

URBANDALE

SEPTEMBER 2023

Living

MAGAZINE

INSIDE: HOW-TO GUIDE

Learn from local industry experts

Making a house *a home*

**Residents share their home
improvement experiences**

Meet Madison Bou

EDUCATION

Couple finds a place to plant roots

WHERE WE LIVE

Mac and cheese with pecan breadcrumbs

RECIPE

PSRST 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

JOIN US FOR OUR GOOD RIDDANCE SUMMER, HELLO FOOTBALL BBQ!

All are welcome
for food, beverages
and games

WEAR
YOUR
FAVORITE
TEAM COLORS.
*Prizes for
best dressed*

Thursday
OCT. 12
4-6 p.m.
Edencrest at Timberline
14001 Douglas Parkway,
Urbandale



 **Edencrest**TM
AT TIMBERLINE
Assisted Living and Memory Care Excellence

Call Jay Mathes for a tour.
515-204-7467

14001 Douglas Parkway, Urbandale
WelcomeTL@EdencrestLiving.com
EdencrestTimberline.com



INDEPENDENT LIVING • ASSISTED LIVING • CLOSER CARE • MEMORY CARE

WELCOME

BACK TO the project list

Days are getting shorter. Nights are getting cooler. And the home improvement project list keeps getting longer.

Sound familiar?

Well, the "I-will-get-to-it-after-summer" excuse won't work much longer, as the fall season approaches. The real trick is to start and finish these projects before the holiday season arrives. Unfortunately, we all only have 24 hours in a day, and other tasks and responsibilities often take priority. As such, we need to turn to local professionals to do the jobs right. You are in luck, as we once again are offering ideas and solutions from businesses and contractors that may help push your projects along.

We are here to help with another issue featuring the home improvement stories packed with examples of what area residents have done to spruce up their properties.

If you are one of the fortunate ones who have your projects completed and would like to be featured in an upcoming issue, please send me a note. We would enjoy sharing your successes, too.

Thanks for reading, and good luck on those fall projects. ■

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

Gina Chandler
Advertising Account Executive
515-953-4822 x323
gina@iowalivingmagazines.com



IOWA
Living
MAGAZINES



Circulation and readership audited
by Circulation Verification Council

SCORE WITH THIS GREAT RATE!



Erin Hullermann
VP Market Manager
Waukee



Ciara Halverson
Loan Officer
Waukee

CHARTER  BANK

Chart Your Success With Us!

Johnston
5526 NW
86th St.
515-331-2265

Grimes
Corner of
Gateway & 1st St.
515-986-2000

Waukee
Downtown
Triangle
515-987-1000

Ankeny
2905 SW
Oralabor Rd.
515-446-2265

www.CharterBanker.com

Member
FDIC

*Annual Percentage Yield, \$10,000 minimum deposit to open up a Certificate of Deposit (CD),
penalty for early withdrawal. Rate as of 9/13/2023 and subject to change.



Making a house *a home*

**Residents share their home
improvement experiences**

By Chantel Boyd

Ever think how much nicer it would be to sit in your comfy chair in the evening if only your living room weren't drab — and you didn't have orange shag carpet? Or imagine stepping into a roomy shower instead of that tiny pink bathtub like the one in Grandma's house? Or dream of a laundry room on the main floor instead of in the musty basement? Or maybe turning that basement into a family room and entertainment hub? Residents with similar dreams decided it was time to make some changes, and they share their home improvement experiences to inspire others.

Leah and Demir Mijkovic of Urbandale wanted to enjoy their outdoor space more fully, but first they needed to renovate their deck and improve the backyard.

FEATURE

Disaster leads to second renovation

Jill and Mick Kent did a complete remodel of their kitchen in Urbandale — and thought they were done.

“Six months later, a pipe broke upstairs and crashed into the kitchen ceiling. Flooring, walls, electrical, drywall and paint had to be renovated on all three floors.”

They had to have their home renovated — again.

“Our kitchen looks almost exactly like the pre-flood pics, thanks to our remarkable renovation company who worked very hard to do that,” says Jill Kent.

Before the disaster, Kent says she had no idea some companies specialize in renovating homes after disasters.

“They were amazing,” she says.

The first renovation took place to make the space less dark, to add efficient storage space, and provide a modern aesthetic.

“The cherry cabinets and black granite were so dark; we wanted to make it lighter and brighter,” she says. “We also wanted a vertical pantry with pullouts by the stove. We took the cabinets all the way to



BEFORE



AFTER

The change in Jill and Mick Kent's kitchen is literally like night and day, from dark wood cabinets and black countertops to white cabinets and countertops.

Tired of being tired?

Nurse on your own terms.

- Provide personalized, compassionate care
- Flexible scheduling prioritizing employee wellness: NO nights or weekends
- Fun & cohesive team, rewarding career

Optimae

HOME HEALTH SERVICES

515-277-0134

Optimae Home Health
Services Central Iowa



Scan for more info



www.optimaelifeservices.com/join-OHH

NEED NEU BLINDS?

CONVENIENT
CONSULTING IN YOUR
HOME WITH SAMPLES

WE WILL
BEAT ANY
COMPETITOR'S
PRICE BY 10%!

Neu Blinds

CALL TODAY!
515-250-5543

GRABER. | DELIGHT IN EVERY DETAIL



- ✓ **FREE ESTIMATES**
- ✓ Easy and Affordable
- ✓ Many styles & brands to choose from
- ✓ **FREE INSTALLATION**
- ✓ Referrals

Owned and operated by James Neu of Johnston

Every house deserves Neu Blinds.

the ceiling, which added considerable storage space.”

The entire update happened during the pandemic, so Kent did most of the planning online on Zoom with the designer and looking for ideas.

Kent says the most significant improvement was the added storage options.

“We now have a new pantry and a baking center,” she says, adding that it was accomplished without changing the kitchen’s footprint.

Kent’s advice to other potential home renovators is to read reviews and make sure to entrust the project to qualified people with established reputations.

“Remember, a cabinet salesperson is not necessarily a professional kitchen designer. They are selling cabinets,” she says.

Kent made some nontraditional choices that customized her final look, including having shelves where cabinets once were and having a pantry with wider shelves and customized to include an air fryer.

“I love how I helped make my kitchen my own,” she says. “So don’t be afraid to follow your instincts.”

Making the kitchen the heart of the home

When Joe and Lacey Edelstein purchased a home in Urbandale, they were never planning on living in it.

“We purchased this home in Urbandale to add it to our fleet of furnished rental homes. I completely gutted the kitchen and redid the bathroom and a bunch of other things,” says Joe Edelstein.

The couple knew the house was going to need a complete interior renovation but were not deterred by the amount of work they needed to get done.

“We had a great vision for what we wanted it to look like,” says Edelstein. “We basically did a full interior remodel. Flooring, paint, trim, kitchen, bathroom, etc.”

Prior to the Edelsteins purchasing the home, it had been owned by the same family for 40 years.

“The family did very little updating, so we knew we had to get it up to date to make it a nice rental for our tenants,” Edelstein says.

When the couple renovates homes, they like to make the kitchen the heart of the home, like

most renovation and real estate experts suggest.

“I always like to make the kitchen and living room the focal point at each property, so, in this one I gave it a bright and beautiful kitchen with a cozy living room,” says Edelstein.

He updated the fireplace, opened the kitchen up, and made all the fixtures more modern. He also updated the kitchen and bathroom cabinets. The result is an inviting, homey rental.

“We always think, ‘What would we want it to look like if we lived here?’” Edelstein says.

Some of the Edelsteins’ must-haves for a renovation like this are new light fixtures, fresh paint and updated flooring. The finishing touch is the accessories.

“A must-have for us are the accent features being more modernized,” Edelstein says.

Because it became a rental property, the Edelsteins were as cost conscious as possible when purchasing items for the renovation.

“We tried to be as thrifty as possible with our purchasing. Facebook marketplace and Habitat Restore were our go-to places for materials and fixtures. It is hard to keep style consistent when using used or reclaimed stuff,

TIRED OF TODAY'S MARKET VOLATILITY?

5.60%



Guaranteed for 5 Years

CALL TODAY! (515) 274-9190

SOLUTIONS YOU CAN COUNT ON.

american
RETIREMENT PLANNING
americanretirementplanning.net

7177 Hickman Road, Suite 4, Urbandale | (515) 274-9190



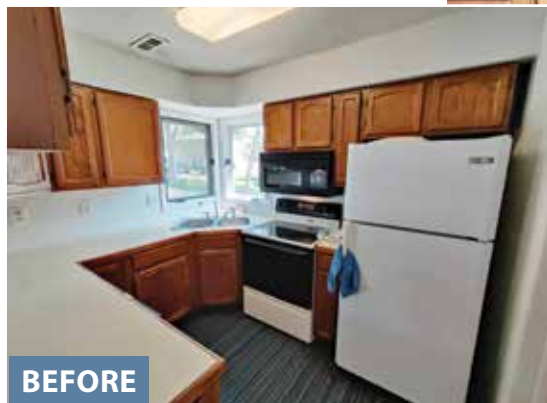
Kevin Wingert

K.C. Wingert

Single Premium deferred annuities are guaranteed for 5 years. At the end of the 5 year guaranteed interest period, the contract may be renewed for another guaranteed interest period. The renewed guaranteed interest rate will be the current interest rate offered at the time of renewal with a minimum rate guarantee of 2.75%. Credited rates effective 7/17/2023 and are subject to change without notice. Quoted rates do not reflect optional liquidity riders. If you choose to add any of the available liquidity riders the interest rate will be reduced accordingly. Early withdrawals may be subject to Surrender Charges and Market Value Adjustments. The IRS may impose penalties for early withdrawals from qualified plans. Contracts issued by Sentinel Security Life Insurance Company. Not FDIC insured. Rates vary by state. See the annuity Contract for all final terms and conditions. SSLANPOLI-XX. Investment Adviser Representative of and securities offered through Royal Fund Management, LLC a SEC Registered Investment Adviser. SSLPCACS-01 518



Joe and Leah Edelstein with daughter, Avery



BEFORE

The Edelsteins' kitchen was dated and cramped before being remodeled with modern fixtures.

but, if you are patient and have a good eye for what might fit well together, things just have a way of working together," Edelstein says.

The couple agrees that the most memorable improvement made was updating the kitchen.

"The old layout was closed off and didn't offer a great space for cooking. A few of the small touches, like adding a wall island with

glass-front cabinets, updating to stainless appliances and adding a range hood, gave it an updated feel with more functionality to the cooking enthusiasts," Edelstein says.

His advice to others wanting to renovate is to not be scared. Have a vision for the project and be thrifty on your purchasing to save money.

"The final product is always worth the hard work along the way," he says.



AFTER

YOUR EXPERT SOURCE FOR

ALL THINGS GARAGE DOOR

REPAIRS • NEW DOORS • OPENERS



CUSTOM BUILD YOUR GARAGE DOOR!

Add the finishing touch to your curb appeal with your unique design.

AMEGA
GARAGE DOORS
& OPENERS, INC.

GARAGE DOORS WITH CURB APPEAL

CALL US **515-633-2119**

AmegaGarageDoors.com

SALES • SERVICE • PARTS • INSTALLATION



Future Clients,

At MBG we strive to maintain our hard-earned reputation as a company that works every day to deliver the best possible outcomes through close partnership with our clients.

MBG Renovation is a boutique firm specializing in design and residential remodeling with the capacity to deliver on any scale of project you can envision.

We believe honesty and integrity always come before profit and MBG should be a place for our employees to stay and grow. A place where your job is second to your family and doesn't feel like work.

We are constantly aspiring to improve ourselves and our processes to deliver a finished product that enhances everyday life while creating lasting excitement for your new space.

It is our sincere hope that by doing our best for our customers, we will be the first call for their next project and when it's time for their family and friends to remodel, we have left an impression that makes it easy to eagerly recommend MBG.

Please consider MBG for your next project. Check us out online and better yet, ask your friends and neighbors about us and let's see if we are a great fit!

Sincerely,

Mike Butternworth

Owner/Operator
MBG Renovation LLC

**Ask your
friends and
neighbors
about MBG!**



WWW.MBGRENOVATION.COM

FEATURE



AFTER

The Mijkovics' original deck was limited to use in good weather. Their new, covered deck has many features that allow them to use it more extensively. They added a fireplace, built-in heaters in the ceiling, built-in cabinets and grill, and a TV.



BEFORE

Functionality and style key to new deck

Leah and Demir Mijkovic of Urbandale wanted to enjoy their outdoor space more fully, but first they needed to renovate their deck and improve the backyard.

"For us, the renovation was equally about functionality and style," explained Leah Mijkovic.

When the couple moved into the home, the deck was already starting to fade. It was a standard, small deck that only fit some of the furniture from their previous home.

"It wasn't usable for us because we love to be outside," says Mijkovic. "We love to have our friends over. Luckily, we own an outdoor living business, Better Builders, so we got exactly what we wanted."

Using their industry know-how, the family doubled the outdoor living space and added a roof.

"We added a fireplace, built-in heaters in the ceiling, built-in cabinets and grill, and a TV. Now we can entertain better while we watch football or movies outside," she says.

The family's original wish list included more space, a roof for sun coverage, and upgraded products to enhance the overall look of the space.

"I wanted to keep a fire pit on the patio but redo the pavers. We needed a safe space where we could have our friends over," she says.

Demir is in the industry, so he helped select the best products.

"He walked me through all the options in the showroom and helped me narrow down things based on what look I was going for," says Mijkovic. "He would show me options and describe the pros and cons of each product, and then I selected the ones that met my criteria and fit our budget," explains Mijkovic.

The biggest improvement has been the functionality, says Mijkovic.

"We spend so much more time outside together because we have a space that fits us all and allows all of us to do what we like," says Mijkovic. "It's comfortable in the heat or even when it's chilly. Having friends and family over to enjoy the space with us has made us so happy."

She has some advice for other would-be renovators.

"I recommend finding professionals with great reviews. Work with someone who has been in the business for a while and clearly communicates throughout the process. This will make the build so much less stressful," she says. ■



FOR SHADE TREE AUTO

VOTING ENDS NOVEMBER 13

✓ AUTO SERVICE ✓ BEST CUSTOMER SERVICE ✓ BEST BATHROOM



URBANDALE TEAM



GRIMES TEAM



SCAN THE QR CODE
TO VOTE TODAY!



GRIMES

1750 SE 11th Street
515.986.5241

Monday-Friday 7AM-6PM

URBANDALE

3831 70th Street
515.512.1095

Monday-Friday 7AM-5PM

www.ShadeTreeAuto.biz

Service@ShadeTreeAuto.biz Open Monday-Friday, 7am-6pm

THIS MEDICARE step could save you money

Whether this is your first year on Medicare or you've been on it for several years, you should look at your plan each year.

Revisiting your coverage and supplements could save you money and prevent surprises when you visit the doctor or pick up a prescription.

The Medicare Annual Enrollment Period runs from Oct. 15 to Dec. 7. That's when you can join, drop or switch to another supplement plan or add or drop drug coverage.

I know what you might think: "I like my current coverage; no change needed." That may be true. But each insurance carrier frequently renegotiates provider contracts, which can ultimately change the terms of your supplement plans — impacting premiums, copays, deductibles and covered services plus the ancillary benefits like x-rays, prosthetic devices and physical therapy. Carriers can add and drop benefits like gym memberships, chiropractic visits, and meal deliveries to and from plans. That's why it's a good idea to review your providers, your prescriptions and your pharmacy each year to ensure your preferences are still covered.

Some of the most heartbreaking stories I've heard are when someone



goes to the pharmacy to pick up medication and finds out it's no longer covered or has changed. That's when out-of-pocket costs can skyrocket, and the medicine can cost hundreds more than the last time they went to the pharmacy.

During the annual enrollment period last year, I ran the numbers for one of the individuals we work with and found that Meloxicam, an arthritis medicine, costs \$12 for a 90-day refill at their in-network pharmacy and \$1,117.80 at one that was not in-network. That is not the kind of surprise you want to get when you go to pick up your medicine and the reason I run the numbers for them before making any changes.

You can switch to an Advantage Plan from a traditional Medigap supplement (like Plan F or Plan G) during annual enrollment. You can also move from one Advantage Plan to another or from one prescription drug plan to another.

There is a lot of information out there about Medicare, and the choices can feel overwhelming. A professional can help people make sense of it all, while helping them coordinate their Medicare decisions with the other aspects of their retirement plan, so every decision is made with their retirement vision in mind. ■

Information provided by AnnaMarie Morrow, Director of Medicare, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006.

7 FACTORS

TO CONSIDER WHEN PICKING
YOUR *ideal* RETIREMENT SPOT



Scan the QR code and
discover the best place
for you to retire and
how to achieve it.



Merkle
RETIREMENT PLANNING

Investment Advisory Services offered through Elite Retirement Planning, LLC. Insurance Services offered through MRP Insurance, LLC.



URBANDALE COUNCIL RECAP



L to R: Demir Miljkovic, Fire Captain; Mayor Bob Andeweg; Joe Winter, Board Member with NUCA of Iowa; Jamie Crubaugh, Chapter President of NUCA of Iowa; and Brandon Christiansen, past President of NUCA of Iowa

August 22, 2023 - Council Meeting

The Mayor and City Council met on Tuesday, August 22, and began with a presentation recognizing a \$52,500 donation from the National Utility Contractors Association for a Trench Training Facility in Urbandale.

The City Council approved a final plat west of 142nd Street and south of Waterford Road for a total of 25 single-family lots.

The City Council approved several development agreements related to new construction and investments happening in the Urban Loop. These projects will lead to

higher property tax revenues that can be used by the City to reinvest in essential public services like infrastructure improvements, public safety, and parks. Moreover, the estimated assessed values of these new buildings—ranging from \$6,000,000 to \$43,000,000—underscore the potential for substantial growth, ensuring a stronger local economy and an improved quality of life for all residents.

August 8, 2023 - Regular Council Meeting

The Mayor and City Council met on Tuesday, August 8, and began the meeting with routine items such as approving bills and meeting minutes.

The City Council approved final plats east of 156th Street and north of Waterford Road for a total of 92 single-family lots (and a Waukee School District Elementary School). Land for a public park will also be dedicated in a future plat along the eastern side of the project.

The City Council approved the annual bow hunt for antlerless deer. The Controlled Bow Hunt began in 1998 due to overpopulation of deer within the city. The hunt has mainly been conducted west of I-35 over its history, but in recent years there has been a dramatic increase of deer issues in eastern sections of Urbandale. If left unchecked, the deer population can double in size every three to four years. The hunt is administered by the Urbandale Police Department to ensure the safety and integrity of the program.

The Parks & Recreation Department was recently relocated from City Hall to 3310 86th Street (just across the parking lot) near the Urbandale Public Library. The City Council approved an architectural agreement for remodel plans for the old Parks & Recreation office space, as well as the remainder of the City Hall building, including portions of the Engineering and Community Development Departments.

Newsletter Sign-Up



You get plenty of e-mail already, that's why the City's official e-newsletter is delivered only once per month. It's your place to get a quick, streamlined, monthly update about all things Urbandale. www.urbandale.org/news



Council Recap is Online

Looking for a particular meeting recap? We have all the recaps online! www.urbandale.org/councilrecap

Stay up-to-date with the Mayor and City Council by reading the Council Recap. The Council Recap is not the official minutes of the Council meeting — it's an easy-to-read and easy-to-understand digest of the Council Meetings specifically designed for residents.

You can watch all the City Council meetings on YouTube and download Council agendas on the City's website.

Urbandale City Hall | 3600 86th Street, Urbandale, IA 50322 | 515-278-3900 | www.urbandale.org

MYTHS about estate planning

There are a lot of misconceptions surrounding wills and estate planning, so here are some common myths, explained:

Myth: Estate planning is for rich people.

Everybody needs a will. A will allows you to designate who will receive your property when you die. If you die without one, your assets will be distributed under the terms of Iowa's intestate succession laws. That means your money and property could end up with family members you haven't spoken to in years instead of a close friend or a charity you support.

Your estate plan should include a durable power of attorney for finances and a health care directive. These documents allow you to designate someone to act on your behalf if you become incapacitated.

Myth: If I die without a will, everything will go to my spouse.

If you die without a will, your inheritance will be divided among your spouse and your children. Under Iowa law, if you have children from another relationship, your spouse only receives half of your assets and your children receive the other half. This can be a surprise for people in a second marriage.



Myth: If I have a will, my estate won't go through probate.

All wills are subject to probate. In probate, a court determines whether the document is valid and ensures that relatives and creditors are notified. Probate is a straightforward process, and it isn't necessarily something to avoid. But if you have a lot of assets or real estate in multiple estates, it may be advisable to find non-probate alternatives.

One way to avoid probate is to put your property into a living trust. A living trust is a legal document you create to hold property, such as brokerage accounts and real estate. When you die, the property is transferred to your beneficiaries. This transfer occurs outside of probate, which could save your heirs a lot of time and money.

Take the time to set up a simple plan for yourself and your loved ones. Periodically review your plan and update your will or trust to reflect major life events, such as a divorce or the birth of a child. Consult with an experienced attorney to ensure that your estate plan is current and accomplishes all of your goals. ■

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

EVERYONE NEEDS A PLAN.

WE'RE HERE TO HELP.

SUPERIOR SERVICE.
LEGAL SOLUTIONS.

FOR 36 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

WAYS to help your kids open up more

School is starting, and kids' schedules are about to get more hectic. So, now is the time to talk with your kids and check in with them about how their days are going. This can be as simple as using open-ended questions about their day to get the information you are looking for. Instead of asking, "How was your day?" and getting the blah answer of, "Fine," ask questions that require more thought. For example, "What was the best part of science today?" "Who did you sit at lunch with today?" "What was the funniest thing you heard today?" This way, the answers are more than one word and give you something to continue the conversation. When they answer who they sat with, add on to that conversation with, "Who had the best lunch? What was in it?" or "Where was ____ today?" This way, the conversation is continuing with your child without the child being pressured with the same questions every day.

Another line of questioning that can wrap around the child is asking, "What would you have changed about today if you could change anything?" Depending on the answer, it opens up a lot of different conversations with your child that have more than a standard "Fine" answer. ■

Information provided by Monica Meier, PhD(Abd), tLMHC of SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, meier@sstherapyandconsulting.com, www.sstherapyandconsulting.com.



SS Therapy and Consulting



www.sstherapyandconsulting.com

Accept Most
Insurances
Offer Free Services
Through Interns

Therapy
for All Ages
Most insurances
accepted.

Neurofeedback
Brain Maps
and Training
Available.

Contact admin@sstherapyandconsulting.com
515-528-8135 to schedule.

CONTACT US TODAY TO SCHEDULE YOUR APPOINTMENT!

EVENING AND TELEHEALTH APPOINTMENTS AVAILABLE.

DES MOINES
4725 Merle Hay Rd. Ste 205

ANKENY
2675 N. Ankeny Blvd, Ste 105

BEFORE YOU GO

By Tosha Edmundson

A SEASON of grief

As fall draws near, we expect change. Inevitable change. The vibrant greens of leaves turn to hues of orange and brown. Bright cheerful colors of summer flowers wilt into clumps of brown, and even the stems seem to lay down to rest eventually. Fall is a season of transition. It's unavoidable, but it is not without purpose. On the other side of fall is winter. Both are necessary to achieve their purpose, which is life anew in the spring.

Grief is much like fall. We will all experience seasons of loss in our lives. Losing a person we love due to death brings about unavoidable change — a shift that chauffeurs us into our next season. Like the leaves that fall in their own time from the branches, over time, we let go of the initial shock of the loss and the waves of pain and loneliness as we try to adjust to the absence of their presence as well as the parts of our identity that we feel left with them. Sometimes there are a couple of leaves that we cling to through the bitterness of winter until spring proves that new life is coming, and we find our purpose again.

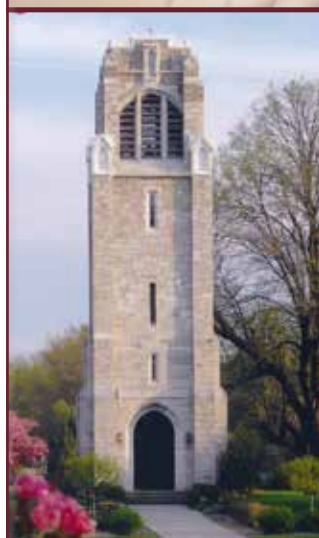
If you're grieving this season, give yourself grace. In time, the pain of loss will bring about healing and new purpose.

Give your family the gift of love, and care for your future end-of-life needs in advance. ■



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

Prearrange Your Future Funeral/ Burial Needs



Taking advantage
of today's rates for
tomorrow's needs

**Call today for
an appointment.**

*Highland Memory
Gardens Cemetery*

One NE 60th Avenue, Des Moines
Located on 2nd Avenue, 1 mile north of I-35/80
515-289-2230
www.highlandmemorygardens.com

ORTHODONTIC FAQs

Do aligners work just as well as braces?

A good orthodontist will customize recommendations for each individual. Treatment should be determined based on the patient's concerns, goals and lifestyle. The orthodontist should take all the items into consideration to make a plan. There are some cases where aligners would be a better fit or produce a better result than braces. There are also other cases where braces would be a far better choice than aligners. The short answer is, yes, aligners can work just as well as braces, but it depends on the patient.



smile is something everyone deserves regardless of age.

When should you see the orthodontist for the first time?

Age 7. At or around age 7, baby teeth begin falling out and adult teeth begin erupting into the mouth. This is the perfect time to evaluate spacing of the current and future teeth. It is also a great time to get a baseline for jaw growth. Although age 7 is the recommendation for the first visit to the orthodontist, it is not typically the age that treatment is most often started. There is a small percentage of the population where intervention is essential to avoid future surgery and extractions. For the rest of the population, it is a great visit to provide parents with peace of mind and a plan for the future.

Do I need a referral to see an orthodontist?

No. Your dentist can refer you to an orthodontist or you can call, email, text or schedule an online appointment with the orthodontist of your choice. A dentist often will make a referral only after seeing an area of major concern or

being asked about the orthodontist by the patient. Parents or individuals are their own best advocates to seek care when it comes to seeing an orthodontist.

Is orthodontic treatment expensive?

Orthodontic treatment has a large total price tag. If that total was broken up over your treatment time, or over the time you get the benefit of your treatment (which should be for life, if you wear your retainers as directed), it would be less than pennies a day. The confidence gained alone is priceless. Patients walk out of treatment with a smile that no one can take away from them. A smile can be shared every day. A smile helps you make new relationships, spread joy, have the confidence to raise a hand in class, interview for a job, or show your teeth confidently in photos.

Orthodontics can be confusing. Finding an orthodontist that you trust to walk you through every step of the process by answering your questions and concerns is the solution. ■

Information provided by Dr. James Stork, DDS, MS, Stork Orthodontics, 4090 Westown Parkway, West Des Moines, 515-705-0644.

LOOKING FOR

AFFORDABLE ORTHODONTIC TREATMENT?

FREE
CONSULTATION

SCAN
TO START SMILING!



Braces & aligners for children & adults


STORK
ORTHODONTICS
Love Your Smile

StorkOrtho.com
515-705-0644

Locally owned and family operated



Dr. Stork

WHEN it is time for a change

Make an informed choice on which level is needed.

For today's seniors, there are a wide variety of housing options when it is time to make a change in living arrangements. It is something most of us don't want to think about until we have to, but a bit of background is a "good thing," as Martha Stewart would say.

States set the requirements for each care option. In Iowa, there is independent living (IL), assisted living (AL), residential care facility (RCF), intermediate care facility (ICF) and skilled nursing facility (SNF). Any of these levels of care may have a specialization such as a memory care designation.

Independent living is as it sounds. There is a minimum age for entry into the community. The community may offer activities and some group transportation option for shopping or may simply be an apartment with an age minimum. There may or may not be a buy in.

Assisted living is the provision of housing with services, which may include but are not limited to health-related care, personal care and assistance with instrumental activities of daily living to three or more tenants in a physical structure that provides a homelike environment. Assisted living also includes encouragement of family involvement, tenant



self-direction and tenant participation in decisions that emphasize choice, dignity, privacy, individuality, shared risk and independence. Assisted living includes the provision of housing and assistance with instrumental activities of daily living only if personal care or health-related care is also included. Assisted living includes 24 hours per day response staff to meet scheduled and unscheduled or unpredictable needs in a manner that promotes maximum dignity, independence and provides supervision, safety and security.

Traditional nursing care community is what is thought of as traditional "nursing home" care. Residents will need assistance with more activities of daily living such as needing two people to assist with transfers and mobility and more complicated medication management.

A skilled nursing facility is specifically for residents needing physical, occupational or speech therapy after a hospital stay. It is short-term, and the resident may go home when well or transition to a different level of care.

Remember to ask questions, take tours and make informed decisions. ■

Information provided by Tiffany Michaud, Community Director, Edencrest at Timberline, 14001 Douglas Parkway, Urbandale, 515-422-8096, welcometl@edencrestliving.com. Information from Family Caregiver Alliance.

END-OF-SUMMER

SPECIALS!

.....

\$200 OFF

4 or more areas of Coolsculpting!



SAVE THE MORE YOU BUY ON SKINCARE!

10% off	20% off	25% off
one product	two products	three or more products



HEARTLAND

PLASTIC & RECONSTRUCTIVE SURGERY, P.C.

10611 HICKMAN ROAD, DES MOINES, IA 50322

515-254-2265 • WWW.HEARTLANDPS.COM

SPECIAL ADVERTISING SECTION



HOW-TO

GUIDE

HOW TO CHOOSE A ROOFER

Notice a leak when it rains? Or perhaps you've seen a stray shingle on the ground near your home. Stepping back to inspect your roof, you might notice even more damage or erosion. If even just one of these issues is true — or maybe you just want to update and improve the look of your home — it's time to hire a professional roofer for your home's first line of defense against the elements. Putting a new roof on your home can significantly increase its value. So, it is essential that you pick the right contractor to do this job.

Your first step in finding a reliable roofer is to ask your family, friends and neighbors if they have recommendations or referrals from work they have had done. You can also look on the internet for roofing contractors in your area. Some websites offer lists of professionals, along with reviews of their work. Personal recommendations will give you the best information.

Be sure to focus on the quality of work as well as the cleanup process. You don't want

scraps of shingles and nails left over after the contractors have gone home. Don't hire professionals who leave debris after they are gone.

Pick someone you connect with and trust. Some contractors travel the country looking for work. If you hire one of them, they may not be able to provide realistic guarantees for their work. After all, they may be on the other side of the country if you begin to experience problems with their work.

Once you have contact information for several roofing contractors, call them. Inquire about the company's background and how long they have been in business.

Generally, a good roofer should offer a material and workmanship warranty. Be sure to ask questions about time frames and estimates. You should always get a written estimate before proceeding with any work.

Communicating with the contractor will let them know that you will be taking

a hands-on approach to your project. Find out if the roofer's product recommends what they will do if they find damaged decking and when they might be available to start. You should also ask about the warranty and whether you can have it confirmed in writing.

Every professional who works on your property should be licensed and insured. Insurance is particularly important for roofing contractors. They should be able to cover any damages they might cause to your property.

It is also essential that workers are covered under their insurance as well, in the event someone is injured during the job.

Before work commences, you should receive a written contract from the roofer. Read it over carefully. It will state the type of materials to be used, what the work will entail and the final cost.

Following these tips will help you find the best roofing contractor in your community. ■



CENTRAL IOWA'S PREMIER ROOFING COMPANY

ROOFING • SIDING • DECKS • ADDITIONS • REMODELS • & MORE



CALL OUR TEAM TODAY!
(515) 689-3700!

Locally Owned & Operated



HOW TO CHOOSE KITCHEN AND BATH DESIGN

Trends in home design come and go, but the basic look of modern kitchens and baths tends to remain consistent, with some variations to complement the style of the home. Granite or quartz countertops, stainless steel and hardwood floors retain their popularity.

Any builder or real estate agent will tell you that upgraded, stylish kitchens and bathrooms are the most in-demand areas of a home to remodel for your own comfort and pleasure or to sell your home.

Kitchen and bath remodeling can improve your home's value and increase its charm. This is especially true if your current kitchen and baths are dated and showing their age. And while remodeling can be costly, these are areas where you don't want to cut corners. After all, you use your kitchen and bath every day you are in your home.

If it's time for some updates in your home, here are some things to consider with regard to kitchen and bath remodeling.

FUNCTION

Functionality is paramount. What exactly will you be doing in this room? Do you eat in your kitchen or in a dining room? Some people get dressed in their bathroom, while others put on clothing in their bedrooms.

DÉCOR

Look for inspiration. Leaf through home design magazines to find appealing designs. Make notes on what you like most about each design scheme.

Neutral paint may open up opportunities for a variety of decorating options. It could make it easier to change the decor in the future. If you sell your home, it allows potential buyers to visualize their own preferences in that space.

Of course, any room you design must be coordinated with the design of other rooms in your home. If your house has a contemporary, modern or traditional design, you will want the kitchen and bath to blend with that decor.

BUDGET

Remodeling can be expensive. Experts recommend you spend up to 20% of your home's value on remodeling the kitchen and less than that on remodeling the bath.

Working with a company that specializes in kitchen and bath remodeling can save money in the long run. They will have designers who can assist with design and product selection. Many times, they will also have carpenters who are employees to handle all the tear out and installation. ■

OUR GOAL IS SIMPLE...

To create a space that will enhance your life for years to come.

Woodharbor is your one stop shop for kitchen, bath and home remodeling projects. Our designers are exceptional at guiding you through the entire process from design to product selections. Our expert craftsmen will bring your design to reality.

W|H WOODHARBOR
KITCHEN & BATH

LOCALLY OWNED & OPERATED

VISIT OUR SHOWROOM AT

10627 Aurora Avenue, Urbandale

www.woodhARBORM.com | 515.278.1531

HOW TO CHOOSE AN ORTHOPAEDIC SURGEON

The World Health Organization estimates one in five people globally live with musculoskeletal conditions. In the United States, it increases to one in two — meaning half the country could likely benefit from seeing an orthopaedic surgeon.

Orthopaedists have more than five years of surgical training, but they also spend this time honing their diagnostic skills and the ability to treat problems non-surgically when possible. Some patients receive valuable ortho care for years without ever seeing the operating room.

Orthopaedic care covers sudden injuries, like a sprained ankle, and chronic pain, such as arthritis. Patients include young children and those in their golden years. Issues can be in the neck or all the way down in the toes.

In a medical specialty that seems to reach everyone, here are some things to consider in finding an orthopaedic surgeon.

REFERRALS

Asking your primary care provider for a recommendation is the most common way

to find a surgeon — though it's a common misconception that a referral is always necessary. A referral to see an orthopod is only needed if your insurance requires it. In many cases, you can call an orthopaedic office directly to schedule with no visit to a primary care physician.

TIMING

One factor that may have considerable impact on who you choose is how soon you can be seen. Depending on where you go, your wait could be six weeks or one day. Given how much lead time can vary between practices, ask around or see if the office has an ortho walk-in. Whether you have an urgent concern or just extra time in your day to address a long-time problem, these walk-ins are typically located within the orthopaedic office. A same-day exam, imaging and potential solutions from an experienced orthopaedic professional is often a big relief. You likely won't see a surgeon, but the clinician can confer with their surgical colleagues on-site and get you

a consult quickly — or, if your issue can be treated without surgery, perhaps spare you an unneeded visit.

OTHER CONSIDERATIONS

It's important that your chosen physician can effectively communicate with you and ensure you understand your options. Being unable to move like you're used to is scary — and the thought of surgery can be daunting. The best surgeons will take time to answer your questions and make you feel comfortable and confident in your care.

If surgery is unavoidable, it may not be as disruptive to your life as you'd think. Most orthopaedic operations are no longer done in hospitals, with patients able to go home the same day. Some procedures are even done in-office. The field continues to make advances to decrease downtime and develop surgical methods that make recovery less restrictive. The best orthopaedic surgeon for you will prioritize getting you back to all you love doing as quickly and safely as possible. ■

THE CHOICE IS CAPITAL

For orthopaedic care that meets all the criteria and even more, *the choice is Capital.*



**CAPITAL
ORTHOPAEDICS**
& SPORTS MEDICINE PC

515.440.2676 | DSMCAPITALORTHO.COM
ANKENY | CLIVE | INDIANOLA | KNOXVILLE

HOW TO CHOOSE AN ASSISTED LIVING CENTER

With Americans living longer than ever, the need for assisted living centers has also grown, and the industry has responded. But because the type of care seniors require varies, finding the proper facility means locating a balance between appropriate levels of care, comfort and access.

In the past, long-term care could only be handled by a nursing home. Living in a hospital setting for an extended time was not a pleasant environment. Times have changed dramatically. In addition to on-site medical care, many assisted living centers can appear more like upscale apartments, offering dining, travel, activities and personal freedoms.

But not all assisted living centers are alike. The decision to place a relative into such an environment warrants close scrutiny and research.

AMENITIES

Accommodations at these centers can range from luxurious, detached cottages to cozy condominiums or smaller apartment-

style rooms. It all depends on what you are looking for, what you can afford, and what is available.

As you visit the facilities, try to personalize each space. Imagine how your loved one's belongings might fit into the area and where decorations will be placed. Does the atmosphere bring about a feeling of peace and tranquility? How are the rooms decorated? Are they tasteful and soothing, or do they remind you of a hospital setting?

Look at the home amenities and consider how you would feel about living there. Would you want your loved one living there? Is the facility within your budget?

RECREATION AND ACTIVITIES

Game and meeting areas can help the resident make new friends and keep them from feeling alone and lonely. Leaving the confines of their units is an important part of improving quality of life. Make sure the center offers activities and space to occupy your loved one's time.

Quality facilities will have activities that

match his or her hobbies. If your family member enjoys crafts, then look for a center with a designated craft area or classes for your loved one to enjoy.

GARDENS AND LANDSCAPING

The landscaping of an assisted living center can give you a good indication about the quality of the facility.

If the prospective resident enjoys spending time in nature, look for a facility that has park-like areas. Some centers have community-style gardens and walkways.

Just being able to experience nature as it grows and changes with the seasons can be uplifting and soothing. An assisted living center with a manicured lawn and garden can make a huge difference in the quality of life for a loved one.

Choosing an assisted living facility is about finding the right combination of medical services and amenities. With research and thought, you will find the perfect place to bring comfort and care to your loved one. ■



LOVE THE WAY YOU LIVE *this fall*

FALL MOVE IN SPECIAL!

CALL TODAY TO LEARN MORE AND SCHEDULE A TOUR

You're going to **FALL** in love with this community! At Woodlands Creek, you'll find the perfect combination of comfort, care and an active lifestyle. Join us today and discover an array of amenities as well as newly remodeled apartments and the most caring, dedicated staff you'll find.



CALL TODAY TO SCHEDULE YOUR TOUR!

833.487.9298

12675 Woodlands Pkwy, Clive, IA 5032

HOW TO CHOOSE AN AUTO REPAIR SHOP

A reality of auto ownership is that, at some point, the vehicle will need repairs and upkeep. Some car owners may naturally gravitate toward their dealers to follow scheduled maintenance to keep their vehicle in top shape. Older cars will likely need more attention. That's why it pays to develop a relationship with a qualified, reliable and professional auto repair shop.

Developing a relationship with a knowledgeable mechanic or auto repair shop early on in your vehicle's life can prove invaluable. Talented, honest mechanics can extend the life of your car and help you avoid costly repairs. And if the unexpected occurs — an accident or a major malfunction — that relationship can be the difference between hundreds and thousands of dollars.

Even if your car is new, at some point it will need tires, oil changes or even a new engine. If you have a relationship with a good auto repair shop, you won't sweat it when these things come up.

If you haven't had a regular mechanic in recent years, now is the time to find one. Here are a few points to consider:

- **Find a shop that gets rave reviews** from family and friends, and you'll be in good hands.
- **The Better Business Bureau** can inform you about the repair shop's performance and reliability.

• **Ask about the shop's range of services.** They will need the latest technology to diagnose problems with newer cars. For example, can your prospective shop handle brake systems, electrical components and warranty repairs? Does the shop provide a loaner, rental car or shuttle service while your car is being repaired?

• **Look for brand names and proper certification.** Does the auto repair shop use brand-name parts? These parts are engineered to meet the manufacturer's specifications and will likely come with a warranty. Shops may use remade or generic brands which your insurance policy may not cover, so be sure to check.

• **Compare the services and fees** of each shop in the area to find out the average price ranges.

• **Don't pick a shop based on cost;** poor repair work will mean higher costs in the long run. You'll also want to ask about the shop's warranty policy. Imagine spending hundreds on a repair only to learn the work isn't guaranteed.

Once you have found a shop you trust, establish a good working relationship and try to use the shop for all of your automotive needs. Your mechanic will come to know you as a dependable customer and will provide you with the highest level of service. ■

WE ARE COMMITTED TO MAKING YOUR EXPERIENCE AS PAINLESS AS POSSIBLE!

- ✓ Shuttle service to and from
- ✓ No to low cost rental cars
- ✓ Waiter appointments to get you in and out
- ✓ Pick up and delivery of your vehicle from home or work
- ✓ Lifetime warranty on most parts and labor
- ✓ One stop for all your maintenance and repairs. Tire, brakes, batteries, engines and transmission!



Valid on most repairs, some restrictions apply



Amanda and Joe Jerkins, Owner

Westside
AUTO PROS

**Family Owned and Operated,
Full-Service Auto Repair**

1901 NW 92nd, Clive

515-225-9090

westsideautopros.com

Hours: M-F: 7:30 a.m. - 5:30 p.m.

HOW TO CHOOSE AN EYE DOCTOR

One of our greatest gifts is vision. If your vision is not as sharp as it once was, or if things look just a bit fuzzy sometimes, that's a signal that it's time to see an eye doctor.

Many tend to ignore eye care until it's absolutely necessary. So, even if you don't have noticeable trouble with your eyesight, it is still important to have a routine examination.

Getting your eyes checked often makes it possible to discover vision issues early. It can also help you identify systemic problems you may not have even known you had. Catching and treating those problems early will likely lead to better outcomes.

Choosing the right optometrist or ophthalmologist can be a challenge. Consider these aspects when doing your research.

TYPES OF DOCTORS

While optometrists do not have medical degrees, they do have specialized training in diagnosing and treating vision and

eye health-related problems. These professionals receive bachelor's degrees before their four-year training programs. Optometrists can identify and diagnose a variety of eye disorders, including cataracts, glaucoma and retinal disease. They also have the ability to write prescriptions to treat these conditions.

Ophthalmologists are medical doctors who treat eye diseases. They have medical degrees along with their specialized training for eye treatment. Their extensive background typically includes four years of pre-med school, four years of medical school, at least one year of an internship and three years of residency before receiving their ophthalmology license. Along with treating vision problems, they provide medical and surgical care and even plastic surgery.

TRAINING

Eye doctors often specialize in certain diseases or treatments. If you have been

diagnosed with glaucoma, for instance, you can find a doctor who has experience specifically treating that disease. Be sure to ask eye doctors about their experiences treating specific diseases and conditions.

REFERENCES

Your family doctor or general practitioner may know the good eye doctors in your area. Doctors often refer patients to an eye care specialist that has the most experience treating specific needs.

SELECTION

Many people find it hard to select eyewear from the vast styles, sizes and colors. Choose an optical dispensary that has an optician on staff who can help you choose the right style and fit for your face. Make sure the optical dispensary has tools that help you "see" what you look like in the eyewear. Lenses and frames can vary in terms of comfort, appearance, price and quality. A professional optician can help you find the best options. ■



DO YOU SUFFER FROM

Dry, Itchy, Red or Burning Eyes?

LUMENIS OPTIMA IPL CAN HELP!

- ✓ Treats the root cause of the problem
- ✓ Provides immediate relief
- ✓ Safe and comfortable
- ✓ A fast "lunch-time" treatment
- ✓ Improves skin appearance



ADVANCED
EYE CARE
CENTER, PC

WE OFFER 

WHAT IS IT?

IPL is Intense Pulsed Light, a technology used for various skin treatments. Lumenis Optima IPL revolutionary treatment gently and effectively treats your skin and eyelid inflammation with maximal safety, comfort and full customization to your skin type and condition.



4660 86th St, Urbandale

515-727-6340

www.advancedeyecarepc.com

HOW TO FIND THE RIGHT BANK

The array of financial institutions vying for your business is broader than ever. With the rise of internet banking, visiting a brick-and-mortar branch is no longer absolutely necessary. Still, some prefer to bank in person.

Beyond a physical presence, some choose to combine all their accounts at one bank; others spread their finances around at specific institutions for savings, credit and investment to get the best deals and rates.

No matter where or how you access your money, choosing the right bank to serve your needs still requires close scrutiny. Here are a few things to consider.

INTEREST RATES

Banks want to be competitive. One way they entice new customers is by offering handsome interest rates. It's not uncommon for savings account interest rates to vary widely, but the majority of institutions make adjustments according to

changes in the federal funds rate.

OVERDRAFT SAFEGUARDS

We all make mistakes. Accidental overdrafts happen occasionally. Each financial institution has a different policy about these matters.

Many banks offer overdraft coverage in the form of a high-interest credit line. Other banks charge fees each time an overdraft occurs.

Other banks provide no coverage. Be sure to research overdraft policies before making a final decision.

STABILITY

It is important to consider a bank's stability. Before you hand money to an institution, check its history and financial condition. A stable bank is more likely to provide reliable services, such as easy access to your accounts, efficient customer support, and a wide range of financial products. By choosing a stable bank, you can have peace

of mind knowing that your money is secure and that you can rely on the bank's services when you need them.

COMMUNITY

Banking with a community bank holds a unique significance in community development. Community banks are deeply rooted in the neighborhoods they serve and commit to reinvesting both time and resources back into the area. This reinvestment directly contributes to the growth and development of the community in a multitude of ways.

Banking with a community bank is not just about financial transactions; it's a commitment to nurturing and sustaining the very community in which you live and work. By choosing a community bank, you become a part of a virtuous cycle of growth and development, where your financial decisions directly contribute to the betterment of your neighborhood and the people who call it home. ■

GROW YOUR SAVINGS



HIGH YIELD SAVINGS ACCOUNT

4.15%

Account available at Central Bank in the Des Moines, IA metro area. Annual Percentage Yield (APY) is accurate as of 9/13/2023. Minimum balance to open is \$1,000. To avoid fees, \$1,000 minimum balance or \$2,500 average daily balance. If below, \$10/statement cycle service charge. Rate tiers are as follows: 4.15% APY applies to balances up to \$9,999.99; 4.15% APY applies to balances between \$10,000.00 and \$99,999.99; 4.15% APY applies to balances between \$100,000.00 and \$249,999.99; 4.15% APY applies to balances between \$250,000.00 and \$499,999.99; 4.15% APY applies to balances between \$500,000.00 and \$999,999.99; 4.15% APY applies to balances of \$1,000,000.00 and above. Minimum balance of \$0.01 required to obtain APY. Rates are variable and subject to change at any time without notice. Fees may reduce earnings. Active Central Bank checking account with Online Statements required. Consumer deposits only.

URBANDALE | 3800 100th St.
URBANDALE | 4848 86th St.



www.mycentral.bank
(515) 309-5130

URBANDALE Public Library news

September is Library Card Signup Month

To celebrate Library Card Sign-up Month during September, the library has hidden a number of “Golden Tickets” throughout the building to be redeemed for library swag. Anyone who discovers a ticket can take it to the front desk to pick up a swag bag that includes a tumbler, decals and other fun surprises. We encourage everyone to sign up and use their library card and take advantage of all the resources provided with your membership. As part of our new catchphrase, we encourage our community to “Be Curious” and learn more about what the library has to offer by exploring and discovering new resources.

Seed Library

The library is accepting donations of vegetable and native flower seeds during the upcoming harvest. In particular, the seed library is in need of squash and other autumn veggies, as well as tomatoes, onions and carrots. Only pesticide-free seeds will be accepted. Visit our website to learn more about the seed library, including best practices for harvesting your seeds.

Art Gallery

The Urbandale Art Gallery is accepting applications for the 2024

season. Interested artists should complete an interest form found on our website and submit their application by Sept. 30. The art gallery is a high traffic area that features different work with an emphasis on local artists, complete with 120 feet of hanging space with a professional hanging and light system. Shows last between four and six weeks with the option of a reception to meet the artist and hear more about their method and collection.

Gardening in a Warmer World

Join us Saturday, Sept. 23 from 1-2 p.m. for a panel discussion featuring the curator of the 160-acre Iowa Arboretum & Gardens in Madrid and a representative from Kankakee Nursery, one of the Midwest's largest wholesale tree and shrub nurseries, to learn about how smart tree, shrub and plant selection can make your gardens more resilient amid rising temperatures and drought conditions. Learn about the USDA Planting Zone 6 and 7 plants the Arboretum is evaluating in its test gardens and get expert recommendations for trees, shrubs and plants that can withstand what are expected to be mid-century temperature norms. This event is free, but registration is required online at www.urbandalelibrary.org. Iowa Outdoor Products will be hosting a reception next door immediately after from 2-3:30 p.m. ■

Let's celebrate!

Grand Opening Celebration
Thursday, October 12 • 3-6 PM

Meadowview of Clive
3300 Berkshire Parkway
Clive, IA 50325



MEADOWVIEW
OF CLIVE

You are invited!

Join us for delectable treats prepared by our very own in-house chef, live music and tours.

Meadowview of Clive offers a range of living options — **Independent Living, Assisted Living, and Memory Care** — in one convenient setting, with no initial buy-in required.

RVSP appreciated to Connie Bever

Connie.Bever@CassiaLife.org • 515-644-8740



Managed by  CASSIA AN AUGUSTANA | ELIM AFFILIATION CassiaLife.org



MEET Madison Bou

Enjoying her students' curiosity and ideas



Madison Bou has joined the Urbandale Community School District as a second-grade teacher at Webster Elementary.

After studying elementary education and Spanish at Wartburg College, Madison Bou relocated to the Des Moines area to begin her teaching career. She has since taught middle school Spanish at Holy Trinity and worked in a variety of positions for the Des Moines Public School District. Now, Bou is entering her eighth year of teaching and first year teaching second grade with the Urbandale Community School District.

She says her favorite thing about working with the district is her colleagues' genuine love of teaching and doing what is best for the students.

"I love the community-feel the district has, the high expectations that are held of our teachers here, and, most of all, our absolutely amazing students," Bou says.

As an educator at Webster Elementary School, Bou says she likes how curious her students are, adding they have wonderful questions, wonderings, and ideas that make her classroom community think in a new way.

Bou's students participate in many hands-on activities as well as inquiry-based learning. Because she knows how to speak Spanish, Bou integrates the language into her students' learning. This provides her class with a unique opportunity every day.

"I have had the opportunity to work with students of so many nationalities, ethnicities, backgrounds, and overall life experiences. The most rewarding thing about my time as an educator is learning from my kids and hearing what they have to offer the world. They are all going to make such a difference someday," she says.

This school year, Bou is most looking forward to creating relationships with her students and seeing them learn and grow throughout the year. She says she is excited to witness those lightbulb moments, help students challenge themselves and think in new ways, and, most of all, see her classroom turn into its own community.

Bou also enjoys teaching yoga and taking yoga classes. She likes trying new Des Moines area restaurants with her husband, reading and traveling to new places. ■

Top Quality Windows, Siding & Doors!

Free Estimates • GREAT Prices • Locally Owned & Operated

BUY 3 WINDOWS, GET 1 FREE*
*With any NEW ESTIMATE!

Iowa State Fair SPECIAL!

Vinyl Replacement Windows
in all shapes and styles!

Veteran Owned Business

- No High-Pressure Sales
- Professional Installation
- Made in the USA

America's BEST CHOICE
Your HOME Improvement Source

- Industry's Best "Duralite Spacer System"
- Lifetime Transferable Warranty
- Lifetime Glass Breakage Warranty at No Charge
- Energy Star Most Efficient Mark Rating for 2021

515-276-6506
abcwin.com/desmoines-ia

MADE IN USA

MERLE HAY CHAPEL

Funeral Home | Mausoleum | Crematory | Cemetery

We have an experienced local staff that can help you plan your final wishes, all at one convenient location. We are also home to the area's finest funeral home chapel. If you wish to plan ahead, interest-free payment plans are available.

Blair Overton
Owner
Locally Owned & Operated

Tel: 515-278-4633
4400 Merle Hay Road
Des Moines
MerleHayFuneralHome.com

EVENTS IN THE AREA

Check for cancellations

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

Museum programs at the library

Second Sundays monthly, 2-4 p.m.
Urbandale Public Library, 3520 86th St.

Oct. 8, 2 p.m., "Paranormal Activity: Olmsted-Urban House and others" by Norm Huitt and Dane Anderson

Nov. 12, 2 p.m., "Park and Rec in Urbandale" by Jan Herke

Marine Band to perform in Urbandale

Thursday, Oct. 12, 7:30 p.m.

Urbandale High School Performing Arts Center, 7111 N.W. Aurora Ave., Urbandale

For the first time in five years, "The President's Own" United States Marine Band returns to the Midwest on tour, performing a free concert in Urbandale. Organizers from Urbandale High School have helped bring the ensemble from the nation's capital to Urbandale for this community event. For full details and free tickets (limit four), visit www.marineband.marines.mil/Tour. Seating is general admission and ticket holders must be seated by 7:15 p.m.; remaining seats will be released to the standby line at that time.

PLAY THE DAY AWAY!

- Indoor dog park/Event center
- Boarding • Newly expanded daycare
- Pet supplies • DIY bathing
- Online retail store
- Professional bathing + Nail trims

Run around and meet new friends!
stylinpawssalon.com

Stylin PAWS PLAY PLACE

Stylin Paws Play Place: 3901 121 St. Urbandale • 515-720-7909
Stylin Paws: 2180 NW 156th St. #105, Clive • 515-518-5913

Have your next event here!

Museum open

Urbandale Historical Society, 4010 70th St.

The Olmsted-Urban House will be open for viewing the first Sunday of each month 2-4 p.m. Members of the society will be there for guiding tours and showing the collection of things that might have been in Grandma's house. The Rolling Green school quilt made by the students and the painting given in memory of Pamela Powers are now at the Olmsted Urban House. These items can be viewed during the monthly open house or at the Pancake Breakfast in October.

Brio is growing!



NEIGHBORHOOD19

at brio

Big things are happening at Brio of Johnston, a WesleyLife community! Our award-winning campus is expanding — and you'll want to hear about the townhomes and single-family homes we're building. These specially conceived "thrive-in-place" floor plans are like nothing you've ever seen — and the homes are all just steps away from Brio's services and amenities.

More than half our new homes are already reserved, so don't wait!
To learn more, contact Maria at Brio at (515) 252-5380 or mjordan@wesleylife.org. We'd love to welcome you!



EVENTS IN THE AREA

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

Check for cancellations

Kiwanis Mini Golf Fundraiser

Saturday, Sept. 30,
9 a.m. to 1 p.m.
Puttmasters at the Pines, 2977
N.W. 66th Ave., Des Moines

Join the Johnston Kiwanis for the first-ever Mini Golf Fundraiser. Bring the whole family for fun, food and a great cause. Proceeds will support scholarships for high school seniors, books for third-grade classes, sponsoring a Kiwanis Miracle League team, and supporting Mentor Iowa. In addition, half of the mini golf fees will be donated to support the Fisher Lake Wildlife Preserve. Pancakes will be served from 9-11 a.m. and hamburgers and hot dogs from 11 a.m. to 1 p.m. Prizes will be given for hole-in-one shots. Registration is \$9 for mini golf only, \$8 for meal only, \$15 for combination and \$50 for foursome golf and meal with additional family members \$12.50. Children under 3 play and eat for free.

Identity theft presentation

Tuesday, Oct. 10, 6:30-8 p.m.
West Des Moines Elks Lodge,
2060 N.W. 94th St., Clive

Ever been a victim of a scam? Do you know anyone who has? Would you like to learn about the latest scams in Iowa and ways to protect yourself and others? The West Des Moines Elks Club invites you to a free Fraud Watch presentation. Financial crimes target Iowans of all ages. The lists of scams are growing and the scammers are not going away. Learn the latest data on fraud trends and receive tips and resources to protect yourself and your family. The presenter is Neil Shultz, a member of the AARP Iowa Fraud Watch team since it began in 2014 and a retired chief at the Polk County Sheriff's Office.

Oktoberfest

Sept. 22-23
Lauridsen Amphitheater, Water Works Park, 2251 George Flagg Parkway

Oktoberfest returns for the 18th year with all your favorite authentic celebrations including a huge selection of German and craft beers, delicious German food, beer puppeteer, live music, bier maiden and stein holding competitions, a silent disco featuring 11 DJs over three days, and much more. www.oktoberfestdsm.com.



Quilt Show

Sept. 21-23
4-H Building, Iowa State Fairgrounds

The "Quilting in the Key of Life" Quilt Show by the Des Moines Area Quilters Guild will be held at the Iowa State Fairgrounds. Hours for Thursday and Friday, Sept. 21-22, are 9 a.m. to 6 p.m. Hours on Saturday, Sept. 23, are 9 a.m. to 5 p.m. Admission is \$10. More than 500 quilts will be on display, with dozens of vendors, a colorful raffle quilt and several special exhibits. For more information, visit dmaqg.org, and follow Des Moines Area Quilters Guild on Facebook. ■

"It's been through the addition of MAPLE that we have been able to get the kids to talk."



To learn more about **Paws With A Cause** and to find out how you can help, just download this app and watch the story come to life:



GET ZAPAR
ZAP THE CODE
TO DONATE

Provided as a community service by this civic minded publication in conjunction with the Association of Community Publishers and Community Papers of Michigan

Cadence Academy
PRESCHOOL

NOW ENROLLING

Children ages 6 weeks - 5 years old

515.989.6846

3054 86th St. | Urbandale, IA 50322

WWW.CADENCE-ACADEMY.COM

FAMILY FUN AT WARRIOR LANES



WARRIOR LANES

ONLINE LANE
RESERVATIONS WELCOME

190 SE Laurel Street, Waukee
515.987.4840



Sunday Noon-8pm | Monday-Thursday Noon-9pm | Friday & Saturday Noon-10pm

DINE. PARTY. BOWL!

OPEN BOWLING | GLOW BOWLING | BIRTHDAY PARTIES | YOUTH PROGRAMS
FOOD & BEVERAGE | LEARN TO BOWL | LEAGUE BOWLING | PRO SHOP

**FALL
LEAGUES
SIGNING
UP NOW!**

HOUSE leads to planting roots in Urbandale

Couple gives back to the community they call home.

Bruce Bernard and his spouse, Arlene Dabill, moved to Urbandale in the mid 1980s, and their love for the community has only grown.

"We were actually looking for a house in West Des Moines, where we were living at the time," Bernard explains. "Our Realtor found a house that was exactly what we were looking for — a two story, split foyer — on Twana Drive. We have never regretted our decision to become a part of the Urbandale community."

One thing the couple especially likes about their home is the four-season porch they had built in 2016. It doubles as a greenhouse during the winter months as they move many of their outdoor plants inside.

"Arlene designed the room, emphasizing natural light, and furnished it with mementos of our warm-weather destinations," Bernard says. "The room has become an oasis in the winter, featuring several hibiscuses which continue to bloom. Our collection of seashells, souvenirs, wall decorations and a portable fireplace also help us escape the Iowa winters."

Since both Bernard and Dabill grew up in

small towns, they appreciate that they've found a similar feeling in their neighborhood.

"Meredith Park is our small town but, in our opinion, better," Bernard says, adding of their neighbors, "We know each other, and we regularly look out for each other. We also have many, many children in the neighborhood and enjoy watching them grow up."

Over the years, Bernard and Dabill have given back to the community in many ways through their various involvements. They've both volunteered for UCAN, Friends of the Parks, Earth Day and more.

"Currently, we are the weeds' worst enemies at the Charles Gabus Memorial Tree Park and Gardens," Bernard shares.

He has also served on the Parks and Recreation Commission, the Library Board of Trustees and participated in Leadership Urbandale as a student and committee member. Additionally, Bernard volunteers with the Urbandale Public Art Committee and has assisted with fundraising for the Miracle League field and the All-Inclusive Playground, which are



Spouses Bruce Bernard and Arlene Dabill made Urbandale their family's home in the mid 1980s and have stayed since.

both located at Northview Park.

He says, while the community has room to grow, it will be a managed growth guided by reasonable people with the best interests of the community in mind.

"We are a much more diverse community than we were in 1984," Bernard adds. "That's good. We live in an increasingly diverse world. We need to recognize that and grasp the opportunities that diversity provides for all of us. We're better together." ■

YES!

We install and repair water heaters.

Clogged Drains • Full Service Plumbing
Camera Inspection & Locating Sewer Lines
Hydro-Jetting • Sump Pumps • Water Heaters

**SERVING POLK, DALLAS, WARREN,
GUTHRIE, MADISON & CLARKE COUNTIES**





OPEN 24/7
INCLUDING HOLIDAYS
515-278-5668
rotorooterdesmoines.com

Retire in a way you never thought possible.

DREAM. PLAN. ENJOY.

INVESTMENT • LIFE & HEALTH • SERVICES



Retirement Solutions of Iowa LLC.

www.rsioa.com | 515-215-7114

105 W Salem Avenue, Indianola

**Securities offered through Brokers International Financial Services, LLC, Member SIPC. Brokers International Financial Services, LLC, is not an affiliated company.



Andrei Murphy
President

Welcome TO YOUR NEW HOME!

4401 N Warrior Lane, Clive A mile west of Alice's Road,
south of Meredith



**A community dedicated
to Active Adults**

- ✔ Low maintenance lifestyle
- ✔ Premier Shadow Creek location
- ✔ Easy access to surrounding community

7 MODELS TO CHOOSE FROM! STARTING AT \$490,000

2 Bedrooms • 2 Bathrooms • 2+ Garage Stalls • 1,672 sq. ft to 2,613 sq. ft
3 Bedroom, 3 Bathroom, 2-story also available

**Scan to see our
amenities & floor plans**

Whether you are looking
to downsize, enjoy a low-
maintenance lifestyle, or take
advantage of a vibrant community,
we have something for you.



AMARE VITA
— SHADOW CREEK —



515-528-1001 • amarevitaliving.com



REGULATING humidity as temperatures cool down

The crisp autumn air is not too far away, and our focus will shift from battling the sweltering heat to embracing the cozy warmth of indoor spaces. While temperature control is crucial, one aspect that often goes overlooked is humidity regulation. As the thermometer drops, the air becomes drier, and finding the right balance of moisture indoors becomes paramount for both comfort and wellbeing.



Understanding the correlation between temperature and humidity is essential to creating a comfortable indoor environment. As temperatures lower, the air's ability to hold moisture diminishes, leading to decreased relative humidity levels. This drop in humidity can have various effects on your home and health.

During colder months, low humidity levels can lead to discomfort, causing skin to become dry and itchy and exacerbating respiratory issues. By introducing a humidification system, you can maintain an optimal humidity level of around 30-50%, promoting a healthier indoor environment. This not only prevents skin problems and respiratory irritation but also helps to preserve the integrity of wooden furniture and musical instruments, which can crack or warp in overly dry conditions.

Regulating humidity isn't just about comfort — it also impacts energy efficiency. Moist air feels warmer than dry air at the same temperature, allowing you to lower your thermostat a few degrees without sacrificing comfort. This small adjustment can lead to significant energy savings over time, reducing your heating bills and your carbon footprint.

While it's essential to keep humidity levels in check, excessive moisture can also be problematic. When warm, moist indoor air comes into contact with cold surfaces like windows, condensation forms. This moisture can lead to mold growth, structural damage, and even health issues. To combat this, proper insulation and ventilation are key. An HVAC professional can assess your home's unique needs and recommend solutions to prevent condensation-related problems.

When it comes to choosing a humidification system, it's essential to consider factors such as the size of your home, lifestyle and budget. There are several options available, from portable humidifiers to whole-house systems that integrate with your HVAC setup. Consulting with a heating and cooling expert can help you determine the most suitable system for your needs.

By understanding the relationship between temperature and humidity, choosing the right humidification system, and practicing proper maintenance, you can create an environment that's both inviting and conducive to wellbeing throughout the autumn and winter months. ■

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

REFER A FRIEND

REWARDS WITHOUT RESTRICTIONS!!

Simply refer 72 Degrees to your friends and family and be rewarded with **CASH!**

If they buy a full system, you get **\$500!!**

72°

HEATING • COOLING
PLUMBING • GEOTHERMAL

72degrees.com

GOD'S grading scale

A man recently explained that the main tenet of his faith was to love people. "How is that possible?" I asked. He said unconditional love of others is our human responsibility and possible entirely through self-effort.

I asked him how one knows if they have loved well enough to avoid condemnation when they die? His reply was an unsatisfactory, "We have to always love."

His faith system, like so many others, grades on the curve with some arbitrary idea of what constitutes enough good works or enough love in order for human beings to escape punishment and enjoy pleasure after death. Sadly, the teaching he follows lacks the power to love unconditionally and the promise to live eternally.

God's Word teaches that the power to love comes from God, not self. "Beloved, let us love one another, for love is from God, and everyone who loves is born of God and knows God. He that loves not, knows not God, for God is love" (1 John 4:7-8).

Unconditional love comes from God and is possible only if we are "born of God." In order for us to express love, we must first experience it. We cannot give what we do not have.

God's love is experienced through His Son. "In this is love, not that we loved God, but that He loved us and sent His Son to be the atoning sacrifice for our sins" (1 John 4:10). "Atoning sacrifice" means that Jesus' death paid the penalty we deserve for our evil thoughts, words and deeds.

God's love made it possible for humans to be forgiven, become His children, escape God's judgment, and gain eternal life. But how do we make all of this personal?

"To be born of God" means personally turning from our self-effort to trust in Christ's death and resurrection. This applies His payment to our sins, secures our pardon, and sets us apart as God's children (Romans 4:25; 5:1).

A relationship with God through faith in Christ comes with the promise — not the potential — of eternal life. "And the witness is this, that God has given us eternal life... These things I have written to you who believe in the name of the Son of God, in order that you may know that you have eternal life" (1 John 5:11-13).

God doesn't grade on the curve based upon our behavior, but on whether or not we believe in Christ as Savior. According to God's grading scale, only those who believe will pass and not fail.

I urge you to believe to receive forgiveness and entrance into God's family forever. ■

Information provided by Steve Smith, Creekside Church, 2743 82nd Place, Urbandale, 515-279-3919.



*Service You Deserve with
People You Trust.*

Lyndsey Lamb
712-789-1007
lyndseysellshomes.com

GUARDIAN
REAL ESTATE GROUP

IN SEARCH OF

- ✓ Sound, relevant, Biblical preaching
- ✓ Contemporary worship with substance
- ✓ Small group studies on the Bible & other topics
- ✓ Quality Sunday school and Awana for kids
- ✓ Youth ministry for teens
- ✓ Global missions and local outreach opportunities
- ✓ Friends, family and a community to grow your faith

A CHURCH?

CREEKSIDE CHURCH

10:30 Sundays • 2743 82nd Place • CreeksideDM.com

*Feeling overwhelmed
managing your payroll and
bookkeeping needs?*

**OUR TEAM IS
HERE TO HELP!**

Tax Services Tax Problem Resolution Small Business Assistance

Ann M. Hartz CPA
AND ASSOCIATES

CPADesMoines.com

7109 Hickman Rd., Urbandale (515) 259-7779

RECIPE

POWER weeknight family meals with pecans

(Family Features) Back-to-school season means many families are busier than ever, leaving less time to plan weeknight meals. While a new school year brings plenty of exciting moments, it also adds up to early mornings, long days and late evenings, making it tough to keep nutrition top-of-mind.

With new routines and jam-packed calendars, quick and easy recipes can be the solutions you need. Swapping out complicated dishes for simple dinners and make-ahead snacks allows you to make your loved ones' health a priority while also managing hectic schedules.

To help make those simple yet tasty menu additions a reality, look to a flavor favorite and nutrition powerhouse like pecans. They're the ideal nut to keep on hand to incorporate into favorite meals and after-school snacks.

Taste is just the beginning when it comes to pecans. Their nutritious punch provides a unique mix of health-promoting nutrients. Plus, they're a versatile ingredient that can shine in a wide range of flavor profiles from sweet or spicy to salty, smoky and savory.

For more back-to-school recipe inspiration, visit EatPecans.com. ■

Mac and cheese with pecan breadcrumbs

Cook time: 50 minutes

Servings: 6

- 8 ounces cavatappi pasta
- 1 teaspoon salt, plus additional for salting pasta water, to taste
- 1 tablespoon butter
- 1 block (8 ounces) cheddar cheese
- 1/2 cup raw pecan pieces
- 15 ounces part-skim ricotta cheese
- 4 tablespoons sour cream
- 1/4 teaspoon ground pepper
- 1 large egg, lightly beaten

DIRECTIONS

- Preheat oven to 375 F.
- Cook cavatappi in salted boiling water. Drain, reserving 1/2 cup pasta cooking water. Return pasta to pot and stir in butter.
- Using box grater, shred cheddar cheese.
- Using food processor, combine 1/4 cup shredded cheddar cheese with pecans. Process to coarse breadcrumb consistency.
- Add remaining cheddar cheese, ricotta,



sour cream, 1 teaspoon salt and pepper to warm pasta. Stir until thoroughly combined. Add egg; stir. Add 2-4 tablespoons reserved pasta water to loosen mixture; stir until smooth.

- Pour into buttered 9-inch square or round casserole dish and top evenly with pecan topping.
- Bake 30 minutes.

Substitutions: Use pre-shredded cheese in place of cheddar cheese block. Use pasta of choice in place of cavatappi.

HONOR OUR VETERANS

Iowa Living magazines will be saluting veterans in November issues. If you are a veteran who would like to be included, please send a photo (military or current) and the following information:

NAME:
TOWN YOU CURRENTLY LIVE IN:
MILITARY BRANCH:
RANK AT DISCHARGE:
DEPLOYMENTS:
QUOTE: Please answer the question,
"How can the public best honor veterans?"

Family members submitting on behalf of veterans should include the veteran's answer to the above question.

Email to tammy@iowalivingmagazines.com or mail to:

Big Green Umbrella Media, 8101 Birchwood Court Suite D, Johnston, IA 50131

SUBMISSIONS MUST BE RECEIVED BY NOV. 1.



OUT & ABOUT



Ben Jensen and Nicole Thompson at the AM Exchange hosted by Launch IT on Aug. 29.



Alicia King, Jen Damge and Susan Skeries at the AM Exchange hosted by Launch IT on Aug. 29.



Ashlen Sheaffer and Denna Morgan at the AM Exchange hosted by Launch IT on Aug. 29.



Janelle Bailey and Officer Meagan Cowden at the AM Exchange hosted by Launch IT on Aug. 29.



Emily Kohl and Alexander Vlach at the AM Exchange hosted by Launch IT on Aug. 29.



Jenni King and Amanda Mulcahy at the AM Exchange hosted by Launch IT on Aug. 29.



Carson Odle and Eric Williams at the AM Exchange hosted by Launch IT on Aug. 29.



Blake Overmohle and Jake Wisel at the AM Exchange hosted by Launch IT on Aug. 29.



Britton Klomstad and Brandon Bennett at the Urbandale, Clive and West Des Moines Chambers' annual golf outing on Aug. 24 at Beaver Creek Golf Club.



Logan Steinkamp and TJ Brand at the Urbandale, Clive and West Des Moines Chambers' annual golf outing on Aug. 24 at Beaver Creek Golf Club.



Sara Fuller and Taylor Fredrickson at the Urbandale, Clive and West Des Moines Chambers' annual golf outing on Aug. 24 at Beaver Creek Golf Club.



Baylie Boyer, Hayley Vanderpool, Adam Lenze and Eric Eigenfeld at the Urbandale, Clive and West Des Moines Chambers' annual golf outing on Aug. 24 at Beaver Creek Golf Club.

GOLF Outing

Urbandale, Clive and West Des Moines chambers held their annual golf outing on Aug. 24 at Beaver Creek Golf Club.



Todd VanEpps and Ray Warner



Matt Forland and Staci Fjelland



Brenda Plantz, Annette Waldrof, Liz Houge and Peggy Lund



Kathy Erickson, Bev Sherlock and Jill Havick



Ashley Cockayne and Brett Long



Joseph Been and Jay Mathes



Chris Smith and Alex Stagnone



Brian Vahle and Tanner Baldwin



Rod Hager and David Back



Drew Albers, B Lovanh and Joelle Gallick



Collin Slyer and Noah Slagter

WHAT TO DO WHEN EXPECTING

1. Choose a pediatrician
2. Schedule your first prenatal appointment
3. Start taking prenatal vitamins
4. Discuss medications with your doctor
5. Make a work plan
6. Cut out alcohol and substance use
7. Decrease your caffeine intake
8. Brush up on your nutrition

WHEN DO I CHOOSE A PEDIATRICIAN?

We offer parents-to-be prenatal appointments before your child is born. You can get acquainted with our office and our doctors and have your questions answered. Dr. Waggoner is one of only a couple remaining Des Moines area pediatricians who will still come see you in the hospital after your child is born. Waggoner Pediatrics is also one of the few clinics in town where you can get ahold of your pediatricians 7 days a week after office hours.

HOW DO I SCHEDULE AN APPOINTMENT?

Call 515-987-0051. We'll schedule you for an appointment within a few days of your call, or another day that fits your schedule.



Waggoner Pediatrics of Central Iowa

Call today to schedule your child's appointment!

515-987-0051

2555 Berkshire Pkwy, Suite A, Clive
waggonerpediatrics.org

The Kitchen of Your Dreams

(at a Price You'll Need to Pinch Yourself Over)



Kitchen Refresh
kitchens cost up to
75% LESS
than the cost of a
custom remodel

🌱 Most jobs can be completed in just 3-5 days

🌱 No mess during the install! You CAN use your kitchen during installation

🌱 You can keep your existing countertops

FREE, NO OBLIGATION
CONSULTATIONS!


kitchen refresh

Fast. Beautiful. Affordable.

WWW.KITCHENREFRESHIOWA.COM | 515-661-0800