



ELDERBERRIES NEWS...

Spotlight on Sandy Klaudt

Every Saturday morning during the school year from first grade through eighth, you could find Sandy Rosenau at St. Paul's Lutheran Church in Waverly, Iowa attending Catechism. Sandy didn't mind. She liked the small class; besides, when it was time, her younger brother also went.

And every summer, starting in fourth grade, you could find Sandy at the outdoor pool. First, it was to swim and hang out with friends. Then she got her Red Cross junior lifesaving card and then her senior life saving card. Finally, she gave swimming lessons and life guarded. Small wonder, it was also at the pool where she fell in love with a handsome young man.

John Klaudt was already through college when she started at U.N.I. with the thought to be an English teacher. But the pull of her summer romance was too much. They were married in June of 1962 and moved to Riceville where he was teaching Social Studies, Economics and coaching. The next year son Jason was born. The family then moved to Clear Lake where John eventually became the assistant high school principal. Son Jeff was born, followed four years later by daughter Jodi.

When Sandy's husband was thirty-three he noticed a weakness and trembling in his left hand. His local doctor sent him to Mayo where he was diagnosed with Parkinson's. His resolute German heritage kicked in as he met this challenge head on. He never asked, "Why me?" and strove to maintain a positive 'can do' attitude. For awhile little changed.

About the time their youngest started school, Sandy felt a growing need to do something more. While she was in the midst of her quandary, she remembers reading an article that stated there were only three options during a mid-life turning point. You could have a baby, have an affair, or get a job. She immediately rejected the first two. Then, as she thought about the third, she saw an ad for a part-time, on-call person to assist with clerical work at the Area Education Agency (AEA). She thought part-time was a great way to ease back into the working world.

But part-time was not in the cards. During the interview she was offered a full time job as a special education secretary. She took the job and never regretted her decision. Meanwhile, John's

condition continued its course and he took medical retirement in 1981 when forty-three years old.

For the next twenty-two years Sandy worked full time and took full care of her husband. I asked Sandy what advice she had for caregivers. She had four main points. First, she said, "Pray and pray some more." When John was originally diagnosed, she tried to handle it all by herself, but as time went on, she realized she did better when she asked God for help.

Second, "You'll need lots of patience." She said she was presented with many opportunities to practice patience, and the more she practiced, the more it became part of her. "Sometimes," she added with a knowing smile, "You have no choice, but to be patient."

Third, "Try not to look too far ahead, learn to take it day by day." And finally, "Set aside time for yourself to do whatever fills you up and gives you energy to carry on."

A favorite Bible verse of Sandy's is Philippians 4:13, "I can do all things through Christ who strengthens me." Sandy explained, "When you focus on what Christ can do through you, it makes a big difference."

When John was fifty-five, he went into a nursing home and spent the remaining seven and a half years there. "It was tough on the kids growing up," Sandy admits. And if she could do it all over again, she would insist on family counseling, "But it wasn't as readily available or routinely done as it is now."

Sandy retired this past January after thirty-three years with the AEA. She loved her work, the people and her responsibilities. But just like she 'knew' when it was time to start, she had a similar feeling that it was time to retire.

Now she looks forward to reading and journaling, as well as card club, sorority, small group, traveling to see her son and family in Phoenix and her brother and family in Boston and eventually do some volunteering. It's likely she'll have plenty of time to do that and more, especially if she takes after her still spry and active, ninety-year-old mother.

When asked about her positive attitude she said, "90% of what we worry about never happens. I just learned to deal with challenges as they occurred." Good advice for all of us.

-Naomi Nowland

March 25 - Cheryl Whitehurst, physical therapist with Mercy Home Care, did a great job demonstrating some simple exercises we can do to help keep us fit and prevent falls. She also gave us tips on making our homes more fall-proof. Delora Bratrud, marketing, told us about the different Life Line services that are available. We can use one to summon help if we fall, have another serious medical condition, or need to report a fire, etc.

April 22 - Our own Arlene Lashier will present "Thoughts of Clear Lake's Past History." Arlene is not only very knowledgeable about this subject, but is also an excellent speaker. Be prepared to learn and enjoy!



APRIL TEAMS
SET-UP: Dorothy Lundgren
FOOD: Liz Francis, Betty Hier, Edwina Claude, Donna Baalson
CLEAN-UP: .Bonnie Sunner, Joyce Knorr, Jeannette Severtson, Dorothy Lundgren
DEVOTIONS: ???

May 27 - Principal Mike Barkley will speak on the subject "Responding to Clear Lake's Educational Challenges." It is always interesting to find out more about our local schools.

June 24 - Clear Lake Chamber of Commerce

July 22 - Clear Lake Fire Department

Notice:
There will be no senior newsletter in May, due to the editor's vacation
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“In Touch”

ZION'S SENIOR MINISTRY
 APRIL/MAY 2010

Advance Directives for Health Care- *continued*

 What are advance directives? They are documents that enable you to make decisions now about your medial care in the future. They offer guidance to your family and doctors when you cannot speak for yourself, and help to assure that your values and important wishes are carried out.

Iowa law recognizes two types of advance directives, and many attorneys combine them in one document. A *Durable Power of Attorney for Health Care Decisions* appoints an agent to make health care decisions for you when you cannot. Language in this document may read something like this: “This power exists only when I am unable, in the judgment of my attending physician, to make those health care decisions. The attorney in fact must act consistently with my desires as stated in the document or otherwise made known.” If your wishes are not clearly understood and defined (either written down or discussed in person) your agent will make decisions based on what he or she believes to be in your best interest.

The second type of document used in Iowa is a *Declaration Relating to Life-Sustaining Procedures*, commonly called a Living Will. This can be quite general or very specific, depending on your personal circumstances. In contrast with the Power of Attorney, which is effective when executed, a Living Will’s provisions only take effect only when, in the written opinion of your doctor, you are unable to make health care decisions and you have an incurable or irreversible condition that will result in death within a relatively short period of time.

If you do not prepare advance directives and are unconscious, your family, in consultation with your doctor, will still be able to make decisions on your behalf. Consider, however, the peace of mind they might have if they are certain they are acting in accordance with your wishes. If you do sign papers and later change your mind, you may cancel or amend them at any time.

Further information: look for an Advance Health Care Directives booklet at your doctor’s office; many attorneys have them, too. Or, you can write to Iowa Department of Elder Affairs, 200 10th Street, 3rd Floor, Des Moines, IA 50309 or call them at (515) 242-3333.

-Paula Petersburg

MAY & JUNE BIRTHDAYS

Pat Anderson	5/1	Dorothy Wenzel	5/26
Mae Dirks	5/1	Bonnie Lyons	5/29
Ina Mayland	5/1	Dorothy Evans	5/30
Hazel Charlson	5/2	Max Christensen	6/2
Gene Foster	5/2	Mary Lou Holstad	6/2
Lloyd Kennedy	5/3	Jean Heinz	6/4
Jerry Heitland	5/4	Lowell Nuehring	6/6
Gary Miller	5/4	Roger Ritter	6/7
Luella Etchen	5/6	Jon Lee	6/12
Sally Kennedy	5/6	Morris Norem	6/12
Charlene Lee	5/6	Lorraine Phillips	6/12
Colleen Scholle	5/6	Floyd Johnson	6/13
Carol Meier	5/9	Lola Rice	6/13
Elwilda Etchen	5/10	Betty Lunn	6/14
Dorothy Dietrich	5/12	Norma Nutting	6/14
Shirley Holstad	5/12	Maxine Worsley	6/14
Lois Lehmann	5/13	Patricia Peck	6/16
Harlan Riggle	5/14	JoAnn Huey	6/17
Arthur Nuehring	5/15	Helen Olson	6/18
Janet Baack	5/18	George Lunn	6/19
Wes Edgar	5/18	David Suntken	6/21
Nadine Price	5/20	Ione Hayungs	6/24
Dorothy Lundgren	5/21	Kenneth Humburg	6/24
Lester Meske	5/21	Merle Ellingson	6/25
Patricia Carter	5/22	Helen Estergard	6/26
Stanley Lee	5/24	Nancey Guhl	6/26
Marian Bartleson	5/25	Nancy Turk	6/28
William Sorbo	5/26		

ADVANCE DIRECTIVES FOR HEALTH CARE

Whenever I discuss this topic, I bring up the time I went into the hospital laboratory to have routine blood work done. The clerk asked me, “Do you have advance health care directive we should know about?” Yikes! And I thought only a Band-Aid was involved.

That particular hospital has a policy of collecting paperwork on their patients (current and future). Many doctors’ offices ask if you have Advance Directives, and will keep yours on file. (*cont.*)