

WAUKEE

JUNE 2024

Living

MAGAZINE

WAUKEE

ARTS FESTIVAL

Enjoy art, music, 5K and more
at Centennial Park, July 19-20

Meet Kathryn Wuollet

EDUCATION

Louschers can work out while kids climb the wall — literally

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10. The Iowa Children's Museum

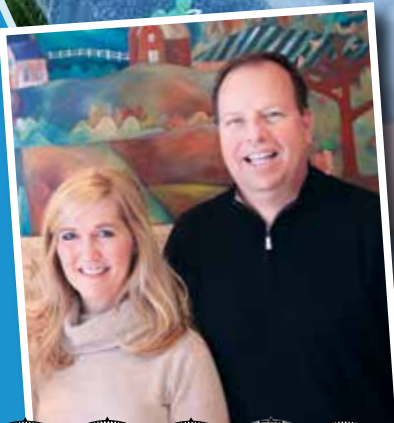


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WELCOME

IT'S WHAT we do

Most of us who grew up in rural Iowa communities have a great deal in common, whether we spent any time on a farm or not. We swam in gravel pits. We knew the difference between dinner and supper. And we called our fizzy drinks pop, not soda.

We also know the strength that comes from connecting — and not via Facebook or Snapchat or Nextdoor. We do it the old fashioned way. We break out the lawn chairs, we share our favorite foods or beverages, and we talk.

Yes, some things have changed. Our front porches may have changed to backyard decks. Our neighbors may no longer be our cousins. And gravel roads and fishing ponds may be more difficult to find. But we still relish the spirit of community, and we live it, too.

This is apparent in our ongoing support of our community festivals. Most all of us smile when we think of the midway amusement rides, the demolition derbies and the tractor pulls we experienced in our youth. We can still taste the corn dogs, the cotton candy and the church stand cheeseburgers. And despite them being available seemingly every weekend somewhere in central Iowa, we still get giddy over fireworks.

The good news is that we don't have to reminisce about the good old days. They are alive and well right here, and we can experience many of those moments soon without leaving town. Turn the pages of this magazine, and you will find all the details you need to know about Waukee Arts Festival.

So give Netflix a rest. Get off Instagram. And save the pre-packaged meal for another day. It's time to get out and see your friends and neighbors in person, listen to the festival sounds, and enjoy some local food, beverage and entertainment. Just don't forget your lawn chair.

Thanks for reading. ■



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WAUKEE ARTS FESTIVAL

Enjoy art, music, 5K and more
at Centennial Park, July 19-20

By Jackie Wilson

One of Waukees's favorite annual events is back for its ninth year. The Waukees Arts Festival returns July 19-20 at Centennial Park in Waukees.

This years free event is the biggest yet as 120 artists will display their works. Last year, approximately 8,500 folks visited the festival during the two-day event. Jenn Hoffmann, board president for the Waukees Area Arts Council, hopes to draw 10,000 visitors this year.

"The year before we had more than 9,300. An air quality alert was an issue for last year, and we hope numbers go up for this year," she says.

Keri Jo Storjohann is one of the artists who will display her art at the Waukees Arts Festival. Photo by Jackie Wilson

FEATURE

This year's event offers familiar features and new offerings. Art is the main attraction, yet the festival also includes food and beverage trucks and live music throughout the day. New this year is a fitness aspect with yoga and the Waukee Fine Arts Footrace — a 5K timed run.

All artists are required to set up Friday evening. Previously, artists had the option to set up Saturdays. In addition, the City of Waukee is working to bring more public art to the city. The Waukee Parks and Rec is providing park benches for artists, who will be painting the benches live throughout the weekend.

"Waukee wants to build more permanent art structures and incorporate more art throughout the city," Hoffmann says.

The art show is juried and judges award cash prizes, including \$500 for first place, \$300 for second place and \$200 for third place.

A majority of the artists are from Iowa and neighboring states. A full spectrum of artwork offers items such as fine art, pottery, jewelry, photography, sculptures, glass and more.

"Lots of artists say it's their favorite event, and they like to come back each year," Hoffmann says.

Art lovers become repeat customers as well, and the festival price range is affordable.

"You can get a \$2,000 or a \$30 item and anything in between that price range," she says.

The family-friendly event offers a student exhibit, crafts, yoga, kite building and more. In addition, the festival awards high school scholarships to those choosing a creative field. This year's scholarship winners are Mia Hilton and Andrew Wittmer.



Bob Kling is the featured artist for the 2024 Waukee Arts Festival.

Headlining entertainment features big-named bands, such as Not Quite Brothers on Friday evening and Pork Tornadoes for Saturday's concert.

Hoffmann joined the Waukee Arts Council in 2014 and became president in 2020. She likes the work by artists and purchases a festival



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OF CLIVE

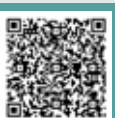
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piece for her personal collection each year.

"I'm super passionate about art. I work at Wells Fargo, so this feeds my artist passion," she reflects. "I tend to go overboard at home, purchasing art."

She encourages everyone to attend the festival.

"We have something for everyone," she says.

Waukee Fine Arts Footrace

Since Griffin Hoffmann has helped his wife, Jenn, with the Waukee Arts Festival over the years, he contemplated how to attract more people to the festival. As an avid fitness supporter, he and race committee members Alexandra Thiel and Collin Connett created a new event, the Waukee Fine Arts Footrace 5K.

The race takes place Saturday, July 20 in the morning. It's a 5K timed event, which starts at Centennial Park. The route travels along portions of the Sugar Creek Trail and through various Waukee neighborhoods. Registration costs \$40 and includes a T-shirt and a medal. A free kids fun run is also offered after the event, sponsored by Hy-Vee Fit Kids.

Remaining funds from the race registration

fees go toward the arts festival.

"Any proceeds left over go back into the Waukee Arts Festival. It helps fund the festival to continue to offer free entertainment and bigger bands," Griffin says.

As a sports enthusiast, Griffin took up running for more cardio activity. He and his marathon runner friends said Waukee used to offer races.

"In the past, Waukee had them, but they have fallen off the face of the map. We talked with the Waukee Parks and Rec, who supported the idea," he says.

Griffin hopes the race will be an annual event.

"We're excited to have partnerships with the art festival and bring in different demographics. We'll have the whole thing covered for folks in Waukee. Start out with a run. Lunch at the festival. Shop for art and then listen to a band," he says.

Featured artist

Artist Bob Kling has displayed his artwork at the Waukee Arts Festival for several years. This year, Kling was chosen as the featured artist for



Jenn Hoffmann is president of the Waukee Area Arts Council, and her husband, Griffin, is organizing the Waukee Fine Arts Footrace. Photo submitted

the 2024 festival.

Each year, the board selects an outstanding artist who has displayed their work at previous festivals.

"It was a pleasant surprise they chose me," King says. "I've been to Waukee a number of years. It's a great festival."

Compass Financial Services announces the retirement of Kurt Pearson and a new CEO, Justin Van Houten.

COMPASS FINANCIAL SERVICES ANNOUNCES THE RETIREMENT OF KURT PEARSON.

Kurt Pearson is the founder of Compass Financial Services enjoying a 34-year career serving a vast community in central Iowa. "Thank you so much! So many entrusted their financial lives to me and I will be forever grateful. Now it is time for the next generation of Compass Advisors to lead into the future."



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Not Quite Brothers will take the stage Friday night.

Kling's varied artwork includes paintings of still life, portraits, gardens, hot air balloons and more. In addition, he offers both functional and decorative pottery pieces.

As a longtime artist, Kling taught high school art for 33 years, finishing his teaching career in Indianola. He also taught at Simpson

SCHEDULE OF EVENTS

Friday, July 19

- 5 p.m.** Artist booths, festival opens
- 5:30 p.m.** Brittney Sword concert
- 6:30-7:30 p.m.** Bonne Finken concert
- 8-10 p.m.** Not Quite Brothers concert

Saturday, July 20

- 7:30 a.m.** Waukee Fine Arts Footrace 5K; kids run follows
- 9:30-10:15 a.m.** Yoga with 515 Fit and Fierce
- 10 a.m.** Artist booths open
- 11 a.m. to 1 p.m.** Balloon animals with Jonathan May
- 11 a.m. to noon.** Kids yoga
- 11 a.m. to 1 p.m.** Kite building activity
- Noon to 1 p.m.** Magic show with Jonathan May
- 4-4:30 p.m.** Student awards presentation by Waukee Rotary Club
- 5:45-6:30 p.m.** Dan Medeiros concert
- 6 p.m.** Artists booths and student art exhibits close
- 6:30-6:45 p.m.** Award presentation with Rotary Club
- 6:45-7:30 p.m.** The Junebugs concert
- 8-10 p.m.** The Pork Tornadoes

College and Graceland College, instructing students who pursue art education careers.

Along with his artwork, he's also an avid photographer and gardener. He takes professional pictures for composition in his paintings. His

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backyard garden consists of dozens of colorful flowers, a perfect backdrop for his artwork.

As an art teacher, he was required to learn different types of artwork to teach to his students. He's taught drawing, painting, graphic design, digital imaging, film photography, art history, ceramics and sculpture. After becoming proficient in pottery, he eventually purchased a wheel and a kiln. The pottery started stacking up, so he decided to sell it. Kling is among a small group of artists who create in more than one art medium.

Before he begins a painting, he often selects a series of paintings. During the pandemic, when he couldn't paint live models, he took photos from his garden and painted flowers. A find from a grocery store landed a series of paintings of fresh produce.

As a longtime Indianola resident, he's painted hot air balloons from the National Balloon Classic each year. His latest journey is taking photos of the prints and putting them in a new book of balloon paintings.

"It's a type of book that you can take out

the pictures if you want to frame them," he explains.

His most recent art series was inspired after visiting France and Giverny, where Claude Monet painted his famous water garden scenes.

As he likes old cars, a shiny car shows a reflection of the Sistine Chapel scene of God creating Adam.

"I've really wanted to do that for a long time," he says.

In fact, he's known he wanted to be an artist since he was a kid.

"I talked with my classmates after high school, and they said, 'You actually did do what you said you'd do,'" he says.

Kling is busy in his community. He serves on the board at Bravo Greater Des Moines, a nonprofit dedicated to raising funds for Central Iowa art, science and cultural organizations. He wrote a newspaper column for 29 years at the Indianola Record Herald. He's president of the Indianola Public Arts Commission.

"Public art is so important. The city surveys residents, and art is the top thing people want. It's an economic driver for a community, and

For more information on the Waukee Arts Festival

For festival updates, visit Waukee Arts Festival Facebook page, Instagram feed or visit www.waukeeartsfestival.org.

Volunteers are still needed and will receive a free "I'm Waukee AF" T-shirt. Sign up at www.waukeeartsfestival.org.

To sign up for the Waukee Fine Arts Footrace, visit: <https://runsignup.com/Race/IA/Waukee/WaukeeFineArtsFootrace>.

it can have a big local impact on the economy," he explains.

Kling looks forward to showcasing his work at the Waukee Arts Festival. He might sell one of his favorite pieces — which is ever changing.

"I always have one favorite. Then later, I have another favorite," he explains. "Paintings are like kids. They're great to have around, but sometimes you want them to leave." ■

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Stop in to grab a few movies and shows, then stock up on books, magazines and playaways. Find dozens of resources in the Library's Online Library — available free of charge to cardholders anytime, anywhere. Here are a few of our favorites.

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Enjoy online library programs. Over the last three years, the Library has built up quite the collection of online storytimes for kids and regularly hosts live Zoom talks for adults. Find these on the website's event calendar.

Visit waukeepubliclibrary.org/online-library to check out the Online Library today. To find out more about the Waukee Public Library, go to waukeepubliclibrary.org, email askme@waukee.org or call 515-978-7944.

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PROGRAMS AND EVENTS

Most events require advanced registration and can be viewed at waukeepubliclibrary.org/events.

Art Gallery Exhibit: "Natural Disposition," Hana Ahmed, July 2-30

KIDS

Elementary STEAM Adventures, Wednesday, July 10, 17 and 24, 2:30 p.m. Explore some of your favorite fictional worlds with a variety of hands-on STEAM activities. Enjoy the fictional worlds of Harry Potter, Marvel Heroes and Wings of Fire. The July sessions are a repeat of the June sessions. For kids entering grades 1-5 in the fall. Registration required.

TEENS

Color Tag, Monday, July 22, 6 p.m. Take a color run to the next level and challenge your friends to color tag. Participants should wear a white shirt that will become colorful by the end of the event or any clothing you don't mind getting stained with colors. For students entering grades 6-12 in the fall. Registration required.

ADULTS

Shinrin Yoku (Forest Bathing), Saturday, July 13, 2 p.m. Have you

been on one of the Waukees Parks & Recreation's Shinrin Yoku walks and wondered what the practice is like in Japan? Or maybe you've considered joining a walk but weren't quite sure what Shinrin Yoku

is? Learn about forest therapy with Certified Nature + Forest Therapy Guide Brandy Case Haub of Intertwined Iowa. She'll share photos and stories of her recent trip to Japan, including the experience of Shinrin Yoku in the forests where the practice originated 40 years ago. Japanese tea and snacks will also be offered during this talk. Registration required.

MULTI-AGE

Sensory Spaces, Saturday, July 29, 3-4 p.m. During this hour, enjoy designated quiet browsing and inclusive programming for individuals with special sensory needs and their families or caregivers. There will be a dimmed calm room, natural lighting, computer availability and access to library materials. There will be sensory stations and therapy animals available, too. For all ages. Registration requested. ■

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EARLY retirement strategies

Reasons to leave the workforce early

Time is the most valuable resource we have. We sit down with families and individuals who say this is becoming clearer as they age. They tell us that work isn't fulfilling the same purpose it once did, and they are ready to retire.

So, we get to work developing a plan to see if we can make it happen. If you need a reason, or five, to retire early, here you go.

1. To enjoy a more active retirement

We call the first phase of retirement the “go-go” years. This is when you have the most energy and ambition. Retiring early will allow you to seize the energy and ambition you will likely have during this retirement phase. You can still be around with grandkids, travel, or take up a sport like pickleball, a popular one among retirees.



2. To stay healthier

The working years can be physically and mentally draining. Retiring early can relieve stress and improve quality of life. You can use the extra time to prepare healthy meals, get more exercise, and get more sleep.

3. You have a plan for health care

Here are some health care options if you retire before Medicare eligibility. Some companies offer extended health care as part of retirement packages. If your spouse is still working, consider getting on their plan. There's also COBRA, a continuation (generally up to 18 months) of health care after leaving employment. You will be responsible for the full cost of the insurance premium, including the part your employer was previously paying. There's also the open market or income-based Affordable Care Act, or Obamacare.

4. You understand penalties

The U.S. government generally charges a 10%

penalty on the taxable portion of IRA or 401(k) distributions before age 59 ½, with a few exceptions. If you separate from your employer in or after the year you turn 55, the 10% tax on early 401(k) distributions does not apply.

5. You have a plan

Some of my favorite moments over the last 25 years as a Retirement Planner are when our planning process gives the families we serve “permission” to retire early. Together, we build a RetireSecure Roadmap that outlines their plan for income, taxes, investments, health care and what happens to their money when they are gone. They are thrilled because the RetireSecure Roadmap helps them confidently retire and focus on taking advantage of those extra years of retirement fun. ■

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006.



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PREPARE for 'diminished financial capacity'

We think about our financial capabilities as an important measure of independence, similar to our ability to drive or live alone. The thought of losing the ability to manage your finances is terrifying. Planning ahead will help you stay in control of your finances.



"Diminished financial capacity" is the decline in a person's ability to manage money. When people of any age lose the capability to manage their finances, they may also become more vulnerable to fraud and other forms of financial abuse.

Taking the steps listed below will help avoid or minimize problems for you and your family:

First, organize and store important documents in a secure, easily-accessible

location. That way, they are readily available in an emergency. Give copies to trusted family members or let them know where to find the documents.

Second, make sure you have a valid financial power of attorney. A financial power of attorney gives someone the legal authority to make financial decisions for you if you cannot. The document is "durable" because it remains in effect even if you become incapacitated. You retain the ability to change it or cancel it as long as you are still able to make decisions.

After signing a durable financial power of attorney, you can still manage your money as long as you have the ability to make decisions. Also, you always have the option to change who you want to act as your appointed representative and the individuals you allow to access your financial information.

Third, keep things up to date. Be sure that, if something changes, you keep your

information as current as possible. Your trusted contacts may change over time. Keep your attorney and investment advisor informed of changes regarding who has authority to review your account or whom they should contact in case of an emergency.

Finally, speak up if something goes wrong. If you ever think someone is taking advantage of you, or that you've been the victim of a fraud, tell someone. The sooner you let someone know about it, the better chance there is of putting an end to it.

An experienced estate-planning attorney can help you put a power of attorney into place to plan for future incapacity and to safeguard your money. ■

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

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PACK masters

Braziels volunteer at Meals from the Heartland

When Phil Braziel retired from his job in 2017, he visited with his daughter in the U.K. and mentioned that, with his new-found free time, he wanted to give back. He researched various nonprofits and found Meals from the Heartland.

Meals from the Heartland is dedicated to feeding hungry people in Iowa, across the U.S. and globally. Food is packaged onsite by volunteers, and each package includes six servings. Since 2008, Meals from the Heartland has packaged 230 million meals.

Phil soon began packaging meals at the West Des Moines location. Shortly after he began volunteering, he was asked to be a “pack master.” In this role, he assists volunteer groups of eight to 10 people. He explains about the Meals from the Heartland mission and shows participants how to package the meals, assisting as needed.

“I help with bottle necks. Our goal is to be as efficient as possible and package as many meals as we can in the two-hour shift,” he explains.

The “heartly pack” meals include rice, soy, protein powder and veggies. The “taco mac” includes noodles and taco seasonings, often distributed to people in the U.S.

Phil’s wife, Sandy, retired a few years after Phil and joined in



Travis Gaule, Edward Jones, presents the Neighbor Spotlight certificate to Sandy and Phil Braziel.

volunteering as a pack master. In addition, she helps with outdoor work around the property, including weeding, trimming bushes and more.

“I do things that they don’t spend money on,” explains Sandy.

Sandy and Phil also help with remote meal packaging events, held at places such as the Lutheran Church of Hope and downtown at Veteran’s Auditorium.

The pair work two to three shifts a week, depending on need. Since they’re flexible with their time, they check to see which slots need filled with volunteers.

“We tend to float and volunteer more in the wintertime, when we have kids coming in for silver cord hours or companies come in,” he says.

In addition, Phil also volunteers for Valley Disaster Relief, a nonprofit that helps people in need cut down trees or limbs. Phil says the folks they help out are grateful.

“It’s unique. We arrive with chainsaws and trucks. Some folks are told by the city they need to cut trees and can’t afford it. They are so thankful for the help. We did 17 jobs recently when a storm came through Pleasant Hill.”

The couple likes staying physically active through volunteering. They also enjoy the social aspect of volunteering with “like-minded” people who have become good friends.

“We’ve been blessed,” says Sandy. “When you try to be a blessing, you get blessed. It’s rewarding to help people.”

Phil says he’s healthy, blessed and happy to help.

“It’s just time. What else would you do except sit around?” Phil says. “What you give in, you get back.”

For more information on volunteering at Meals from the Heartland, visit <https://mealsfromtheheartland.org>. For information on Valley Disaster Relief, visit <https://valleychainsaw.org>. ■

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HOW GETTING outdoors can impact your health

For those older than 55, spending time outdoors offers a wealth of benefits that can greatly improve overall wellbeing. Physically, activities like walking, gardening and biking help keep your heart healthy, build muscle and increase flexibility. These activities also help maintain a healthy weight, reduce the risk of chronic diseases, and improve balance and mobility, which can help prevent falls.

Mentally, nature has a wonderful way of reducing stress, anxiety and depression. Being outside and getting some exercise can lift your mood and clear your mind. Plus, sunlight is a natural source of vitamin D, which is important for strong bones, a healthy immune system and preventing osteoporosis.

Getting outside also encourages social interaction, which is crucial for emotional health. Whether it's joining a walking group, gardening with friends, or just chatting with neighbors, these activities can help reduce feelings of loneliness and build a sense of community.

Outdoor activities that involve both physical movement and mental engagement, like hiking or birdwatching, can help keep your mind sharp and improve memory. Outdoor activity can also help you sleep better.

Finally, spending time outdoors can strengthen your immune system, making it easier to fight off illnesses. In short, getting outside offers a well-rounded approach to health. ■

Information provided by Jay Heaton, leasing counselor, Attivo Trail Waukee, 835 N.E. Boston Parkway, Waukee, www.attivotrail.com.



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PLAN AHEAD

By Buffy Peters

GRIEF 101 with Buffy: Get physical

Grief is the natural and normal reaction we have after someone has died. One fact that some people are not aware of is that we experience grief within our bodies, so finding ways to physically release it is a great way to express some of our most intense emotions.

What physical activities do you enjoy?

Do you prefer being in nature? Go for a walk or run on a trail. Gardening is also a great way to be active outside.

Do you enjoy dancing? Take a class (online or in-person), or put on some tunes and dance in your home.

Do you want to take it easy on your joints? Try swimming, water aerobics, chair yoga, or stretch classes.

Do you feel limited with time or other resources? Cleaning, cooking, and other household chores keep us moving.

Do you feel worried about where to start? No worries. Many fitness organizations have variety of classes dedicated to specific age groups and levels.

There are so many different ways we can move in the world. Think about what you enjoy or pick a new activity to try. Movement helps us burn energy, release feelings, and increase our sense of control in the world. Make a list of some activities you would like to try and then start getting physical. ■

Information provided by Buffy Peters, Director of Hamilton's Academy of Grief & Loss, 3601 Westown Parkway, West Des Moines, IA 50266, 515-697-3666.



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AUTO classes introduce careers

APEX, Stivers partner to teach about the automotive industry.



Students of Waukee APEX can explore automotive career paths thanks to a partnership with Stivers Ford Lincoln in Waukee. Photos submitted by Waukee APEX

Waukee APEX (Aspiring Professional Experience) is a learning hub for junior and senior high school students who take classes providing real-life work experience and career exploration. With five economic sectors offering 17 classes, instructors researched an automotive program and thought the class would be ideal.

However, the APEX Waukee Innovation and Learning Center lacked space. Plus, having an automotive bay would be too expensive to implement the program on location.

As an alternative, the school has partnered with Stivers Ford Lincoln in Waukee. Students are taught onsite at Stivers with the instructor, Al Pieper, a former auto instructor from DMACC.

Michelle Hill, supervisor and director for the workplace learning program at Waukee APEX, says the class has been popular.

"We thought we'd get about 10 students to start with. Now the class has doubled to 20 per semester," she says.

Students who are juniors or seniors in any Waukee High School, as well as metro high schools, are eligible to take the class. Students receive elective high school credits. If they complete the program, they can obtain a Ford ACE (Automotive Career Exploration) Certification.

After the ACE certification, students can continue on to the Ford Asset program and attend further training at another learning institute, such as DMACC.

Students who take the class learn a variety of auto-related skills. They are taught skills related to auto maintenance, technical, service and parts — every aspect of a service auto bay. They also learn about sales and financing new vehicles. At Stivers, they work on police vehicles as well.

Off-site tours to other car-related businesses help students make informed decisions if they wish to pursue the auto field after high school.

Hill says the students have embraced and found the course useful.

"The feedback from the students has been

valuable. If they don't go into the automotive field, at least they've gained more knowledge about their own cars," she says.

Waukee APEX offers a "signing day" for seniors in different educational programs. As a result, several students have chosen the automotive trade industry for after high school.

"It's a great opportunity to learn before they choose a career and spend time and money on tuition," Hill explains.

Additionally, Hill says Stivers has been accommodating and helpful for the students. "It's a really great partnership. We looked at training and thought auto would be too costly," she reflects. "We help kids connect with other business partners, which has been valuable to the students."

The community has embraced Waukee APEX and its quest to provide real-world skills for their students.

"We have some really great partnerships with the community who are teaching our students professional skills to take them past high school." ■

DON'T WANT senior living?

That's a great choice — but plan ahead.

The results of a recent study tell us a full 93% of people want to remain at home as they age. No senior living communities for them. They fully intend to grow older in the comfort of the places they love and in which they can continue to live independently.



It's likely that, as you read that, you ask yourself: Why wouldn't that be what someone would want? Why wouldn't that be what I would want? The saying "Home is where the heart is" is widely known for a reason.

The reality, though, is that living at home indefinitely isn't always within the grasp of every person with that desire. Although an enhanced societal focus on wellbeing is assisting many people in aging more healthfully than previous generations have, chronic challenges such as diabetes and heart disease can make living independently ill-advised, and full-time care at home can be prohibitively expensive.

So, if you aren't able to live at home, and you

don't want to move into a community for people 55 and older, what can you do? Great news:

Some organizations that serve older adults have come up with some new options — Continuing Care at Home (CC@H) programs designed to help people proactively focus on their health at home while enabling them to financially plan for potential services and care down the road.

If you're evaluating a CC@H program, consider asking these starter questions to make sure its premises, amenities and outcomes will be the best ones for you.

• **Do you fully understand the program and what it offers you at the current time?** The primary advantages of a good CC@H program are twofold: Not only will it offer services and amenities to enhance your wellbeing so you can remain independent longer, but it will also help fund future long-term care needs.

• **Does it provide personal support?** Studies tell us people who embark on any kind of life-altering program or activity, such as a nutrition or exercise regimen, will be exponentially more successful with encouragement from a trusted adviser or advocate (think personal trainer, life

coach, etc.). A program that provides you with a written guide but no personal interaction may not be setting you up for success.

• **What will your care options be?** A solid program will help fund your care, if it's needed, whether through home healthcare or services in a senior living community later. If the program you're considering does offer both, make sure you're comfortable with the services and care provided by the organization's home healthcare team as well as in its communities. A reputable provider will have longevity behind it.

The ability to consider a variety of options is great — but if you're thinking about becoming part of a CC@H program, make sure it fits your current and future needs. Your health, wellbeing, and checkbook will thank you for it. ■

Aaron Wheeler is Vice President of Home and Community-Based Services for WesleyLife, which provides health and well-being services, including WellAhead — A WesleyLife Well-Being Experience, a CC@H offering designed for people who never want to move to a senior living community. To learn more, visit wesleylife.org/wellahead.





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City of Waukee Bulletin

JUNE 2024

Find more information on City services, programs and events at Waukee.org

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Waukee.org



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Waukee's annual Independence Day Celebration on July 3 and 4 features plenty of fun for people of all ages. On July 4, the parade begins at 10:30 a.m. heading north on L.A. Grant Parkway from Westown Parkway to Waukee Middle School. For everyone's safety, please stay behind the spray-painted white line as you cheer and catch candy. Find all the event details at Waukee.org/July.

Wednesday, July 3

- Waukee Farmers Market moves to Centennial Park (July 3 only), 4-7 p.m.
- Yard games, bingo, pie-eating contest and more! 4-8 p.m.
- Food from the American Legion, 4-9 p.m.
- Movies in the Park: "Mission Impossible Dead Reckoning Part 1", 8:45 p.m. (dusk) (free)

Thursday, July 4

- Waukee Boy Scouts Troop 178 "Waukee Freedom 5K", 7:45 a.m. at Lutheran Church of Hope- Waukee
- Rotary Pancake Breakfast, 8-10:30 a.m. (free-will donation)
- Parade, 10:30 a.m. (free)
- Food and Beverage Vendors, noon-10 p.m.
- Inflatables Village, 1-8 p.m. (\$10 armband or individual tickets)
- Live Music: Schmidt Brothers & Decoy, 4-9:30 p.m. (free)
- Des Moines Skydivers, 8 p.m. (free)
- Fireworks, 9:30 p.m. (free)

**All events are at Centennial Park unless otherwise noted.*

Dates to Know

Regular City Council Meetings

July 1 & 15 at 5:30 p.m.
Waukee City Hall and Zoom

Independence Day Celebration

July 3-4
Centennial Park



Holiday Closures & Trash Delay

All City of Waukee offices, including the Waukee Public Library, will be closed on July 4. There will be no City of Waukee/ASI garbage and recycling pick-up on July 4. If your regular pick-up day is Thursday or Friday, it will be delayed by one day, running Friday-Saturday during the holiday week.



Home Fireworks Only on July 3 & 4

Consumer fireworks are only legal on private property within Waukee city limits on July 3 and 4 between 9 a.m. and 11 p.m. Setting off fireworks on other days or times may result in a fine of at least \$250. Per state law, do not light fireworks on public property, such as parks, parking lots, sidewalks or streets, nor the public right-of-way (the grass between sidewalks and the curb). For non-emergency fireworks concerns, call Westcom Dispatch at 515-222-3321. For emergencies, call 911.



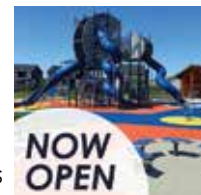
City Golf Championship

The Waukee City Golf Championship features a men's open and women's open from 8 a.m. to 2 p.m. on July 20 at Sugar Creek Municipal Golf Course. The fee is \$74 + tax. Register by 9 a.m. on Monday, July 8 at Waukee.org/Registration.



Park News

Stratford Crossing Park playground is now open, which completes Waukee's newest park at 1250 NW Yorktown Dr. in northwest Waukee. Please stay off the grass as much as possible until the grass is better established. The Splash Pad in Fox Creek Park and the spray feature at Westtown Meadows are open for the season with NEW daily hours of 9 a.m.-7 p.m.



Get Ready for Kindergarten

If you have a child entering kindergarten this fall, check out the Kinder Prep camp! Over two days, teachers will give kids a sneak peek (and some training) on what it means to be a Kindergartener. They'll cover classroom expectations, snack time skills and other basics, so your kid is ready and feeling confident for their first day. Register at Waukee.org/Registration.



Tips to Save Water

A small leak can quickly waste hundreds of gallons of water. Check all your faucets inside and outside for any drips or leaks. Another common issue is a running toilet, which can quickly increase your water bill if not stopped and repaired. Be conservative when watering your lawn. Most lawns only need to be watered 1-2 times per week.



CENSUS REPRESENTATIVES ARE KNOCKING ON DOORS

Our Special Census has moved to in-person outreach from the U.S. Census Bureau. From June 18 through mid-July, census representatives will visit homes that were unable to complete the census form online to help you complete the questionnaire in person. The representatives will have a U.S. Census Bureau ID and will leave a note with a phone number to call if you are not home when they visit. Get all the details about this initiative at Waukee.org/SpecialCensus.

City Offices & Library Closed

July 4

Trash Delay

Yoga in the Park

July 13 and 27

Windfield Park

\$5, ages 12 and up

Family & Friends Game Night

FREE Tuesday, 4:30 p.m.

Waukee Public Library

Register at WaukeePublicLibrary.org

EVENTS IN THE AREA

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

Be sure to check for cancellations.

Farmers Market

Wednesdays through Sept. 25,
4-7 p.m.

Triangle Park, Ashworth Drive and
Sixth Street

Enjoy this open-air market that features farm-fresh fruits and vegetables, flowers and plants, prepared foods, crafts and more. Live music is featured each week. You will love the small-town feel you get being able to really get to know the vendors you buy from and build relationships that you can enjoy week to week.

Independence Day Celebration Freedom 5K

Thursday, July 4, 7:45-9:30 a.m.
Lutheran Church of Hope
Waukee, 305 N.E. Dartmoor
Drive

The Freedom 5K is a fundraiser for Waukee Boy Scout Troop 178. The Kids Run is at 7:45 a.m. with the 5K starting at 8:15 a.m. Fee is \$15 for the Kids Run and \$30 for the 5K. Register online at www.waukee.org/Calendar.aspx?EID=9443

Fun Day Trip for Seniors

Waukee Parks and Recreation has a fun day trip planned for seniors to get together to explore and have some fun. Nothing Compares to the Iowa State Fair Day Trip is Aug. 14. Do you like taste-testing food on a stick or seeing the Butter Cow at the Iowa State Fair? How about strolling through the homemade crafts and quilts? Take a trip to the 2024 Iowa State Fair for Older Iowans Day. Don't worry about fighting traffic because you'll be dropped off at gate 15. The fee includes transportation and admission to the world-famous fair. Cost is \$25, and the bus leaves from Waukee Community Center. Register by Aug. 5 at Waukee.org/Registration.



Ice Cream Social

Sunday, June 9, 4-5:30 p.m.
Waukee United Methodist Church,
2075 S.E. L A Grant Parkway

The Waukee United Methodist Women will hosting their annual Ice Cream social, serving cake, pie and ice cream for a freewill donation for missions. Come and enjoy good food, fellowship and the new worship center.



Live Music

Wednesdays, 6-9 p.m.

Mickey's Irish Pub, 50 S.E. Laurel St., Waukee

Enjoy live music: July 6 - Jeremy Alvarez; July 3 - Levi Smith; July 10 - Brian Allen; July 17 - Brian Congdon; July 24 - Spam Band; July 31 - David Watson; Aug. 7 - Dustin Farrow; Aug. 14 - Sean Sullivan; Aug. 21 - Tony Bohenkamp; Aug. 28 - TBA; Sept. 4 - Spam Band; Sept. 11 - David Watson; Sept. 18 - Kevin Lindgren; Sept. 25 - Brian Allen.

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EVENTS IN THE AREA

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Be sure to check for cancellations.

Waukee Independence Day Celebration

July 3-4

Centennial Park, 1255 Warrior Lane

Enjoy Waukee's annual event, featuring parade, inflatables, live music, tournaments, fireworks and more. For full details, visit www.waukee.org/777/Independence-Day-Celebration.

On Wednesday evening, July 3, enjoy the farmers market from 4-7 p.m., food vendors from 4-9 p.m., free yard games from 4-8 p.m., a free pie eating contest open to all ages at 5 p.m. followed at 5:30 p.m. by a free bubble gum blowing contest for all ages. Enjoy watching the sand volleyball tournament starting at 5:30 p.m. and cap off the evening with a movie in the park ("Mission Impossible - Dead Reckoning Part One") starting at 8:45 p.m.

On Thursday, July 4, the day kicks off at 7:45 a.m. with the Waukee Freedom 5K held by Waukee Boy Scouts Troop 178 at Lutheran Church of Hope Waukee and a Rotary Pancake Breakfast from 8-10:30 a.m. at the basketball court for a freewill donation.

The Fourth of July parade is at 10:30 a.m. The parade travels north on S.E. LA Grant Parkway from South Middle School/S.E. Westown Parkway onto S.E. Ashworth Drive to the Waukee Middle School.

Enjoy food and beverage vendors noon to 10 p.m. From 1-8 p.m. will be inflatables, mechanical bull and Wipeout. Ticket sales start at noon and are cash only. The adult bags tournament, pre-registration required, is at 1 p.m. at the basketball court with Kids Knockerball Tournament, pre-registration required at 3 p.m. or 5 p.m.

The evening rounds out with live music from Schmidt Brothers and Decoy, 4-9:30 p.m., Des Moines Skydivers at 8 p.m. and fireworks at 9:30 p.m.



CITYVIEW's Summer Stir - East Village

Friday, July 26, 5-9 p.m.

East Village, E. Locust St., Des Moines

CITYVIEW's traveling cocktail party is back in East Village. Sample many of summer's finest drinks at some of the area's best bars and restaurants. Try 10 different drinks for only \$25 with your online order (\$30 at the door). For more information and for tickets, visit summerstirs.dmcityview.com. ■

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WACS named top-rated nonprofit

Waukee Area Christian Services has been designated a top-rated nonprofit by the national Great Nonprofits organization.

The organization advised the Waukee nonprofit that it has earned a spot on the 2024 Top Rated list based on the input of volunteers, donors and supporters. The list will be distributed to the media and corporate foundations after Oct. 31.

Waukee Area Christian Services has served Dallas County since 2005. Its mission is to serve people's immediate needs and create connections that encourage lifelong wellness.

On a typical day the nonprofit provides...

- 200 individuals with food from their Anytime Rescued Food Room
- 50 individuals with monthly staples from a food pantry
- 75 pounds of fresh produce from an onsite garden
- 130 clothing items for clients' children

In addition, on a typical day, they have eight visitors to the Free Medical Clinic and at least two families receive one-on-one support.

On a typical day, it takes 25 volunteers to make all these services available.

Waukee Area Christian Services is an outreach of eight Waukee churches including Immanuel Lutheran Church, Lutheran Church of Hope, St. Boniface Catholic Church, Waukee Christian Church, Waukee Community Church, Waukee United Methodist Church, Westview Church and Westwind Church. WACS' facilities are in the Westview Church building at 1155 S.E. Boone Drive in Waukee.

LEAD DSM announces YLI graduates

Lead DSM announces the graduation of the Youth Leadership Initiative (YLI) Class of 2024, which includes 33 student leaders from 18 central Iowa high schools, including Cooper Andrews, Waukee High School.

The Youth Leadership Initiative provides high school students with leadership experiences and community connections that enhance confidence and encourage involvement in all levels of community life.

Students met once per month from September 2023 through April 2024 to explore topics on leadership, while learning about regional opportunities and issues. "We challenge YLI students to use their enhanced leadership skills to find new ways to impact the community, putting into practice our vision of a thriving community for all," said Kelly Royal, program manager for YLI. For more information on the Youth Leadership Initiative, visit LeadDSM.org. ■

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MEET Kathryn Wuollet

Looks forward to seeing students' smiling faces at Sugar Creek



Emily Provenzale and Kathryn Wuollet

Although Kathryn Wuollet was born in Cedar Falls, she grew up in Ankeny before relocating to Atlanta, Georgia, with her family. She met her husband, who is from Naperville, in college, and they knew they wanted to raise their family in the Midwest. They have three children in the Waukee Community School District, with their oldest graduating this year. Wuollet and her husband chose the Waukee community because they liked that it has a small-town feel, great schools, and is easy to navigate.

"We said we always wanted to raise our family back in the Midwest. We longed for all four seasons again instead of just hot or hotter and humid/sticky. We love the snow," Wuollet says.

Wuollet worked in the dental field for 21 years before leaving the profession after their third child was born. She then began working at Sugar Creek Elementary School as a lunch recess associate when the school opened last year.

"Elementary kids are the only way to go for me. I get to see them for two of the top favorite times in their day — lunch and recess. This is their time to catch up with friends and have fun. It is also neat to watch each child grow and evolve as their personalities emerge during their free time," she says.

For Wuollet, a typical day includes helping with seating, making sure students have what they need during lunch, monitoring that students are playing safely, and more. At times, you can also find her helping in the office, with Field Day and with the PTO. Wuollet says that working as a lunch recess associate was initially a way for her to meet people in her community after relocating to Waukee during COVID.

"Relationships and friendships came easy working at Sugar Creek. Now I am invested in and look forward to seeing all our kiddos' smiling faces," she says.

This summer, Wuollet is looking forward to traveling with her family and embracing their free time. They plan to travel to Georgia and North Carolina to visit family and friends. They also plan to make a stop at the beach for sun, sand and fresh seafood. ■

SENIOR receives Mediacom scholarship

Mediacom Communications announced the selection of four Des Moines metro-area high school seniors as recipients of the Company's 2024 World Class Scholarship Program. Among the recipients is Summer Nichols, a Waukee High School senior. Each student earned a \$1,000 scholarship for academic accomplishments and leadership.

The Des Moines-area scholarship recipients are among 60 high school seniors selected from more than 350 applications Mediacom received from students in 21 states. Iowans graduating from eight other high schools across the state were also chosen to receive Mediacom scholarships. ■



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POLK COUNTY
Board of Supervisors



Polk County North/West Highlights

The Polk County Board of Supervisors are responsible for approving funding for numerous projects throughout the county. Funding of projects comes from gaming revenues generated by our partnership with Prairie Meadows Racetrack and Casino. The funds support Polk County Community Betterment Grants and Community Development Grants to enhance the quality of life throughout Polk County



Polk County Assists with Funding for GrimesPlex

Polk County provided a community development grant for the construction of GrimesPlex. The new 50-acre synthetic turf complex will be one of the largest facilities of this kind in the Midwest. This multi-sports facility will include baseball, softball, soccer and football fields located within the 200-acre Hope District. The one million square feet of field area is flexible to hold numerous sporting events and recreational activities. The new facility is projected to have an economic impact of \$16 million per year for the Greater Des Moines Area.



Cultivation Complex at Living History Farms Brought to you, in part, by Polk County

As Living History Farms in Clive transforms from a seasonal cultural attraction to a year-round destination, Polk County stepped in to help fund the new Cultivation Complex. The Cultivation Complex will provide year-round programming and address much needed space demands to meet Living History Farms programming needs. With a year-round facility, Living History Farms will bring enhanced value to the tri-membership program offered in conjunction with the Science Center of Iowa and Blank Park Zoo.



Youth Justice Initiative of West Des Moines Receives Upgrades from Polk County

The Youth Justice Initiative (YJI) is an organization dedicated to provide a restorative process for youth in the community to promote healing, increase accountability and support for repeat juvenile offenders. Polk County is providing a community betterment grant to help offset the costs for food, technology, and supplies for YJI's bi-weekly study table. The funds will also help expand fitness activities so youth can socialize, exercise, and be more focused to learn.



Polk County Central Iowa Source Water Research Study Underway

Our two rivers, the Raccoon and Des Moines, are one of our communities greatest assets with more than 240 miles of shoreline. These rivers play a significant role in central Iowa's local economy, culture, recreation community and overall identity. The rivers are the primary source of drinking water for over one-half million people. Right now, a two year study called the Central Iowa Source Water Research Assessment (C.I.S.W.R.A.) is underway to give us a better picture of what is in our water. A team of nationally renowned scientists are working to give us a comprehensive look at the cleanliness of our rivers and streams. Once complete in 2025, CISWRA will provide a road map for community leaders to create policies and best practices to cleaning our waterways and protecting this vital resource for future generations.

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WELLNESS

By Lynsi Smiley, RN

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Information provided by Lynsi Smiley, RN, Vivid Wellness Lounge, 1980 N.W. 94th St., Suite E/F, Clive. Livin-Vivid.com. 515-415-1550.

HEALTH

By Dr. Jason Brown

LASER use in dentistry

Are you someone who frequently gets canker sores? Canker sores, or aphthous ulcers, can occur for a variety of reasons: food sensitivities, mouth wash/toothpaste containing sodium lauryl sulfate, hormone shifts or even emotional stress. Vitamin deficiencies such as B12, iron, zinc or calcium make younger children more prone to canker sores.



How do diode lasers work to treat canker sores?

Light energy from the laser tip kills harmful bacteria while also creating bio stimulation to encourage collagen formation, which is the body's protein for replacing or repairing healthy gum tissue. When directed at a canker sore, it decreases the pressure on nerve endings, essentially eliminating pain within minutes. It can be used in conjunction with cleaning appointments to remove bacteria at the deepest portion of the gum pocket to reduce inflammation and promote healthy attachment of the gums to the tooth surface.

Soft tissue lasers have been used to treat lip and tongue ties in children, obtain biopsies, remove soft tissue bumps and contour the gum tissue above upper front teeth.

See your dentist today if you are experiencing mouth discomfort that can be eliminated in just minutes with the use of a laser. ■

Information provided by Dr. Jason Brown DDS, Timberline Family Dental, 515-644-2264, 2153 S.E. LA Grant Parkway, Waukee. Sources: 1. Effect of Low-power Laser on Treatment of Orofacial Pain. J Dent Res Dent Clin Dent Prospect. 2010 Summer; 4(3): 75-78. Published online 2010 Sep 16. doi: 10.5681/joddd.2010.019. PMID: PMC3429981PMID: 22991602. 2. Canker Sore, Mayo Clinic.



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A FAMILY space

Louschers work out while kids climb the wall — literally.

After spending a long day cooped up in an office or classroom, both adults and kids have energy to burn. However, their methods for burning that energy are hardly alike. Two-year-olds are not training for marathons and playgrounds are not suitable for those taller than 4 feet. But, what if there was a place for parents to exercise and kids to play? Three months ago, Waukee's Louscher family built it.

Blake and Kate Louscher installed a rock-climbing wall in their home gym.

"Our kids are usually down here while we're working out, so we wanted them to have something to do," said Kate Louscher.

Despite the uniqueness of the project, its design is quite simple. Plywood covers one of the walls in the basement. Rock climbing holds of varying shapes, sizes and colors are scattered and screwed in from floor to ceiling. To the side is a wooden ladder scaling the entire wall. At the top, a few rungs extend out, creating a small set of monkey bars. On the ground below sits a large blue mat, there to soften every slip, fall or tumble.

The Louschers' inspiration primarily came from social media. After a few ideas were bounced around, they determined a rock-climbing wall would be the best fit. When it came time to pick somebody for the job, they went with someone local who was not afraid of a challenge: Cody Bailey Construction & Remodel.

"I feel like you can take any idea to Cody, and he can make it come to life," Kate says. "It was fun to work with someone who was willing to try new things with us. I think this was the first one."

The installation only took a day. Kate still remembers how excited her 2-year-old daughter, Louise, was the first time she saw the wall. She immediately ran up and started climbing the ladder. Similarly, Jack, their 10-month-old son will grab onto the wall's holds on his own. While neither of them can make it to the top by themselves, they have years to develop their skills.

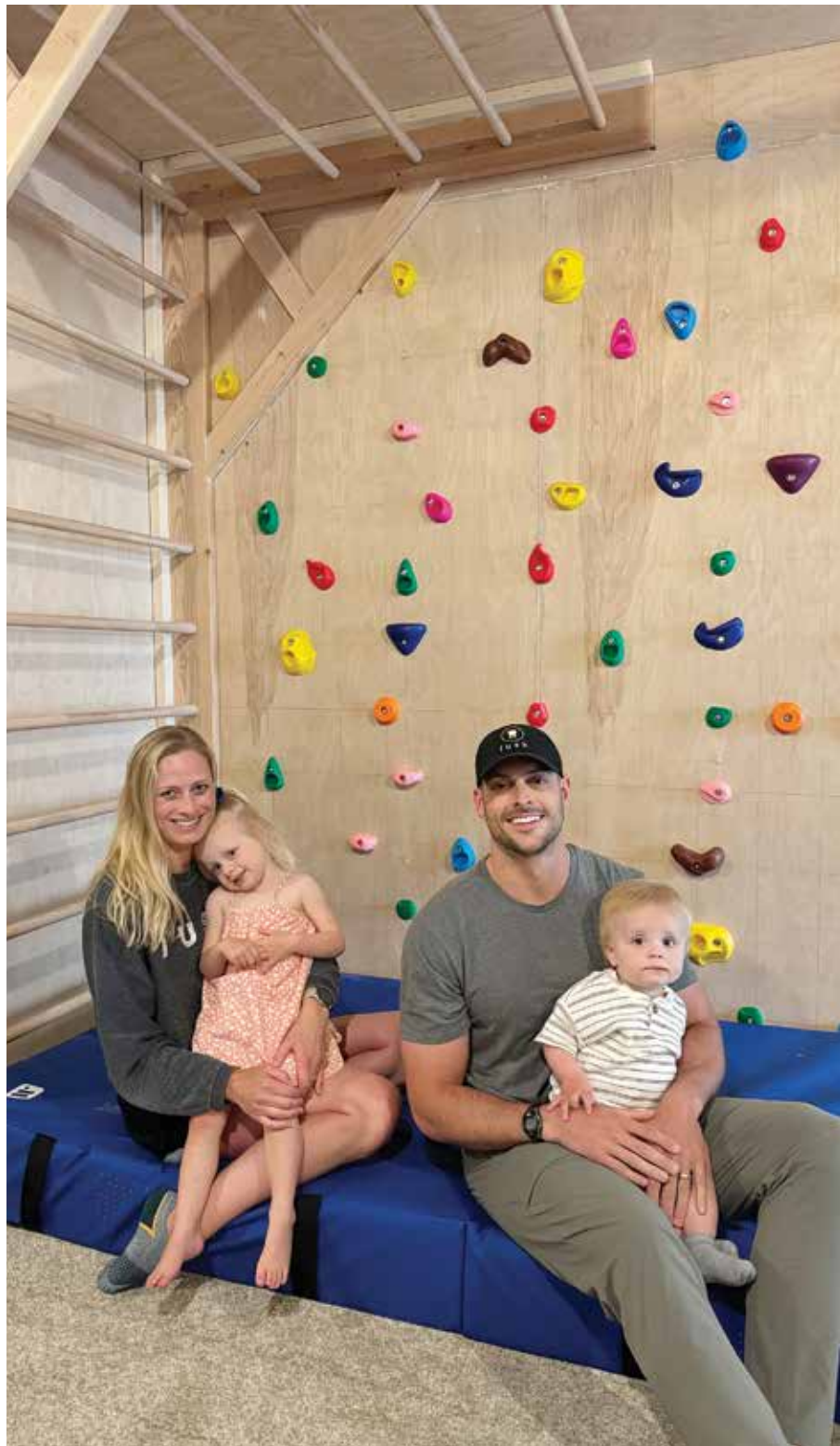
"Louise is getting better," Kate says. "I feel like she gets farther up every time that she does it."

Louise even brings her skills with her to the park. Learning to climb the ladder in the basement means she is much more confident climbing the ones outside.

Friends and family are big fans of the wall, too. Several kids ranging in age from 2 to 8 have made use of the space.

The Louscher family thinks the wall will come in handy this winter when the family will be stuck inside during brutally cold days.

For any family looking to spend more time together, put the technology down and stay active, the Louscher family shows how to make a space work for everyone. ■



Blake and Kate Louscher installed a rock-climbing wall in their home gym so their kids could have an activity while they work out.

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RECIPE

SCRUMPTIOUS ways to simplify springtime meals

(Family Features) From everyday weeknight dinners to picnics in the park, warmer weather and longer days mean families want to spend more time together and less time in the kitchen. This spring, look for kitchen hacks that can make fresh and healthy weeknight seasonal recipes a cinch.

Skipping complicated prep work is the first step toward simplifying springtime meals. Rather than recipes that call for a lot of prep or cooking time, consider easy dishes that require only a handful of steps and use everyday ingredients you may already have in your pantry, fridge or freezer.

For example, these shrimp, broccoli and potato skewers with lemon and thyme can let you put a little spring in your weeknight dinners. Grilled skewers keep the whole family happy and come together in less than 30 minutes, making them perfect for quick and healthy meals without the hassle. The versatility of potatoes means you can grill them, and this version calls for a 5-minute microwave steam first to cut down on grill time.

To find more ways to savor springtime meals outdoors with your family, visit littlepotatoes.com. ■

Shrimp, broccoli and potato skewers

Prep time: 5 minutes

Cook time: 20 minutes

Servings: 4

- 1 pound bagged Little Potatoes
- 1 bunch broccoli
- 12 large shrimp, peeled and deveined
- 1 1/2 lemons, juice only
- 3 tablespoons fresh thyme, chopped
- 2 tablespoons olive oil
- salt, to taste
- pepper, to taste

DIRECTIONS

- In large, microwave-safe bowl, microwave potatoes on high 5 minutes.
- Chop broccoli into large pieces.
- Add broccoli and shrimp to bowl once potatoes are steamed.
- Add lemon juice, thyme and olive oil; evenly coat potatoes, shrimp and broccoli. Season with salt and pepper, to taste.
- Build skewers and grill 10-15 minutes on medium-high heat, until shrimp is cooked through.





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RIBBON Cutting

Waukee Area Chamber of Commerce hosted a ribbon cutting for UnityPoint on April 30.



Waukee Area Chamber of Commerce hosted a ribbon cutting for UnityPoint on April 30.



Terry Snyder and Michael Schrodt



Megan Watt and Kelly Troxel



Janell Schlosser, Jen Kirstein and Nicki Beauford



Dane Jenkins, Josh Phifer, Joe Herman and Tom Kieffer



Randy Brandt, Chris Phillips and Dean Armantrout



Chief Clint Robinson and Mark Tauscheck



Angie Fagervik-Chia and Addison Bratvold



Danielle Fundermann and Paige Korver



Pam Delagardelle and Dan Sweet

OUT & ABOUT

RIBBON Cutting

Waukeet Area Chamber of Commerce hosted a ribbon cutting for Waukeet YMCA Makerspace on May 28.



Waukeet Area Chamber of Commerce hosted a ribbon cutting for Waukeet YMCA Makerspace on May 28.



Rob Grove and Jessica Taylor-Fink



Jessica Mitchell and Lee Adams



Michael Schrodt and Jennifer Brown



Anna Gleason, Jadya Mortenson and Kyle Anderson



Alex Rich, Ruth Comer, Gretchen Stanger and Cameron Nicholson



Jane Angstman and Don Frazer



Mercedes Maria Castillo Montiel, Zach Elsbecker and Cindy DePond



Jenna Williams and Dana Jeun

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