subject to change and vary by dealer. Expires 9/28/25.

**Transform Your Bathroom and Change Your Life.**

**FREE TOILET + \$1,500 OFF\***

For your FREE information kit and our Senior Discounts, Call Today Toll-Free  
**1-855-417-1306**

**safestep**

\*Free toilet with purchase and installation of a walk-in tub or walk-in shower only. Offer available while supplies last. No cash value. Must present offer at time of purchase. Cannot be combined with any other offer. Market restrictions may apply. Offer available in select markets only. CSLB 1002105, NCBIC 0082999, 0083445, 120V11086000

**ERIEHOME** Trust the Nation's #1 Roofing Contractor  
Award-Winning Roofing and Customer Service  
Erie Roofing Since 1976

**LIMITED TIME OFFER**  
**50% OFF Installation**

**FREE ESTIMATE SCHEDULE TODAY!**  
**Call 1.833.370.1234**

**CALL TODAY! 1.833.370.1234**

New orders only. Does not include material costs. Cannot be combined with any other offer. Minimum purchase required. Other restrictions may apply. This is an advertisement placed on behalf of Erie Construction Mid-West, Inc. ("Erie"). Offer terms and conditions may apply and the offer may not be available in your area. If you call the number provided, you consent to being contacted by telephone, SMS text message, email, pre-recorded messages by Erie or its affiliates and service providers using automated technologies notwithstanding if you are on a DO NOT CALL list or register. Please review our Privacy Policy and Terms of Use on homeservicescompliance.com. All rights reserved. License numbers available at eriehome.com/erielicenses/

**LeafFilter**  
GUTTER PROTECTION

**2025 Summer Home Protection Event!**

**LIFETIME TRANSFERABLE WARRANTY\***

**End Cleaning Out Gutters!**  
**Zero Clogged Gutters Guaranteed**

**Without LeafFilter** **With LeafFilter**

**Promo Code: 285**  
**CALL 855-595-2102 FOR A FREE INSPECTION!**

**75% OFF + \$250**  
Installation Discount

\*Promotional offer includes 20% off plus an additional 10% off for qualified veterans and/or seniors. One coupon per household. No obligation estimate valid for 1 year. \*See Representative for full warranty details. See website for all license and registration numbers AR 366920923, AZ ROC 344027, CA 1035795, CT HC0671520, FL CBC056678, IA C127230, ID RC-51604, LA 559544, MA 176447, MD MHIC111225, MI 262300173, 262300318, 262300328, 262300329, 262300330, 262300331, MN IR731804, MT 226192, ND 47304, NE 50145-22, 50145-23, NJ 13VH09953900, NM 408693, NV 86990, NY H-19114, H-52229, OR 218294, PA 179643, 069383, RI GC-41354, TN 10981, UT 10783658-5501, VA 2705169445, WA LEAFNWB23E, WV WV056912.



Live well, age well, and handle the *what-ifs* right at home.

WellAhead is an innovative membership program designed to enhance independence and well-being for those who intend to live at home as they age. WellAhead handles the major worry, ensuring your access to long-term care and covering the majority of its primary costs from Day One. As a member, you'll benefit from a personal well-being coach, care coordination, and a variety of services to empower and enthusiastically enable your choice to live safely, healthfully, and independently in your own home.

To learn more about WellAhead or RSVP for an upcoming seminar, call (515) 400-4715 or use this QR code.



## Why WellAhead?



**Remain at Home**



**Protect Your Assets**



**Maximize Your Well-Being**



**Plan for Future Health Needs**

(515) 400-4715 | [wesleylife.org/wellahead](https://wesleylife.org/wellahead)

This institution is an equal opportunity provider and employer.

# DON'T WAIT FOR THE CHILL!



ENSURE YOUR COMFORT  
WITH A FULL

## FURNACE CHECK!

**CALL TODAY!**

We've been in this business for  
more than 65 years...

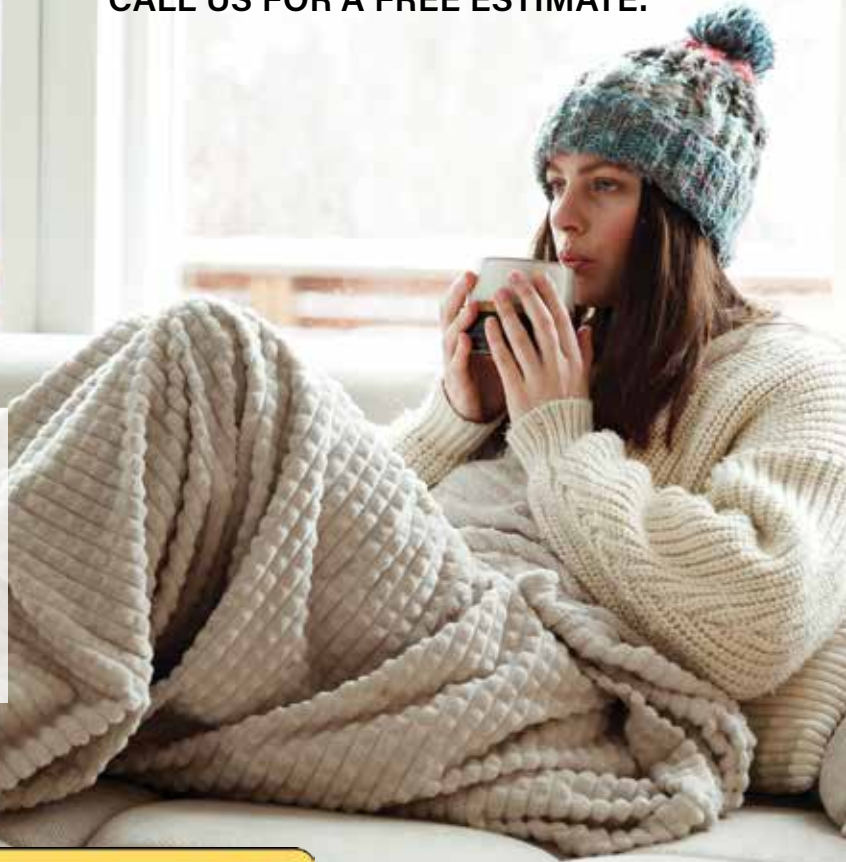
**HOW OLD IS YOUR FURNACE?**

CALL US FOR A FREE ESTIMATE.

Heating & Air Conditioning  
**Amana**

### THE NEXT STEP IN HOME COMFORT.

Amana brand high-efficiency gas furnaces now have many new features that make Amana brand gas furnaces one of the best choices in the HVAC industry. Our newly-designed stainless-steel, tubular heat exchanger with wrinkle-bend technology is the next step in home comfort.



916 Main Street, Adel  
Mon-Fri 8-5, Saturday 8-1

**515-993-4287**



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

*Always a good time to shop local!*

224 Highway 92, Winterset  
Mon-Fri 9-5, Saturday 9-1

**515-462-2939**