

Shelby County Historical Museum's new Military Exhibit Hall impressive

The Shelby County Historical Museum's first exhibit in their hall is entitled, *Our Patriotism: Shelby County's Involvement in our Nation's Conflicts*, and it empowers visitors to explore American military conflicts through a local lens. The Exhibit Hall illustrates the county's values of patriotism and duty by placing local events within the context of American and global history.

Beginning with the American Civil War, the Exhibit Hall examines the experiences of those both away at war and on the home front. Each section provides historical context for the American Civil War, World Wars I and II, the Cold War, and the War on Terror through the use of the museum's vast military collection, interactive activities, sound, and videos.

The Exhibit Hall concludes with the Hall of Honor, which serves as a memorial to the brave men and women from Shelby County who lost their lives during their military service.



The Civil War section features a diorama that depicts the Battle of Vicksburg. The diorama features a life-like mannequin wearing an authentic uniform from the collection and a beautifully detailed mural painted by local artist, Chris Tepe.

Unique requests continue to come into the Harlan Newspapers

by Alan Mores, co-publisher

HARLAN - It seems a day doesn't go by when we don't get a phone call, email, letter or historical piece dropped off at the Harlan Newspapers with someone seeking the answer to a question.

The questions have now also moved to Facebook with a recent question arriving from Wellington, New Zealand about a souvenir item that came into her possession from the former Farner's Department store that was located on the north side of the Harlan downtown square where Market Street Gifts is now located.

The writer said, "Greetings from Wellington, New Zealand!

"I'm contacting you with a somewhat unusual request. I bought this charming picture on wood for my husband's birthday as he loves dogs.

"I found this treasure in a bric-a-brac shop in Wellington and am curious as to its origins.

"You will see that it's title is 'Farner's Harlan, Iowa' and in the back is "126 Spaniel Mother and Puppy". I'd love to know more about the picture, Farners and any context for this delightful piece.

"It seems incredible that it travelled across the Pacific Ocean, to a small store in New Zealand. I know this is a bit of a long shot, but any insights you can provide would be much appreciated. Warm regards."



Unique requests...this one from New Zealand

Continued from page 1

Reply to her request

We dropped the author of the Facebook post a reply within the week giving her pages from the downtown Harlan walking tour book on the history of Farners, how it was at one-time Harlan's go to shop for anything and everything for the home from toys, linens, clothing, candy, household and kitchen items.

A bit about the history of Harlan, Farners Dept. Store owner, Leo Farners, and ideas on how possibly the piece made its way from Harlan to Australia and maybe even to New Zealand.

Plus a number of Shelby Countians have ties to Australia and even Farners Dept. Store.

Reply from New Zealand

"Dear Alan, (or 'Kia ora', as we say in Aotearoa, New Zealand), please accept my apologies for not replying sooner.

"I am overwhelmed with gratitude at the lengths your staff has gone to to give me the full background of this piece of Harlan history.

"As you say, it is part of a tradition of mom and pop retailing that is vanishing from modern life - in New Zealand as well. At times, it's easy to think that kindness to strangers is also disappearing. But your lovely, detailed reply has shown me that this is not the case.

"We never thought it was a valuable item in monetary terms, but we just love its charm, and the fact that it has made its way across the globe to us in New Zealand. It is even more valuable to us now that we have the story behind it, so thank you again.

"My husband is a journalist and we follow U.S. politics. Do, it behaves me to wish you all the best with the Iowa caucuses! And thank you also for the historical text and photos!

"Warm regards."

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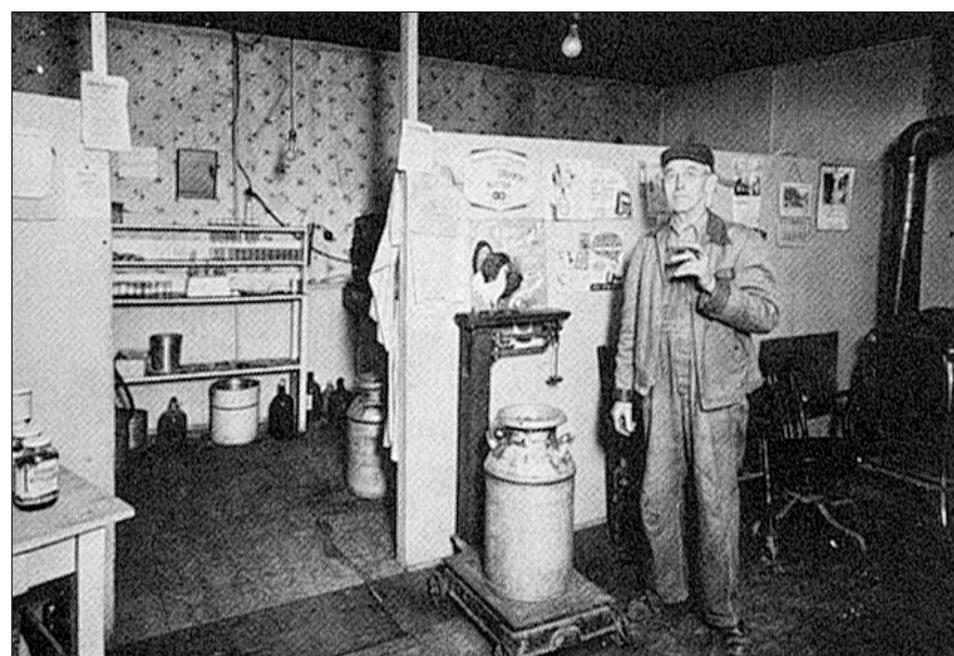


Wayde Blumhardt
CRNA

Look back at Shelby County



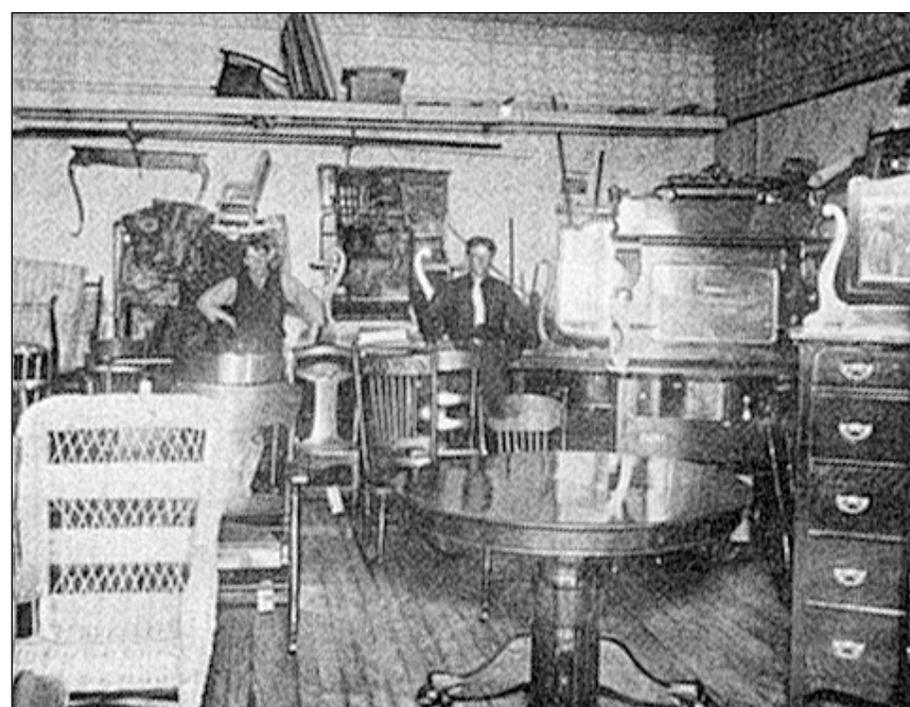
HARLAN - a photo of a calm and meandering Nishnabota River near Harlan, courtesy Rosa Lee Byrnes



EARLING - From the early 1940s until 1958, Earling Produce was on the southeast corner of Main. Run by William J. Schulte who bought cream, eggs and poultry from farmers and sold feeds and minerals.



EARLING - Early 1900s, dray service making delivery to Langenfeld Meat Market on Main Street. Dray service was essential in every small town, delivering goods between businesses and the railroads.



EARLING - c. 1910. Langenfeld Hardware Store was located on east side of Main and co-owned by John J. and Joseph A. Langenfeld.

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If you need a REAL ID card before your license/ID expires, go to your Courthouse and apply for a replacement card marked as REAL ID compliant for a \$10 fee. **If you want to learn more read the expanded article on page 11.**

HOW DO I GET A REAL ID CARD?

Go to any Iowa driver's license service center or Courthouse and bring the following original documents (no photocopies).

Proof of identity *one of the following*

- Official birth certificate
(not the one with baby footprints)
- Valid U.S. passport
- Most recent U.S. Citizenship and Immigration Services immigration or refugee document

Proof of social security number *one of the following*

- Social security card
- W-2 or 1099
(must show your entire social security number)

Proofs of residency *Two items showing your name and address where you live*

- Utility bill
- Bank or credit card statement
- Pay stub
- Piece of postmarked mail
- Find other examples online

Proof of any legal name changes *Any of the following if applicable*

- Marriage certificate if your last name changed
- Divorce decree indicating a name change
- Court order under petition for name change



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Dr. Lonnie Pitts
Dr. Larry Kintner

Shelby County Historical Museum's new Military Exhibit Hall impressive

Photos and information courtesy Sarah McDonald, Shelby County Historical Museum, executive director



The exhibit concludes with the Hall of Honor. This space recognizes Shelby County men and women who lost their lives during their military service. The Hall of Honor also features a touch-screen computer where visitors can explore our Military Personnel Database for family members who served in the military.



Visitors enter the Cold War section through a classroom to learn about duck and cover drills, the Korean War, and the Vietnam War. This section features uniforms and personal items from Shelby County's veterans.



The 1940s era kitchen discusses the issues faced by those at home during World War II. Through interactive activities, visitors learn about rationing, Victory Gardens, and Fireside Chats.



The World War I section discusses the horrors of trench warfare and features objects worn and used by Shelby County men while fighting in the war. The World War I section also honors the service of nurses during the war.

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Home-Delivered Meal Program is here to help, volunteers welcome

HARLAN - The Harlan Senior Center, which is also affiliated with Connections Area Agency on Aging, is located inside the C.G. Therkildsen Activity Center, and is in charge of maintaining and offering the home-delivered meal service to Harlan residents.

If you are interested in this service please contact the Harlan Senior Center at 755-2757 to begin the process of setting up meal delivery providing you are eligible for home delivered meals.

The option to visit the Senior Center, if you are able, is encouraged and it allows you to enjoy a meal with friends and take part in various activities and take advantage of community resources.

The Connections Area Agency on Aging is committed to continuing this vital service in Harlan and they offer their full support to the Senior Center. They also wish to thank the many valuable volunteers who help deliver the home delivered meals locally.

How to apply

Application and registration forms for the Home Delivered Meal Program are available through the Harlan Senior Center, Myrtue Medical Center, your doctor, or Home and Public Health.

Guidelines for the Home Delivered Meal Program

1. Call them at the senior center 755-2757 to request meal delivery.
2. Reservations / cancellations are required by 11:30 a.m. the day prior.
3. Microwave/oven packaged and sealed meals are delivered.
4. All meals are low sodium and diabetic friendly and include skim milk.
5. You will receive a monthly menu to review your choices.
7. Frozen meals are available for those that qualify for additional or week-end meals.

DELIVERY TIMES

Meals are delivered Monday thru Friday

No meal deliveries on Fourth of July, Labor Day, Memorial Day, Thanksgiving, Christmas or New Year's Day.

Meals are delivered by volunteers from Harlan churches, schools and businesses. Suggested contribution is \$3.75 per meal, a contribution statement is mailed to each participant.



Volunteers Kim Helfers and Crystal Stover, CDS Global, are some of many local volunteers who provide daily meals and an inspiration to those they are delivering meals to in Harlan.

Currently there are two routes with a total of 10-11 stops per hot meal delivery, if you are interested in delivering for the Home-Delivered Meal program call 755-2757.



Volunteers like CDS Global staff members Karen Sorensen and Ann Hansen are a critical component to the weekly home delivered meal program.



The program is based out of the Therkildsen's Center's Senior Center.



The Connection to Resources for Older Iowans

www.connectionsaaag.org

info@connectionsaaag.org

www.lifelonglinks.org

ELIGIBILITY REQUIREMENTS

- 60 years old or over
- must be homebound (have a major difficulty to leave the home)
- meet one of the following criteria:
 - be physically handicapped
 - have a permanent disability
 - temporary illnesses or disability lasting from 6 weeks to 6 months.
- A signed application from your doctor

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Social Security Offices



Are expired medications still safe?



It is 2 a.m. and that cough and stuffy nose you have been battling is still keeping you up. You reach for the nighttime cold relief medicine only to find it expired a few months ago. If you take a dose to ease your symptoms, will you be putting yourself at risk?

This situation is a relatively common occurrence. Many medicine cabinets are stocked with over-the-counter drugs as well as prescription medications that may be past their expiration dates. It is a good idea to routinely discard expired medicines, but if you happen to take a drug that has passed its expiration date, you will most likely suffer no ill effects.

According to the Harvard Medical School Family Health Guide, the expiration date on a medicine is not the dates when a drug becomes hazardous. Rather, it marks the period of time after which a drug company can no longer guarantee the efficacy of the medication.

Since 1979, drug manufacturers have been required by the Food and Drug Administration to stamp an expiration date on their products. This is the date until which the manufacturer can still guarantee full potency of the drug.

Therefore, most drug manufacturers will not do long-term testing on products to confirm if they will be effective 10 to 15 years after manufacture.

The U.S. military has conducted their own studies with the help of the FDA. FDA researchers tested more than 100 over-the-counter and prescription drugs. Around 90 percent were proven to still be effective long past the expiration date — some for more than 10 years.

Drugs that are stored in cool, dark places have a better chance of lasting because the fillers used in the product will not separate or start to break down as they might in a warm, humid environment. Storing medicines in the refrigerator can prolong their shelf life.

Although a pharmacist cannot legally advise consumers to use medication past an expiration date, most over-the-counter pain relievers and drugs in pill form should still be fine. Certain liquid antibiotics and drugs made up of organic materials can expire faster than others. For those who still want to err on the safe side, routinely clean out medications from cabinets once they expire. However, if an expired medication is taken by mistake, there's little need to worry about potentially adverse effects.

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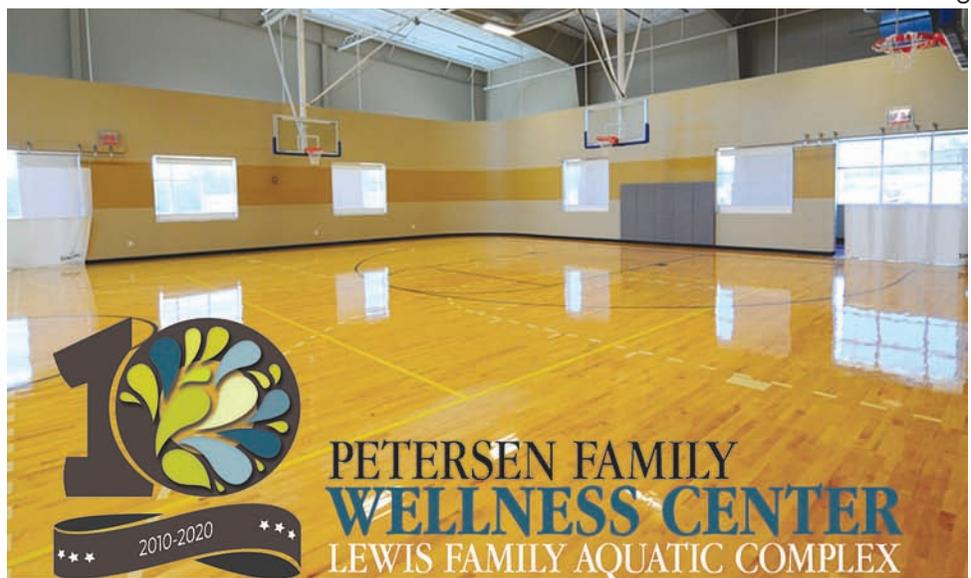
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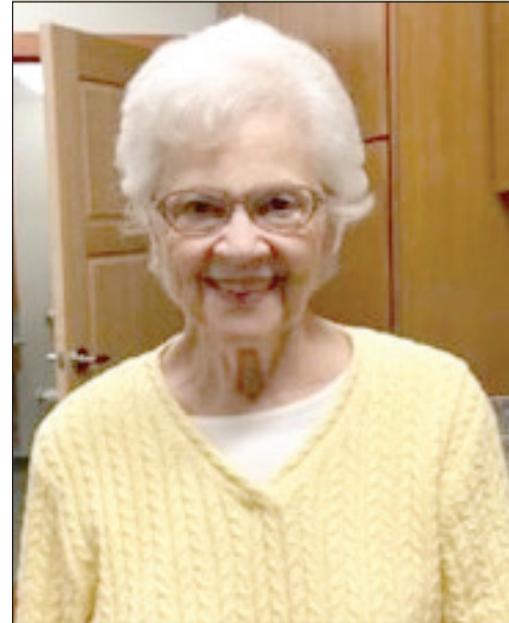


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Harlan Senior Center Activity Calendar

**Therkildsen Activity Center
& Harlan Senior Center**

706 Victoria, Harlan, 755-2757
www.cityofharlan.com/ActivityCenter.htm

Senior Center Hours 8:30 am - 2 pm
Mondays & Friday - crafts/quilts -- held at 9:30 am
Wednesday -- bingo at 1 pm

Monday - Friday meals served at noon (except holidays and other special dates, call to confirm) • Call the day before to register

Check us out on FACEBOOK/Harlan Senior Center for Programs



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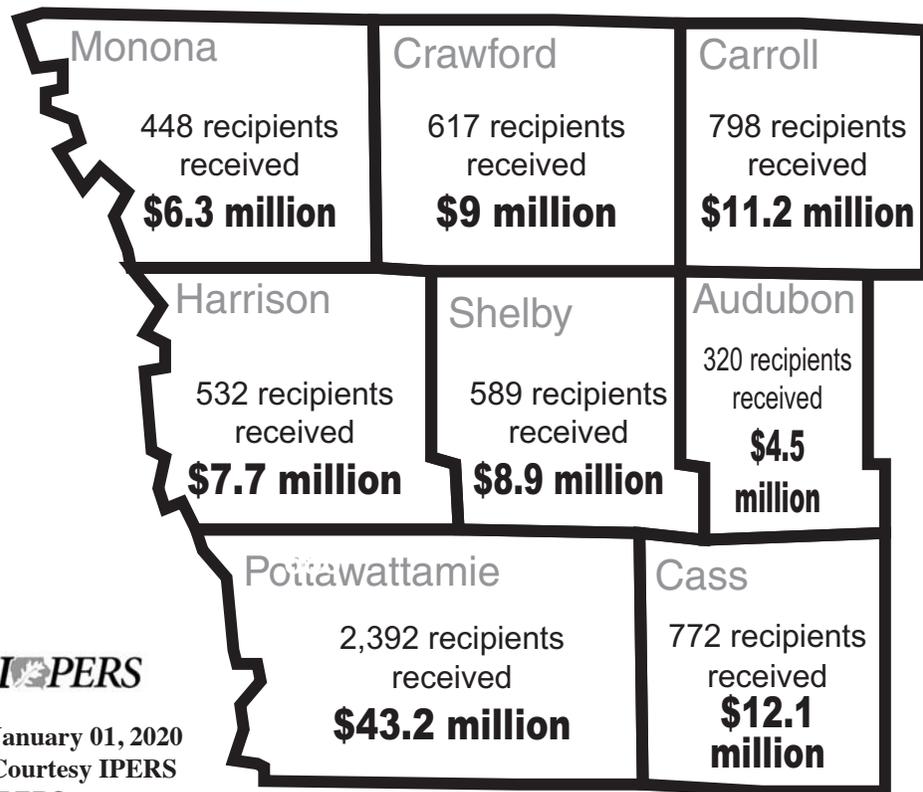
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Social Security Help For Those Nearing Retirement

SOCIAL SECURITY TOOLS

A good place to start is socialsecurity.gov and click on the “Retirement” tab at the top of the page and access their retirement planner tools.

Or, if you would rather have face-to-face assistance, you should call below and schedule an appointment to visit with a nearby claims representative.

CARROLL Office

818 Bella Vista Dr F
Carroll, IA 51401

(800) 772-1213 for appointment

Co. Bluff Office

20 Arena Way #1,
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(866) 331-9094

The Social Security Administration also offers a bevy of free publications (see ssa.gov/pubs) that you can have mailed directly to you. “Retirement Benefits,” “When To Start Receiving Retirement Benefits” and “How Work Affects Your Benefits” are three popular publications for those nearing retirement.

OTHER RESOURCES

“Social Security Claiming Guide” which is published by the Center for Retirement Research at Boston College. This easy-to-read 24-page guide sorts through all the options and frequently asked questions (socialsecurityclaimingguide.info).

“When to Take Social Security Benefits: Questions to Consider” (whentotakesocialsecurity.info). Offered by the National Academy of Social Insurance, this 16-page booklet uses a question-and-answer format to guide you through the key issues. To get a free hardcopy mailed to you, call 202-452-8097.

How To Get Your Affairs In ORDER

PERSONAL INFORMATION

- Contacts:** A master list of names and phone numbers of close friends, family, clergy, doctors, and professional advisers such as your lawyer, accountant, broker and insurance agent.
- Personal documents:** Such items as your birth certificate, Social Security card, marriage license, military discharge papers, etc.
- Secured places:** List all the places you keep under lock and key or protected by password, such as safe deposit boxes, safe combination, security alarms, etc.
- Service providers:** Provide contact information of the companies or people who provide you regular services such as utility companies, lawn service, etc.
- Pets:** If you have a pet, give instructions for the care of the animal.
- End of life:** Indicate your wishes for organ, tissue or body donation including documentation (see donatelifenet), and write out your funeral instructions. If you've made pre-arrangements with a funeral home include a copy of agreement, their contact information and whether you've prepaid or not.



LEGAL DOCUMENTS

- Will:** Include the original copy of your will and other estate planning documents.
- Power of attorney:** This names someone you trust to handle money matters if you're incapacitated. If you don't have a will or power of attorney, do-it-yourself resources like legalzoom.com and Nolo's Quicken WillMaker (nolo.com) can help you create them for a few dollars.
- Advance directives:** Such as a living will and medical power of attorney – spell out your wishes regarding your end-of-life medical treatment when you can no longer make decisions for yourself. For free advanced directive forms visit caringinfo.org or call 800-658-8898.

FINANCIAL RECORDS

- Income and debt:** List of all income sources such as pensions, Social Security, IRAs, 401Ks, interest, investments, etc. And the same for any debt you may have – mortgage, credit cards, medical bills, car payment.
- Financial accounts:** List all bank and brokerage accounts (checking, savings, stocks, bonds, mutual funds, IRAs, etc.) and their contact information. And keep current statements from each institution in your files.
- Company benefits:** List any retirement plans, pensions or benefits from your current or former employer including the contact information of the benefits administrator.
- Insurance:** List the insurance policies you have (life, long-term care, home, auto, Medicare, Medigap, prescription drug, etc.) including the policy numbers and insurance agents.
- Credit cards:** including the card numbers.
- Property:** List real estate, vehicles and other properties you own, rent or lease and include deeds, titles, and loan or lease agreements.
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Nearing age 65 ? Medicare rules and guidelines explained

By Judy Franklin
Social Security District Manager in Council Bluffs, IA

Social Security and Medicare have a few things in common. Both programs help safeguard millions of Americans as well as improve the quality of life for our family and friends. Although both programs are household names, many people may not be familiar with the details of Medicare.

Medicare is our country's health insurance program for people age 65 or older. The program helps with the cost of health care, but it doesn't cover all medical expenses or the cost of most long-term care. You have choices for how you get Medicare coverage. If you choose to have original Medicare coverage, you can buy a Medicare supplement policy (called Medigap) from a private insurance company to cover some of the costs that Medicare does not.

Medicare has four parts:

- **Medicare Part A (hospital insurance)** helps pay for inpatient care in a hospital or skilled nursing facility (following a hospital stay). Part A also pays for some home health care and hospice care.
- **Medicare Part B (medical insurance)** helps pay for services from doctors and other health care providers, outpatient care, home health care,

- **Medicare Part C (Medicare Advantage)** includes all benefits and services covered under Part A and Part B. Some plans include Medicare prescription drug coverage (Medicare Part D) and other extra benefits and services.
- **Medicare Part D (Medicare prescription drug coverage)** helps cover the cost of prescription drugs. Some people with limited resources and income may also be able to get Extra Help with the costs—monthly premiums, annual deductibles, and prescription co-payments—related to a Medicare prescription drug plan. The Extra Help is estimated to be worth about \$4,900 per year. You must meet the resources and income requirement.

Want to learn more

Learn more about Medicare's different parts are further explained in our publication at socialsecurity.gov/pubs/EN-05-10043.pdf.

If you can't afford to pay your Medicare premiums and other medical costs, you may be able to get help from your state. States offer programs for people eligible for or entitled to Medicare who have low income. Some programs may pay for Medicare premiums and some pay Medicare deductibles and coinsurance. To qualify, you must have Medicare Part A and have limited income and resources.

You can learn more about Medicare, including how to apply for Medicare and get a replacement Medicare card, at socialsecurity.gov/benefits/medicare.



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Commanders Club

With Commanders Club Coordinator,
LaVonne Robinson



Upcoming Commander Club Events

- March 22:** Comedian Jeanne Robertson, Holland Center, Omaha, 6 pm show
A captivating & humorous Southern girl with a definite drawl. Dinner before the show. \$117
- April 16:** Broadway production of "The Lion King", Omaha Orpheum Theater, 2 pm. Lunch before the show. Limited number of tickets, please get your payment of \$167 in as soon as possible to reserve your spot.
- April 18:** Shred Day at the SCSB West Branch in Harlan from 9-11 a.m, free.
- May 21:** Grotto of the Redemption, Thurs., May 2, West Bend, pay \$97 in full to secure your seat on the coach.
- June 13-20:** Mackinac Island Lilac Adventure
- July 2020:** Iceland, 10 days, more info to come

As details/prices come available, we will print brochures and get information out to you. Please give us a call if you have interest in any of these trips.

Don't forget **Movie Day: 2nd Tuesday each month – coffee & rolls**
8:30 am, movie 9:00 am, Harlan Theater.

Tickets can be purchased in advance at any SCSB office (by the Friday before the movie) for \$2, or purchased at the door for \$3.

Contact LaVonne at the
Shelby Branch
712-544-2626 for more
specific trip information



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Avoca Specialty Care earns National Quality Recognition

AVOCA – Avoca Specialty Care has earned the American Healthcare Association's (AHCA) 2020 Quality Initiative Tier 4 Recognition. Skilled nursing facilities that have achieved four out of four of the established quality initiatives dedicated their efforts over the past year to achieve the following improvements:

- Safely reduced long-stay and short-stay hospitalizations by at least 10% since Q1 2017
- Achieve customer satisfaction of 90% or more
- Safely reduced off-label use of antipsychotics by at least 10% since Q1 2017, or maintain a rate of 8 percent or less among long-stay residents
- Improved short-stay functional improvement or long-stay worsening mobility by 15% or maintain greater than 75% on short-stay functional improvement

“Our commitment to working as a team to create the best home and environment for our residents is always our top priority,” said Administrator Katie Ehlers. “Receiving this recognition confirms we are on the right path and hope to continue to provide excellent care.”

Avoca Specialty Care will be honored at the AHCA/NCAL Quality Summit on Tuesday, March 10 in Grapevine, Texas.

Avoca Specialty Care is a 46-bed skilled nursing facility offering outpatient rehabilitation services, skilled nursing care, long term care and hospice care. Avoca Specialty Care is owned and operated by West Des Moines-based Care Initiatives, Iowa's largest not-for-profit skilled nursing care and senior care provider.

Care Initiatives and Care Initiatives Hospice operate 58 skilled nursing, rehabilitation, Alzheimer's/dementia, assisted living and hospice locations throughout Iowa. For more information about Care Initiatives, visit careinitiatives.org.

Prepare for visiting elder guests

Mobility and comfort needs for seniors may differ those necessary to accommodate other guests. Meeting the needs of senior guests may involve any of the following.

- Make sure pathways leading to and from the home are level, cleared and easy to see.
- If possible, add a ramp over stairs that lead to the front door. Ensure handrails are sturdy.
- Remove clutter and excess furniture if a guest visiting will be using a walker or a manual/motorized wheelchair.
- Remove accent rugs from a home, and be sure that any mats are secured with nonslip material, lighting in entry ways, staircases and hallways, especially areas leading to kitchens or bathrooms.
- If guests will be staying overnight, arrange sleeping accommodations on the first floor and/or in a room closest to the bathroom.
- Well-placed grab bars in the bathroom can be an asset. See if you can borrow a portable shower seat to make bathing or showering easier for overnight senior guests.
- For long-term guests, consider replacing round doorknobs and other pulls with lever-action ones that are easy to grab.
- Concessions may need to be made concerning interior temperature, noise levels and television viewing.

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Ways to address market volatility concerns

The economic collapse of 2008 taught harsh lessons about the potential for portfolio losses and how that could derail one's retirement plans. When there's volatility in the market, it's natural to worry about your retirement nest egg. Actions taken today can affect your financial security tomorrow, so let's map out a strategy that includes guarantees that may help ease concerns despite fluctuations in the stock market.

Annuities can help. When used correctly annuities can be powerful long-term retirement planning tools by helping to create an income stream for life. Annuity payments can be received monthly, quarterly, annually or in a lump sum, and have tax deferral benefits. Variable annuities allow investors to potentially grow assets in the market, with the opportunity to add optional guarantee features for an additional fee that provide downside protection. Younger investors planning for retirement may be interested in the growth potential of a variable annuity.

Some providers like New York Life offers certain variable annuities with an option called an accumulation benefit rider which provide principal protection over a chosen holding period. This means that at least the initial premium is guaranteed at the end of the holding period, helping to address volatility concerns.

Income annuities are known for their efficiency in generating guaranteed lifetime income. Other than a pension and Social Security, a guaranteed income annuity, can also produce a lifetime payment stream. It is like getting a “paycheck” for life. With a guaranteed income annuity, you can have peace of mind with the knowledge that you'll have a steady retirement income to help with basic expenses in retirement, while weathering market volatility.

While investors may react differently to fluctuations in the market, many can benefit from working with a trusted financial professional to support the retirement planning process. Let's scheduled a meeting to talk through worst case scenarios, your tolerance for risk and any other changes to your financial picture that necessitates refining your current approach. Together we can put a plan in place that will help you live out the retirement of your dreams.

Provided as a courtesy by Randy Pash, Agent, New York Life Insurance Company and a Registered Representative of NYLIFE Securities LLC (member FINRA, SIPC), a Licensed Insurance Agency and New York Life Company.



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Effective January 8, Social Security offices nationwide will be open to the public on Wednesday afternoons, Andrew Saul, Commissioner of Social Security, announced. This change restores Wednesday public service hours that were last in place in 2012.

In another move to improve service, Saul announced in his agency is hiring 1,100 front line employees to provide service on the agency's National 800 Number and in its processing centers.

The agency is currently bringing onboard 100 new processing center employees and approximately 500 new teleservice representatives for the 800 Number. An additional 500 hires for the 800 Number will occur later in 2020.

"Improving service is my top priority. Increasing full public service hours at our nationwide network of more than 1,200 field offices is the right thing to do and will provide additional access."

"The hiring of a 1,000 new employees to provide service through our National 800 Number and an additional 100 hires to process people's Social Security benefits at our processing centers around the country are steps in the right direction in our mission to greatly improve the service we provide."

People may create a my Social Security account, a personalized online service, at www.socialsecurity.gov/myaccount or by dialing toll-free, 1-800-772-1213. People who are deaf or hard of hearing may call their TTY number, 1-800-325-0778.

Thank you Harlan businesses for providing volunteers for our Home Delivered Meals Program

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 - Conductix - Wampfler
 - Secret Serenity
 - Shelby County State Bank
 - Concerned
 - United Bank of Iowa
 - CDS Global
 - Town & Country Credit Union
- Your friends at Harlan's Home Delivered meals program*

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Thekildsen Activity Center & Harlan Senior Center,
706 Victoria, 755-2757

Harlan Senior Center...at the Thekildsen Activity Center

The Harlan Senior Center, 706 Victoria, is open Monday - Friday, to all residents age 60 and over for services and information resources.

Take a break from your day and enjoy a a great luncheon, pool or bingo. To learn more about the senior center call 755-2757.

Harlan Senior Center is one of 50 Iowa senior centers in 20 counties operated by Connections Area Agency on Aging.

Center at a cost of \$6.50 paid to the manager. There are no regular evening meals on the dining schedule.

Noon Meals at the Center: Each day, the Harlan Senior Center serves a hot, delicious, and nutritious meal. The meal is available to any senior (age 60 and over) at the suggested contribution rate of \$3.50. Spouses of seniors who are not yet 60 may also receive a meal at the suggested contribution rate.

Meals Delivered: Home delivered meals (suggested payment \$3.75) for those who are confined to their home, or who would have difficulty getting to the Senior Center for the noon meal. Arrangements can be coordinated for home delivered meals by calling the Center.



All meals are served at noon, Mon., thru Fri., and reservations are required (755-2757).

Craft & Quilting: Every Monday and Friday morning experience quilting and crafting adventures.

ALSO - Reservations must be made by 11 a.m. on the day prior to the day that you wish to attend.

They have sewn over 200 quilts for Omaha's Open Door Mission and have crafted dozens of activity bags for children who are visiting the Veterans Hospital, Omaha. The group also does a variety of other crafts such as small bags as well as Christmas stockings.

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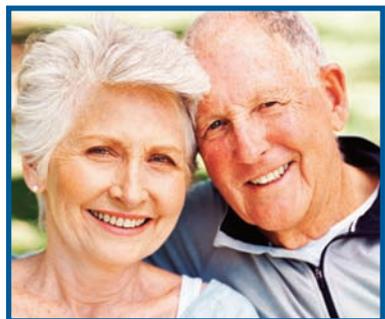
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