

CLIVE

SEPTEMBER 2023

Living

MAGAZINE

Making a house *a home*

Residents share their home
improvement experiences

Meet Amanda Thomas
EDUCATION

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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 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. ■



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Making a house *a home*

Residents share their home improvement experiences

By Jackie Wilson and 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.

Barb Grunewald looks over the multi-level deck that replaced one that was in disrepair.
Photo by Jackie Wilson



BEFORE

4-level deck replacement

Homeowners in Clive wanted their four-story deck completely rebuilt — not just to look good, but, foremost on their minds, to ensure they had a safe structure to walk on.

Barb Grunewald of Clive needed a new deck for safety reasons.

“Last year, my husband fell through the deck. We had rotting boards, and we knew it was time to replace it,” she says.

They hired Hansen Home Renovations, based out of West Des Moines. Aaron Hansen,



AFTER

The once-beautiful deck at the Grunewald home had fallen into disrepair. The couple had a new deck built. It provides several levels of entertainment and relaxation space. After photo by Jackie Wilson

owner, came to the Grunewald home and offered recommendations for a sturdy structure.

The Clive home had four levels of decks off the three-story home. It includes a deck off the upstairs bedroom, a main floor deck and a deck about a half dozen steps off the main deck. A wood stairway leading downstairs includes another deck platform at the bottom, near their

walkout basement.

The entire deck was torn down. When rebuilding, they made minor adjustments to the old structure’s design, so it wasn’t an exact replacement. The lattice around the lower deck wasn’t rebuilt. The trellis at the top was also a different pergola.

“Aaron suggested putting up boards instead

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of the lattice. I think it looks great,” she says.

Also gone was the wood deck seating on the perimeter of the main deck. This helped to open up the deck, making the main deck space appear larger and allowing more room for patio furniture.

To prevent wood rotting, they spaced the wood slats and took out extra trim work so water can drain instead of pooling like it had on the previous deck.

Grunewald chose black spindles in between the boards and added a second handrail at the bottom deck for added safety.

They also put in a waterproof ceiling system under the main deck so they can enjoy sitting outside on rainy days.

Grunewald and her family moved to the Clive location in 1989. When they moved in, the home was in the middle of a cornfield among two acres of trees and land. They enjoy backyard views of wildlife, including deer, raccoons and birds. She points out spots where deer have munched through her plants.

The new deck was completed early September 2023, following weeks of extreme heat.

“They came out and finished it on time. I kept giving them water, and the workers came early mornings to escape the heat,” she says.

Grunewald considered staining the deck herself; however, it was too labor intensive trying to paint around the spindles. She says Hansen will return next spring to stain the deck after the wood is cured.

The deck is similar in size and still overlooks a backyard full of mature shade trees. Grunewald is happy with how everything turned out.

“I love sitting out here. It’s beautiful and peaceful,” she reflects. “And we don’t have to worry about falling through the deck anymore.”

A kitchen “glow-up”

Mary and Greg Maitre of Clive recently completed a kitchen glow-up (a significant transformation).

“We had Kitchen Refresh put new fronts on our kitchen cabinets,” says Mary Maitre.

The couple wanted to keep the footprint of their existing kitchen but wanted to update its look.

“I was my own contractor and coordinator,”



Mary and Greg Maitre gave their kitchen a “glow-up.”

says Maitre. “My husband and I did all the work along with the contractors.”

They also had new flooring installed and painted walls on their first floor, along with adding new trim and doors, at the same time as the kitchen cabinets were being refaced. All of these updates made the transformation complete.

“We wanted to bring the kitchen from 1984 to 2022 last year,” says Maitre. “We blended

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BEFORE

Mary and Greg Maitre wanted to remodel their kitchen to give it an updated and brighter look.

with what was already there, so it flowed together — new to old.”

One major goal was to brighten the kitchen.

“Our kitchen cabinets went from

dark oak to bright white,” she says.

The actual cabinet bases and shelves were in great shape, so they kept those and focused instead on a new look.

“New fronts was the best way for us



DURING

The Maitres had their kitchen cabinets refaced so the cabinets themselves would not need to be replaced. During the process, the doors were removed and cabinets painted.

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FEATURE

to go,” says Maitre.

The couple did a lot of research and looked at companies that did new kitchen cabinet fronts.

“We went with Kitchen Refresh by KoPros because they had the best choices of colors and hardware with very durable doors,” she says.

Jim and Joe from KnoPros assisted the Maitres with their project.

“They were so easy to work with and know the products they sell,” says Maitre.

For flooring, the Maitres used Dana Langenberg. They worked with Mar Brooker at B Squared Custom Woodwork for custom woodwork.

The couple suggests finding reputable companies you can count on when renovating.

“Finding honest, helpful business owners was a huge plus when we coordinated between new flooring, painting and new trim and doors being installed,” she says, adding that the completion of the project made a considerable impact.

“All these updates and improvements we did are a considerable improvement,” she says. “We added resale value to our home, so much so that it feels like we moved.”



AFTER

New flooring and paint, along with the refaced cabinets, gave the Maitres the new kitchen they wanted.

The couple also suggests doing research before beginning improvements.

“When taking on a renovation, do your homework, read other reviews, and listen to word of mouth. This is all a good way to start looking for contractors.”

Maitre says you must have a vision in order for it all to come together.

“You need a design sense to get to the finish line knowing how to blend new to old — even down to matching stain colors.”

Maitre also cautions others doing home improvements to listen to the experts.

“Listen to your contractors so you learn from them, too,” she says. “It was so rewarding to say, ‘We did it.’ ” ■

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INSURED cash sweep accounts

FDIC insurance has been a hot topic over the last several months, with many consumers working more closely with their banking and financial partners to evaluate their opportunities to maximize coverage on their funds. Some individuals and families may need to look beyond the more common ways to expand FDIC insurance coverage. That's where insured cash sweep accounts come in. In this article, we'll take a look at what an insured cash sweep account is and elements you may want to know about this unique product.



What is an insured cash sweep?

An insured cash sweep account gives you access to FDIC insurance on deposit balances exceeding \$250,000 through partnerships between your bank and hundreds of others across the country. These accounts earn interest and are available for both personal banking and business accounts.

How do insured cash sweeps work?

All funds within an insured cash sweep can be 100% FDIC insured up to \$150 million. Through a partnership between the product provider, your bank, and hundreds of other banks throughout the country, your funds are placed in an account at your financial institution. Each night, your funds are "swept" in \$250,000 increments into other FDIC-insured banks that participate in the same product network. Insured cash sweep gives you the ability to maintain full same-day access to all of your funds, while working directly with your primary bank.

Why use an insured cash sweep?

An insured cash sweep can give you peace of mind knowing your funds have full FDIC insurance. Along with being fully insured, the ability to work with only one bank, and the fully liquid, same-day convenience factor are also significant benefits. Finally, insured cash sweeps are interest-earning accounts, so you can still benefit from a competitive interest rate on your funds. ■

Information provided by Katie Hart, VP, Private Banking Officer, Clive office, 11111 University Ave., Clive, 515-245-2886, KHart@bankerstrust.com.



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CCF grant deadline approaches



The Clive Community Foundation presented a check for \$1,000 to Crestview School of Inquiry during its last round of grants.

The Clive Community Foundation (CCF) announced it has received a great response to this year's grant opportunity. Non-profit organizations serving Clive residents have until Oct. 7 to apply. Organizations will be notified by Nov. 17 if they're receiving a grant from CCF.

CCF's mission is to ignite philanthropy through education, advocacy and pride in Clive. The organization supports projects including public art, parks/trails, educational programming, food/nutrition assistance and health management resources. Visit CCF's website, CliveCommunityFoundation.org, to apply.

Don't forget that the Clive Lions' Fall Shred Day is Saturday, Oct. 14, from 8-11 a.m. at the Clive Aquatic Center. They will be accepting



The Clive Community Foundation presented a check for \$14,000 to Clive Community Services during its last round of grants.

freewill donations.

In 2022, Clive Lions was just one of several organizations to receive a grant from the CCF. A total of \$40,000 was awarded to organizations serving Clive residents including Junior Achievement, Can Play, Clive Community Services, Clive Learning Academy PTO, Des Moines Performing Arts, Children & Families of Iowa, Big Brothers Big Sisters of Central Iowa, Girl Scouts of Greater Iowa, the YMCA of Greater Des Moines, Crestview School of Inquiry, and the Clive Historical Society.

Those with questions can contact Bethany Wilcoxon at CCFoundationPresident@gmail.com. ■

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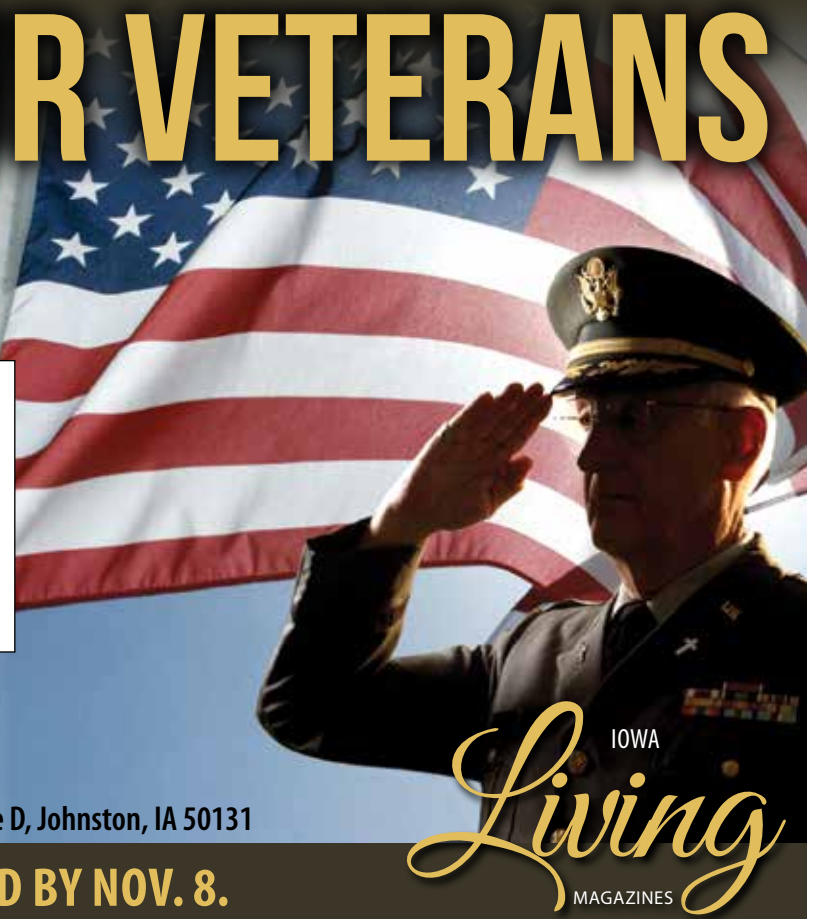
Iowa Living magazines will be saluting veterans in November issues. If you are a veteran who would like to be included, please send a photo (military or current) and the following information:

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

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SUBMISSIONS MUST BE RECEIVED BY NOV. 8.



WHEN to consider memory care for a loved one

Change is challenging — especially as we get older. Physical, mental or emotional changes can mean we may have to adapt in how we live. When caring with a loved one with dementia, at some point in time we may need to consider a move to a memory care.



Reasons to consider memory care

When a loved one has been diagnosed with Alzheimer's disease or other forms of dementia, the goal is to live as independently as possible either alone or with family. However, as the disease progresses, staying home may become unsafe or too much for a caregiver. What are some clues to look for when considering a move to a memory care community?

- **Wandering away from home.** Has your loved one become lost, fallen or needed family or local law enforcement to locate them?
- **Agitation or verbal/physical aggression.**

Agitation can result from frustration in making needs known or an inability to do routine tasks. These behaviors may cause too much stress for family members or caregivers.

• **Decline in daily activities or social interaction.** Moving to a memory care with caregivers specially trained in engaging individuals with dementia can increase activity and stimulation during the day, resulting in better sleep at night.

• **Caregiver burnout.** As the disease progresses, the need for around-the-clock care is likely to increase. Studies show that people who care for someone with memory loss are more likely to experience health issues. One solution to caregiver burnout is respite care. It also offers the ability to try out a memory care community and see if it is a good fit.

Share your feelings

If a transition to memory care is necessary, you may have strong feelings of guilt or sadness. Talking through these feelings with staff members at the community you choose — and your loved one — can make a big difference to

how everyone feels about the changes.

The structure and social interaction at memory care communities can benefit those with dementia.

To guide the decision-making process, you should answer the following questions from the Alzheimer's Association.

- Is the person with dementia becoming unsafe at home?
- Is the health of the person with dementia or my health as a caregiver at risk?
- Are care needs beyond my physical abilities?
- As a caregiver, am I becoming stressed, irritable and impatient?
- Am I neglecting work responsibilities, my family and myself?

Questions like these won't give you the ability to magically see into the future but will help you make decisions about what to do. ■

This content provided by Cassia/Meadowview of Clive. For more information contact Connie Bever, Sales Director, Connie.Bever@cassialife.org, 515-644-8740, 3300 Berkshire Parkway, Clive, IA 50325.

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SPECIAL needs trusts protect loved ones

Nearly 30% of families have a member with special needs. Many special needs children will be dependent on others their entire lives. It is crucial to have a plan in place that protects their long-term financial security.

Leaving an inheritance directly to a special needs dependent may put the individual at risk of losing eligibility for government benefits. The creation of a special needs trust can provide for dependents as long as they live, rather than leaving money directly to the dependent or another family member. The trust is an entity in which a family can set aside funds specifically for the care of the special needs dependent.

Trusts set up specifically for special needs dependents can help ensure that their inheritance doesn't jeopardize eligibility for those payments. Special needs trusts limit how the money in them can be used and keeps the beneficiary eligible for SSI and Medicaid.

Trusts created with the dependent's assets are designed for special needs dependents that come into money through inheritance or a lawsuit. They are designed to ensure that money doesn't jeopardize eligibility for



government benefits. However, under the terms of these types of trusts, when the dependent dies, the state Medicaid agency receives any money left in the trust for any support the state provided to the dependent.

Trusts created with assets from parents or grandparents solve the problem of people who want to leave money for a special needs dependent but don't want that person to lose out on government benefits. The trust can be established by a will or created during the benefactor's lifetime. The trustee cannot give money directly to the dependent but can pay for certain items and services not covered by monthly SSI income. Upon the death of the dependent, whatever assets are left in the trust can be distributed according to the creator's wishes as specified in the terms of the trust.

A sound, up-to-date estate plan is important for every adult, but it is absolutely essential for people who have dependents with special needs. All estate plans need to evolve over time to keep pace with changes in people's lives and financial situations. Update your plan periodically with an attorney who specializes in estate planning and special-needs clients. ■

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

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HOW CAN voluntary benefits help your business and employees?

Voluntary benefits are optional insurance benefits offered to employees. These plans are often 100% employee paid and payroll deducted or can be partially paid by the employer.



For the employer, voluntary benefits help recruit and retain skilled employees by enriching the benefit package without adding to the employer's bottom line. Benefits help promote employee health and wellness. Under IRS Section 125, some benefits can be paid pre-tax, saving both the employee and employer money.

Employees like the convenience of having quality insurance plans offered to them at work with the ease of payroll deductions. Employees can customize coverage for their specific needs depending on their stage in life. Voluntary benefits can increase access to coverage for

employees with pre-existing conditions with many options guaranteed issue or limited underwriting and offer valuable coverage at affordable rates.

Voluntary benefit options

- Dental insurance with an emphasis on preventive benefits. Routine exams and cleanings can be covered at 100%. Routine exams can help catch and treat a cavity early. Delay in treating a simple cavity can turn into a root canal. Dental insurance also helps finance major expenses like root canals, crowns, implants and dentures.

- Vision insurance helps pay for routine exams, glasses or contacts and can offer discounts on lasik eye surgery. Vision exams become more important as we strain our eyes using more digital technology and spending more time at work and personal time on our computers, tablets and cell phones. Vision exams are also important for children who don't understand what they should be able to

see. I got glasses when I was in third grade and remember the wow moment when I could easily see the chalkboard. (OK, I know I'm aging myself. Yes, I went to school when the teacher actually wrote with chalk on a board.)

- Short and long term disability coverage replaces income when not able to work due to an illness, accident or maternity leave. A disability, even for a short period of time, with the loss of income and medical bills on top of it, can really throw finances into a tailspin.

- Cancer and critical illness coverage can help pay for medical out-of-pocket costs and other burdens caused by an ongoing illness.

- Voluntary life insurance is an easy and convenient way for an employee to increase their life insurance on themselves, their spouse and dependents. ■

Information provided by Laura Patton, FHIAS, Patton Insurance Benefits, 1112 Maple St., West Des Moines, 515-270-8178.



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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.

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EVENTS IN THE AREA

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Saturday, Sept. 30,
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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.

Business Trick or Treat

Thursday, Oct. 19, 5-7 p.m.
Greenbelt Landing at the
Clive Aquatic Center, 1801
N.W. 114th St., Clive

Bring your trick-or-treaters out for this family-fun event, with area businesses giving out treats at their booths.



NAMIWalks Iowa

Saturday, Sept. 30,
Terra Park, Johnston

The public is invited to join one of the biggest mental health awareness events in the state. Register yourself, your family, your book club, your workplace, your church group, and any loved ones who are passionate about mental healthcare for this fun and empowering event. Registration is free and easy. Kids, families and well-behaved dogs are welcome. You'll hear from moving speakers, meet amazing people, engage with vendors to learn more about services and supports in Iowa, and walk either a 1K or 5K around beautiful Terra Park Lake. Register at www.namiwalks.org.

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

PAWS

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One Million Steps for OCD Walk

Oct. 14, 9:30 a.m.
Gray's Lake, 2101 Fleur Drive, Des Moines

OCDIowa announces the Des Moines One Million Steps for OCD Walk will take place this October. Co-hosted by the International OCD Foundation, the One Million Steps for OCD Walk is the nation's largest grassroots awareness-building and fundraising campaign to highlight obsessive compulsive disorder (OCD) and related disorders. To learn more, visit ocdiowa.org or www.iocdf.org.

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EVENTS IN THE AREA

Be sure to check for cancellations.



Harmony Central Chorus of Des Moines concert

Sept. 30, 3 p.m.

First Baptist Church of Greater Des Moines, 8250 N.W. 62nd Ave., Johnston

Harmony Central Chorus of Des Moines, a four-part a capella harmony chorus, will present a concert. Tickets are \$20 per adult and \$15 per student and may be purchased at the door.

2023 Madison County Covered Bridge Festival

Oct. 14-15, 9 a.m. to 5 p.m.

The Madison County Covered Bridge Festival features family fun, including parade and tours of the namesake bridges. Vendors, demonstrations, kids zone, live entertainment, car show, quilt show, Madison County Historical Complex tours, and much more are sure to please crowds. Festival admission is \$3 or two for \$5 and free for children younger than 11. For more information, visit www.madisoncounty.com/covered-bridge-festival-2/. ■

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Amanda and Joe Jenkins, Owner

GAINER family adopts Campbell Park

Family enjoys volunteering together.

Often, a random thought or unimportant happening can lead to something much more significant. That happened several years ago regarding the Bob and Kate Gainer family and Clive's Campbell Park.

The family, which built their home and moved to Clive in 2015, had four young children.

"We took full advantage of living close to Campbell Park, the bike trail, the playground, the local community events that were hosted there, the Parks and Rec activities," says Kate. "About five years ago, I was reading a parenting article... There was something about the benefits of involving your kids in volunteer work at a very young age, with the suggestion of adopting a park."

Kate and Bob liked the idea, so she checked on the City of Clive website.

"There were only two available parks, and it turned out one of those was Campbell Park. I thought it was just meant to be," says Kate.

She found out that the City asks for a two-year commitment and that whoever adopts a park agrees to clean the park at least four times per year.

The Gainer kids took to the idea immediately, says Kate.



Daniel Timmons with Edward Jones presents the Gainer family with the Neighbor Spotlight certificate.

"The very first time we did it, I bought four dozen doughnuts from the local doughnut shop, and that has become part of the tradition," she says. "Every time we clean the park, we also bring doughnuts to make sure all of our helpers have energy to tackle the project."

Since then, the enthusiasm has remained high — and has been contagious with the family's friends.

"I think we're on our sixth year," says Kate. "It's just become something the kids look forward to. They think of it as a party. They invite as many friends as they want. It's never just our family of six that's cleaning the park. We usually have a group of 10 to 20, adults and children."

The Gainer children include twins Telly and Tessa, 8; GG, 11; and Ray, 12.

"Another benefit of adopting the park is that our family has gotten to know some of the staff at the City, and we see them at other events," she says.

She explains another tradition the family enjoys is discussing the odd items found during cleanup.

"At the end, we always have a 'most unique find.' There's been some goofy things. There's always something funny."

Kate encourages others to consider adopting a park.

"The City makes it so easy to volunteer to adopt a park," she says. "They provide large garbage bags, gloves, pickers/grabbers. They make it really easy. We just pick up the supplies and drop them off when we're done. It's a low commitment but a great way of giving back. Based on our experience, the kids love it."

The family fills out a form following each clean-up day to document the number of helpers and amount of time spent.

"Depending on how many volunteers we have, we usually plan on two hours, but sometimes it's been as quick as 60 minutes," Kate says. "Usually, I'd say it's about an hour and a half. It's been great. We love doing it. I love to see our kids' excitement for doing it. It doesn't feel like a chore to them. It truly feels like enjoyment." ■

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MEET Amanda Thomas

Teaching life skills through music

Originally from St. Louis, Missouri, Amanda Thomas began her musical journey on the French horn in sixth grade. After high school, she attended the University of Iowa because of the reputation of the French horn professor and the university's approach to music education. Although she wasn't familiar with Iowa, Thomas was impressed with the kindness and passion of the people.

"I loved music, and, through it, I was granted so many opportunities that I otherwise would not have had. Music taught me to be driven, passionate and disciplined in all areas of my life," she says.

Thomas and her fiancé have since relocated to the Des Moines area, where she recently accepted her dream job as the seventh- and eighth-grade band director at Indian Hills Junior High School. She says her favorite part about working with the junior high has been getting to know the staff and the students.

Thomas' students will participate in two band concerts this year, one on Dec. 5 and one on May 20. In addition, her students will perform at a Valley football game alongside Stilwell Junior High and the Valley Marchmasters, travel to West Des Moines Community School District elementary schools to encourage students to join band, participate in various festivals and honor band opportunities, and participate in two jazz bands, one for each grade.

"The biggest rewards as a teacher are experiencing successes through my students. When they finally figure out a challenging section of music, get a good score on a solo, or make it into an honor band, I can celebrate that with them, and we can both recognize all of the work they've put in," Thomas says.

One of the first things Thomas did when starting at the junior high was create a band leadership group. The group consists of 11 student leaders who were selected after writing about why they should be chosen. Student leaders take on roles such as band director's assistant, music librarian and equipment manager. Although daily tasks vary, leaders have taken attendance, managed a 200-plus equipment inventory, assisted peers and lead group rehearsals.

"I strongly believe in using band/music as a medium for teaching kids more than just notes and rhythms. Through music, kids learn invaluable life skills such as teamwork, self-discipline and communication," Thomas says.

This year, Thomas is looking forward to embracing her new role at Indian Hills Junior High. She is also looking forward to learning and growing alongside her students.

"A challenge that is prevalent in music and in many areas of education is working against instant gratification. Learning an instrument can be very rewarding and fun, but it can also be hard and frustrating at times," Thomas says. "It takes time, practice and dedication. Getting through the frustrations of learning music makes it that much more rewarding when we make it out on the other side better players and stronger people." ■



Amanda Thomas, who teaches seventh- and eighth-grade band at Indian Hills Junior High School, has created a band leadership group.

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FALL skin renewal

Time to up your med spa treatment plan

It's fall season. Now that days are getting shorter and cozy sweaters are coming back out, it's the perfect time of year to get a deeper exfoliation or laser treatment. Why? Since people have less sun to contend with during these cooler months, stronger treatments that require no sun exposure during recovery are easier to manage. Additionally, our skin isn't fighting against the dryness of our skin-compromising Midwest winters, making recovery a breeze. It's time to exfoliate away the weathered layers of summer skin to reveal your new fall glow.

Chemical peels

Medical-grade chemical peels are a great option for people who want to address fine lines, hyperpigmentation and texture. They work by chemically exfoliating and re-texturizing the outermost layer of the dermis, revealing smoother, more radiant skin. Additionally, there are uniquely formulated peel treatments specifically designed to lift pigment, remove sun damage, alleviate acne and scarring, and fight

fine lines and wrinkles.

This treatment is quick and painless with minimal downtime. It is important to regularly apply a sunscreen of SPF 30 or more and avoid sun exposure immediately following your peel.

Intense pulsed light (IPL)

Intense pulsed light (IPL) is a minimally invasive treatment that uses high-intensity pulses of light to improve the appearance of many age-related skin concerns while helping stimulate collagen production with minimal downtime. IPL is used to reduce the appearance of:

- Brown spots
- Redness
- Broken blood vessels
- Pore size
- Fine lines and wrinkles

It is a great treatment to do after summer to lighten brown spots that have appeared or darkened due to sun exposure. IPL also treats broken capillaries on the face by heating up the blood vessel, which causes just enough damage

to the vessels that the walls collapse and close off.

Freckles and age spots after treatment generally turn darker for three to seven days before they begin to fade. Peeling may occur and can last up to 10 days. This is the result of pigmentation rising to the skin surface and gradually flaking off. Like chemical peels, regularly applying sunscreen and avoiding sun exposure immediately following treatment gives you the best outcome.

Typically, multiple treatments are recommended over a period of months to have the best possible results. This can be reviewed with your IPL technician.

Not sure what's right for you? Make an appointment with your med-spa technician today to help decide the treatment plan that is ideal for your skin concerns this fall. ■

Information provided by Harlan Dermatology & Dermatologic Surgery Center, 8131 University Blvd., Clive, 515-225-8180.



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'FIGHT the Fall' balance awareness

With the start of the fall season, we celebrate "Fight the Fall" and balance awareness.

Each year, more than one in three adults over the age of 65 fall. Twenty percent of falls lead to serious injuries, such as broken bones or a head injury.

"The British Journal of Sports Medicine" recently published a study finding that the inability to complete a 10-second one-legged stance in middle-age or older adults is related to an increased risk of falls and death. Can you stand on one leg?



which actually increases the risk of falls.

- The financial toll for older adult falls is expected to increase as the population ages and may reach \$101 billion by 2030.

Balance is vital to independent living and participating in everyday activities. Just about everyone has experienced a fall at some point after losing their balance or tripping over an object. Although common, falls can be dangerous and lead to many types of injuries, some of them long-term or even fatal. Fortunately, the most common causes of falling are also preventable. Falling is not an inevitable result of aging.

If you find that you are dizzy or otherwise losing your balance, don't ignore it. It's important to seek help as soon as balance issues begin. A lot of people wait too long. But, the longer you wait, the worse it can get. Early intervention is key. There are steps you can take to improve your balance and decrease the chances of falling. By identifying risk, future injuries can be prevented.

A skilled physical therapist can assess your risk and create a program specifically tailored to your needs so you can begin your quest to regain your footing, your confidence and your freedom. Together, we can "Fight the Fall." ■

The CDC also has found:

- More than 3 million older people are injured in falls and receive treatment in emergency departments each year.
- At least 300,000 older people are hospitalized for hip fractures each year. Of these hip fractures, 95 percent are caused by falling.
- Falls are the most common cause of traumatic brain injuries.
- A person who falls once becomes more likely to fall again, especially at an older age.
- People who have fallen in the past tend to become fearful of another fall, which can make them socially withdrawn or less physically active,

Information provided by The article was written by Jill McDonnell, PT, DPT, www.fyzical.com/clive-ia, frontdesk@fyzicaliowa.com.

Falls are the leading cause of injury-related deaths and serious health problems

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WELLNESS

By Dr. Loredana Winter, MD, DDS

NON-SURGICAL body sculpting

The greatest sensation in the medical aesthetic industry is the ability to create and sculpt your ideal body, non-surgically. Cutera's technology makes this possible with the use of just two devices. The first of these devices is called truSculpt iD, which offers a treatment to target and burn fat in unwanted areas. The other device is called truFlex, which offers a treatment that targets and tones muscles. While either of these treatments can be done alone, when used together, it is referred to as the "truBody experience." Allow us to dive a little deeper by breaking down each of the treatments individually:



• **truSculpt iD®:** truSculpt iD is a comfortable, safe and effective technology clinically proven to permanently eliminate fat cells in stubborn areas. It is a revolutionary non-surgical, body-sculpting treatment that uses innovative Monopolar RF technology to selectively target fat and therapeutically heat it in as little as 15 minutes. With truSculpt iD, you can get the body definition you want, even in areas that have been resistant to diet and exercise. Common treatment areas include the stomach, flanks and inner thighs. Patients receive an average of 24% fat reduction per treatment. Additional treatments may be required to achieve the personalized results you desire.

How is this different than other body sculpting procedures?

- Versatile and effective to treat a wide range of patients who may not be a candidate for other contouring procedures due to treatment location, skin type, fat thickness and presence of skin laxity.
- Minimal discomfort and has been compared to a hot stone massage.
- Results are even and consistent.
- No visible downtime after the procedure, and normal activity can be resumed immediately.
- Treatment time is typically only 15 to 30 minutes with maximum results visible after 12 weeks.

• **truFlex®:** truSculpt® flex is a personalized muscle sculpting treatment that adjusts to your fitness level, shape and goals to strengthen, firm and tone your muscles. It uses a unique Multi-Directional Stimulation (MDS) technology to deliver three treatment options by replicating intensified crunch, squat and twisting actions. Common treatment areas include abdomen, thighs and buttocks. It is a comfortable, safe and effective technology that is clinically proven to increase muscle mass by an average of 30%.

How is this different than other muscle sculpting procedures?

- Up to eight areas can be treated in each 45-minute session.
- Remarkable results can be achieved with as little as four treatments in a two-week span.
- Three treatment mode options are available to customize the results to each patient's fitness levels and body shape goals.
- No visible downtime after the procedure, and normal activity can be resumed immediately. ■

Information provided by Dr. Loredana Carnovale Winter, MD, DDS, Aesthetic Medicine, Iowa Face and Body, 4090 Western Parkway, Suite 106, West Des Moines, 515-225-8889, www.iowafaceandbody.com.

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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.

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OUT & ABOUT



Bre Neel and Lindsey Ellis at the ribbon cutting for 7 Brew on Aug. 21.



Dani Cole, Liz Sweers and Mikayla Cummings at the ribbon cutting for 7 Brew on Aug. 21.



Matt Jensen and Nikki Nigg at the ribbon cutting for 7 Brew on Aug. 21.



Ben Chambers, Lindsey Ellis and Edey Beckerman at the ribbon cutting for 7 Brew on Aug. 21.



Jess Spalding and Hannah Heckman at the ribbon cutting for 7 Brew on Aug. 21.



Nathan Hastings and Audrey Boleyn at the ribbon cutting for 7 Brew on Aug. 21.



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.



Eric Klein, Matt Jansen, Matt McQuillen and Keith Piscitello at the ribbon cutting for 7 Brew on Aug. 21.



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.



Matt Forland and Scott Bishop 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



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1: Storgard, Maurico-Lee, Zaiac, Karnik. Efficacy and Tolerability of Hydrafacial Clarifying Treatment Series in the Treatment of Acne Vulgaris. J Clin Aesthet Dermatol. 2022; 15(12): 42-46.



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