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MAY 2023

Living

MAGAZINE

Up in the AIR

Residents share their experiences as pilots

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WELCOME

THAT ought to be enough

I was 20 years old and a junior in college before I ever stepped foot on an airplane. It wasn't some fancy commercial flight either.

My friend, Brian, had his pilot's license and offered to take me up in a small plane with another buddy. I reluctantly agreed. Filled with anxiety, I carefully stepped into the hangar where the plane was located. Brian opened up the gas tank, shrugged his shoulders, and said, "That ought to be enough." I mumbled and bumbled my words more than Mel Tillis at this point, and Brian turned his back on me and walked away, holding in his laughs.



I wasn't laughing.

This was a high-pressure moment for a young man of limited experiences who just recently dropped teenager status.

Before long, we were in the air, and I was viewing the rural Iowa scenery, floating among the clouds, listening to the hum of the plane engine — until the hum disappeared, and the plane started falling. The sweat beads were forming on my forehead, and that summer tan I had was nowhere to be seen as my skin turned milky white. Then, amidst the silence, I heard the engine hum again. My prankster pilot friend laughed some more and then proceeded with a myriad of airplane acrobatics.

When we finally landed, I said a quick thank you to Brian and spent the next 10 minutes in the bathroom. That was more than enough flying for my stomach.

Later that year, I went on my first commercial flight on a Boeing 747 and was amazed at the smooth ride, a much different experience than I had with my friend, Brian.

The last I heard, Brian was a commercial pilot for a major airline. I doubt that he is pulling his practical jokes on the crew and passengers of an Airbus A380.

Meanwhile, some local residents truly enjoy their time in the air and share their experiences in this month's feature story.

As for my buddy Brian's jokes on me, well, that ought to be enough. Thanks for reading. ■

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FEATURE

Tyson Mollenbeck has been flying for six years. He graduated from the University of Iowa where he participated in its ROTC program before serving in the Air Force. Although he wasn't a pilot in the Air Force, it was through that experience that he became interested in flight.

Up in the AIR

Residents share their experiences as pilots

By Ashley Rullestad

Our eyes often gaze upward in amazement. A clear, night sky filled with stars. Clouds painted in vibrant pinks and oranges by a rising sun. Ominous storms with lightning flashing across the heavens. Formations of geese traversing the continent, high above the land. And, heavy, metal airplanes with their human cargo miraculously crossing the skies as if light as hollow-boned birds.

While many of us are happily grounded, some pursue the dream of soaring above us, enjoying the view of expansive territories below, clouds from above, and the vastness of the blue sky surrounding them. This month, we ask local pilots to share the stories behind their passion for flight.



Decades of flight

Steve Nichols' dad was in the U.S. Air Force as an air traffic controller, so he grew up in the world of aviation. After graduating from East High in 1971, he enrolled in the Air Force Academy.

He graduated in 1975 and went into pilot training. Nichols flew EC-135s for nine years in the Air Force. For another three years, he flew U-2 spy planes.

After serving in the Air Force, he worked at Northwest airlines for 20 years until it merged with Delta and then was with them for nine more years until mandatory retirement at age 65. He worked out of the Ankeny airport and flew charters in Beechjets for a year before deciding his days in the air had come to an end.

"My dad didn't push me or anything, but he encouraged me when I showed an interest in flying," Nichols says. "He said become an officer in the military, not an enlisted guy, so I went to the Academy. When I graduated, I got



The planes Steve Nichols flew during his Air Force days.

sent to 135 school, and that was it."

The 135 planes Nichols flew are airborne command posts.

"So we have a whole battle staff of people, and the airplane can run a nuclear war from the air or launch missiles. If command on the ground gets knocked out, we can launch counter strike missiles. That's pretty heady stuff for a young 20-something."

Nichols then applied to the U-2 program, which is demanding because the plane is a



Steve Nichols with a Beechjet at Ankeny at Exec One Aviation.

difficult one to land. During his time flying the spy planes, he was stationed in England and flew up and down Warsaw Pact countries gathering intelligence.

"It was very cool. I wore a space suit up over 70,000 feet in the air. That's why I am the way I am today — lack of oxygen," he jokes.

His time in the military was rewarding, and he was able to see a lot of the Pacific during his service. Nichols was stationed in Hawaii for five years, and he flew to Japan, Guam, Korea,

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Steve Nichols and his wife, Valerie

That transition to civilian flying is interesting, Nichols says. When you're flying for the Air Force, you typically take off and return to the same base. With airline flight, you're everywhere. You go to "podunk" places and huge airports, too.

Nichols flew DC-9s and Airbus 320 planes out of Memphis, Minneapolis and Detroit throughout North America. Though the actual flying of civilian airplanes isn't much different than flying military planes, learning the rules for civilian flight — company rules and FAA rules — are different. He enjoyed the airline's ability to maintain their fleet, and he liked flying into challenging airports like San Diego and Telluride.

Over a long career, of course, challenges arise. But Nichols took it all in stride.

"The whole business of flying has been described as hours of sheer boredom interrupted by moments of terror. I was lucky I never had an emergency that was anything I couldn't handle. I remember flying one time from Minnesota to Florida and someone got really sick, and we had to divert to Nashville. You have to be ready for anything."

That said, he's ready to visit the friendly skies as a passenger only.

"I've had enough. Do I miss it? Sometimes, if the honey-do list is too long. Being a hobby pilot is really expensive, so that doesn't really appeal. I'm content with where I am now."

Top Gun

During the Vietnam War, now Lt. General Ron Dardis was a senior in college. He received his induction papers for the Army on Christmas Eve. With a semester of school left, he joined the Iowa Air National Guard in Sioux City after qualifying for undergraduate pilot training in the Air Force. He started flight school 18 months later at Craig Air Force Base in Selma, Alabama.

Initially, Dardis completed his undergraduate pilot training, which took just over a year. Training consisted of simulator training, flying training and academics. He had more hours of academics in 53 weeks than he did in four years of college.

He then had additional training in the F-100 at Cannon AFB in New Mexico, as well as ongoing training for currency and

Philippines, Alaska and a lot of islands in the Pacific before switching to flying over Europe.

"I enjoyed the camaraderie in the Air Force, and just a handful of people got to fly the U-2s. We still get together and golf, and I have a few friends that we flew together in the Air Force and for the airlines."

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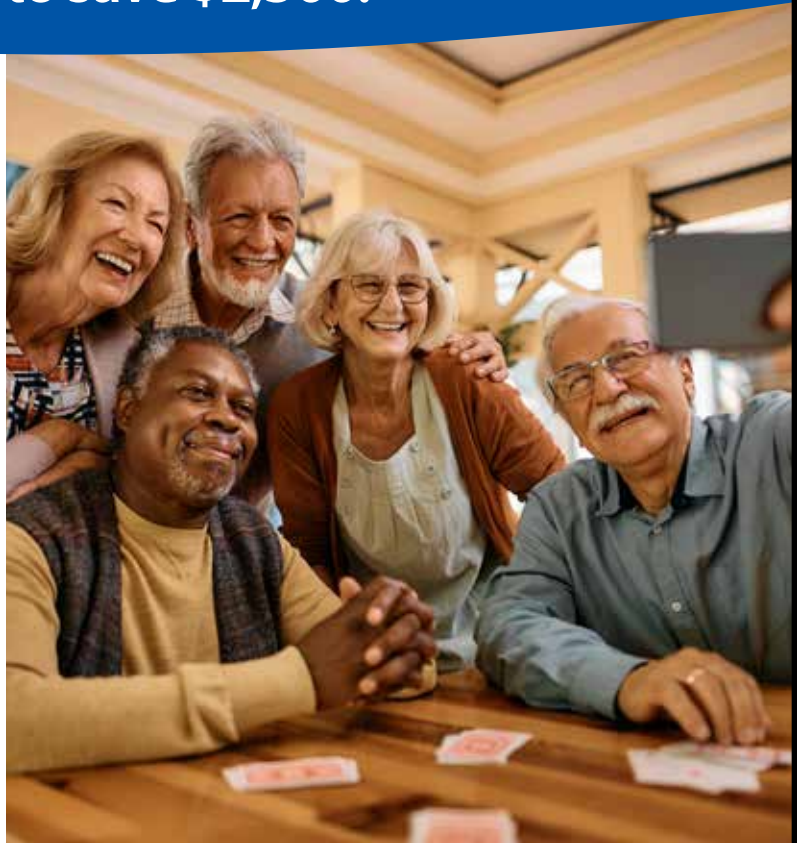
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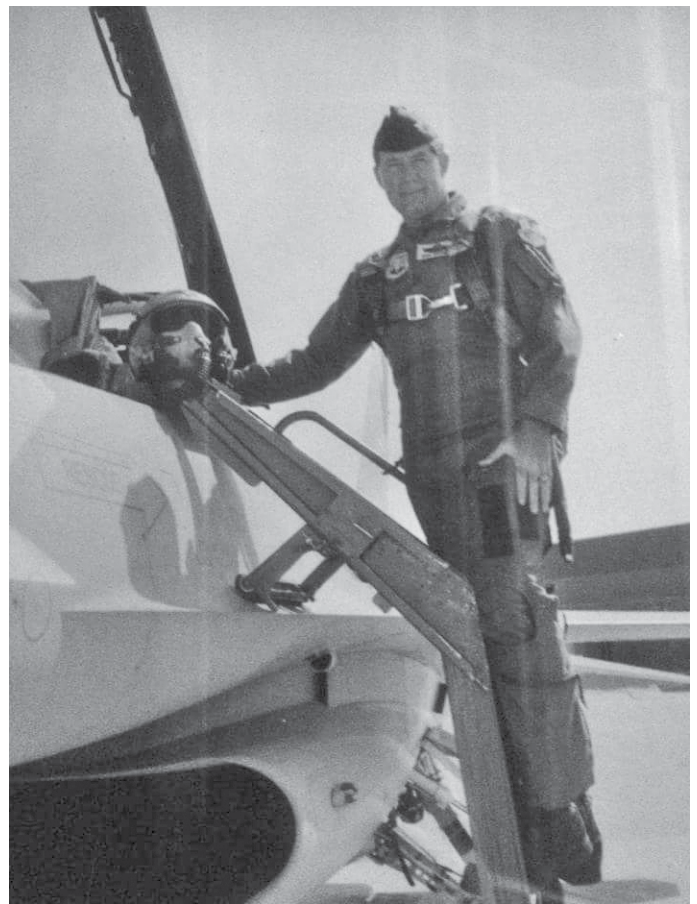
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General Ron Dardis at a walking tour in Gjilane, Kosovo, visiting Iowa soldiers at Camp Montief, Kosovo.



General Ron Dardis during F-16 flying training at Luke AFB, Phoenix, Arizona.

proficiency as a fighter pilot with deployments and exercises around the world. He also undertook conversion training in the A-7D and the F-16C. He then served as a flight instructor, flying with young pilots from undergraduate pilot training and teaching them to become combat-ready fighter pilots. He flew for 30 years.

“Learning to fly and fly fighter jets was very demanding with many challenges,” he says. “I had no flying experience, thus no bad flying habits. It’s easier to learn the fundamentals of flying the Air Force way. They are also long days. They started at 5 a.m., and many times I worked seven days

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a week.”

During his time as a pilot, he had many memorable experiences. Some include participating in flyovers on Memorial Day to honor veterans at cemeteries around the state for 20-plus years, deployments and exercises around the world, ejection from an F-16 shortly after takeoff due to engine malfunction, and participation in the Navy Fighter Weapons School program, Top Gun. (Yes, like the movies.) Dardis was named the top Strafe Pilot in the Air Force in world competition in 1985.

Dardis is now general manager of Hyperion Field Club, but he will always hold his days in the air in high regard.

“It was an honor to serve with great young Americans and my country for 43 years in the Air Force and have the opportunity to fly as a fighter pilot for 30 years.”

Charter captain

Tyson Mollenbeck has been flying for six years. He graduated from the University of Iowa where he participated in its ROTC program before serving in the Air Force. Although he wasn't a pilot in the Air Force, it was through

that experience that he became interested in flight.

He attended flight school, receiving all of his certifications and ratings, then worked as a flight instructor. He currently flies private charters, so he serves as a pilot for various corporations that own their own planes.

“I fly for Midland Aircraft out of both Newton and Marshalltown, and we are what's called 'an aircraft management' company. We have operational control of the airplane and have a handful of pilots who are on call whenever the airplanes need to go somewhere. It's not scheduled routes like a commercial pilot would have.”

Once he started flying, Mollenbeck says he was hooked.

“Every pilot remembers the first time they flew the airplane on their own, their first solo, and that's an adrenaline rush you can't even put into words. Every pilot does that. It's a rite of passage.”

For Mollenbeck, being a pilot is basically a dream come true.

“We say at work every day 'My job isn't work. It's fun.' I get to fly a multi-million dollar

airplane and take it to all these places — like I was in Scottsdale and I'm going to Nashville in a couple weeks. It's man and machine, and the ones we fly are so complex we have to do training in a simulator in Orlando for continuing education. Being pilot-in-command is what makes the job satisfaction incredible.”

Of course, plenty of hobby pilots own their own planes or a share in a plane, and they fly for recreation out of small airports in Iowa like those in Ankeny, Newton, Grinnell, Marshalltown or Ames. Those who want to fly professionally don't have to go to a traditional four-year college or join the military to get their pilot's license and ratings.

“There is a shortage of airline pilots right now. COVID was a big part of that as airline captains retired early. There is a demand right now for new pilots, and you can go get all your ratings right here in Iowa. It's like going to DMACC and becoming a welder, but, instead of going to a college or community college or trade program, you go to a flight instructor and learn from them at the local airports. I encourage young people to look into that if it interests them.” ■

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2 Corinthians 5:17

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DEBT CEILING, bank crisis, and your retirement

If you follow the news, something is constantly threatening the economy. In the last few years, COVID, the supply chain, interest rates and inflation have grabbed the headlines. Recently, the debt ceiling limit and banking crisis are stealing the show.

Despite all these things you can't control, you still want to retire or stay retired, but how? Perspective and a plan.

Recently, three U.S. banks failed, lawmakers took emergency action, and there were more central bank rate hikes. Here's some perspective. Bank failures are fairly common. Since Oct. 1, 2000, there have been 565 bank failures, according to the FDIC. They just don't get as much press as the bank failures of 2008, but there could still be some aftershocks, including the possibility of increased volatility in the market.

As for the debt ceiling, the conversation has turned to Social Security and Medicare cuts as a solution — not what anyone retired or thinking about retirement wants to hear. While that grabs the headlines, lawmakers will more likely raise taxes to lower the federal debt. Taxes are currently at historic lows, with the top tax bracket at 37%. It was just 42 years ago when the top bracket was 70%.



Now that we've discussed history, let's look to the future. You still want to retire or stay retired, despite all of this. And, so far, the families and individuals we work with have done just that, even during market downturns, despite inflation, and in the middle of a pandemic. How? They have a customized retirement plan that was built with retirement risk in mind. We can't predict a banking crisis or COVID, but a retirement plan can account for risks like market volatility, taxes and legislation. A customized retirement plan has action steps we can take when the market is down, such as dollar-cost-averaging or Roth conversions. It also includes a long-term tax plan. We help families and individuals build retirement strategies with the possibility of higher future tax rates in mind and talk about what we can do now to take advantage of taxes being on sale.

History has taught us that there is always a risk that can threaten your retirement. It's good to be aware but not scared of these risks. A customized plan allows you to take control of your retirement. Then when you see the headlines, you don't have to worry because you are still on track to live out your retirement vision. ■

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Source: [fdic.gov/resources/resolutions/bank-failures/failed-bank-list/](https://www.fdic.gov/resources/resolutions/bank-failures/failed-bank-list/) "Failed Bank List"; <https://www.fdic.gov/resources/resolutions/bank-failures/failed-bank-list/>

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LIBRARY

THIS MONTH at your Library

May is chock full of amazing events happening at JPL. Terrific Tuesday programs, Kites on the Green, crafting, and more — there's a little something for everyone. Read on for details.

Kids and family events

Have some little people in your life? Check out Terrific Tuesday programming in May. Terrific Tuesday programs are from 10:30-11:30 a.m. in the Youth Services area of JPL and do not require registration.

Magnet Play happens on Tuesday, May 9, and gives kids the chance to explore the power of magnets with hands-on play.

Tuesday, May 16 is for Play-Doh Power. A variety of Play-Doh, tools and mats will be available during this program as well as information for parents on the benefits of using Play-Doh during regular play time.

Rhythm and Rhymes finishes out Terrific Tuesday programming on May 23. Rhythm and Rhymes is a passive, musical play time for children and their caregivers to explore sounds through instruments, toys and other materials.

This year is the 10th annual Kites on the Green festival at Johnston Commons on May 6. This family-fun event will be held in the green space near the Johnston Public Library from 10 a.m. to 5 p.m. Visitors can enjoy giant show kite displays, kite fighting, free kite building, bol racing, live music, an inflatable obstacle course, sidewalk chalk and more and also learn about stormwater best management practices. This is an event not to be missed.

Adult events

Searching for employment or learning a new skill can be a job itself. It's OK to ask for help. Johnston Public Library's Help Desk program provides training and support for teens and adults as they face new learning, employment, or technology-related challenges. JPL Help Desk staff can provide guidance with tech-related tasks, job search and resume help, and can connect individuals to resources. Help Desk appointments are educational in nature, and individuals should have a clear goal in mind of what they would like to learn during their session. Call JPL at 515-278-5233x3 for more information and to schedule an appointment.

Feeling crafty? Get your craft on with us at the JPL Craft Workshop for Adults on Saturday, May 20 at 10:30 a.m. This month, Lori and Riddhi will be showing you how to create pressed botanical prints that have a beautiful vintage Victorian aesthetic. Registration is required for this free, in-person crafting class. Adults, leave the kids at home for this one; this crafting time is just for you.

Summer Reading for everyone

Join JPL from May 30 to July 31 for a summer filled with fun. The Summer Discovery Library Program is for everyone. There is no age limit, no cost and no sign-up. Participants can win prizes by reading or listening to books and participating in activities and events. Reading and activity logs for all ages will be available for pick up beginning May 30 or can be downloaded and printed from our website. For more information about the Summer Discovery Library Program, visit johnstonlibrary.com. ■

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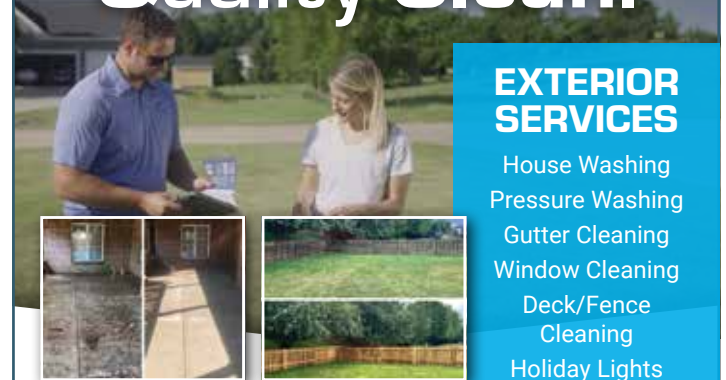


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4 BENEFITS of downsizing to a senior living community

As we age, our priorities and lifestyles change. One significant change is the desire to simplify our lives and live in a comfortable, manageable home. We need to consider downsizing to be able to focus more on priorities like spending time with friends and family or long days with the grandkids.



Downsizing to a senior living community can be an excellent solution for seniors who want to enjoy a more relaxed, social lifestyle with less clutter and fewer maintenance responsibilities. In this article, we will explore the evidence-based advantages of downsizing to a senior living community.

1. Enhances your quality of life

A smaller home means less stress and more time to enjoy your favorite hobbies, interests and activities. Moving to a senior living community allows you to enjoy the benefits of socializing,

exploring new hobbies and traveling. According to a survey conducted by AARP, seniors who downsized to a senior living community reported improved life satisfaction and social wellbeing.

2. Improves your physical and mental health

Living in a clutter-free and manageable home has been linked to better physical and mental health outcomes. A study by the University of Kansas found that reducing clutter in the home led to better overall physical and mental health. Additionally, senior living communities offer a range of amenities and services that can promote physical activity, healthy eating and mental stimulation.

3. Reduces your expenses

Downsizing to a senior living community can reduce your expenses significantly. You will no longer have to worry about property taxes, home maintenance, repairs or utility bills. According to a study by the National Investment Center for Seniors Housing & Care, moving to a senior living community can reduce living expenses by up to 25%.

4. Provides peace of mind

Living in a senior living community can provide you with peace of mind for seniors and their families. Many communities offer 24-hour security, emergency response systems, and healthcare services, which can reduce the risk of accidents and medical emergencies. Knowing that help is always available can alleviate anxiety and improve overall wellbeing.

In conclusion, downsizing to a senior living community has numerous evidence-based advantages, including enhancing your quality of life, improving your physical and mental health, reducing your expenses, and providing peace of mind.

In case you're contemplating downsizing to a senior living community, it's essential to conduct thorough research to discover a community that matches your lifestyle and budget. ■

Information provided by Alex McGregor, director, Edencrest at Green Meadows, 6750 Corporate Drive, Johnston, 515-207-1984. Information from www.care.com.

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CIVITAS — another Rotary opportunity to serve

The Rotary Club of Johnston fully embraces the motto of Rotary International, "Service Above Self." Several of the causes supported by Johnston Rotary are:

- Ongoing support for the Johnston Partnership for a Healthy Community
- TOKA youth exchange sponsored by the Johnston Police Department
- Ellipsis (formerly Youth Homes of MidAmerica)
- ChildServe
- Ongoing support for international polio eradication via the PolioPlus program

Over the past two years, Johnston Rotary sought opportunities to serve our community beyond our own club by participating in a collaboration with other Des Moines-area Rotary clubs to take action to stop human trafficking. This collaborative is known as Civitas. Human trafficking includes the more specific crimes of sex trafficking and labor trafficking. Civitas recently held its annual event featuring speakers who provided information related to how human trafficking occurs, the prevalence of this crime in our community, the recovery process and resources needed for victims, and the legal consequences for all involved in this crime. All net proceeds raised during the event will go to local non-profit agencies working in the field of ending human trafficking.



The efforts of the Civitas group have provided more than \$25,000 to organizations that provide support to survivors over the past several years. Further, the Rotary clubs that participate in the Civitas collaborative provide awareness and education on topics to combat human trafficking for their members on an ongoing basis by way of regular programs at their weekly Rotary meetings. Clubs also provide support by conducting product drives and soliciting personal donations for local organizations that support the recovery of human trafficking victims. Finally, Civitas seeks other avenues to advocate for improvement in laws related to human trafficking and to spread awareness of ways the public can support solutions to this problem and victim recovery.

To learn more about how you can help stop human trafficking in Iowa, visit the home page for the Iowa Office to Combat Human Trafficking at <https://stophtiowa.org/>.

"Service Above Self" is the motto of Johnston Rotary, and our service extends to many areas of our community and wider society.

If you would like to learn more about Johnston Rotary, you can visit our website at johnstonrotary.com or join us for one of our weekly meetings at 7 a.m. on Tuesday at Hyperion. ■

More information about the Johnston Rotary Club can be found at <https://portal.clubrunner.ca/1649> or contact Neil Hyde, 515-210-2649, hyde_neil@yahoo.com or Miles Summa, milessumma@gmail.com, 515-480-3076.



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DISHING out the facts on good fats

(Family Features) For those seeking to be more health-conscious, the idea of eating nutritiously seems simple. However, understanding what's truly "good for you" can sometimes be confusing.

In honor of National Nutrition Month and Healthy Fats Day, Avocados From Mexico is sharing how avocados — a delicious food and source of good fats and several vitamins — make everything better. Avocados From Mexico conducted a survey and found that while 76% of respondents believe fat is an essential component of a healthy diet, less than one-third are confident they know why it's important to have "good fats" in their diets.

For starters, according to the survey, nearly half of Americans didn't realize foods with good fats, like avocados, can help with weight management. However, monounsaturated and polyunsaturated fats found in avocados can lower the risk of becoming overweight, according to research published in "Nutrients."

Virtually the only fresh fruit with good fats, avocados can help people meet both good fat and fruit and vegetable recommendations in the same bite with approximately 6 grams of good fats per serving (one-third of a medium avocado).

To find more nutritional facts and figures, along with recipes, visit AvocadosFromMexico.com. ■

Harvest bowl salad with balsamic vinaigrette

Servings: 8

Balsamic Vinaigrette:

- 1/2 Avocado From Mexico, diced
- 1 tablespoon avocado oil
- 2 tablespoons shallots, minced
- 1 tablespoon Dijon mustard
- 3 tablespoons white balsamic vinegar
- 1 tablespoon honey
- 3 tablespoons water

Salad:

- 2 Avocados From Mexico, diced
- 2 sweet potatoes, roasted and diced
- 2 cups quinoa, cooked
- 2 cups arugula
- 2 cups kale
- 1 cup Brussels sprouts petals, roasted
- 2 Honeycrisp apples, diced
- 2 tablespoons roasted pecans, unsalted
- 2 tablespoons roasted pepitas, unsalted
- 2 tablespoons dried cranberries



- **To make balsamic vinaigrette:** In food processor, process avocado, avocado oil, shallots, Dijon mustard, balsamic vinegar, honey and water to smooth consistency. Set aside.
- **To make salad:** In large bowl, combine avocados, sweet potatoes, quinoa, arugula, kale, Brussels sprouts petals, apples, pecans, pepitas and dried cranberries. Pour balsamic vinaigrette over salad mixture.
- Toss salad to coat. Keep refrigerated until ready to serve.

Nutritional information per serving: 390 calories; 16 g total fat; 0 g saturated fat; 0 g cholesterol; 370 mg sodium; 55 g total carbohydrates; 11 g dietary fiber; 12 g sugar; 15 g protein.

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HOW COVID-19 coverage will be impacted

Public Health Emergency coming to an end.

There are important COVID-19 coverage changes coming as the U.S. Department of Health and Human Services (HHS) end the Public Health Emergency (PHE) on May 11, 2023. After this date, coverage for COVID-19 care that was put in place under the PHE umbrella will generally revert to standard benefits rules for fully insured and most self-insured plans.



COVID-19 vaccinations

- Access will generally not be affected, and most people will continue to pay nothing out of pocket for COVID vaccines.
 - Vaccines recommended by the Advisory Committee on Immunization Practices (ACIP) are preventive health services and fully covered by most private health insurance plans with no copay.
 - Vaccines will continue to be covered by Medicare Part B without cost sharing.
 - Medicaid will continue covering ACIP-recommended vaccines without copays or cost sharing through Sept. 30, 2024.

COVID-19 testing

- Medicare Part B enrollees will no longer have access to free over-the-counter COVID tests. They will, however, continue to be covered for laboratory COVID-19 tests without cost-sharing if a provider orders the tests.
 - Private insurance will no longer be required to cover over-the-counter and lab COVID-19 tests without cost-sharing. But plans may choose to continue coverage without out-of-pocket costs.
 - Medicaid must cover COVID-19 tests without cost-sharing through Sept. 30, 2024.

COVID-19 treatments

- Access to Paxlovid and Lagevrio pills will generally not be affected. But out-of-pocket expenses may change depending on your health insurance coverage.
 - Medicaid will continue to cover treatments without cost-sharing through Sept. 30, 2024. But coverage and cost-sharing may change after that date depending on your state.

MEDICAID reviews

Automatic Medicaid renewals, which have been happening for three years, ended on March 31, 2023. Therefore, the Department of Human Services has begun Medicaid reviews. Review letters will indicate either loss of Medicaid status or not. If you lose Medicaid coverage or don't have insurance, see if you qualify for Affordable Care Act coverage through a Marketplace plan or, if you are Medicare and Medicaid eligible and lose Medicaid status, you would be eligible for a Medicare Supplement or Medicare Advantage Plan. You can also reapply for Medicaid if you lose coverage in your first eligibility review. ■

If you have any additional or specific questions about your coverage and how it will be affected, please reach out to us at Health Insurance Advisor and we can talk through those concerns. This article can be seen in its entirety at www.goodrx.com. Information provided by Janis Van Ahn, Health Insurance Advisor LLC, 5870 Merle Hay Road, Suite A, Johnston, 515-225-9994, jvanahn@health-insadvisor.com. Sources Used: Goodrx.com What the End of the COVID-19 Public Health Emergency Means for You - GoodRx

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TALKING about estate planning with Mom

The month of April can be chaotic for any financial firm. As we depart from this “season of tax planning,” we open the door to a new season of preparation — estate planning.

For a gardening man, the month of May brings me to Mother’s Day weekend. This is the weekend that my family has historically always planted the garden. We prepare for the start, we plan for the outlay, and we celebrate the efforts. However, I want to take pause this year. Our mothers need more than pretty flowers... on more than one occasion. In our busy lives, the month of May does force us to carve out time for our mothers. Moms will always love you for what you are and what you do. Let’s give it back.

- Mom doesn’t always tell you this, but her passion is to feel confident in the long-term future.
- Mom doesn’t always insinuate to this, but she does want to consider you in her passing.
- Mom doesn’t generally ask of this, but she would like to feel financially secure.

May is not usually the month that I talk about estate planning. However, with April showers and May flowers, I am reminded that our mothers do....NEED. As we look back, Mom provided. Mom gave. Mom brought results. How can we return that favor (besides a May 14 flower delivery)? What does Mom truly need?

Have you had “the conversation?”

“Mom, what are your plans, desires and wishes for retirement and your end-of-life planning?”

What are your mom and dad’s long-term care plan?

OK, careful. Mom and Dad will think you are asking about insurance on this question. Make sure to pause after “care” before you say “plan.” (This is a big question, requiring an open-ended discussion with two branches of the family tree. Be sensitive; be kind.)

And, lastly, “Is there anything that we/I should know about you or may desire to know about you if you were gone tomorrow?”

This will be the most valuable thing you could ask. We will always wish we had time back that we lost, and we will always wish for more knowledge from our parents than we received. Don’t miss the moment.

Estate planning is a big step and can be a difficult step for people. Many struggle with putting together a legal will. I believe it has to do with our human challenge to admit mortality’s end. This is easily the most difficult crossroad for all of us as people prepare for the future. When internally asking the tough questions and answering the same questions, take pause. Give it the time it deserves. To all our mothers...the best. Happy Mother’s Day! ■

Information provided by Daniel Rundahl, Financial Advisor, Rundahl Financial Consultants, 6165 N.W. 86th St., Johnston, drundahl@rundahlfinancial.com, 515-727-1701, www.rundahlfinancialconsultants.com.



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WHEN YOUR estate plan may need updating

In our practice, we see many clients who have an outdated estate plan. 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:



1. You named the wrong executor or trustee

Your executor or trustee should be someone you trust. 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.

2. 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.

3. 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 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.

It is important to review your estate planning documents every so often due to ever-changing tax laws and major life events. 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. ■

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

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KITES ON THE GREEN FESTIVAL 2023

The tenth annual Kites on the Green Festival will be held on Saturday, May 6, from 10 a.m. to 5 p.m., at Johnston Commons Park. This festival is fun for all ages and abilities and will feature food trucks, giant show kite displays, kite fighting, free kite building, bol racing, live music, an inflatable obstacle course, an Iowa National Guard rock climbing wall, opportunities to learn about stormwater best management practices, sidewalk chalk and more.

We want to thank all of the 2023 Kites on the Green sponsors. Without their sponsorship, this event would not be possible.

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View the full schedule of events by visiting www.cityofjohnston.com/KitesontheGreen.

MAYOR'S BIKE RIDE SATURDAY, MAY 13

Join Mayor Paula Dierenfeld for the Mayor's Bike Ride, a fun ride on Johnston's trails on Saturday, May 13. Interested participants can begin gathering at 11:30 a.m. in the parking lot just east of City Hall. Bicycle riders will depart around noon.

The ride begins at City Hall, located at 6221 Merle Hay Road, and ends at the large shelter at Terra Park. A free lunch will be provided for those participating in the ride.



FAMILY FEST EVENT AT TOWN CENTER ON JUNE 3

The Family Fest event will be held at the Johnston Town Center on Saturday, June 3, from 11 a.m. to 2 p.m. Activities include splash pad, Bingo, shuffleboard, face painting, balloon artist, and more.

For more information on the activities, visit www.johnstontowncenter.com/events.



For more information about the city, please visit www.cityofjohnston.com



CITY NEWSLETTER MAY 2023

FARMERS MARKET OPENS TUESDAY, JUNE 6

The Johnston Farmers Market is almost here! The first market of 2023 will happen on Tuesday, June 6, from 5 to 8 p.m., in the Town Center parking lot (north side of City Hall). Come check out our brand-new vendors and a wide selection of locally-grown produce, beautiful art, household items, garden accessories and delicious baked goods! Johnston Town Center is located at 6209 Merle Hay Rd.

Visit www.cityofjohnston.com/FarmersMarket for more information.



CITY HALL AND LIBRARY CLOSED FOR MEMORIAL DAY

City Hall and the Johnston Public Library will be closed for the Memorial Day holiday on Monday, May 29. We will reopen on Tuesday, May 30.

Trash and recycling will be delayed one day.



APPLY TO SERVE ON A BOARD OR COMMISSION

Serving on a board or commission is one gratifying way to help your community move forward. Many terms are expiring on June 30, 2023. Learn about each of these boards and commissions and how you could make a difference by serving.

- **Board of Adjustment** - One opening, five-year term
- **Park Advisory Board** - One opening, three-year term
- **Planning & Zoning Commission** - One opening, five-year term
- **Tree Board** - Two openings, three-year term
- **Senior Advisory Board** - Nine opening, three-year term

If you are interested in serving, visit www.cityofjohnston.com/boardsandcommissions an application or contact City Hall at 515-278-2344.

TAKE ADVANTAGE OF SOIL QUALITY RESTORATION

Does your lawn have drainage issues? Is your grass patchy? If you answered yes to either of these, you might need to restore your lawn's soil health. Soil quality restoration (SQR) may help. This process loosens compacted soil and adds in organic matter. This helps soil soak up rainfall and retain nutrients, all while decreasing the amount of polluted stormwater moving to Beaver Creek and the Des Moines River.

Contact Clayton Ender to take advantage of this program. Learn more by visiting the SQR page at www.cityofjohnston.com/SQRJohnston.

For more information about the city, please call 515.278.2344

EVENTS IN THE AREA

To submit calendar items for consideration, send to tammy@iowalivingmagazines.com

Be sure to check for cancelations

Kites on the Green

May 6, 10 a.m. to 5 p.m.
Johnston Commons

The 10th annual Kites on the Green festival, a family-fun event, will be held in the green space near the Johnston Public Library. Enjoy giant show kite displays, kite fighting, free kite building, kite racing, live music, an inflatable obstacle course, sidewalk chalk art and more. Also, learn about stormwater best management practices.



Schedule:

- 10 a.m.: Opening ceremonies
- 10:30 a.m.: No-Knots Stunt Team performance
- 11 a.m.: Live music by Glady's Lite Band
- 11:30 a.m.: Running of the Bol's/Kite Battles
- 12:30 p.m.: Live music by Glady's Lite Band
- 1 p.m.: Stunt Kite Demonstrations
- 1 p.m.: Running of the Bol's/Kite Battles
- 3 p.m.: Stunt Kite Demonstrations
- 3:30 p.m.: No-Knots Stunt Team performance
- 5 p.m.: Closing ceremonies.
- All day: tours of the 1902 Simpson House, Giant Show Kite demonstrations, free kite kits to make and fly, inflatable obstacle course, an Iowa National Guard climbing wall, meet and greet with police and fire personnel, food trucks and a candy drop.

Simpson House museum tours

Saturday, May 6, 10 a.m. to 5 p.m.

The Johnston (Station) Historical Society (JSHS) Simpson House Museum will be open for tours of its exhibits during the Johnston Commons Kites on the Green event. The Simpson House Museum is at 6161 Northglenn Drive in Johnston, next to the Johnston library.

Trees for Kids Planting Event

Saturday, May 20, 9 a.m.

Join the Johnston Parks Department and the Iowa Department of Natural Resources for a Trees for Kids planting event. The planting will take place at Johnston Commons Park, 6700 Merle Hay Road. The trees will be planted as part of the Johnston Commons Park Improvement Project and will be planted around the new shelter/restroom. Please bring your own gloves, and closed-toed shoes are required.



The Trees for Kids program aims to educate children, teenagers and young adults about the importance of trees and their myriad benefits, as well as to offer hands-on planting and maintenance experience. The program requires youth involvement in planting, mulching, and initial watering. A demonstration on proper planting, mulching and watering will be provided at the beginning of the event.

<p>CUBBIE'S KIDS CLUB MEMBERSHIPS</p>	<p>FUN FOR THE WHOLE FAMILY</p>
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<p>KIDS BIRTHDAY PARTIES</p>	<p>KIDS RUN THE BASES (SUN)</p>
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EVENTS IN THE AREA

Be sure to check for cancelations

To submit calendar items for consideration, send to tammy@iowalivingmagazines.com

Come meet the Lion Scouts Pack 244

Those interesting in learning more about Cub Scouts are invited to this event on Saturday, May 13, 3-5 p.m. at Beaver Creek Elementary Pavilion. Meet the Lion Scout Den from Beaver Creek, learn about Cub Scouts and future events, and have fun. The event will include a Mother's Day Gift Workshop for children kindergarten and younger to decorate a provided flower pot with a flower for free. For more information, visit Facebook: [CubScoutPack244Johnston](https://www.facebook.com/CubScoutPack244Johnston).

The Valley Junction Farmers Market and Music in the Junction

Thursdays May 4-Sept. 28, 4-8:30 p.m.

Historic Valley Junction, 100-300 blocks of Fifth Street and Railroad Park

The Valley Junction Farmers Market is home to more than 80 weekly vendors selling fresh produce, baked goods, plants and flowers, arts and crafts, and prepared foods. Join your friends and neighbors and enjoy special performances events are scheduled throughout the season. Music starts at 6 p.m. May 4 features The Unfortunate Sons. Others in May are: May 11, Molly Nova and the Hawks; May 18, Black Diamond Loons; May 25, Dick Danger Band.

June 1, Suede; June 8, Gut Feeling; June 15, Cover That; June 22, Steam Boars; June 29, Standing Hampton; July 6, Simply Seger; July 13, Toast3r; July 20, Get Off My Lawn; July 27, Fahrenheit; Aug. 3, Brother Trucker; Aug. 10, The Sons of Gladys Kravitz; Aug. 17, Raquel and the Wildflowers; Aug. 24, Boomerang; Aug. 31, Gimikk; Sept. 7, Rhythmatiks; Sept. 14, Drive Thirty 5; Sept. 21, The Uniphonics; June 28, The Crust.

Vietnam Living History event

June 3, 9 a.m. to 5 p.m., and
June 4, 9 a.m to 1 p.m.

Iowa Gold Star Military Museum,
7015 N.W. 70th Ave., Johnston

The Iowa Gold Star Military Museum will host Vietnam Living History featuring displays of Vietnam gear and equipment, a CH-47 helicopter flyover, Vietnam War-era military vehicles, military police patrol boat, and museum tours.



Golf Outing Fundraiser

Monday, June 19

Jester Park Golf Course

The Dragon Scholarship Fund Golf Outing Fundraiser four-person best shot will have a 9 a.m. shotgun start. Proceeds support Johnston seniors in their post high school education. Cost, which includes 18 hole green fees and cart, are \$400 per foursome and \$200 per twosome. Register and pay by June 5 at bit.ly/DSFgolfouting2023. ■

DREAMS & SCHEMES

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CAMP DODGE restoration recognized



The Iowa National Guard's Construction and Facilities Management Office received national recognition for the Camp Dodge perimeter fence and gatehouse restoration project located on Northwest Beaver Drive in Johnston which was completed in the summer of 2021.

The Department of the Army presented the CFMO with the 2021 Cultural Resources Management award for the small installation category.

This award recognizes efforts to promote the management of cultural resources, including historical buildings, archaeological sites, Native American items and sites, curation and the promotion of the cultural resource's conservation ethic.

One of the training site's most important and recognizable features is the limestone perimeter fence and gatehouse, comprising 99 stone pillars. The restoration project was federally funded and cost \$500,000.

The pool house and Herrold Schoolhouse are two additional projects that the Iowa National Guard has recently restored that are still in use today.

"The Iowa National Guard's goal is to maintain structures that are



The Iowa National Guard's Construction and Facilities Management Office was awarded the Department of the Army 2021 Cultural Resources Management award in the small installation category for its restoration of the Camp Dodge historic limestone fence and gatehouse along Northwest Beaver Drive. The award recognizes efforts to promote the conservation of resources such as historical buildings and archaeological sites. The entrance is still used by service members given access, though, instead of live guards, automated gate arms now let them on and off post. U.S. Army National Guard photos by Staff Sgt. Tawny Kruse



vital to training while preserving the beauty and historical nature of the military post," said Col. John Perkins, director of the CFMO.

Camp Dodge Joint Maneuver Training Center is the primary training installation for the state, encompassing just under 4,500 acres near the state capital. Camp Dodge is notable for its long history; it is one of the few training sites still in operation to predate World War I. The Cultural Resources Management program for the training site has achieved a unique harmony in sustaining the post's legacy while promoting its present-day mission. ■



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Mother's Day - May 13

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31st Annual Memorial Day Service

Monday, May 29th at 9 a.m.

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Starting at 8:45 a.m., come hear our bagpiper followed by the entrance of The Iowa Patriot Guard Riders at 8:55 a.m.

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BEFORE YOU GO

By Jan Shawver

WHAT WILL your memorial say about you?

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



It is interesting to walk through a cemetery and read the words on various memorials.

“Loving parents and grandparents,” “Always in our hearts,” “At home with God,” “Gone, but not forgotten.” These words can give a glimpse of what was important to those who lie beneath the soil. Some endearments are humorous: “I’d rather be fishing!” or “Sorry I can’t get up!”

Does your family know how you want to be remembered? The wisdom you wish to share? When planning for your future memorial, take time to reflect on what you want future generations to know about you. One hundred years from now, the only thing most will know is what they see on your memorial. Choose your words carefully.

Memorial Day — a day to remember loved ones but also a day to begin thinking of how you wish to be remembered. ■

Information provided by Jan Shawver, family services representative, Highland Memory Gardens Cemetery, 1 N.E. 60th Ave., Des Moines, 515-289-2230.

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HEALTH

By Shelly Stewart-Sandusky

MANAGING the unmanageable

Life is unpredictable and full of unexpected hurdles and barriers such as financial struggles, job loss, health challenges, loss of a loved one, or life transitions that can feel unmanageable. When this happens, it's easy to feel overwhelmed, hopeless, or even frozen and unable to make a plan to move forward. When life is stressful and unpredictable, it is important to focus on taking one step at a time and slowing down your thinking to be able to make



good choices to navigate the stressor. Some unexpected stressors require quick action or reaction. In these cases, it is important to do the best you can to calm your mind to think through the options available at that moment. Good decisions seldom happen when your mind is in a chaotic state. You can do this through deep breathing, grounding strategies, or meditation to try to regain a semblance of calm. Other stressors are not time sensitive but can still be overwhelming. In these situations, it is important to take time to calm your mind, think through your choices and take a reasonable amount of time to make the best decision you can. When time is less of a factor, you can allow yourself space to take a break or distract yourself from the stressor to help gain perspective. Life isn't easy, but it's worth the struggle. ■

Information provided by Shelly Stewart-Sandusky, MS, LMFT, of SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, sandusky@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

MEET Cindy Rash

Developing a life-long passion for music

After growing up in St. Charles, Cindy Rash attended Northwest Missouri State University before relocating to the Waukee area. Today, she teaches music at Beaver Creek Elementary School. She began her career with the Johnston Community School District in 1998 and likes that it offers numerous opportunities to help develop the whole student and shape their future.



Cindy Rash teaches music at Beaver Creek Elementary School and enjoys seeing children fall in love with music.

“On a daily basis, I get to watch students smile as they sing, dance, play instruments and create music. Often, I get to see a child fall in love with music at a young age and continue beyond the elementary level,” Rash says.

Rash likes working with children at the elementary school level because she has the opportunity to follow their journey from kindergarten through fifth grade. During those six years, she can not only develop a meaningful relationship with her students but can also connect with them beyond the music curriculum. Rash says she wants her students to know she cares about them and their future, whether they choose to continue music or to pursue something else.

“It is always rewarding when a former student returns to share memories of Beaver Creek or let me know what they are doing in life,” she says.

Rash’s students learn a “Song of the Month” they often sing at assemblies. The goal is to provide songs that siblings can sing together outside of the classroom. In addition, each year, her third-grade students attend a showing of the Nutcracker either at the Civic Center or at Hoyt Sherman Place.

For the past eight years, Rash’s fifth-grade students have also participated in a patriotic concert where they highlight the branches of service songs, present the missing soldier’s white table, and display photos of their loved ones who have served or are currently serving in the military. This year, Rash’s class invited Camp Dodge personnel to join the military concert and speak to kindergarten through fifth grade students at their assembly.

“I have always admired the men and women who have served our country. I feel it is essential to honor the soldiers and their families for their sacrifice. It’s my way of publicly saying, ‘thank you.’ I want to pass on to my students our freedom isn’t free, it’s because of the brave,” Rash says.

During the remainder of the school year, Rash is looking forward to showcasing the talents of the district’s young musicians. When not teaching, she enjoys spending time with her husband of 27 years and their two sons. ■

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TACO Tuesday... every day

Tacos are a staple in our home for several reasons: They're easy, everyone loves them, and they are customizable. Tacos are a blank canvas that allow you to create delicious masterpieces with a simple shell, protein, seasonings and toppings. Check out how I elevate taco night to make it even more nutritious with so many combinations that you could have taco night any night of the week.



Proteins

Ground beef is a staple in tacos, but, honestly, you can use just about any protein you can think of. Chicken, pork (ground or shredded), steak, fish, shrimp — seriously, just about anything. Tacos are a wonderful way to try new proteins and stretch the protein, which is frequently the most expensive piece to your meal. I will often make tacos using leftover meat for that reason — it doesn't take much to create a plateful of tacos — and the taco seasoning creates a whole new flavor profile than how it was served prior. Vegetarian? No problem. Try black beans, mushrooms or even tofu sprinkled with your taco seasoning.

Toppings

The toppings are where you can really elevate your tacos. Try some new fruits and veggies — yes, I said fruit. Mango, pineapple and avocado are amazing additions. Mango and pineapple add a great dose of vitamin C, while avocado adds a creamy texture and heart healthy omega-3 fatty acids. Jalapeno, bell peppers red onion or radishes can add crunch, spice and even more fiber and nutrients. For a real depth of flavor try caramelizing your onions first. Cilantro, tomatoes and corn are my personal favorites. The corn really adds a nice cooling aspect if you have spicy elements. Iceberg lettuce is a go-to taco night staple, but have you considered any other greens? Spinach, kale, arugula and other leafy greens add texture, added nutrients and flavor to each bite.

Spices

No shame in using a pre-packaged spice mixture but, if you have a little extra time and want to experiment with various flavor profiles, try mixing up your own. Creating your own is a wonderful way to cut back on unnecessary sodium as well.

I use a combination of chili powder, garlic powder, onion powder (this is a subtle onion flavor you will not want to skip even if you are not a fan of onions), dried oregano (brings in a spicy but sweet flavoring), paprika (has a smokey flavor and helps color the taco seasoning), and ground cumin (lots of flavor with a little spice). If you like it hot, add red chili flakes or some tabasco while cooking your protein.

What combination will you choose to elevate your next taco night? ■

Information provided by Caitlyn Ferin, LD, RD, corporate dietitian, FAREWAY, 6005 Merle Hay Road, Johnston, 515-252-9962.

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TLC for your air conditioner

Ah, spring. The flowers are blooming, the birds are chirping, and the weather is finally starting to warm up. And while you might be busy cleaning out your closets and getting your garden ready, don't forget about your air conditioner. After all, it's about to start working overtime to keep you cool in the coming months.



That's why it's important to take the time to give your air conditioner a little TLC this spring. Here are some easy maintenance tips to help prepare your AC for the warmer weather ahead:

- **Change your air filter.** This is probably the easiest and most important step you can take to maintain your air conditioner. A dirty air filter can restrict airflow and cause your AC to work harder than it needs to, which can lead to higher energy bills and even system breakdowns. So make sure to replace your air filter regularly.

- **Clean the outdoor unit.** Over the winter months, leaves, dirt and other debris can accumulate around your outdoor AC unit. This can hinder airflow and cause your system to work less efficiently. Take a few minutes to clear away any debris and make sure the area around your unit is clean and clear.

- **Schedule a professional tune-up.** While there are some maintenance tasks you can do yourself, it's always a good idea to have a professional tune-up your air conditioner at least once a year. A trained technician can identify any potential problems before they turn into bigger issues, ensure that your system is running at peak efficiency, and help extend the lifespan of your AC.

- **Check your thermostat.** As the temperatures start to rise, it's important to make sure that your thermostat is working properly. If you have an older manual thermostat, consider upgrading to a programmable one to help save on energy costs. And, if you're not sure how to properly set your thermostat for optimal comfort and efficiency, don't hesitate to ask a professional for help.

Taking the time to perform these simple maintenance tasks can help ensure that your air conditioner is ready to handle the summer heat. And, not only will regular maintenance help keep your system running efficiently and effectively, it can also help save you money on energy bills and prevent costly repairs down the line.

So, this spring, show your air conditioner a little love and give it the attention it deserves. Your wallet (and your home's comfort level) will thank you. ■

Information provided by Scott Bontrager, 72 Degrees Comfort Company, 811 S.W. Ordance Road, Ankeny, 515-200-2728.

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INCREASE your home's curb appeal

When it comes to the place we call home, we all want it to look its best. Whether you're trying to sell your house or simply want to increase its curb appeal, there are several things you can do to enhance the exterior of your home. Here are the top five things you can do to increase the curb appeal of your home.



1. A fresh coat of paint

One of the easiest ways to give your home an instant facelift is by painting the exterior. It not only makes your home look newer, but it also helps to protect the exterior from harsh weather. Try choosing a color that complements the aesthetic of your neighborhood and the style of your home. Make sure to hire a painting expert to achieve the best outcome.

2. Update your lighting

Outdoor lighting is often overlooked, but it can make a significant impact on the look of your home. Consider updating your porch light, installing landscape lighting, or adding a statement piece like a hanging lantern to create ambiance and interest. Not only does lighting accentuate your home's architectural features, but it also adds security to your home.

3. A spruced-up entryway

Your front entryway is one of the first things visitors see when they visit your home. Enhancing your entryway is a cost-effective way to make a great first impression. Start by replacing your old door with a new, upgraded one. Then, consider a fresh coat of paint, new hardware, and adding potted plants or flowers to your entryway.

4. Landscaping

Landscaping enhances the beauty of your home by adding colorful plants, outdoor furniture, and other decorations like outdoor fountains. Make sure you hire a landscaping professional to help create a design that works best for your front yard. When it comes to selecting plants, keep in mind the weather in your area, the style of your home, and the amount of maintenance required.

5. Upgrade your mailbox and house numbers

Your mailbox and house numbers are small touches that can make a big difference visually. Consider upgrading your mailbox and numbering your house to reflect your decor style. You can find a wide range of styles of mailboxes in various stores and online retailers.

In conclusion, enhancing the curb appeal of your home can be a fun and rewarding project. By beautifying the exterior of your home, you'll not only enjoy your surroundings but also increase your home's value. Follow these top five things to increase your home's curb appeal and enjoy your beautiful home. ■

Information provided by Jennifer DeWitt, 515-778-0191, jenn@precisiondsm.com, RE/MAX Precision, 8705 Chambery Blvd., Suite 100, Johnston.



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HOSPICE services: making that first call

Diane had been living with cardiac disease for several years when her health took a turn, and she was told she was in congestive heart failure. Although Diane knew she was very ill, she and her husband, Carl, were stunned when Diane's cardiologist began talking about the benefits of hospice services.



"We heard that, and we thought, hold the phone; hospice is for people who are ready to die, and we weren't there yet," Carl recalls. "The cardiologist had initially said we were looking at maybe a year, so we were going to take a trip (and) do a few things while she still had energy. And then it felt like he was giving us a death sentence. We were confused, and I was pretty angry, actually."

The doctor explained, though, that even though he did feel Diane had some time, she qualified for hospice services because she had a life-limiting illness, and hospice care would afford her some amenities — all covered by insurance — that could enhance her quality of life.

That made sense to Diane and Carl, and their anger began to abate. They decided to look into home hospice services, and, after they returned from a short trip to see family, they scheduled a meeting with their care team.

"The trip was hard on Diane, so I think, in some ways, it helped her understand that maybe this was the right move," Carl recalls. "She loved the team right away — the nurse, the aide, the music therapist — and I really believe they extended her life. She lived 10 more months, and we were able to make some great memories."

Ideally, hospice services can and should be initiated when a person is still

healthy. Virtually anyone with a life-limiting illness can qualify for services, enabling an individual to live life in comfort for the days, weeks or months that remain in their life. And, the earlier hospice services are started, the more they can — as in Diane's case — benefit the person who is ill, as well as the whole family.

"As Diane began to have less energy and feel like sleeping more, we were able to get a hospital bed brought to the house, and we put it in the living room, and the grandkids would come over and gather around the bed and sit with Diane," Carl says. "They would look at pictures, show her their drawings, and do quiet things that she enjoyed, and I think Diane was happy and at peace."

"And the hospice team was there when we needed them but also left us alone to have a lot of family time. They didn't hover around. And when it began looking like Diane wasn't going to be with us a lot longer, they made sure she wasn't in pain. The whole family was here, in the house that she loved, and we all held hands around the bed. When she went, it was very peaceful."

If you and your family are faced with the need to make a decision around hospice care, feelings of anger and confusion are normal, and making that first call to a hospice provider can be difficult. But know that — as was true in Carl and Diane's case — once you've taken that first step, having care in place can make your loved one's last weeks and months more relaxed and meaningful for all. ■

Ward Phillips is vice president of market strategy and business development for WesleyLife, which offers a broad network of health- and well-being-focused communities and services, including home hospice services, for older adults. Call Ward at 515-669-2205 to learn more.

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COMMUNITY

MUSEUM exhibits updated



Murals from Lawson Elementary were removed during remodeling and are now incorporated into the museum.



The 1902 Simpson House now has one room dedicated solely to Pioneer Hi Bred history.



An exhibit of the history of Johnston churches is among those at the museum.

Updating the Johnston (Station) Historical Society (JSHS) archives inventory, creative ideas from the society's summer interns and the need to refocus on the society's local history mission have triggered the historical society to update most of the 1902 Simpson House museum exhibits.

The interior redesign at Lawson school led school staff to donate all the local history murals created for that school in 2005 to JSHS. Some of those murals have been shortened and incorporated into Simpson House exhibit rooms.

The two office rooms were combined, the largely unused research room was moved from the second to the first floor, the former research room now holds exhibits on old Johnston businesses, churches and organizations, and one room is now dedicated solely to Pioneer Hi Bred history. Some artifacts that had been moved to storage have been restored to public exhibits.

The public is invited to see the revised exhibits during the May 6 Kites on the Green event or call to make an appointment. Johnston (Station) Historical Society (JSHS) is a 501(c)(3) nonprofit dedicated to discovering, preserving and presenting the history of the Johnston area. JSHS maintains the 1902 Simpson House museum at 6161 Northglenn Drive in Johnston.

The public can support JSHS by becoming a member, a volunteer, a benefactor, or making a donation of historical items. For more information, email JohnstonHistoricalSociety@gmail.com, visit JohnstonIowaHistorical.org, or call 515-608-5730. ■

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SEASON for event planning

Spring is here. (Well, most days.) Mother Nature seems to be confused about what season we are in; however, we are not. It is the time for nice weather, sun and to get outdoors — and that means it is time to plan events. Be sure to check our calendar to stay up to date. In the meantime, we are working on some of our major events including the Johnston Green Days festival.



We will be kicking off Green Days with our Jammin in Johnston - A Business Expo on Thursday, June 15. This is open to local businesses and vendors alike. If you are interested, you can learn more about it and register for your booth or sign up to sponsor this great event at johnstonchamber.com/sponsorships. We will have our beverage garden, food trucks and live music from Mike Aceto. We will also announce the student winners from the Johnston Community Schools for the best Green Days art that represents this year's theme, "The Grass is Greener in Johnston."

The three-day festival will take place June 15-18, and activities include a business expo/vendor fair, live music and entertainment from musicians like Damon Dotson and Recoil. We also have a beer garden, food trucks, carnival, parade, a car show, our Smokin' Heroes event, Johnston Alumni night and many more activities as well as educational opportunities provided by our local organizations.

If you are interested in getting involved, check out our website at johnstongreendays.org where you can sign up for the parade or volunteer for the beer garden. Also be sure to follow our Facebook page, facebook.com/johnstongreendays for updated information.

This year, we are hosting a Bags Tournament, and registration is open. It will be held on Saturday, June 17 at noon at Terra Park. The cost is \$20 per team, and there will be cash prizes for first, second and third place. The winning team will also win a custom wrap for a board set provided by Lashier Graphics & Signs. Register your team today at johnston.ce.eleyo.com.

We continue to grow and would like to welcome new members: ESS (Educational Staffing Solutions), and Zen Spine and Sport.

We have also added a young professional's membership for \$40 that is open to anyone between the ages of 21-40 looking to connect and grow in the community. And, we are so happy to welcome our first ever YP, Ethan Haezebroeck. If you are looking for ways to grow your network and get more involved, join us at one of our upcoming events or reach out to me about our membership opportunities.

Upcoming events

- May 9, KHI Solutions, LLC Ribbon Cutting, 4-6 p.m.
- May 18, Breakfast Before Business at Allegra Marketing, 7:30-8:30 a.m.
- May 25, Chamber Networking Luncheon, 11:30 a.m. to 1 p.m.
- June 1, Thrivent Ribbon Cutting and Business After Hours, 4:30-6 p.m. ■

Information provided by Samantha Winebrenner, Johnston Chamber executive director, samantha@johnstonchamber.com, 515-276-9064. For more information, visit www.johnstonchamber.com.

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OUT & ABOUT



Angela Torgerson and Kyle Camarata at the Johnston Chamber Breakfast Before Business held at Meadowview of Johnston March 30.



Brenda Ballard, Carla Ellerman and Christy Cline at the Johnston Chamber Breakfast Before Business held at Meadowview of Johnston March 30.



Kevin Schutt and Scott Wendl at the Johnston Chamber Breakfast Before Business held at Meadowview of Johnston March 30.



Christy Cline and Annie Mielke at the Johnston Chamber Breakfast Before Business held at Meadowview of Johnston March 30.



Joey Weber and Mike Charlie at the Johnston Chamber Breakfast Before Business held at Meadowview of Johnston March 30.



Sharm Sisler and Andrea Hodapp at the Johnston Chamber Breakfast Before Business held at Meadowview of Johnston March 30.



The Johnston Chamber Ribbon Cutting for Essential Personnel was held April 12.



Travis Powell and Mike Charley at the Johnston Chamber Ribbon Cutting for Essential Personnel held April 12.



Annie Mielke and Gabi Innis at the Johnston Chamber Ribbon Cutting for Essential Personnel held April 12.



Nicole Proesch and Chad Plueger at the Johnston Chamber Ribbon Cutting for Essential Personnel held April 12.



Chelley Plueger and Kevin Schutt at the Johnston Chamber Ribbon Cutting for Essential Personnel held April 12.

OUT & ABOUT



A groundbreaking for Bombers Entertainment District was held on April 11.



Dave Wilwerding, Clayton Ender and Dave Lindeman at the groundbreaking for Bombers Entertainment District on April 11.



Kurt Mumm and Andy Lashier at the groundbreaking for Bombers Entertainment District on April 11.



Becky, Allen and Leah Stoye at the groundbreaking for Bombers Entertainment District on April 11.



Suresh Ruddy and Tom Cope at the groundbreaking for Bombers Entertainment District on April 11.



Brenda Ballard and Lawrence Cunningham at the groundbreaking for Bombers Entertainment District on April 11.



Kevin Schutt and Nigel Chapman at the Johnston Chamber Luncheon on March 23.



Kathy Anderson and Annie Mielke at the Johnston Chamber Luncheon on March 23.



Chad Plueger and Eric Herrmann at the Johnston Chamber Ribbon Cutting for Essential Personnel held April 12.



Jordan Plueger and Matt Rodekamp at the Johnston Chamber Ribbon Cutting for Essential Personnel held April 12.



Tony Betzer and Allen Douglas at the Johnston Chamber Luncheon on March 23.

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