

THE Caring CONNECTION

Summer 2021



Photo by Kristine Brandenberger

Stay in the Race

Avoid injury from walking and running

Running and walking not only can make you feel good, but are also good for you. Starting with even 10 minutes a day may reduce your risk of cardiovascular disease. Injuries, however, are common. Many factors can contribute to chronic (overuse) and acute (sprains, strains) injuries including shoe condition and overtraining. Here are some common injuries and ways to prevent them.

Achilles Tendinitis

❓ What it may feel like

The Achilles tendon connects your heel bone to your calf muscle. It helps you walk, run and jump. Achilles tendinitis can cause pain above the heel in the lower leg after activity. It may feel worse in the morning.

✔ How to prevent it

Warm up before working out, switch up your exercises, increase the length and intensity of your workouts slowly and rest when you have symptoms.

Runner's Knee

Runner's knee, or patellofemoral pain syndrome, may occur when your kneecap is out of alignment, or due to overuse or injury.

❓ What it may feel like

Pain typically builds gradually beneath or around the kneecap. Squatting or using stairs can make it feel worse. Your knee may also feel stiff after sitting for long periods of time.

✔ How to prevent it

The best way to prevent runner's knee is to do strengthening exercises for your hip abductors, hip extensors and quadriceps.

Shin Splints

Shin splints are common in new runners and walkers and also in those returning to activity after extended time off.

❓ What it may feel like

Shin splints can feel like sharp, dull or throbbing pain in the shin while running or walking.

“ Staying active is an integral part of a healthy lifestyle. Running can be one of those activities to keep us healthy and active. The key revolves around identifying common issues that may arise with new runners and veterans as well, as described here. Treat these problems and integrate low-impact exercises if you feel issues arise, including biking, swimming and elliptical. Stay healthy and active to reach your goals. Let us help if problems arise.”

— Seth W. Harrer, MD, FAAOS, Orthopedic Surgeon



✔ How to prevent it

- Wear appropriate shoes for your foot type and training intensity.
- Replace your shoes every 400 to 600 miles.
- Increase your mileage gradually.
- Stretch your calf muscles.
- Strengthen your hip abductors and extensors.
- Modify your training schedule and avoid hills.

Sprains and Strains

A sprain is a stretch or tear in a ligament, the band of connective tissue that joins bones. A strain is a twist, pull or tear of a muscle or tendon, the cord of tissue connecting muscle to bone.

❓ What it may feel like

Signs of a sprain include tenderness and pain, bruising, swelling and muscle tightness. Symptoms of a strain include pain, muscle spasm and loss of strength.

✔ How to prevent it

Take time to warm up and cool down and strengthen the muscles around ankles and knees with balance exercises.

Vaccines: Key to Protecting Your Health

We've heard a lot about the COVID-19 vaccine in the past year — scientists racing to develop the vaccine, distributors shipping vaccines across the country and health care organizations vaccinating millions of Americans in recent months. The COVID-19 vaccine is a critical step in controlling the pandemic and getting back to normal life.

If you haven't gotten a COVID-19 vaccine yet, you can get information from your state's department of health or your doctor.

How Vaccines Work

In the U.S. and across the globe, vaccination has drastically reduced serious illness and complications from many infectious diseases.

Vaccinations work by stimulating your body's immune system to make antibodies that fight specific types of bacteria and viruses. They help protect us from diseases like COVID-19, flu, measles and more.

Protect Yourself, Protect Your Community

Talk to your doctor about getting vaccinated against COVID-19 and other vaccine-preventable illnesses.

Herd immunity from vaccination happens when enough people in a community are immune to a disease to stop it from spreading. This protects those who can't get vaccinated for a particular disease, including newborns, pregnant women and people with compromised immune systems.

Safety Concerns

Before they are approved, vaccines go through an extensive review process by scientists, doctors and the Food and Drug Administration (FDA) to make sure they're safe and effective.

Some people are concerned about the safety of COVID-19 vaccines because they didn't go through the normal review process. The FDA shortened the approval process, but vaccine makers must provide detailed evidence of a vaccine's safety and effectiveness before the FDA authorizes it for emergency use. And vaccines are being monitored for safety while in use.

Most vaccine side effects are minor. You may experience muscle soreness at the injection site or a fever. More serious reactions are rare. The benefit of getting vaccinated far outweighs the risk of having a serious reaction to a vaccine.

Keep Your Guard Up

During the pandemic, it's more important than ever to follow your regular vaccination schedule for yourself and your loved ones.

Keeping up with wellness visits and routine vaccination protects children and adults against serious diseases like measles, whooping cough, flu and shingles.

Staying healthy helps ensure that seriously ill people with COVID-19 and other conditions, such as heart attack or stroke, can get the hospital care they need.

Carry on With COVID-19 Precautions

Even after you get your COVID-19 vaccination, it's important to protect yourself and others by continuing safety precautions. The Centers for Disease Control and Prevention (CDC) recommends that you:

- Wear masks that cover your mouth and nose. Masks should have two or more layers of washable fabric and fit snugly against the sides of your face.
- Avoid crowded areas and indoor spaces that don't circulate fresh air.
- Wash hands often and avoid touching your eyes, nose and mouth.
- Keep at least two arm lengths (6 feet) away from people who don't live with you.

You can find the latest COVID-19 guidelines and recommendations at [cdc.gov](https://www.cdc.gov).



“After a very difficult year for everyone, we are excited in the medical community to have safe and effective vaccines available to help protect against COVID-19. Our best and safest method to get ‘back to normal’ is to have as many people as possible get the vaccination when they are able.”

— Kyle Glienke, MD, FACP

5K AWARE WALK RUN 2021
Strom Lake, Iowa

Saturday, September 18, 2021
Race Begins at 8:00 a.m.
Buena Vista Regional Medical Center

\$30.00
(\$35 Day of Event)

Kid's Fun Run
8:45 a.m.
Cost: \$10.00
Fee includes short sleeved t-shirt.

DONATIONS ARE WELCOME

AWARE is an ongoing fundraiser to benefit BVRMC cancer patients receiving treatment.

Register at www.bvrmc.org.
Please call 712.213.8683 with questions.

Creative Ways to Get Outdoors With Kids

Kids growing up today have increasingly moved indoors and away from nature — closer to their computers, mobile devices and gaming systems. Many families are spending more time at home during the pandemic, and some kids are on screens for extended periods of time during school hours and downtime.

Getting fresh air and physical activity is essential for kids' health and well-being. But it can be difficult to make it happen, especially for those who have limited access to natural areas for playing outdoors.

Let's Go Outside!

Try these ideas to help your family reconnect with the great outdoors.

- **Explore your own backyard.** Leave part of the yard rough and let children watch the grass grow uninterrupted and turn over rocks to find bugs.
- **Discover nature in your neighborhood.** Help children create a field guide with pictures, observations and research based on their explorations.
- **Be a collector.** Gather fireflies in a jar or pick up colorful leaves and odd-shaped stones.
- **Identify bugs.** Learn about the wondrous insects that live in your area.
- **Take an excursion.** Go hiking, fishing or camping; visit a nearby state park; explore the natural side of everywhere you go this summer. Even grandma's backyard or a vacation spot are sure to offer unique ecological treasures.
- **Watch clouds.** Look up at the clouds and see what's floating by: a rabbit, a turtle or maybe even a T. rex?
- **Look for stars.** Let children step outside in their pajamas to admire the night sky.
- **Go on a treasure hunt.** Geocaching, a modern-day treasure hunt in which seekers use GPS coordinates found on geocaching websites to locate items hidden by other geocachers, is a fun way to combine technology and the outdoors.
- **Make time to unplug.** When you take time to unplug from media and step outside, your kids will likely follow.

The Benefits of Outdoor Play

Spending time in nature can help support your child's physical, mental and emotional well-being. Here are some ways outdoor play is beneficial for children's health:

- Getting physical activity through running, jumping and climbing.
- Reducing stress by connecting with nature.
- Building self-esteem and independence.
- Learning social skills and problem-solving.
- Encouraging inventiveness, creativity and imagination.



“There are real physical and emotional benefits for kids who spend time outdoors. Studies have shown that kids who get outside have a lower BMI, have better eyesight, are smarter, have better immune systems, sleep better and are stressed less. All great reasons to find outdoor activities for the whole family!”

— Shaylee Christiansen,

BVRMC Fitness & Health Center Fitness Specialist



BVU Golf Course
at Lake Creek
Country Club

“Nine & Wine”

Nel Tymeson Tournament 4-Gal Best Shot

Buena Vista University Golf Course
at Lake Creek Country Club
Storm Lake, Iowa

Friday, July 16, 2021

5-6 p.m. ~ Cocktails

6 p.m. ~ Shot Gun

Join us for the 2021 Nine & Wine Golf Tournament!



\$25.00 per person
golf cart fee is extra
Includes:
9 holes
appetizers
light meal
door prizes
wine served on course

Proceeds will be donated to:



Call Lake Creek Pro Shop
by Friday, July 9
to reserve your spot/team.
712.732.1548

Don't Delay Primary Care Visits

Delaying primary care visits can put your health at risk. It's important to prioritize primary care visits even when you're busy juggling other responsibilities in life.



Annual Wellness Checkups

Seeing a primary care provider who knows you and your health history can help you manage your health — and even save your life.



Vaccinations

It's more important than ever to stay on schedule with recommended vaccines. They provide protection for you and others against COVID-19, flu, pneumonia and other infectious diseases.



Cancer Screenings

Your primary care provider may recommend getting a mammogram, colonoscopy, prostate screening or another cancer screening test. These tests help find certain cancers early and when they are more treatable.



Chronic Disease Management

Your primary care provider can help coordinate your care with specialists, which is essential when you're managing diabetes, heart disease, asthma and other conditions.



Mental Health Screening

You can talk to your primary care provider about mental health concerns, such as anxiety, depression and other mood disorders.

Contact your primary care office to schedule a clinic visit or virtual visit today.

How to Keep Going Through Grief

Everything changes when your partner dies. You may feel numb as you try to cope with the loss. It's normal to feel like you've lost your sense of purpose in life. As you move through the phases of your grief, you might feel conflicted about when or how to move on. Keep in mind that grief happens on your own timeline, and putting your life back together takes time and hard work.

Grieving at Your Own Pace

As you grieve the loss of a partner, you may experience a range of emotions that can pop up often during the early phase of grief (the first few months) and even years later, such as on your loved one's birthday or the anniversary of their death.

Emotions you may feel during grief can include:

- Denial and emotional numbness.
- Anger.
- Guilt.
- Sadness and depression.

Facing the future without your partner can make you feel anxious or afraid. You may have crying spells, loss of appetite, difficulty concentrating, trouble sleeping and a hard time making decisions. You may isolate yourself from others, or you may want to discuss your situation openly. Everyone is different.

If you expected the death, such as if your loved one had a terminal illness, you may have gone through anticipatory grief before your loved one died. But that doesn't mean your grief after the death is less difficult, even if you feel some relief that your loved one is no longer suffering.

Building Your Support System

Grieving has been especially difficult during the pandemic when visiting loved ones and holding funeral services may be limited to prevent the spread of COVID-19. Spending more time at home by yourself or with limited social

interaction can have an isolating effect that can hinder your grieving process.

Here are some ways to find support when you're struggling through grief:

- **Talk with family and friends.** If they experienced a loss too, they likely share some of your feelings.
- **Put your thoughts in writing.** Journaling about your feelings or writing a love letter to the person you lost can help release feelings you have bottled up inside.
- **Consider grief counseling or a support group.** Your doctor, hospice program or faith group may have resources or virtual meetings for those going through grief.
- **Take care of yourself.** Although you may not feel like it at first, try to eat right, exercise and get back to doing things you enjoy.

Connecting You With Support

If grief gets worse over time or interferes with your daily life, don't be afraid to seek professional help. Talk to your doctor if you're experiencing feelings of sadness or depression.

Taking a New Approach to Eating Healthy

If you've been thinking about hitting the refresh button on your diet, you're in luck. For 2020–2025, the federal government has issued a revised version of its Dietary Guidelines for Americans.

The Dietary Guidelines has provided science-based healthy eating recommendations since 1980. And now it's offering recommendations by life stages — from birth through older adulthood, plus information for pregnant and lactating women.

Research-based Recommendations

The 2020–2025 edition builds on four main themes that still hold true after decades of research:

1. Adopt a healthy dietary pattern

at every stage of life to maintain good health and a healthy weight, and lower your risk of chronic diseases.

2. Choose nutrient-dense foods and beverages that fit your personal preferences, cultural traditions and budget.

3. Concentrate on nutrient-dense foods and beverages that contain important fiber, vitamins and minerals. Be mindful of portions and calories. Select from:

- A variety of colorful vegetables and fruits, especially whole fruits.
- Nonfat or low-fat dairy products and lactose-free dairy or fortified soy products.
- Grains, especially whole grains.
- Protein sources such as beans, peas and lentils, lean meats, poultry and eggs, seafood, unsalted nuts and seeds, and soy.

4. Limit or avoid foods and beverages that are high in added sugars, saturated fat and sodium.

Limit alcoholic drinks to two drinks a day or less for men and one drink a day or less for women. These contribute to certain types of cancer, cardiovascular disease, type 2 diabetes, high blood pressure, high cholesterol, obesity, osteoporosis and stroke.

Guidelines for Infants and Toddlers

Breastfeeding is recommended through baby's first year. Iron-fortified infant formula can be used during the first year if human milk is not available. Other recommendations include:

- Introduce nutrient-rich foods around 6 months of age.
- Avoid giving foods and beverages with added sugars.
- Limit high-sodium foods and beverages.

Guidelines for Pregnant and Breastfeeding Women

The Dietary Guidelines provides nutritional information for women before pregnancy and throughout pregnancy and lactation. Healthy eating recommendations include:

- Achieve and maintain a healthy weight before pregnancy.
- Follow your provider's guidance about daily calorie intake during pregnancy and while breastfeeding.
- Stop drinking alcohol if you become pregnant and don't drink during pregnancy.

“While just about everyone could benefit from choosing more nutrient-dense foods and limiting high-sugar and high-fat foods (and beverages), those who already have one or more nutrition-related chronic diseases, such as type 2 diabetes or heart disease, could benefit from more condition-specific dietary guidance. The registered dietitians and certified diabetes educators at BVRMC work with patients every day to help them manage their diabetes and to eat healthier to benefit their overall well-being.”

“The dietary guidelines are updated every five years and this newest version's motto is ‘Make Every Bite Count.’ One of the key dietary principles recommended is to pay attention to portion size. Many of the people we talk to every day about their nutrition habits eat very healthy meals and snacks, but in large amounts. Often just too much of a good thing, with very little physical activity, can gradually pack on excess body weight.”

— Julie Clark, BVRMC Registered Dietitian



Salmon Burgers

Serve these salmon burgers with mayonnaise or dill sauce on a whole-wheat bun. Servings: 6

Ingredients

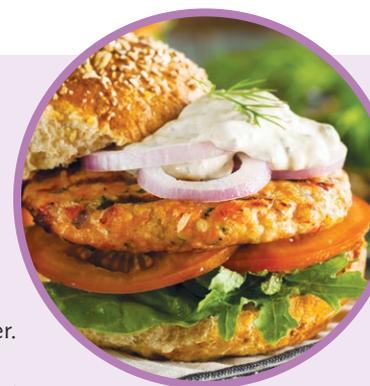
- 1 $\frac{2}{3}$ cups cracker crumbs, coarse
- 1 small onion, chopped
- 1 can canned salmon, drained
- $\frac{2}{3}$ cup low-fat milk
- 2 eggs (well beaten)
- $\frac{1}{2}$ cup celery, chopped (optional)
- salt and pepper to taste

Directions

1. In a large bowl, mix all ingredients together. Mixture will be moist.
2. Spray a large skillet with nonstick cooking spray. Heat skillet. Drop fish mixture onto the skillet using a $\frac{2}{3}$ or $\frac{1}{2}$ cup measuring cup. Brown on both sides.

Nutrition information per serving: 206 calories; 7 g total fat; 2 g saturated fat; 100 mg cholesterol; 501 mg sodium; 17 g total carbohydrate; 1 g dietary fiber; 2 g total sugars; 0 g added sugars; 18 g protein; 10 mcg vitamin D; 185 mg calcium; 2 mg iron; 318 mg potassium.

Recipe courtesy of the U.S. Department of Agriculture, www.myplate.gov/myplate-kitchen/recipes



Post-COVID-19 Syndrome: Understanding Lingering Symptoms

Some COVID-19 survivors experience a range of symptoms for months following their initial illness. Also called “long-haulers,” people with post-COVID-19 syndrome include those who had mild to severe reactions to the virus.

Early research suggests that those who are more likely to develop post-COVID-19 syndrome include:

- Adults ages 50 and older.
- People who had a severe case of COVID-19.
- People with preexisting conditions, such as cardiopulmonary disease, high blood pressure, diabetes or obesity.

Common Long-Term Symptoms

Medical experts know that COVID-19 infections can weaken blood vessels, increase the risk of blood clots and cause damage to the lungs, heart, brain and other organs. However, they’re not sure why some people experience lingering symptoms from the coronavirus.

The following are typical long-term symptoms people have with post-COVID-19 syndrome:

- Cough.
- Fatigue.
- Headache.
- Joint pain.
- Loss of taste/smell.
- Muscle pain.
- Problems sleeping.
- Shortness of breath.

More Serious Long-Term Symptoms

In addition, doctors are seeing people with post-COVID-19 syndrome who have other complications due to the body’s inflammatory response and damage to organs. As a result, these people can have more serious symptoms.

Heart. Inflammation of the heart can lead to heart failure. Symptoms to watch for include:

- Extreme shortness of breath when you move around or lie down.
- Chest pain.
- Swollen ankles.
- Heart palpitations, or an irregular heartbeat.
- Feeling dizzy or lightheaded.

Lungs. When blood vessels in the lungs are damaged, it can be difficult for your body to get the oxygen it needs. Symptoms to watch for include:

- Extreme shortness of breath.
- Chronic cough.

Brain and nervous system. Watch for ongoing neurologic symptoms, such as:

- Chronic fatigue.
- Cognitive impairment.
- Depression and/or anxiety.
- Post-traumatic stress disorder.

When to See Your Doctor

If you’re experiencing symptoms of post-COVID-19 syndrome, make an appointment with your primary care doctor. They can diagnose and treat your symptoms and, if needed, refer you to a specialist for additional testing and treatment.

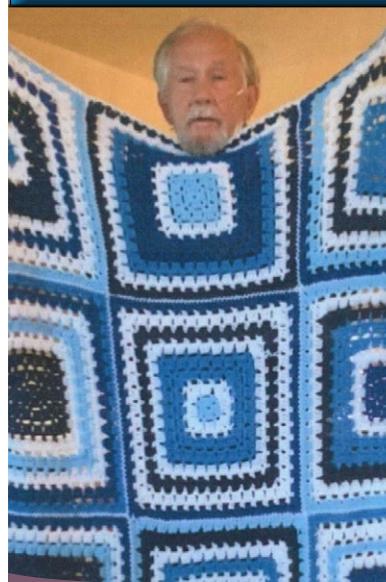


Post-COVID-19 Self-Care Tips

Experiencing the lingering effects of COVID-19 can be challenging, but your body needs time to recover. Focus on taking care of your overall health by:

- Eating a healthy diet.
- Staying active.
- Getting a good night’s sleep.
- Connecting with a support group.
- Speaking with a mental health professional.

Your donation making a difference.



Your money helped our Auxiliary purchase materials to help COVID patients on Medical Surgical/ICU have a special blanket to brighten their room during long lonely days.



Living With Alzheimer's Disease

Alzheimer's disease is the most common form of dementia, a group of conditions that slowly destroy brain cells, leading to serious mental decline and problems with memory and thinking skills. Patients may also experience changes in behavior and personality, including anxiety, agitation or delusions and hallucinations.

More Than Forgetfulness

Some of the symptoms of Alzheimer's disease include:

Increasing forgetfulness. One of the most common early signs of Alzheimer's is forgetting newly learned information. People suffering from Alzheimer's may repeat things or forget conversations or appointments. They commonly misplace items, often putting them in strange places, such as car keys in the refrigerator.

Problems with language. People with Alzheimer's may have difficulty expressing their thoughts or following conversations and may substitute unusual words for ones they forget. Reading and writing are also affected.

Disorientation. People with Alzheimer's can lose a sense of time, dates and familiar surroundings, making it easy for them to become lost on their own streets.

Changes in personality. Someone suffering from Alzheimer's may show distrust in others, become extremely confused, suspicious or withdrawn. Early on, this may be in response to the frustration of a failing memory. However, depression and anxiety often coexist with Alzheimer's disease.

Visiting the Doctor

Visiting a physician is a key step for a patient experiencing memory or cognitive problems. It may help to bring a list of symptoms, including when they started and when and how frequently they occur, as well as a list of all current medications.

There is no one test to diagnose Alzheimer's disease. A doctor will typically diagnose the disease as "possible" or "probable" by ruling out other diseases and conditions that can cause memory loss, such as depression, stroke or Parkinson's disease.

Medications prescribed for Alzheimer's patients work to lessen symptoms for a period of time. Doctors can also prescribe medication to alleviate sleeplessness, wandering, anxiety, agitation and depression.

Caring for a Loved One

Talk to your health care team about caregiving techniques to make daily life easier for you and your loved one, such as:

Recognize independence. Losing the ability to perform daily tasks is frustrating for someone with Alzheimer's. Involve a loved one in tasks that you think he or she can manage.

Create a safe environment. Remove throw rugs, cords or other objects that may cause falls. Make sure there is a first-aid kit, a fire extinguisher and a working smoke alarm in the home. If your relative cannot drive, control access to car keys.

Encourage communication. It is difficult for Alzheimer's patients to communicate. Behavior often becomes the way by which someone with Alzheimer's expresses feelings. To understand a behavior, think about what a loved one might be feeling.



Finding Resources and Support

If you're a caregiver for a loved one, it's vital that you take care of yourself. Signs of caregiver stress can include frequent crying, a change in sleeping patterns, decreased energy and increased irritability and anger. Allow yourself regular breaks and take a walk or read a book.

Finding resources to meet your and your family's needs can help you gain a deeper understanding of the condition and learn ways to adapt. If you're concerned about a loved one's memory loss or have questions about your own risk for Alzheimer's disease, schedule an appointment with your family doctor.

Coping with Challenging Situations in Dementia Care

Zoom Only

August 17, 2021

Go to www.bvrmc.org for more details.

Includes nursing credit.

Target Audience: Nurses, Nursing Home Staff, at home caregivers and anyone affected by dementia.

Speaker:

Teepa Snow, MS, OTR/L, FAOTA

TeepaSNOW
Positive Approach to Brain Change™
Positive Approach



Sponsored by:

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For questions, contact Danielle Schlenger at 712.213.8683 or schlenger.danielle@bvrmc.org.



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Strategies for Effective Long-Distance Caregiving

Caring for a parent or family member may pose a variety of challenges, but caregiving from afar can often compound those challenges.

According to a 2020 study by AARP and the National Alliance of Caregiving, about 1 in 8 family caregivers live an hour or more away from their aging or ailing loved one. For many families, traveling to visit loved ones has become more difficult due to COVID-19 limitations.

If you're struggling to manage caregiving responsibilities for your loved one who lives far away, check out the following ideas to set up successful measures to keep them healthy and safe.

Communication is key. Find out about your loved one's health, any ongoing treatments, medications and current and available health care resources that are located where they live.

Ideally, one person should be the main point of contact who is responsible for conversations with health care providers. And be sure they let other family members know how your loved one is doing so no one feels left out.

Assemble your team. Having trusted helpers who can step in for you is vital. Are neighbors or friends available to regularly stop by and alert you to potential problems? Do your research to set up in-home care services or find a daytime care center for adults. The local Area Agency on Aging or Eldercare Locator can help you find resources nearby.

Plan and organize. Make sure all your loved one's legal and financial documents are in order. These can include bank accounts, mortgage papers or the deed to a home, insurance policies,

investments, powers of attorney, advance directives and a living will. Get the contact information for their lawyer, insurance agent, bank representative and financial advisor.

Keep a list of all medications and dosages handy, as well as the names and contact information for their doctors, dentist, pharmacy and other professionals who provide care.

Assign a backup person who knows where to find this information in case something happens to you.

Make your visits count. When you spend time with your loved one, carve out some time to relax and have fun. Ask about how they're doing and address any problems or concerns. Schedule medical or other important appointments to coincide with your visit so you can accompany your family member.

Keep in touch. Use phone calls, emails, conference calls or virtual meetings with family members, as well as with doctors and other care providers to keep everyone up to date.



Get information. You might find it helpful to learn more about your loved one's health issues and how their needs may change over time. It's also important to know some common signs of elder abuse or neglect.

When long-term health care issues, such as a cancer diagnosis or dementia, make it increasingly difficult for your loved one to remain in their home, it may be time to consider an assisted living or memory care community.

Upcoming Dates

Siouxland LifeServe Bloodbank

Tuesday, July 6
Tuesday, August 3
Tuesday, September 7

12:30 – 6:00 p.m. at:
St. Mark Lutheran Church
1614 W. 5th Street
Storm Lake, IA 50588

Friday, July 23
Friday, August 20
Friday, September 17

8:30 a.m. – 12:30 p.m. at:
United Methodist Church Fellowship Hall
211 E. 3rd Street
Storm Lake, IA 50588

