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LEISURE TIMES

A bi-monthly publication for Senior Citizens

March 24, 1997

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A 'Good Irish Cop'

South Sioux's First Canine Officer Receives His Badge



South Sioux City Police Chief Scot Ford, right, presents Officer Chad Sheehan with an official police badge for the department's first certified Canine Officer, Otis. A ceremony was held at Monday night's City Council meeting.

By Peggy Williams
Star Editor

A "good Irish cop" is how South Sioux City Police Officer Chad Sheehan described his canine partner, Otis.

The 2-year-old Rottweiler was officially sworn in as the city's first canine officer Monday. The event was held appropriately on St. Patrick's Day, Otis' second birthday.

"He's a good Irish cop," Sheehan joked.

Otis has been certified by the United Police Canine Association and is adept at finding suspects, drugs, items, officer protection and patrol tactics, Sheehan told council members.

"He's on call 24 hours a day and from October of 1996 through December of 1996, he's been utilized by the Dakota County Sheriff's Department, the Nebraska State Patrol and the Woodbury County Sheriff's Office."

Sheehan said he's taken part in 14 drug searches, 6 suspect searches, 1 officer protection and five public demonstrations. And like all other dogs, Otis had to learn when it was time to play and when it was time to work.

"We wrestle around at home when we're off duty, but he knows I'm the boss," Sheehan told the council.



Otis proudly displays his official police badge.

"We wrestle around at home when we're off duty, but he knows I'm the boss."

— SSC Police Officer Chad Sheehan,
Otis' partner and handler

New service helps elderly, disabled stay at home

—By Bernice Blecha
Osmond Republican

Perhaps one of the strongest desires of a person dealing with advancing years is to remain in their own home rather than having to choose some type of alternative residence.

Home Instead Senior Care offers non-medical assistance to help elderly persons to realize that desire, says Kim Arter of Norfolk who owns a franchise for Home Instead.

"We provide an affordable solution for older individuals or couples capable of managing their physical needs, but who require non-medical assistance in order to remain at home."

While Arter's business is based in Norfolk, it serves individuals and couples in a large area of northeast Nebraska, she said.

Surveys have shown working adults spend more time caring for elderly adults than they spend raising their children, Arter said. Home Instead care helps to relieve some of the stress involved with maintaining a job and looking after the needs of an older parent.

It was a 99-year-old Omaha grandmother who provided both inspiration and im-

portant practical advice in the creation of the Home Instead service, Arter said.

"Eleanor Manhart, grandmother of Home Instead Senior Care founder Paul Hogan and his wife, Lori, played a pivotal role in both the development and expansion of our business," Arter said.

One of Manhart's most important suggestions, according to Arter, was her advice to hire "seasoned citizens" as company caregivers. She feels many women, 55 to 66 years of age, are looking for new challenges and more productive use of their time. Mrs. Manhart reasoned that caregiving for the elderly can be one of life's most rewarding and satisfying experiences.

Arter said another important piece of Manhart's advice is to keep the services "grandparent-oriented."

"That was critical in drawing me to join the company," she said. "The quality of services we provide are exactly what I'd want for my own grandparents."

Home Instead was founded in 1994 by the Hogans who live in Omaha. New franchises are popping up all over the country, Arter said. There are now 65 nationwide.

Arter said she and her sister had been considering starting a

business much like this in Norfolk and then learned of Home Instead. She operates her office out of her home. "This allows me more flexibility with three kids and their schedules," she said. Persons interested in Home Instead services may contact the agency by telephone, 1-800-732-2577.

"We work hand-in-hand with the elderly and disabled and provide whatever they need to stay at home," Arter said. "Our clients are so appreciative of the work our care givers perform and particularly the many extra little things they do."

The company provides a list of 75 different things its care givers can do as a part of their normal companionship and home helper duties. A sampling of these services includes meal preparation, light housekeeping, medication reminders, laundry and ironing, letter writing, answering the phone or door, running errands and

See HOME, Next Page

"The quality of services we provide are exactly what I'd want for my own grandparents."

— Kim Arter

Senior Reflections

How do you feel about cloning?

— Compiled by Lisa Knutson
Cedar County News



"I don't mind as long as they keep it with animals and not with humans."

Beata Lammers
Hartington



"I think they should leave things alone."

Mildred Martin
Hartington



"I don't agree with scientists cloning humans."

Estel Hughes
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Nutrition program celebrates milestone

Program fills big void in Nebraska

NORFOLK — What's been around for 25 years and serves thousands of older Nebraskans each day?

The answer is Elderly Nutrition Programs provided through the federal Older Americans Act.

The program, more commonly known as the congregate and home-delivered meals programs, celebrates their 25th anniversary this month.

"Elderly Nutrition Programs provide nourishing meals, companionship and long-term care protection to older Nebraskans throughout the area we serve," said Connie Cooper of the Northeast Nebraska Area Agency on Aging.

"Last year our agency served an average of 9,123 meals every week through the congregate and home-delivered meals programs," she said.

"Combined, the congregate and home-delivered meals programs provided nearly 2.5 million meals to over

"Last year our agency served an average of 9,123 meals every week,"

— Mark Intermill
Neb. Dept. of Health

41,000 older Nebraskans in 1996," said Mark Intermill, administrator of the Nebraska Department of Health and Human Ser-

vices - Division on Aging.

"The Older Americans Act Elderly Nutrition Programs are certainly among the most visible and important services the aging network provides," he said.

The Older Americans Act Elderly Nutrition Programs were created when President Nixon signed the

Nutrition Program for the Elderly Act into law in 1972. However, elderly nutrition programs in Nebraska date back to 1968, when Walthill, Winnebago, and Macy, were among the first sites in the nation to receive an Older American Act Research and Demonstration Project grant to establish senior meals programs. Those project grants became the forerunner of today's Elderly Nutrition Programs.

"Congregate meals are served at 42 sites throughout the 22 county region we serve," said Connie Cooper. "In addition, an increasing number of older adults receive nutritious, home delivered meals accounting for 7.3 of the meals provided by the Northeast Nebraska Area Agency on Aging.

For more information about congregate and home-delivered meals in your area, please contact the Northeast Nebraska Area Agency on Aging at 402-370-3454 or 1-800-672-8368.

Home

Continued from previous page

monitoring conditions around the home.

Home Instead Senior Care can be arranged for as few as three hours or as many as 24 hours, Arter said. Short-term respite assistance or longer-term care is available seven days a week, including holidays, she said. The care can range from live-in services to periodic companionship.

The service uses a matching process to pair interested care givers with those needing help. Home Instead employees are screened, trained, bonded and insured. "That's so important," Arter said. "I wouldn't want someone in my grandparent's home without having completed a thorough reference and background check. And, we also take care of all the necessary taxes, workers compensation and other matters so neither our clients nor their family members have to worry about meeting all those government regulations."

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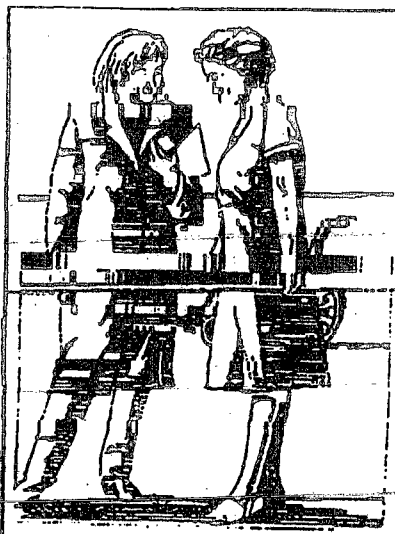
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South Sioux Chamber Celebrates 'Hometown Heroes'

By Peggy Williams
Star Editor

"Hometown Heroes" was the theme of this year's annual South Sioux City Area Chamber of Commerce banquet, and in addition to the usual awards presented, three virtually unknown members of the community were recognized for going above and beyond the call of duty.

"These are extraordinarily ordinary people doing extraordinarily ordinary things, but they're reaching out to others and giving of themselves," noted guest speaker Joan Burney of Hartington. Approximately 300 persons attended the event held at the Marina Inn last Tuesday.

Piano teacher Bernice Russell, youth basketball coach Rick Farrell, and foster parent Elisabeth Tuttle were the Chamber's first-ever Hometown Heroes.

Bernice Russell

Mrs. Russell is a lifelong resident of South Sioux City and has brought the gift of music to this community through the piano lessons she's given for 40 years from her home on West 19th Street. Not only has she taught

her students the fundamentals of music, but also a love for music and the dignity of achieving a well-rounded mind, noted Chamber president Dennis Lauver.

Mrs. Russell gives freely and extensively of her time to prepare these students for music festivals, piano recitals and concerts. She has also been involved in the music program at St. Paul United Methodist Church and during recent years has given of her time and resources to maintain the instruments there.

Rick Farrell

"Mr. Basketball" is an apt nickname for Rick Farrell and a simple look at the numbers confirms this title, noted Lauver.

For the past seven years Farrell has acted as an assistant basketball coach for two 9th grade boys' teams at the junior high school, has coached 7th and 8th grade girls' traveling teams, spearheaded the Jaycee basketball program in South Sioux City that involves about 350 children in grades 3-6, and attends summer camps and other out-of-season clinics with youth basketball

teams that are designed to improve their skills.

"In all, Farrell either coaches or supervises some 275 basketball games each year. His commitment to youth has introduced the ideals of athletic competition, skills development and fair play to more than 1,500 children in our community," said Lauver.

Elisabeth Tuttle

From her home on Colonial Drive, Elisabeth Tuttle has served as a foster parent for local and state social service agencies for more than 20 years. A registered nurse by training, Tuttle has provided care for more than 115 children during that time.

"Elisabeth and her husband, L.B., take all the 'hard' cases," said Lauver. "Teenagers with severe behavioral problems, homeless or sick children, and babies with terminal illnesses."

Tuttle was described by one person who nominated her as "among the most loving and committed foster mothers I have ever known. The love that she and her husband share for children is an inspiration to all of us

who have had the privilege to know them."

Community Awards

A number of community awards were presented by service clubs and organizations, including:

CHAMBERETTES — Beautification Award, Anderson Radio, Remodeling, Adcraft and Siouland Federal Credit Union, New Construction, Siouland Engineering Associates

OPTIMISTS — Friend of Youth Award, South Sioux City Community Schools

ROTARY — Russ Seifert Award, Fr. Charles Uhlik of St. Michael's Church, in recognition for establishing the Guardian Angel Park at St. Michael's School.

WAL-MART SAM WALTON BUSINESS LEADERSHIP — Russ Gifford, general manager of Jones Intercable

AMBASSADOR OF THE YEAR — Gloria Oorlog

GOLDEN APPLE AWARD (\$500) — Mary Persinger, counselor at the South Sioux City Senior High School.

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Heritage Of Emerson Employees Complete New Training Program

Five Heritage of Emerson employees received diplomas from Vetter Health Services Quality College Jan. 17. The diplomas recognize five months of extensive training in Total Quality Management (TQM) by Shellee Fassler, Gladys Kellogg, Rebecca Krueger, Melissa Obermeyer and Jody Sedivy. Heritage was one of the first centers chosen to initiate TQM out of 33 Vetter care centers.

The classes were taught in Omaha

in four 3-day sessions beginning last August. Between each session, Heritage employees had reading assignments and improvement projects that correlated with the sessions.

"The projects have helped us to find the root cause of problems and significantly improve the results," said Fassler, Heritage administrator. "Over time, we think that TQM will help us move from being pretty good to extraordinary."



Let Me Call You Sweetheart

Tomi Dahl hands a Valentine and a treat to Ed Kratke, formerly of the Homer area. Tomi is the daughter of Tom and Stephanie Dahl of South Sioux City. She was one of seven Daisy Girl Scouts visiting Walker Colonial Manor on Valentine's Day. Other troop members include Jessica Gann, Allison Gunn, Kayla Hagel, Emily Smith, Karlie Dahl, Ashley Beekman and Ashley Palmer.

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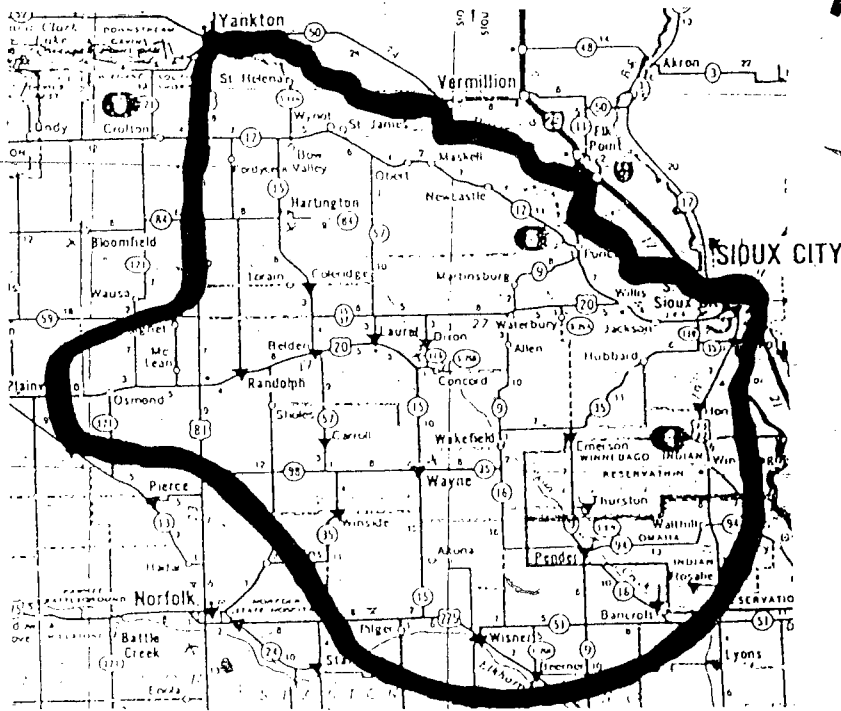
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Prize winning potatoes

Residents of the Wayne Care Centre worked with fifth and sixth grade students from St. Mary's Elementary School in a "Decorate Your Spud" contest. Decorated potatoes were judged on originality, color and uniqueness.

Winners included, left to right, Violet Brummund and her partner Ellie Mann, first place; Arlene Goebbert and her partner Brian West, second place and Irene Wintz and her partner Marilyn Fletcher, third place.



Social Security strikes balance

Most people think of Social Security in terms of the benefits they would receive. But, as a social insurance system that pays benefits to everybody who works and pays Social Security taxes, Social Security plays a major role in helping those who may otherwise be dependent to help themselves.

The success and popularity of Social Security is based on the fact that it

reasonable standard of living.

Certain features of the program are geared toward meeting broad-based social needs in addition to providing retirees with a specific rate of return. In other words, the social adequacy aspects of the Social Security program look beyond the individual to how Social Security can benefit society as a whole.

Here are some of the ways Social Security benefits society as a whole:

- Social Security allows almost 42 percent of the elderly — 10 million people — to live out of poverty.

- Social Security relieves younger generations of the burden of providing for the financial needs of older relatives at the same time they are trying to raise their own families.

- Last year, Social Security paid about \$41 billion in benefits to about six million disabled workers and family members. A young worker has a one in three chance of becoming disabled before age 65.

- Social Security paid about \$67 billion in benefits to more than seven million survivors of deceased workers last year. A young worker faces roughly a one-in-five chance of dying before reaching age 65.

Social Security is designed to provide a measure of financial independence to all workers and their families. It offers society a blanket of protection for now and in the future.



strikes a balance between the complementary goals of individual equity — providing benefit protection which is related to an individual's contributions — and social adequacy — providing advantages to society as a whole by alleviating poverty and allowing as many citizens as possible to enjoy a



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Osteoporosis effects millions

Osteoporosis is a bone-thinning disease affecting about 25-million Americans. It's a condition in which the bones become fragile and weakened.

Osteoporosis is often called the

"silent thief" because it progresses without symptoms or pain until a fracture occurs. Fractures typically occur in the hip, spine or wrist. Each year, osteoporosis results in more than 1.3 million fractures that can cause permanent disability, loss of independence or death.

A broken bone is often the first signal that there has been serious bone loss, said Shirley Schoening Scheuler, a community health educator at the Nebraska Department of Health. There are measures that can be taken to prevent or slow down osteoporosis.

"It can be prevented to some degree," Scheuler said. "Increasing calcium in

your diet, not smoking, avoiding heavy alcohol use, and doing weight-bearing exercises regularly will reduce your risk of the disease."

Older women are especially at risk. Individuals with these characteristics or lifestyle habits are at increased risk for developing osteoporosis:

- a small, thin frame
- a family history of osteoporosis
- an eating disorder, such as anorexia nervosa or bulimia
- a diet low in calcium
- cigarette smoking
- a sedentary lifestyle
- early menopause
- excessive alcohol intake

- use of certain medications.
- malabsorption problems
- low testosterone levels in men

The Department of Health has received a grant to organize a coalition to address osteoporosis among Nebraskans. Members of this coalition include representatives from the Nebraska Department on Aging, the Dairy Council, Creighton University, the University of Nebraska, the Older Women League and others. The coalition will examine information on osteoporosis in Nebraska and develop an intergenerational project to heighten awareness about the disease.

Just read instructions on the bottle

Managing medications can become a challenge if your vision isn't what it used to be. Especially if you take several kinds of medications and the directions vary for each. You don't have the option of reading the pharmacists' instructions — small print is a "must" to fit on the small space of a prescription label.

There are ways to resolve the problem. A few are presented here; try these and use your creativity to de-

velop other techniques that fit your specific situation.

- Use a rubber band wrapped four times around the pill bottle you take 4 times a day (vary this according to your prescription).
- Heavy tape that you can feel, or bright/dark tape can be used either as a code that you will remember (red for the morning pill) or with number of stripes matching the times per day (similar to the rubber band).
- Medicine organizers which separate the days of the week or the times of day (or both).

• Learn the different in pill shapes and/or the size and shape of their container, so you can identify them by touch.

• Keep different containers in different locations (the morning medications could be by a toaster or coffee maker; evening medications could be on a bedside table; some could be kept in the refrigerator and others on the kitchen counter).

• Liquid medications may have a distinct smell — learn to recognize it.

• Have the full instructions put on a cassette tape for your review (or in large print on a reference card).

The possibilities are endless and

their usefulness depends on the individual. Experiment to find what works best for you.



Questions or comments? Contact: Pearl VanZandt, Nebraska Services for the Visually Impaired, 4600 Valley Rd., Lincoln, NE 68510-4895, or call 402-471-8104.

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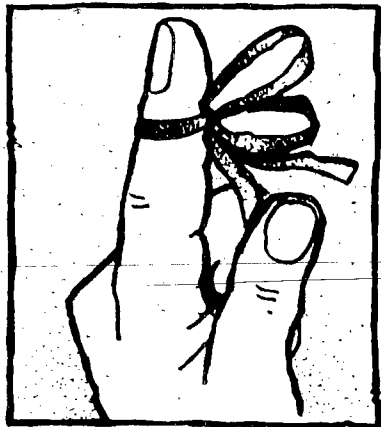
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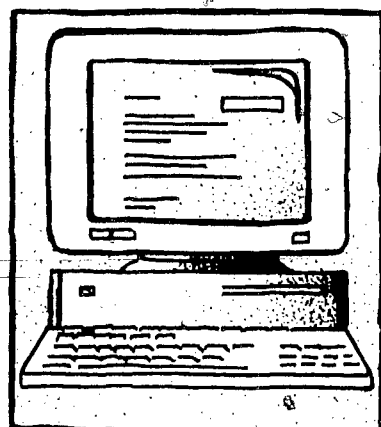


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A good night's sleep is hard to come by

Fewer things restore us more than a good night's sleep. Yet for more than half of all adults 65 and older, having some difficulty sleeping can be quite common.

Standards for adequate sleep are hard to set; our need for sleep depends on many variables and changes as we grow and age. For example, most newborn babies sleep 17 to 18 hours a day, but by the time they become adults they will only sleep an average of six and a half hours.

Diminished sleep doesn't necessarily equate to insomnia. Oftentimes people get hung up on the number of hours they sleep — this isn't nearly as important as how they feel in the morning. It's best, therefore, to think in terms of a good night's sleep as whatever leaves you feeling refreshed and alert the next day.

While it's important to realize sleep patterns change as we age, sleep that is disturbed and not refreshing is not an inevitable part of aging.

Getting a good night's sleep may be easier than older adults think. Consider the following strategies:

1. Decrease the use of caffeine.
2. Have a warm glass of milk before going to bed.
3. Avoid taking naps during the day.
4. Don't eat large amounts of food late in the evening.
5. Stay active during the day.
6. Skip the nightcap.
7. Use your bedroom only for sleeping.
8. Take a warm bath to help you relax.
9. Avoid over-stimulation within a couple of hours of bedtime.
10. Keep your bedroom cool and quiet.
11. Increase social contacts during the day.
12. Avoid cigarettes.

Keep in mind many things can affect your sleep pattern and the quality of sleep. If simple tension-reducing measures such as a warm bath or a warm milk drink don't alleviate your sleep problem, it's best to consult with your physician.



Sweet Hearts

Alex and Stella Liska were named Sweet Hearts of the Wayne Care Centre last month.

Join the Fun! Travel with the Century Club



What is the "Century Club?"

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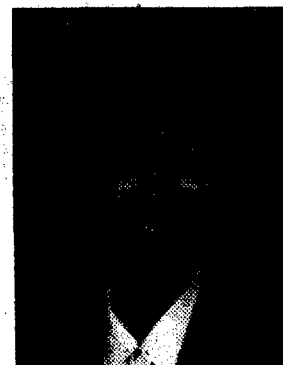
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| April 15 | Movie at the Twin Theaters |
| April 17-19 | Wayne Expo |
| April 27 | Visit the Century Club Booth |
| June 8 | "Don't Dress for Dinner" |
| | "Tony and Tina's Wedding" |



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**Ginny Otte,
Coordinator**

The eyes have it

Good vision is an important part of your good health. Here are five ways to keep your good vision as you grow older.

1. See your eye doctor regularly — at least once a year. Eye exams can help you discover if, and how, your vision is changing. Many eye conditions form very slowly and are not noticeable to you at first — they can only be detected through exams. Early detection, diagnosis and treatment may help prevent more serious problems from developing.

2. Learn about vision changes related to aging. As you age, be aware that your risk increases for some major eye diseases, including cataracts and glaucoma. Find out about the prevention, detection and treatment of these diseases from your eye doctor.

3. Find out if you are in a high-risk group for specific vision problems. Your family and medical history (eye injuries, eye surgery) can place you at higher risk for certain problems. Health conditions such as diabetes,

arthritis, or arteriosclerosis may increase your likelihood of experiencing certain problems.

4. Take your eye medication as prescribed. To be effective, eye medications must be taken at specific times in specific dosages. Skipping a dose or not following directions can be dangerous and may even allow loss of vision to progress. Always follow your medicine schedule and ask your doctor if you have questions.

5. Protect your eyes from injury. Follow instructions with equipment, sprays and household supplies. Wear sunglasses in bright sunlight. Contact your eye care specialist if you have any changes in vision, light flashes, eye injuries or pain, watering or dryness, or other noticeable conditions which are unusual.

Questions or comments? Contact Pearl VanZandt, Nebraska Services for the Visually Impaired, 4600 Valley Rd., Lincoln, NE 68510-4895, or call 402-471-8104.



Youth Art Month

Residents of the Wayne Care Centre and children from Rainbow World Day-Care celebrate National Youth Art Month. Esther Brudigan is at left and Alice Wagner at right.

Changing your mindset

We often set limits for ourselves based on past experiences and irrational ideas.

Let's consider the idea that a person must be able to see in order to carry on daily activities such as cooking and shopping. Previous experience could lead to the conclusion that we have always used sight in the past and cannot imagine doing anything differently.

How can we find items on the shelf, store and retrieve the goods once bought, and know when something is done, for example?

Unless a person's attitude changes, the constraints of fear of blindness and lack of knowledge in carrying on daily activities will remain a permanent part of life. Building self-esteem is a way of accomplishing change. Here are some suggestions for starters:

1. Give support to others and learn to accept it in return.
 2. Break your expectations into realistic steps.
 3. Allow yourself to make mistakes and try new tasks.
 4. Let go of the idea that you need to be or look perfect (or be sighted) in order to be worthwhile.
 5. Tell someone who is important to you what you want and need.
 6. Get some exercise. Vision is not a requirement for getting about. Grab your cane and take a walk, so some calisthenics from your chair, or run a marathon.
 7. Eat healthy foods and plan to feel good.
 8. Make a list of the things you like about yourself.
 9. Be aware of your strengths and let go of the idea that being blind means total dependence on others.
 10. Continue to use and build upon the strengths you had prior to losing vision.
- This list is by no means exhaustive

and you are encouraged to get together with a friend and come up with some of your own ideas, followed up with action. Consider the idea that your past limiting images of blindness are illusory and you can accomplish what you want in life.

Questions or comments? Contact Pearl VanZandt, Nebraska Services for the Visually Impaired, 4600 Valley Rd., Lincoln, NE 68510-4895, or call 402-471-8104.

Nebraska age link - internet for older adults

"Nebraska Age Link" is an Internet home page that provides information about aging services and programs in Nebraska and across the country. It's the only known resource of its kind in the state.

"When you access 'Age Link' you have a variety of information available to you," said Dennis Loose, director of the Nebraska Department on Aging. "At the click of a mouse button, you'll find information on benefits and resources, programs and services, publications, demographics and other information designed to put you 'in the know' about Nebraska's aging programs."

The site also includes links to numerous other home pages of interest to older adults, including the Nebraska Partnership for Health and Human Services, the federal Administration on Aging, SeniorNet and Nebraska's Area Agencies on Aging.

"Nebraska Age Link" is maintained by the Department on Aging and can be reached at <http://age1.ndoa.state.ne.us>.

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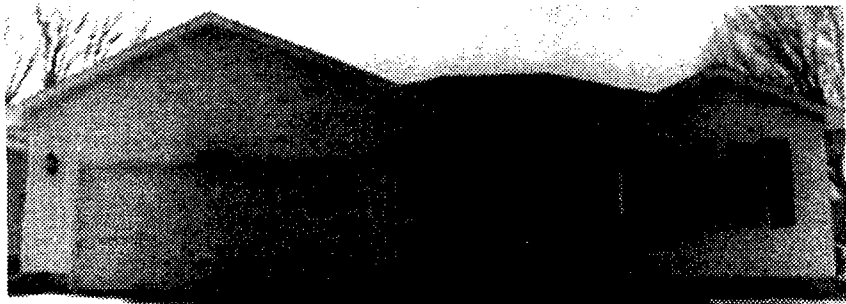
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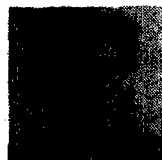
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Day	Place	Day	Place	Day	Place
Mar. 26	W	Apr. 11	SC	Apr. 29	TU
Mar. 27	THU	Apr. 14	N	Apr. 30	Open Day
Mar. 28	Y	Apr. 15	TU	May 1	THU
Mar. 31	SC	Apr. 16	Open Day	May 2	SC
Apr. 1	TU	Apr. 17	THU	May 5	N
Apr. 2	Open Day	Apr. 18	Y	May 6	Open Day
Apr. 3	THU	Apr. 21	SC	May 7	W
Apr. 4	N	Apr. 22	Open Day	May 8	THU
Apr. 7	Y	Apr. 23	W	May 9	Y
Apr. 8	Open Day	Apr. 24	THU	May 12	SC
Apr. 9	W	Apr. 25	N	May 13	TU
Apr. 10	THU	Apr. 28	Y	May 14	Open Day

LEGEND: N-Norfolk, Y-Yankton, SC-Sioux City, TU & THU-Hartington, Magnet, Randolph, Belden, Laurel, Coleridge, (Osmond for medical or hospital purposes on THU only.) W-Wynot, Obert, St. Helena, Bow Valley, Fordyce and Hartington.

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Retirement fever strikes Fordyce Post Office

— By Crystal Wuebben
Cedar County News

FORDYCE— After 34 years of getting out the mail, Patty Stevens is now enjoying retirement.

"I miss the people, but not the work," Stevens said. "I have plenty of other things I want to do, though."

Stevens was the postmaster in Fordyce for the last 10 years. She retired Jan. 3, 1997.

Before becoming Fordyce's postmaster, she worked for both Edna Suing and Frank Dietsch as a clerk in the Fordyce Post Office.

Over the years, she worked in post offices in Niobrara, Coleridge and Hartington.

"My goal was always to become a Postmaster," Stevens said. "Even when I was a clerk I liked my job; however, I always wanted to be a Postmaster."

After graduating from Holy Trinity High School in 1950, she had a two-year training period to become a teacher.

She taught school at a small, rural school near Menominee and then married Jerry Stevens.

She took a few years off after their marriage to raise their five children, Doyle, Denise, Doug, Dave and Michelle.

Stevens has lived in Fordyce most of her life. She lived in Hartington

for about 10 years, and while her husband was in the service she lived in Wisconsin.

"Fordyce is a great little town," she said. "People are really nice. It's a great place to raise kids."

Stevens said she has noticed many changes over the years in the postal industry. She said some of the more noticeable changes are the larger

amounts of mail, an increase in paperwork and the cost of stamps.

"The Post Office is a busy place," Stevens said. "It's completely different from when I first started. Most of the mail now is canceled in Norfolk, where we used to do most of the canceling here."

Stevens said she had been planning to retire for a while and she was also the eligible age to retire.

"I have other things I want to do," she said. "I'm going to do some gardening and lawning. I've done some painting already. When you work you don't have time to do the good stuff."

Stevens was awarded for different things over the years. She was given pins for 25 and 30 years in the postal service and she was given awards for no-sick leave. When she retired, she received different certificates. However, the 25-year and 30-

**"I miss the people,
but not the work,"
— Patty Stevens**



Patty Stevens and Mary Wiebelhaus

year pins she received were the most special to her.

Stevens said now that she is retired, she wants to visit relatives and

do some traveling.

She also has plans to, "take care of my grandchildren before they get too big."

Wiebelhaus turns in her Post Office keys after nearly 26 years on the job

— By Crystal Wuebben
Cedar County News

FORDYCE— Last winter's icy roads made Mary Wiebelhaus's decision an easy one.

Just four days short of her 26 years in the postal service, Wiebelhaus retired on Dec. 31, 1996.

"I wasn't quite sure if I was actually ready to retire, but the roads were so icy and treacherous this winter that I felt it was a good time."

Wiebelhaus said she was a full-time rural mail carrier for nine years. She said she subbed for 16 1/2 years before gaining her full-time position on Aug. 15, 1987.

"There was an opening and I asked Virgil Lange if women were able to be hired for the position," Wiebelhaus said. "The next day Virgil had papers for me to fill out and before I knew it, I got the job."

Wiebelhaus's career choice may seem a strange one since she did not even have a driver's license until she had five children.

The job allowed her to meet lots of people around the area.

"I met a lot of nice people as a mail carrier," she said. "Many people told me they prayed for me and for my safety while driving. After I retired I sent thank you letters to everyone

for their prayers over the years."

Wiebelhaus said for most of the years she drove, the winter roads were pretty good. She said there was never a lot of snowfall. She said this made her driving much easier.

Now that she is retired, Wiebelhaus wants to slow down.

"One of my main priorities since I retired is to go to Mass during the week," she said. "I also have a lot of painting to do. Once I get my painting and cleaning done, I want to put together some of the kid's albums. So I'll keep busy."

Wiebelhaus said she is grateful she had the opportunity to become a rural carrier.

"I miss the people," she said. "If nothing else, I miss the people who waved when I drove by everyday."

After graduating in 1951 from Sioux City Heelan High School, she went to business school and then was employed at St. Vincent's Hospital in Sioux City. St. Vincent's Hospital is now Marion Health Center.

She then married Danny Wiebelhaus. They had 11 children, Danny Jr., Rodney, Angie, Alan, Therese, Francine, Laurie, Bob, Mike, Jon and Bridget.

After living several places around the country, Wiebelhaus and her fam-

ily moved to a farm outside of Fordyce. In 1968 they moved into town and have lived there ever since.

"I liked the people in Fordyce," Wiebelhaus said. "I liked the town and people as soon as we moved in."

Wiebelhaus noted there are now

four retired postal workers living in Fordyce. Frank Dietsch and Patty Stevens are the retired postmasters, and Virgil Lange and Wiebelhaus are the retired mail carriers.

Chuck Kramer, Fordyce, is the new full-time rural mail carrier.



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Amber Darville Turns 101

By Peggy Williams
Star Editor

As a proficient 20-year-old seamstress, Amber Burriss was delighted to marry her sweetheart, Lynn Darville, in Dakota City on Jan. 13, 1917. And she wasn't surprised when he told her, "You're married now. Quit your job!"

The new Mrs. Darville had been teaching young girls how to sew, but turned her attention to keeping house and raising a son and daughter.

"My husband and his family didn't believe in wives working," she reported.

This past Tuesday, this brand new resident of Regency Square Care Center (formerly Green Acres) celebrated her 101st birthday. Born Feb. 25, 1896, in Sheldon, Iowa, she was one of 11 children. Her one remaining sister, Erizie Cook, lives in Sioux City.

Mrs. Darville spent most of her married life in Sioux City where her husband worked as a linotype operator for the Sioux City Journal. He died many years ago.

A son, Lt. Dewey Darville, was a



Amber Darville

fighter pilot who lost his life during WWII. Her daughter is Carlynn Simpson of Little Rock, Calif.

Mrs. Darville enjoys collecting dolls and perfume bottles, likes to watch television and enjoys card playing.

"I try not to look back at what's over. I just live for right now," she said.

Walker's Colonial Village Hosts Free Seminar On Advanced Directives

Walker's Colonial Village will be hosting its first Senior Series presentation April 23 on Advanced Directives from 1:30-3 p.m. The Senior Series is a free community service of Walker's Colonial Village located at 3200 G Street in South Sioux City. The presentation will be given by Mary Buford, the Older Americans Act Attorney for NE Nebraska's Area Agency on Aging.

Advanced Directives are instructions a person gives about the kind of healthcare they wish to have or not to have, or who will make medical decisions if they ever lose the ability to make decisions for themselves. There are several kinds of advance directives including: living wills, healthcare power of attorney, and do not resuscitate

orders. Walker's Spring Senior Series will discuss these items, as well as, how to get an advance directive, what goes into an advance directive and practical problems with advance directives. A question and answer period will also be available and refreshments will be served.

Walker's Colonial Village is comprised of Walker's Colonial Manor, a skilled nursing facility, Treasure Garden, the area's only memory loss unit; and the Colonial Apartments, an independent senior living community. Also included in the Village is an in-patient and out-patient rehabilitation clinic.

This event is free and open to the public.

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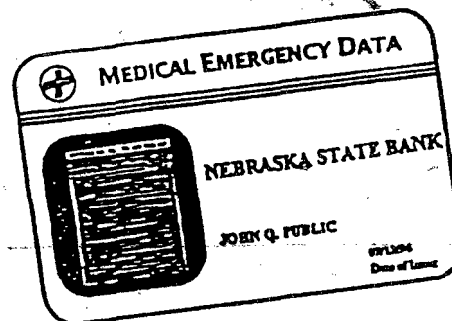
There is a special veteran's pension available to help pay homemaker/companion costs if you are eligible. Family members may qualify as caregivers. If you served during wartime, have an honorable discharge, meet net worth and income guidelines, and are ill or disabled and require aid and attendance at home, this program may provide the help you need, at no cost to you.

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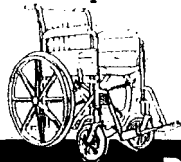
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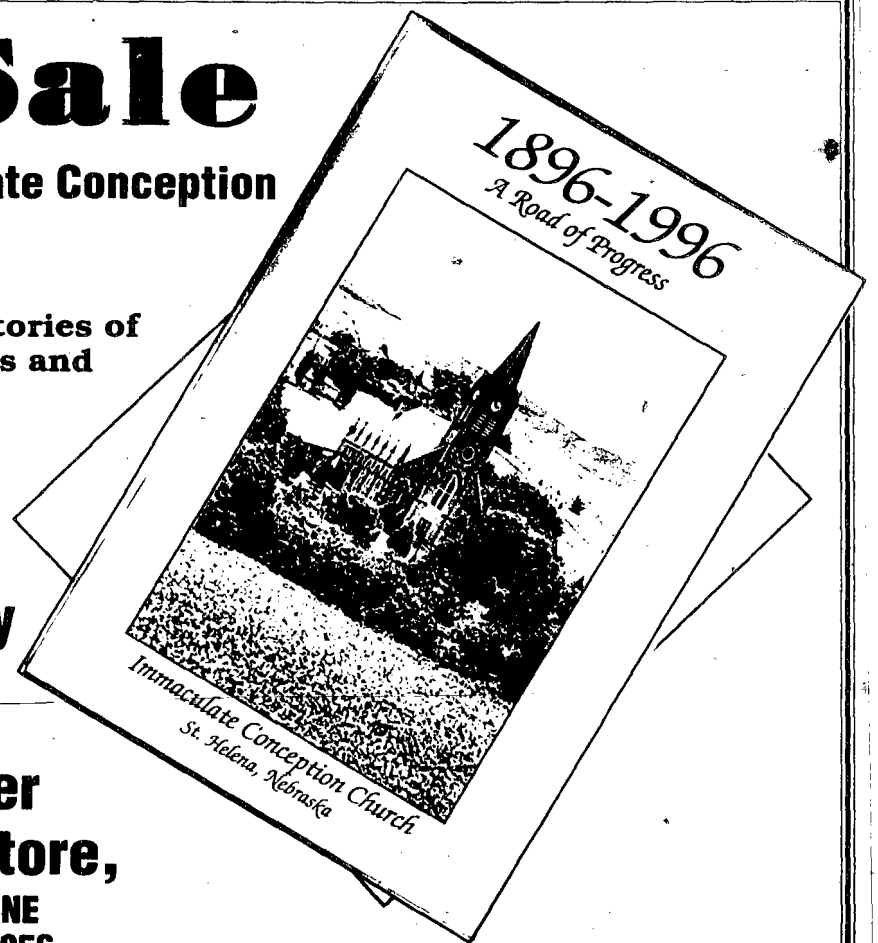
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Billerbeck has seen it all during his medical career

By Angie Nordhues

Randolph Times

RANDOLPH — Dr. Henry Billerbeck's first retirement was a short-lived event, but now that he's retired for good, he's enjoying it to the fullest.

Billerbeck retired in 1988 after 36 years as Randolph's family doctor, but he came back to the practice from 1992-1994 when the community was without a doctor.

Medicine was a very rewarding field, he said.

"It was difficult to retire and have to give up taking care of all the good people and friends that I had encountered here and in the surrounding communities. But the time had come for me to bow out. It made for some really great memories," he said.

One of eleven children born to Mr. and Mrs. Henry J. and Frances (Backes) Billerbeck II, Dr. Henry Joseph Billerbeck III was born at Osmond on March 13, 1918.

As a three-year-old boy, he and his family moved to a farm five miles east of Crofton at the corner of Highways 12 and 81.

In the mid 1920s, Grandpa Henry J. Billerbeck came to live with the family at Crofton.

"Grandpa was quite a strict person and he warned us that we were not to play in the horse tank because it would spoil the water and the horses would not drink. My sister and I asked our father if we could play in the tank. He gave us permission, but when we got in the tank Grandpa came out of the house. Seeing us in the tank, he took his cane and threw it about 25 feet and hit both of us. He was well up in his 90s. We never got in the tank again," Billerbeck recalled during a recent interview.

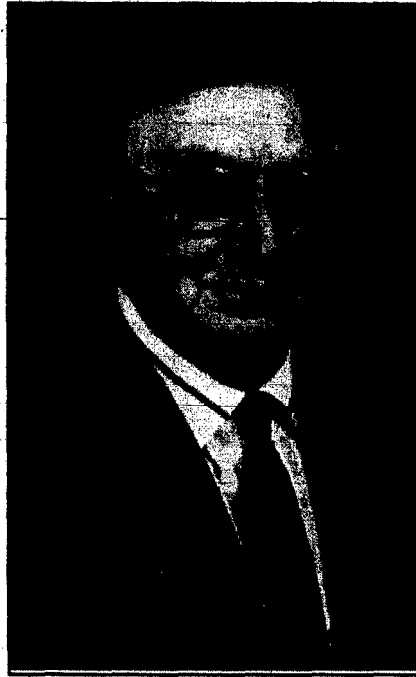
"We attended school at Constance—a small church-and-filling-station/grocery-store town. When I was in the fifth grade, one of my older sisters, Edith, was hired as a teacher at Constance and she taught me the next four years. It is really rough to go to school under your own sister. I never got away with anything," he said.

At Crofton, times were difficult for the family.

"We went into the great Depression and the Drought of the 1930s with many times no feed for the livestock and just enough food for the family," Billerbeck said. "My mother was like a wizard concocting meals out of greens and potatoes—we all survived."

Most of the family's livestock weren't as fortunate.

"The milk cows were really in trouble. The pastures were mostly bare ground and thistles. My father



Dr. Henry Billerbeck

got a call one morning that people at West Point were sending a truckload of hay to the people around Crofton. When he came home from getting his share, he had one bale of straw. Needless to say, most of the livestock starved to death," he said.

Billerbeck graduated from Crofton High School. One of his memories from his time in high school involved Randolph.

"I remember playing football in high school. It was the first game of the season and Crofton was playing Randolph. It was a bitterly cold night. My brother in Omaha had sent me a brand new pair of football shoes. On the very first play, I was tackled by a couple of big Randolph players and ended up on the cold hard ground with all the rest of the players on top of me," he said.

The following day at practice in Crofton, the future Dr. Billerbeck became a patient when he said he sustained a broken collar bone and rib. That was the end of his football career.

His football career was over, but his love of the game did not die. His father helped him to see a Nebraska football game in Lincoln.

For money to buy a ticket to give to his son, Dr. Billerbeck's father sold two bushels of corn.

"He gave me the check to buy the ticket and I lost it so he had to go back to the elevator and get another one. We rode to Lincoln in the back of an open truck with a tarp over our heads. We made the trip all in one day," Billerbeck remembers.

Another significant memory of the support from his family centers on the encouragement from his oldest brother which influenced him to become a doctor and helped him financially in college.

He attended Creighton University

in Omaha for his pre-med education. He lived in the dorm, swept out offices at night and served in and cleaned a downtown cafeteria for his food.

That didn't leave much time for studying.

"About this time, World War II came along. Having had pre-med training in college, the U.S. Army sent me to the Medical Administrative Branch in Texas," he said.

Spending four years in the Medical Administrative branch of the U.S. Army during World War II, his overseas duty was spent in Italy and on board troop transport ships between the U.S. and Italy.

Following WWII, he attended the University of Nebraska College of Medicine and was awarded his medical degree in 1950.

On June 17, 1950, he married Margaret Horan at Holy Name Catholic Church in Omaha.

"We met through relatives

in Omaha after I had started Medical School and Margaret had returned from working for the U.S. Maritime Commission in Oakland, Calif. during the war. She had also worked in Washington, D.C. for the U.S. Army Air Corps," he said. She was then working as a secretary in Omaha.

For one year, the newlyweds lived in Sioux City, Iowa where his internship was spent at St. Joseph's Hospital.

Prior to living in Randolph, he practiced medicine in Denison, Iowa for one year when Dr. Billerbeck said he and a friend decided to set up practice and moved their families there in July, 1951.

"Our first home in Denison was in a big old house which was quite historical, however we rented an apartment on the second floor and there were two apartments up there and the people who had the back apartment walked right through the middle of our apartment to get to theirs. That wasn't very handy especially when we had a small baby," he said.

The couple's first home in Denison, Iowa was an apartment in the Garrison House, which was the family home of Jim Garrison, who was a New Orleans District Attorney.

Moving into a second home in Denison, the Billerbecks had the whole top floor with friends living on the bottom floor.

At the end of the year, Dr. Billerbeck said he and his friend decided to split up the practice. His friend moved to Schlesswig, Iowa and Dr. Billerbeck went to Randolph.

For the move, he said a farm truck came to Denison and took the Billerbecks' furniture and belongings, arriving in Randolph Aug. 1, 1952.

"It was a long day and the truck didn't get here until well after dark. It was very heartening to see a group of men there waiting to help unload. Since the apartment wasn't ready yet, Mr. Nissen stored our belongings in his Chevrolet garage downtown for a month. It was a wonderful feeling to have so many people there to help us. I knew this would be a good town to set up a practice," he said.

"The first Friday night after our first Thanksgiving in Randolph there was a horrendous blizzard. About 10:30 there was a knock at our back door, they couldn't get to our front door on account of the snow, I got called to the old nursing home where a woman was in labor and couldn't get to Norfolk for delivery. Well, I took care of her and in walked another one. And when that one was delivered there was another one coming into town. That started my obstet-

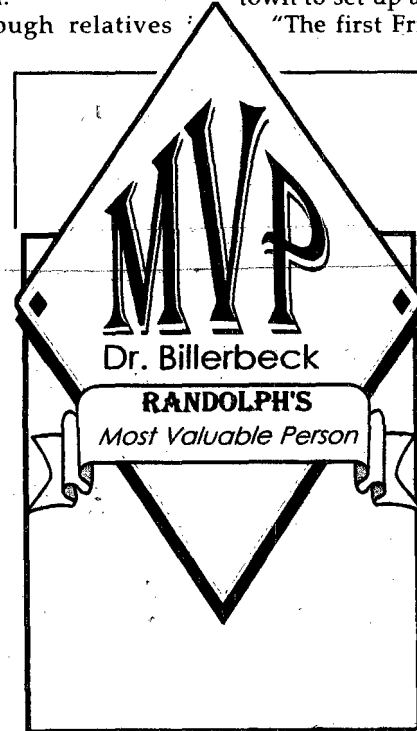
rical career," he said. "I made many trips to the hospital at Osmond. Once or twice I went in storms when I knew I shouldn't be out on the road. One year between Christmas and New Year's I was snowed in over there for most of a week."

In Randolph, the first Billerbeck home was in one of three apartments in the old hatchery building owned by Hank and Dorothy Walz in south Randolph. The Walz couple and another couple from West Point also lived there.

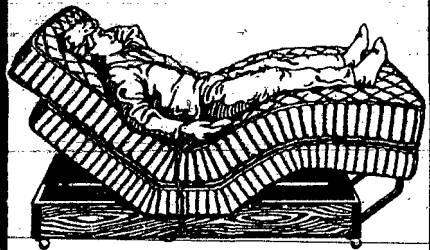
"The walls were so thin that we could visit in another apartment without getting a baby sitter, but we had a lot of good times there," he said.

Four children were born to the Billerbecks including Jane (Billerbeck) Klemens, Elizabeth

SEE BILLERBECK, Continued on Next Page



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Billerbeck

Continued from previous page

(Billerbeck) Lawson, James Billerbeck and Daniel Billerbeck.

Jane Klemens lives in Gilbert, Arizona, Betty Lawson, lives in Molalla, Oregon, Daniel Billerbeck lives in Omaha and James Billerbeck lives in Randolph. The Billerbecks also have five grandchildren.

In September 1963, Angele Nguyen T.H. Mai came from South Vietnam to live with the Billerbeck

family and finish high school at St. Frances.

After graduation, she went to Washington, D. C. to attend college and join her mother who was employed by the Voice of America. Today Angele is married and lives in Sunnyvale, Calif.

"Medicine is always a challenge. Each patient is a new set of problems and a person always has to give the Good Lord credit for all his help. My trust in the Lord was inherited from my mother and father. They were deeply religious people," he said. "Coming from a large family with not too much of this world's goods resulted in everyone helping out and helping each other. In my family there were four teachers, four nurses one accountant and myself. Every child had a college degree but one and he stayed home and farmed. We all helped each other."

Retiring from his practice in July 1988. Dr. Billerbeck had four years of retirement before answering another call to service.

In September 1992, he came out of retirement to help his community when Dr. Glenn Ridder decided to move on. Dr. Billerbeck again dedicated close to two more years to a grateful community.

He retired again in January, 1994. "Since I have retired, my wife and I have done some traveling. I also have been interested in flowers. I had orchids for awhile but went to more down-to-earth flowers. My yard has been a big job every summer. I also have taken up oil painting and have been doing acrylics also," Dr. Billerbeck said. "Sometimes the grandchildren come over to play UNO. It is a game to see who can cheat the most. My wife and I play golf in the summer. What a frustrating hobby? We enjoy being outside and getting some exercise."

Osmond General Hospital

April and May Medical Clinics

Neurodiagnostics
April 3 and 17 — May 1 and 15

Podiatry Dr. Shindler
April 7 — May 15

MRI Services
April 7 and 21 — May 5 and 19

Cardiology Dr. Olson
April 8 — May 6

Cardiovascular Dr. Wattenhofer
April 8 — May 13

Mammography
April 8 and 22 — May 13 and 27

Neurosurgeon Dr. Long
April 15 — May 20

Cardiology Dr. Taylor
April 15 — May 20

Gastroenterology Dr. Mitchell
April 16 — May 21

Audiology April 22 — May 27

Ear, Nose, Throat Dr. Olson
April 23 — May 28

Immunization Clinic April 23 — May 28

Urology Dr. Hepperlen
April 25 — May 23

Allergy, Asthma, Immunology Dr. Tracy
April 28 — May 26

Orthopedic Dr. Noel
April 28 — May 19

Ultrasound Services
Daily, Monday-Saturday

Physical Therapy Services
Daily, Monday-Friday

Pulmonary Rehab Services
Mondays, Tuesdays and Thursdays

C.A.T. Scans
Every Wednesday

Cardiac Rehab
Mondays, Wednesdays and Fridays

Please call the hospital at 748-3393 to schedule appointments or for information

March Resident of the Month Theda Mathiason



Theda Mathiason

Theda Mathiason has been chosen as the Hartington Nursing Center's, March Resident of the Month. Theda was born in the Coleridge area on January 5, 1910. She was raised on a farm and is one of nine children.

Theda married Alvin Mathiason in 1934. They had four children. She has fifteen grandchildren, eighteen great-grandchildren and one great-great-grandchild. Theda is a member of Trinity Lutheran Church, Hartington.

Theda's hobbies include crocheting, which was an important part of her life. Today Theda enjoys exercises, church services, music, special parties and reminiscing with family and friends.

Theda has been a resident of the Hartington Nursing Center since December of 1995.

Hartington Nursing Center

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