

Heat safety tips for families affected by dementia

Help family caregivers keep their loved ones safe during dangerous heat wave

With a widespread heat wave bringing dangerously high temperatures and triple-digit heat indexes for millions of people, the Alzheimer’s Foundation of America (AFA) is providing important tips to help families affected by Alzheimer’s disease and other dementia-related illnesses keep their loved ones safe.

“Extreme heat is especially dangerous for someone with dementia, because dementia can impair their ability to notice if they are developing heat stroke or dehydration,” said Jennifer Reeder, LCSW, SIFI, AFA’s Senior Director of Educational and Social Services. “Taking a few simple steps will go a long way to help caregivers keep their loved one with dementia safe during the heat wave.”

AFA advises family caregivers to take the following steps:

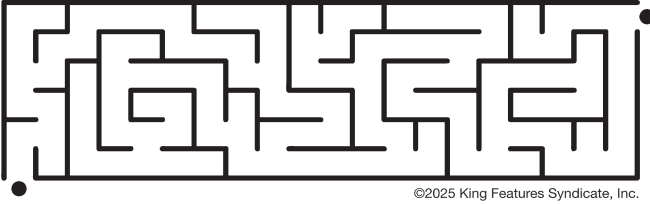
- Take steps to prevent wandering. Wandering is a common and potentially dangerous behavior for individuals with dementia, as they can get lost or become disoriented, and not know how or who to call for help. It’s even more dangerous in extreme heat conditions, where heat stroke (a serious elevation in body temperature that is sparked by exposure to extreme environmental heat or a mixture of heat and humidity) can develop in minutes. There are many reasons why someone with dementia wants to go outdoors. Being outside may provide a feeling of purposefulness or satisfaction; be a response to excessive stimuli; triggered by the need to get away from noises and people; or a response to an unmet need (i.e., hunger, thirst, boredom). Reduce the chances of wandering by identifying consistent and sustainable ways to support these experiences in a safe environment:
 - create walking paths around the home with visual cues and stimulating objects
 - engage the person in simple tasks
 - offer engaging activities (i.e., music, crafts, games).Ensuring basic needs are met can also reduce the chances of wandering.
- Keep a recent photo and medical information on hand, as well as information about familiar destinations that are currently, or formerly, frequented, that can be shared with emergency responders if the person wanders. This will expedite search and rescue efforts.
- Help the person stay hydrated. Dementia can affect a person’s ability to know when they are thirsty, thus making it critically important for caregivers to monitor fluid intake and encourage them to drink frequently.

- Avoid alcohol and caffeinated beverages, as these drinks may contribute to dehydration.
- Watch for warning signs of heat-related illnesses Dementia can make it harder for a person to detect temperature changes, putting them at greater risk for heat stroke. Watch for warning signs such as excessive sweating; exhaustion; hot, dry, or red skin; muscle cramps; rapid pulse; headaches; dizziness; nausea; or sudden changes in mental status. If the person is exhibiting these warning signs, such actions as resting in an air-conditioned room, removing clothing, applying cold compresses, and drinking fluids can all help cool the body. If the person faints, exhibits excessive confusion or is unconscious, call 911 immediately.
- Know where to cool down. Many municipalities will open up air conditioned “cooling centers” so that people who do not have air conditioning can go cool down. These centers can include senior centers, libraries, community centers and other municipal/public buildings. If your loved one does not have air conditioning, find out if there are cooling centers nearby.
- Dress comfortably. Choose light-colored, loose-fitting, breathable clothing (like cotton). Avoid layers; switch to short sleeves and sun hats when outdoors.
- Be proactive. Make sure the person has plenty of water and access to air conditioning or other cooling mechanisms. Blackouts and other power failures can sometimes occur during heat waves. Make sure that cell phones, tablets, and other electrical devices are fully charged. Flashlights should be easily accessible in case of a power failure. Have the emergency contact numbers for local utility providers, as well as the police and fire departments, readily accessible. If you don’t live near your loved one, arrange for someone who does to check on them. Inform them of emergency contacts and where important medical information can be found, such as their insurance card.

AFA Helpline information

AFA’s Helpline, staffed entirely by licensed social workers who are specifically trained in dementia care, can provide additional information and support for families. The Helpline is available seven days a week by phone (866-232-8484), text message (646-586-5283), and web chat (www.alzfdn.org).

Kids' Maze



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Found throughout North America, this plant has had many uses in native American culture. Parts of it have been used as a food source, to make medicine for skin ailments and insect bites, and to make face-paint for ceremonies. The vigor of these plants in an area was seen as an indicator of whether the area sustained enough rainfall and could support crops.

- Brenda Weaver
Source: herb.umd.umich.edu

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LEGAL NOTICE

THE IOWA DISTRICT COURT FOR CHEROKEE COUNTY
IN THE MATTER OF THE ESTATE OF PATRICIA A. OLSON, DECEASED
CASE NO. ESPR017276
NOTICE OF PROBATE OF WILL, OF APPOINTMENT OF CO-EXECUTORS, AND NOTICE TO CREDITORS
To: All Persons Interested in the Estate of Patricia A. Olson, Deceased, who died on or about April 24, 2025:
You are hereby notified that on June 17, 2025, the Last Will and Testament of Patricia A. Olson, Deceased, bearing date of May 17, 2004, was admitted to probate in the above-named court and that Christine L. Carlson, Mary Ann Lonneman and James R. Barry have been appointed Co-Executors of the Estate. Any action to set aside the will must be brought in the district court of said county within the later to occur of four months from the date of the second publication of this notice or one month from the date of mailing of this notice to all heirs of the decedent and devisees under the will whose identities are reasonably ascertainable, or thereafter be forever barred.
Notice is further given that all persons indebted to the estate are requested to make immediate payment to the undersigned, and creditors having claims against the estate shall file them with the clerk of the above-named district court, as provided by law, duly authenticated, for allowance, and unless so filed by the later to occur of four months from the date of the second publication of this notice or one month from the date of mailing of this notice (unless otherwise allowed or paid) a claim is thereafter forever barred.
Dated June 23, 2025
Kimberly A. Reusch, Executor of Estate 429 640th Street, Washta, IA
Marvin Wallace Miller, ICIS#: AT0005422
Attorney for Executor
Miller, Miller, Miller P.C.
216 W Main St, Cherokee, IA 51012
Date of second publication: July 4, 2025
(CT06-27,07-04/L#54)

LEGAL NOTICE

THE IOWA DISTRICT COURT FOR CHEROKEE COUNTY
IN THE MATTER OF THE ESTATE OF KATHLEEN M LETTS, Deceased
CASE NO. ESPR017277
NOTICE OF PROBATE OF WILL, OF APPOINTMENT OF EXECUTOR, AND NOTICE TO CREDITORS
To All Persons Interested in the Estate of Kathleen M Letts, Deceased, who died on or about June 7, 2025:
You are hereby notified that on June 17, 2025, the Last Will and Testament of Kathleen M Letts, deceased, bearing date of February 22, 1989, was admitted to probate in the above-named court and that Barbara Cooper was appointed Executor of the estate. Any action to set aside the will must be brought in the district court of said county within the later to occur of four months from the date of the second publication of this notice or one month from the date of mailing of this notice to all heirs of the decedent and devisees under the will whose identities are reasonably ascertainable, or thereafter be forever barred.
Notice is further given that all persons indebted to the estate are requested to make immediate payment to the undersigned, and creditors having claims against the estate shall file them with the clerk of the above-named district court, as provided by law, duly authenticated, for allowance, and unless so filed by the later to occur of four months from the date of the second publication of this notice or one month from the date of mailing of this notice (unless otherwise allowed or paid) a claim is thereafter forever barred.
Dated June 17, 2025.
Barbara Cooper, Executor of Estate
612 Park Ave, Cherokee, IA 51012
John M. Loughlin, ICIS#: AT0010555
Attorney for Executor
Loughlin Law Firm
231 West Maple Street
Cherokee, IA 51012
Date of second publication: 27th day of June, 2025
(CT06-20,27/L#53)

LEGAL NOTICE

CHEROKEE COUNTY SOLID WASTE COMMISSION SECRETARY’S MINUTES OF THURSDAY, JUNE 12, 2025
The regular monthly meeting of the Cherokee County Solid Waste Commission was held Thursday, June 12, 2025, commencing at 6:30 p.m., at the Separation Center. Commission members present were, Pedersen, Puffett, James, Fiser, Redig, Smith, Cronin and Lundquist. Also present was John P. Loughlin, co - counsel, and John M. Loughlin, co - counsel, Tony Agnitsch, manager, and Rhonda Thompson from Hopkins Insurance.
The agenda was presented. Following discussion motion to approve the agenda as presented by James. Second by Lindquist. Motion unanimously carried.
The minutes from the May meeting were presented and discussed. Following discussion there was a motion to approve the May minutes as presented by James. Second by Puffett. Motion unanimously carried.
Rhonda Thompson from Hopkins Insurance made a presentation regarding Workman’s Comp renewal. Following discussion there was a motion to approve the attached quote in the amount of \$6,339 for the next fiscal year for Worker’s Compensation coverage per the attached quote by Smith. Second by James. Motion unanimously carried.
The financial report was presented and reviewed. No action was taken.
The accounts payable were presented and reviewed. Following discussion, a motion to approve the attached accounts payable by Fiser. Second by James. Motion unanimously carried.
The engineer’s report came next, but there was nothing to report. The manager’s report came next. No action was taken.
The fiscal 25 - 26 budget, attached, was reviewed and discussed. Following discussion there was a motion to approve the attached budget, which includes wage increases for the employees, by James. Second by Cronin. Motion unanimously carried.
An amendment to the handbook regarding a potential snow day for employees was discussed, see attached. Following discussion there was a motion to approve the attached language

PAYROLL ESTIMATES		CURRENT WAGES		CDL RATE	
EMPLOYEE	BASE RATE PER HOUR	PER HOUR IF APPLICABLE	PER HOUR	TOTAL RATE PER HOUR	YEARLY AMOUNT*
TONY AGNITSCH	36.06	0.50	36.56	76,044.80	3796
MELISSA AGNITSCH	22.19		22.19	50,149.40	22.89
TREVOR LARSEN	23.52	0.50	24.02	49,961.60	24.22
ERIC BUSH	20.00		20.00	41,600.00	22.30
CHASE BAKER	12.00		12.00	15,600.00	12.70
JOSH KACH / REPLACEMENT	21.42		21.42	44,553.60	20.70

•MELISSA’S YEARLY INCLUDES OT (2.5/HR PER WEEK LESS VACATION WEEKS)
•CHASE BASED ON 25 HOURS PER WEEK

THE IOWA DISTRICT COURT FOR CHEROKEE COUNTY
IN THE MATTER OF THE ESTATE OF WILLIAM H. KABISCH, Deceased
CASE NO. ESPR017191
NOTICE OF PROBATE OF WILL, OF APPOINTMENT OF EXECUTOR, AND NOTICE TO CREDITORS
To All Persons Interested in the Estate of WILLIAM H. KABISCH, Deceased, who died on or about July 16, 2024:
You are hereby notified that on July 31, 2024, the Last Will and Testament of WILLIAM H. KABISCH, deceased, bearing date of June 10, 2014, was admitted to probate in the above named court and that Kimberly A. Reusch was appointed Executor of the estate. Any action to set aside the will must be brought in the district court of said county within the later to occur of four months from the date of the second publication of this notice or one month from the date of mailing of this notice to all heirs of the decedent and devisees under the will whose identities are reasonably ascertainable, or thereafter be forever barred.
Notice is further given that all persons indebted to the estate are requested to make immediate payment to the undersigned, and creditors having claims against the estate shall file them with the clerk of the above-named district court, as provided by law, duly authenticated, for allowance, and unless so filed by the later to occur of four months from the date of the second publication of this notice or one month from the date of mailing of this notice (unless otherwise allowed or paid) a claim is thereafter forever barred.
Dated June 23, 2025
Kimberly A. Reusch, Executor of Estate 429 640th Street, Washta, IA
Marvin Wallace Miller, ICIS#: AT0005422
Attorney for Executor
Miller, Miller, Miller P.C.
216 W Main St, Cherokee, IA 51012
Date of second publication: July 4, 2025
(CT06-27,07-04/L#54)

EFT 6/1/25 IOWA DNR SWAP LOAN ACH PYMT 1,388.89
EFT 6/1/25 WELLMARK BLUE CROSS 2,405.37
EFT 6/1/25 CHEROKEE RURAL WATER 87.05
EFT 6/2/25 MIDAMERICAN ENERGY COMPANY 10.17
EFT 6/2/25 MIDAMERICAN ENERGY COMPANY 114.32
EFT 6/2/25 MIDAMERICAN ENERGY COMPANY 232.86
EFT 6/2/25 MIDAMERICAN ENERGY COMPANY 30.31
PR0609202 6/11/25 MELISSA K. AGNITSCH 1,384.76
PR0609202 6/11/25 TONY J. AGNITSCH 2,186.60
PR0609202 6/11/25 CHASE M. BAKER 258.59
PR0609202 6/11/25 TREVER E. LARSEN 1,478.66
PR0609202 6/11/25 ERIC A. BUSH 1,215.86
PR0609202 6/11/25 TYLER M. SCOTT 1,149.52
18167 6/12/25 AURELIA KIWANIS 84.80
18168 6/12/25 BOMGMRS 249.99
18169 6/12/25 CCSWC - BOND RESERVE 30,000.00
18170 6/12/25 BURKHARDT & DAWSON 3,300.44
18171 6/12/25 CB HOUSEHOLD HAZARDOUS WASTE AGENCY 769.07
18172 6/12/25 CHEROKEE REGIONAL MEDICAL CENTER 261.00
18173 6/12/25 CHRONICLE TIMES 184.64
18174 6/12/25 CCSWC - CLOSURE/PC COSTS 2,000.00
18175 6/12/25 C - M - L TELEPHONE COOPERATIVE 170.93
18176 6/12/25 DAVID BAKKER 410.00
18177 6/12/25 ELECTRIC PUMP 3,216.40
18178 6/12/25 CCSWC - EQUIP RESERVE 9,000.00
18179 6/12/25 FOUNDATION ANALYTICAL LABORATORY INC. 227.50
18180 6/12/25 HYVEE ACCOUNTS RECEIVABLE 261.59
18181 6/12/25 IMWCA 6,339.00
18182 6/12/25 CCSWC - LANDFILL EXPANSION 17,000.00
18183 6/12/25 LOFFLER 99.06
18184 6/12/25 MARIA G. NELSON 230.00
18185 6/12/25 MODERN HEATING & COOLING 222.00

POTENTIAL INCREASE FOR FY26		CDL RATE	
BASE RATE PER HOUR	TOTAL RATE PER HOUR	PER HOUR IF APPLICABLE	PER HOUR
0.50	38.46	0.50	22.89
0.50	24.72	0.50	22.80
0.50	24.20	0.50	12.70
0.50	21.20		

•MELISSA’S YEARLY INCLUDES OT (2 5/HR PER WEEK LESS VACATION WEEKS)
•CHASE BASED ON 25 HOURS PER WEEK
•ADDITIONAL INCREASE FOR ERIC DUE TO NEW HIRE STARTING AT \$20/HR
•INCLUDING COL FOR ERIC AND JOSH’S REPLACEMENT BECAUSE THEY HAVE THE OPTION TO GET COL
•JOSH WAS MAKING \$21.42 - NEW HIRE TO START AT \$20/HR WITH \$0.70/HR RAISE AT 90 DAYS

18186 6/12/25 MOTOR PARTS SALES COMPANY 122.10
18187 6/12/25 NATIONWIDE 220.00
18188 6/12/25 PRODUCTIVITY PLUS ACCOUNT 5,579.66
18189 6/12/25 PYE BARKER 947.25
18190 6/12/25 ROAD MACHINERY & SUPPLIES CO. 5,775.25
18191 6/12/25 SANITARY SERVICES 81.00
18192 6/12/25 SCS ENGINEERS, AR DEPT 463.81
18193 6/12/25 SMITH & WEST LAWN ENFORCEMENT 600.00
18194 6/12/25 THOMPSON PROPANE 1,715.48
18195 6/12/25 TRIPLE C PEST CONTROL 150.00
18196 6/12/25 VAN’S SANITATION & RECYLING 700.80
18197 6/12/25 ZIEGLER INC. 894.38
18198 6/12/25 CENTRAL BANK 1,293.33
18199 6/12/25 LOFFLER COMPANIES INC. 132.87
Total 128,674.16
CHEROKEE COUNTY SOLID WASTE COMMISSION STATEMENTS OF REVENUES AND EXPENSES COMPARED WITH BUDGET FOR FYI 6-30-26 BUDGET
REVENUES - SANITARY SERVICES 200,000.00
REVENUES - IDA COUNTY 105,000.00
REVENUES - HOLSTEIN SANITATION 90,000.00
REVENUES - VT INDUSTRIES 95,000.00
REVENUES - QUAD COUNTY CORN PR 18175 6/12/25 AURELIA RESIDENTIAL 61,085.40
REVENUES - AURELIA COMMERCIAL 7,500.00
REVENUES - CHEROKEE 356,262.12
REVENUES - CLEGHORN 16,333.92
REVENUES - LARRABEE 10,333.68
REVENUES - MARCUS RESIDENTIAL 69,169.08
REVENUES - MERIDEN 11,417.04
REVENUES - QUIMBY 19,750.68
REVENUES - WASHTA 16,750.56
REVENUES - SPECIALTY 5,000.00
REVENUES - INDIVIDUAL 15,000.00
REVENUES - CHEROKEE COUNTY 272,259.24
REVENUES - HYVEE COMMERCIAL 10,000.00
REVENUES - COMMERCIAL

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0.50	21.20		

197,000.00
REVENUES - YARD WASTE 3,500.00
SALES - CARDBOARD 10,000.00
SALES - METAL 1,000.00
SALES - METAL APPLIANCES 4,000.00
SALES - RECYCLING 100.00
MISC INCOME 2,000.00
CB HH HAZ WASTE INCOME (LOSS) (5,000.00)
INTEREST INCOME 38,060.40
INTEREST INC - C/PC RESTRICTED 43,403.96
CB REIMBURSE - WAGE TAX & IPER 16,870.80
RENT INCOME 2,970.00
TOTAL REVENUES 1,674,766.88
COST OF SALES
WAGES - RECYCLING 35,480.20
FICA TAX EXPENSE - RECYCLING 2,714.24
STATE U/C TAX EXP - RECYCLING 118.50
IPERS EXPENSE - RECYCLING 3,349.33
ADVERTISING - RECYCLING 1,200.00
VEHICLE EXPENSE - RECYCLING 2,000.00
RECYCLING EXPENSE 15,000.00
RECYCLING - HAULING 20,800.00
BUILDING REPAIRS - RECYCLING 1,000.00
FUEL EXPENSE - RECYCLING 4,000.00
EQUIPMENT REPAIRS- RECYCLING 5,000.00
UTILITY EXPENSE - RECYCLING 9,600.00
NEWSPAPER PURCHASED 1,000.00
TOTAL COST OF SALES 101,262.27
GROSS PROFIT 1,573,504.62
EXPENSES
SALARY - MANAGER 80,000.00
WAGES - LANDFILL 107,096.60
NACES OFFICE 51,731.40
CB WAGES 16,870.80
DIRECTOR FEES 6,600.00
FICA TAX EXPENSE 19,560.96
STATE U/C TAX EXPENSE 592.50
IPERS EXPENSE 24,137.97
ADVERTISING & SALES PROMOTION 1,600.00
MISC SUPPLIES 2,500.00
UNIFORMS 400.00
SHOP SUPPLIES & EXPENSES 4,000.00
ST DIS & LIFE INS - SUN LIFE 5,000.00
WORKER COMP INS - IMWCA 8,250.00

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Dated June 18, 2025.
Christine L. Carlson, Co-Executor
790 E. Bluff Street
Cherokee, IA 51012
Mary Ann Lonneman, Co-Executor
706 Kingston Circle
Sergeant Bluff, IA 51054
James R. Barry, Co-Executor
3510 Hollow Court
Grand Junction, CO 81506
George W. Wittgraf, ICIS#: AT0008581
Attorney for Co-Executors
Wittgraf Law Firm
223 N. Pine Street, P.O. Box 535
Cherokee, IA 51012
Date of second publication: 27th day of June, 2025
(CT06-20,27/L#63)

MEDICAL INS - WELLMARK 51,143.40
VEHICLE EXPENSE 2,000.00
CAP INSURANCE 46,800.00
POLLUTION LIABILITY INS 12,020.00
CBIRCC 8,000.00
CAFETERIA PLAN EXPENSE 360.00
BUILDING REPAIRS & MAINTENANCE 6,000.00
LANDFILL FUEL EXPENSE 45,000.00
EQUIPMENT REPAIRS EXPENSE 40,000.00
DIRT WORK & TOPCOAT LANDFILL 14,000.00
ROCK EXPENSE & Woodch1ps 0.00
DEPRECIATION 377,899.00
UTILITY EXPENSE 6,000.00
LANDFILL TESTING 9,000.00
ENGINEERING & TESTING 33,338.00
LANDFILL EXPENSE 12,000.00
DNR FEES 46,000.00
LEACHATE TRUCK FUEL & MAINT 5,000.00
LEACHATE PUMPING HIRED 7,500.00
LEACHATE - CITY FEE 65,000.00
CLOSURE & POSTCLOSURE COST 200,000.00
OFFICE SUPPLIES & POSTAGE 8,000.00
REIMBURSE CELL/SHOES/GLASS 2,000.00
ACCOUNTING FEES 44,264.72
AUDIT FEES 22,600.00
LEGAL FEES
PROF FEES - BUDGET WORK 3,494.40
TRAVEL & ENTERTAINMENT 1,000.00
MOWING EXPENSE 3,300.00
LICENSE FEES & PERMITS 1,000.00
SAFETY & COMPLIANCE 3,500.00
CDL Training 2,000.00
MISC EXPENSE 2,000.00
FIRE EXPENSE - BANK FEES - Direct Deposit Fees 300.00
BAD DEBT EXPENSE 300.00
INTEREST OTHER - PELLET - INT EXP 2017 BDS 8,123.00
TOTAL FXPNSES 1,457,082.74

CHEROKEE COUNTY SOLID WASTE COMMISSION EMPLOYEE HANDBOOK
II. Benefits (Hourly Employees)
Paid Time Off (P.T.O.)
11. Each employee shall be entitled to one paid snow day per year. This shall be at the sole discretion of the manager and shall only occur when the landfill is closed for a “snow day.” This is not an elective day for individual employees but benefits hourly employees when circumstances beyond their control, the weather, cause a day of missed work. This is limited to one day per year.
(CT06 - 27/L#486)