

Apple Valley Place touts new memory care unit, facility administrator during Ambassador visit

To The Press
There were two reasons to celebrate during a recent Chamber Ambassadors visit to Apple Valley Place, located at 801 Blunt St. in Charles City. The first is the assisted living facility's memory care unit, called "Better Days," which opened in 2025, while the second was the introduction of Nicole Konen as the new facility administrator.

Apple Valley offers both an assisted living wing, as well as the new memory unit. Konen explained that assisted living allows residents to be completely independent and living in their own apartment. They can have assistance with things like medication or showers if they need it. There is also a community dining room, social area, programmed activities and facility kitchen that prepares all the meals.

There are a total of 20 residential units in the assisted living wing, which Konen reported was nearly full up. Some of the apartments feature an additional room so couples can remain together.

The memory care wing, meanwhile, offers a higher level of care if needed, along with therapies, supervision and addi-



Contributed photo

The Charles City Chamber Ambassadors recently stopped by Apple Valley Place to take a look at the facility's new memory care unit and also to meet new Facility Administrator Nicole Konen.

tional safety measures for residents with memory issues.

"We call it 'Better Days' instead of the memory wing, because in there you do have a better day," said Konen. "Everything is designed to be touched or familiar to them, our staff there is completely trained with continual education. You can see the difference. We call it

Better Days because when our residents wake up there they usually have better days then if they were in an unfamiliar setting."

Apartments come empty and the residents are encouraged to bring their own furnishings in "because they are more familiar and comfortable with their own things." The hallway of

the wing features photos and memorabilia on the walls designed to remind the residents of past memories. There are also shelves and stations along the walls designed to be touched.

"They can touch and interact with things from their past that they are familiar with," commented Konen. "We also have an outside planter box they can

MARKETS

DOW JONES INDUSTRIALS

High: 45,625.76
Low: 45,057.28
Close: 45,216.14
Change: +49.50



NYSE Amer Composite: 8,641.79

-69.39
Russell 2000 Index: 2,414.01
-35.69

Wilshire 5000 Total Market Index: 63,783.21 -1,100.03

OTHER INDEXES

Standard&Poors 500 Index: 6,343.72 -25.13
NYSE Index: 21,581.65 -50.84
Nasdaq Composite Index: 20,794.64 -153.72

VOLUME

NYSE consolidated volume: 5,458,649,611
Total number of issues traded: 2,837

STOCKS OF LOCAL INTEREST

COMPANY	TICKER	YESTERDAY CLOSE	CHANGE	PERCENT CHANGE	VOLUME
Casey's General Store	CASY	704.80	-9.44	-1.32%	334,048
Ford Motor Company	F	11.21	-0.16	-1.41%	33.59M
General Motors	GM	72.76	-0.22	-0.30%	5.768M
H&R Block	HRB	31.64	+0.43	+1.38%	1.318M
McDonald's Corp.	MCD	308.53	+2.63	+0.86%	2.182M
Principal Financial	PFGE	88.23	+1.22	+1.40%	1.128M
Valero	VLO	250.27	-4.05	-1.59%	4.049M
Winnebago	WGO	31.55	+0.08	+0.25%	467,210
YUM! Brands, Inc.	YUM	154.59	+0.63	+0.41%	939,232
Zoetis	ZTS	116.33	+2.98	+2.63%	2.279M

use in the summertime."

The wing includes a fully-furnished respite apartment that can be used short-term when a non-resident's caregiver needs a break.

While the Better Days wing is almost a year old now, it has not been advertised much other than word of mouth, which Konen remarked has allowed the staff to ease into it and get the training needed. At present there are eight occupied units in Better Days, which has 14 total living units available.

Apple Valley Place, which is owned and operated by Better

Living Communities out of Solon, employs 30 staff members in Charles City.

"We always have three floor staff on every shift," Konen reported. "We have an activities department, kitchen department, the director department, then we also have regional staff."

Konen became executive director at Apple Valley Place after the first of the year. Kim Hewitt serves as Director of Health and Wellness.

To learn more, call Apple Valley Place at (641) 257-3003, or visit the website at applevalleyplacecharlescity.com.

HEALTH

More women are having babies later in life. How to improve your chance of a healthy pregnancy

By Laura Ungar

AP Medical Writer

Dr. Jacquelyn Means knew that being pregnant in her late 30s would be challenging.

"It is definitely harder on your body. You just feel a lot more fatigued. There are certain complications to watch out for," said Means, a Texas OB-GYN who had her first child at 37 and her second at 39. "It's usually going to be fine, but there are things to be aware of."

Like Means, more and more women are having babies later in life. A federal report showed that 21% of all births in the U.S. were to women 35 and older in 2023, up from 9% in 1990. And this "advanced maternal age" raises risks for both moms and babies.

Older pregnant women are more likely to have conditions like high blood pressure and obesity, for example, and are more prone to developing pregnancy complications. They're more likely to undergo cesarean sections and give birth to twins or babies with some genetic abnormalities.

But don't be too worried. Risks are generally low; they're just higher than average. And while most older moms have normal pregnancies, doctors say there are ways lower to risk and prevent problems before, during and after pregnancy.

"Moms over 35 can still have a healthy pregnancy and a happy baby," said Dr. Michael Warren, chief medical and health officer for the March of Dimes, a nonprofit that works to improve the health of mothers and babies.

BEFORE GETTING PREGNANT, GET AS HEALTHY AS YOU CAN

Dr. Ashley Zink, a maternal-fetal specialist at the University of Texas Southwestern, said optimizing your health is like "building your baby's first home."

That involves following the time-honored advice of eating a well-balanced diet, staying active and avoiding risky behaviors like smoking.

"Make sure those good health habits that you've established over the course of your life are still in place," Warren added. "If you have chronic diseases, make sure those are well-managed. Make sure you're getting regular preventive medical care."

Being as healthy as possible is important, Zink said, because pregnancy can be as rigorous as a marathon.

"Your volume of blood expands; it's harder work for your heart," she said. "And just the discomforts of pregnancy — all kinds of things — are a little bit better tolerated if you're in good physical condition."

A checkup before trying to

conceive can be helpful, doctors said, allowing you to discuss health concerns, get treated for any conditions that might affect your pregnancy and make sure you're up to date on vaccinations.

DURING PREGNANCY, ASK YOUR DOCTOR ABOUT PRENATAL TESTS AND SCANS

Doctors suggest getting a first-trimester ultrasound, which can measure the size of the fetus, help confirm the due date and check for multiple fetuses.

Women over 35 tend to produce more of the hormone that stimulates the ovaries to produce eggs, and they also may use in vitro fertilization to get pregnant. Both of these things increase the likelihood of twins or triplets, which puts you at a higher risk of complications such as premature birth.

Older women may also want to consider having blood drawn for noninvasive prenatal testing, which can screen for chromosomal abnormalities in a fetus such as Down syndrome and trisomy 13 or 18. According to Stanford Medicine Children's Health, the risk of Down syndrome is about 1 in 1,250 for a woman who conceives at age 25 and rises to about 1 in 100 for a woman who conceives at 40.

If the screening suggests the

fetus is at risk, a doctor may recommend more invasive diagnostic tests. These include amniocentesis, in which a small amount of amniotic fluid is taken from the uterus; or chorionic villus sampling, in which cells are taken from the placenta.

Zink said older women can also ask about a "growth ultrasound" at around 32 or 34 weeks of pregnancy.

"It shows us if the placenta is still doing a good job," she said. "Do you have normal fluid? Do you have normal growth?"

Ultrasounds late in pregnancy may also spot problems with the fetus.

"We know that when women are pregnant later in life, there's an increased risk of birth defects," particularly cardiac defects, Warren said.

There's also a higher risk of stillbirth, although the risk is still very small.

"As the delivery date gets closer," Warren said, "it's so important to be mindful for those cues like fetal movement. Can you still feel the baby moving and kicking?"

KNOW THE RISKS DURING BIRTH

The percentage of babies delivered by C-section rises with maternal age, averaging 48% of live births for women 40 and

older, according to the March of Dimes, which looked at the years 2022 to 2024. Women who undergo C-sections have a significantly higher risk of maternal complications such as infection and bleeding than those who deliver vaginally.

Medical reasons for C-sections include having chronic health conditions that may make vaginal birth risky, such as diabetes or high blood pressure, the March of Dimes said. Other reasons include complications during labor, such as having a very large baby, which can happen when a mom has gestational diabetes, which is diabetes you develop during pregnancy and can affect your and your baby's health.

Legal Notice

IN THE IOWA DISTRICT COURT FOR FLOYD COUNTY IN THE MATTER OF THE ESTATE OF RICKY BENTON, DECEASED
Probate No. ESPR019221
NOTICE OF APPOINTMENT OF ADMINISTRATOR AND NOTICE TO CREDITORS

To All Persons Interested in the Estate of Ricky Benton, Deceased, who died on or about March 20, 2025:

You are hereby notified that on the 13th day of March, 2026, the undersigned was appointed Administrator of the Estate. Notice is hereby 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 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 this 19th day of March, 2026.

Tim Wilcockson
P.O. Box 13110
Des Moines, Iowa 50310
Administrator of the Estate

Katlyn B. Downs
ICIS Pin No. AT0015703
Laird Law Firm, P.L.C.
403 Main Avenue
P.O. Box 187
Clear Lake, Iowa 50428-0187
Attorney for Administrator

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Legal Notice

THE IOWA DISTRICT COURT FOR FLOYD COUNTY IN THE MATTER OF THE ESTATE OF GREG S. BUENGER, Deceased
CASE NO. 019222
NOTICE OF PROOF OF WILL WITHOUT ADMINISTRATION

To All Persons Interested in the Estate of GREG S. BUENGER, Deceased, who died on or about December 5, 2025:

You are hereby notified that on March 25, 2026, the last will and testament of Greg S. Buenger, deceased, bearing date of November 7, 1997, was admitted to probate in the above-named court and there will be no present administration of the estate. Any action to set aside the will must be brought in the district court of the 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.

Dated on 26th day of March, 2026.

Kendra K Buenger, Proponent
Attorney for estate:
Todd P Prichard
1300 Grove St, PO Box 454
Charles City, IA 50616

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Legal Notice

THE IOWA DISTRICT COURT FOR FLOYD COUNTY IN THE MATTER OF THE ESTATE OF ELEANOR NIELSEN, Deceased
CASE NO. ESPR019217
NOTICE OF APPOINTMENT OF ADMINISTRATOR AND NOTICE TO CREDITORS

To All Persons Interested in the Estate of Eleanor Nielsen, deceased, who died on or about January 1, 2026:

You are hereby notified that on March 13, 2026, the Last Will and Testament of Eleanor Nielsen, deceased, bearing the date of January 14, 2026, was admitted to probate in the above name court and that Sharon Van Hauen was appointed Personal Representative and the undersigned was appointed attorney for the estate.

Notice is hereby 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 four months from the date of the second publication of this notice or one month from the date of the mailing of this notice (unless otherwise allowed or paid) a claim is thereafter forever barred.

Dated on March 13, 2026.

Sharon Van Hauen,
Personal Representative
305 Charles Street
Charles City, IA 50616

Todd P. Prichard, ICIS #: 0006309
Attorney for the Executor
Walk, Prichard, Baresel & Murphy, PC
1300 Grove St PO Box 454
Charles City, IA 50616
todd@walkprichard.com

Date of second publication: 03-31-26

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Legal Notice - Legal Notice

Notice of Sheriff's Levy and Sale
IN THE IOWA DISTRICT COURT IN AND FOR FLOYD COUNTY STATE OF IOWA FLOYD COUNTY Iowa District Court FLOYD County, Case #: EQCVO32264, Civil #: 26-000175

Special Execution
VERIDIAN CREDIT UNION VS BRITANNY BOWSER, UNKNOWN SPOUSE OF BRITANNY BOWSER, AND PARTIES IN POSSESSION

As a result of the judgment rendered in the above referenced court case, an execution was issued by the court to the Sheriff of this county. The execution ordered the sale of defendant(s) Real Estate described below. To satisfy the judgment. The property to sold is:

PARCEL A, OF PLAT OF SURVEY FILED AUGUST 8, 1994 IN BOOK 8 PAGE 46 IN THE FLOYD COUNTY RECORDER'S OFFICE, DESCRIBED AS: BEGINNING AT A POINT ON THE SECTION LINE THAT IS 561.26 FEET WEST OF THE SOUTHEAST CORNER OF THE SOUTH-WEST QUARTER OF SECTION 15, TOWNSHIP 94 NORTH, RANGE 15 WEST OF THE 5TH P.M., FLOYD COUNTY, IOWA; THENCE CONTINUING ALONG THE SECTION LINE WEST 762.00 FEET; THENCE NORTH 0 DEGREES 18'45" EAST 313.35 FEET ALONG AN EXISTING FENCE; THENCE SOUTH 89 DEGREES 4'20" EAST 764.03 FEET; THENCE SOUTH 0 DEGREES 41'35" WEST 301 FEET TO THE POINT OF BEGINNING

Property Address 3145 280TH STREET, NASHUA, IA 50658 The described property will be offered for sale at public auction for cash only as follows: Sale Date: 04/29/2026 ; Sale Time: 10:00 AM; Place of Sale: FLOYD COUNTY COURTHOUSE, 1ST FLOOR, 101 S MAIN ST, CHARLES CITY, IA 50616.

This sale not subject to Redemption.
Property exemption: Certain money or property may be exempt. Contact your attorney promptly to review specific provisions of the law and file appropriate notice, if acceptable.
Judgment Amount: \$161,803.25
Costs: \$11,544.61 Accruing Cost: PL/US Interest: \$15,188.22 Sheriff's Fees: Pending
Attorney: JANELLE G. EWING
925 E 4th STREET
WATERLOO, IA 50704
319-234-2530
Date: 03/17/2026
JEFFREY A. CROOKS,
FLOYD COUNTY SHERIFF
LT. TRAVIS BARTZ

No. 25414
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Legal Notice - Legal Notice

City of Floyd City Council Meeting
March 24th, 2026

The regular Floyd City Council meeting was called to order by Mayor Charlie Newman at 7:15 p.m. on Tuesday March 24th, 2026. Mayor Charlie Newman was present. The City Clerk Lauri Reetz was present. The clerk took roll calls for the following Council members that were present, Miller, King, Stewart, Davis and Krueger were present. Dave Sargent Public Works was absent.

Motion by Davis/Stewart to approve the agenda. All in favor., Motion by Davis/Stewart to approve the consent agenda. All in favor.

Public Comments were made about the fraudulent activity that went on. Discussed Ball Diamond Dug out improvement. Motion by Stewart/Davis to set Public Hearing on Budget 26-27 to April 21st, 2026. All in favor. Review of submitted engineering proposals. WHKS declined the offer. City Clerk published Public Notice and sent out letters to engineering firms. Motion by King/Krueger to select SEH Engineering firm to start the Wastewater planning process. All in favor. Will be hiring a financial advisor for this project. Budget item will be \$85,000 for engineering and NIACOG. Motion by Stewart/Kevin to approve 218 Travel liquor license. All in favor. Motion by Krueger/Davis to approve the estimate from National Wash Authority to power wash our water tower our estimated cost is \$8800.00. All in favor. Tabled the Community Center board to be re-established. King presented what her expectations were to have a board brought back. Rules, Penalties, Community involvement, 5-person board one from Rural, Churches, Council, Resident etc. Comments were that it wasn't clean enough, we paid too much to have it cleaned, wants to look at Bingo and manage the sale of candy, cleaner setting up for bingo should not be paid. Manage City Clerk the way her honor system with residents, renters, walkers, with key placed. Comments from residents' renters are welcomed at the City Hall. City Clerk approved a building permit for Schriever.

Meeting adjourned at 8:45 p.m.
Claims Approved:

Gross Payroll.....\$8500.42
Dave and Lauri cell phones..... \$50.00
Wellmark Insurance.....\$2482.04
Ipers City Portion.....\$802.44
Lauri Reetz mileage clerk meeting.....\$43.50
Hawkins a zone.....\$522.30
Hy-Vee bingo supplies.....\$148.30
Lauri Reetz mileage Jan. Feb 26.....\$229.60
Wesam snowplow repair.....\$312.00
Mick Gage Plumbing CC urinal.....\$130.00
L&J Industries dump truck wing.....\$134.00
Arnold Supply dump truck repair.....\$112.99
Charles City Press publishing.....\$123.23
Micaela Stillions cleaner CC 2 months.....\$600.00

Microbic Keystone analysis.....\$507.75
Iowa Association of Municipal members.....\$707.00
Arnold Supply repairs.....\$88.99
Farm Chem freight.....\$67.87
Charles City Press Publishing Tax Levy.....\$135.10
Omnitel telephone.....\$106.26
NH Tribune advertising CC.....\$155.00
CUSB credit card.....\$1004.19
MidAmerica utilities.....\$2460.95
Office of Auditor of State exam fee.\$1500.00
Receipts total: \$29043.60: General \$5401.22; TJ \$355.36; Community Center \$7,039.00; Road Use Tax \$2487.49; Trust & Agency \$11.53; Local Option \$ 3099.78; TIF \$150.04; Water \$5163.41; Sewer \$5335.77. Disbursements: total \$18,187.86: General \$11,758.40; Community Center \$1155.83; Road Use Tax \$671.75 Trust & Agency \$65.67; Water \$991.62; Sewer \$3544.59.

Attest: Lauri Reetz City Clerk
Mayor Charlie Newman

No. 25421
03-31-2026 Charles City Press
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SUNNYSIDE MEMORY GARDENS CHARLES CITY

SPRING CLEAN-UP

We kindly ask that all winter wreaths and decor be removed by April 1st, 2026

Between April 1st and 15th, we will be trimming trees & bushes, and doing ground clean-up

April 15th Military markers & shepherds hooks may be returned, and remain in place all year

THANK YOU, IN ADVANCE!
YOUR ST. CHARLES TOWNSHIP TRUSTEES,
AARON HOBERT, DAVE HOLSCHLAG, SHIRLEY HOLM