

EDITORIAL



Summer market is in season

Orange City Farmers Market is open for business, bringing farm fresh goods and artisan crafts to the streets in downtown Orange City on Saturday mornings, 10 a.m. - 1 p.m.

My daughter decided to sell at market this summer, a variety of baked goods, crafts and fresh fruits and vegetables, when they ripen! She was motivated to sell to help pay for upcoming choir and band trips, because she thought selling at market is more fun than door to door sales of fundraiser items.

When you buy from local business men and women you are supporting ventures like this, from people who live and work in the community. Eating local produce is also great for you too!

The Orange City Farmers Market is thriving with fresh produce, home made soaps, beautiful plants, young entrepreneurs selling homemade jewelry, and so much more. It is a great excuse to take a slow walk downtown and say hello!

Whether or not someone buys, my daughter just enjoys talking to customers and sharing about what she is selling and what she made. She understands that not everyone can buy from everyone, she just enjoys visiting!

So come say hi! Support local!

**-Sarah Weber
Co-Editor**



Cemetery walk planned this Saturday

Dear Editor,

My thoughts have been deep into the upcoming cemetery walk as I reflect on what Nelson De Jong presented on a tape recorder in 1983, some cemetery history and what he recalled of early Orange City founders and events as an 80 year old.

I, too, am 80 years young for what I'm trying to accomplish! Is this the age when the happenings and life style of our grand and great-grandparents have more meaning that we thought about as a younger person? I did go to the cemetery as a child and older with my parents.

I was eight years old when my two year old sister died after a short illness. It's vivid in my memory. A time when there were no funeral homes the child casket was brought to our house setting in the corner of the living room. As the service two eighth grade girls from country school sang Jesus Loves Me on a cold winter day.

I can remember my mother crying on different occasions afterwards. I really didn't understand what she was feeling or going through. Now all these years later, I can put myself in her place after my husband and I lost two sons in infancy in less than two years.

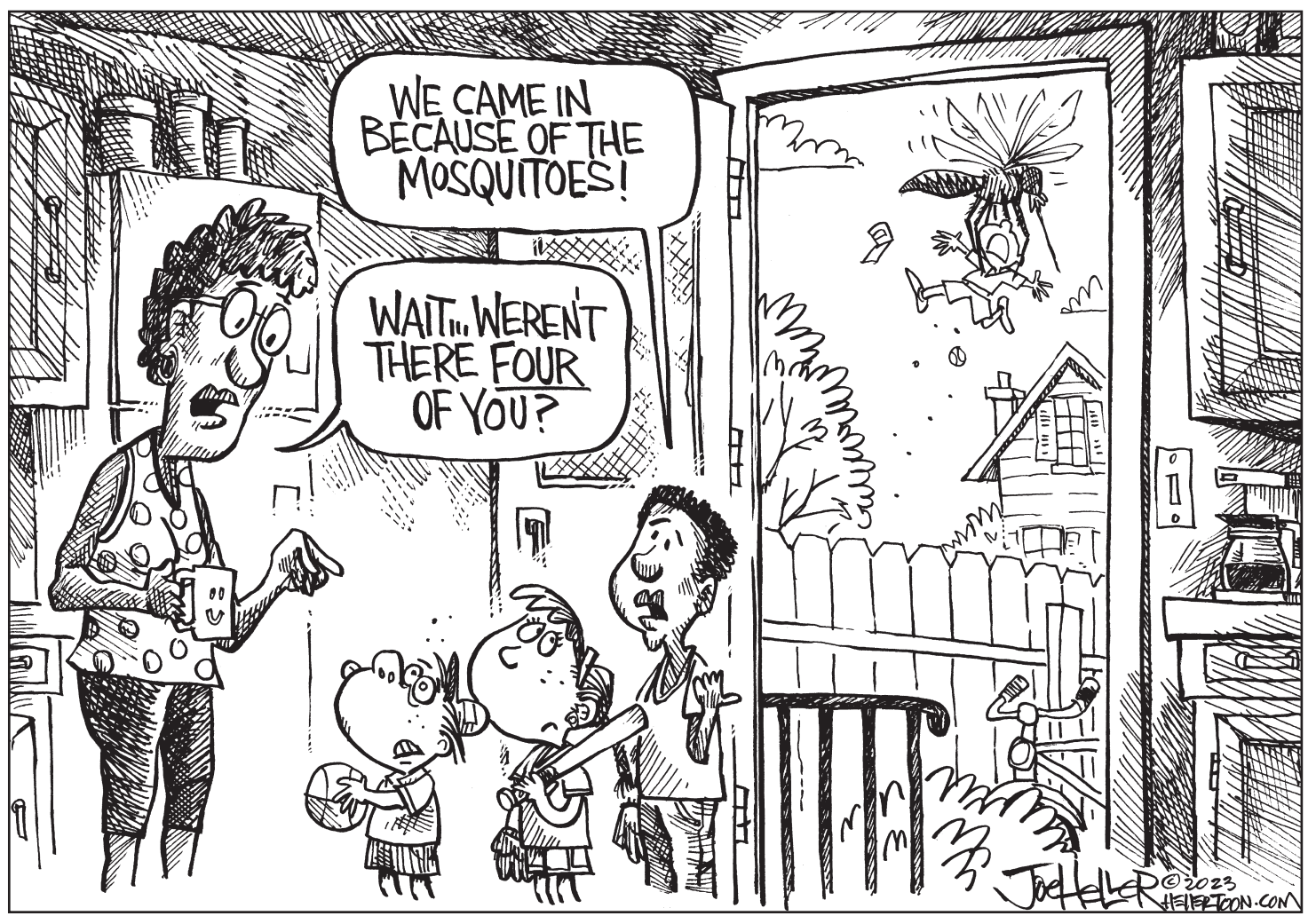
I didn't grow up in Orange City, but my husband has one infant brother here. When I started walking and charting in the oldest section of the West Lawn Cemetery there were so many babies and children. Early health care was limited, most were born at home. Many headstones, names, and dates could not be read for the mold. How sad! Doesn't anyone care?

That is when I decided to make an effort at cleaning headstones. It was not a perfect job, but it did make a difference. Now, these headstones have a wealth of issues that need attention.

We are working with O'Brien County Cemetery Preservation. Hopefully we can learn from each other. Hopefully this walk will create community awareness of all it's needs. The walk entry fee and donations will go for cemetery preservation. It will take planning, working hands and donations to get the cemetery looking greatly improved. It will not get done in a year or two. The cemetery isn't going to attract people to Orange City but if it weren't for these early founders, there would be no Orange City. Can and will you support our efforts?

**- Ruth Roghair
Orange City resident**

[Editors note: The West Lawn Cemetery Walk will be held on Saturday, June 24 at your choice of time 10 a.m. or 1 p.m. The walk will feature early cemetery history and short stories about 40 early pioneers.]



RAMBLINGS Creative Aging: Coping Devices for Aging Losses

By CAROL VAN KLOMPENBURG

"For people without disabilities, technology makes things easier. For people with disabilities, technology makes things possible." —IBM Training Manual

In past columns we have looked at how to delay physical and cognitive losses, and there are many ways to do that. But in the end, some losses are likely, even though they can be postponed and slowed. When that happens, there are many devices which can help us continue with both the activities of daily living and the activities that bring us pleasure.

If our balance begins to weaken or our legs no longer function well, we can make use of walking aids. For starters we can make use of a cane. Consult with a physical therapist or other health care professional about the choice and use of a cane. Some studies indicate that 70 percent of cane users either have the wrong-length cane or fail to use it correctly. Also available are walking poles. Walking with a pair of these helps greatly with lateral stability. When more support is needed, a walker provides multiple points of support while walking and standing.

It can be difficult to accept the need for walking assistance, but the alternative is falling, which is dangerous. Falling is the leading injury-related cause of death in older adults.

Walking in our homes can also be made safer by lighting them well and removing area rugs and electric cords, which can be tripping hazards. Install night-lights so you can see the path from bed to bathroom.

Specialized handles can attach to your bed to make getting in and out of bed safer. (Guardrails can prevent you from rolling out and onto the floor.) Specialized handles are also available for getting in and out of cars. Another device can sit atop your toilet to raise the seat height. Some of these toilet devices even come with rails to help you push yourself up.

Bathing can be made safer by installing a walk-in shower, putting down a non-slip mat, and adding a safety rail. Some people also find that they are more secure seated in a shower chair and using a handheld showerhead.

If using our hands is difficult because of shakiness or arthritis, a

glass with a straw or a cup with a lid and spout can make drinking easier. It is also possible to get mugs with two handles instead of one. Utensils are available with large, easy-to-hold handles, and some are even angled to make it easier to put the food into our mouths.

Buttonhooks and zipper pulls make fastening garments easier. Several sock-aid designs reduce the amount of bending necessary to put on socks. We can remove stubborn lids with a twist-off device. A reacher (a long pole with a grabber at one end) can help us pick up something that has fallen to the floor.

When small print becomes more difficult to read, and regular eyeglasses don't do the trick, a lighted magnifying glass is useful for reading pill bottles, maps, and recipes. Large-print books are available from local libraries, and the size of print can be enlarged for any electronic book. We can also enlarge the print on our computer screens.

Hearing aids are the typical solution to hearing loss, but in addition it is possible to get telephones with higher-volume speakers. (Phones with over-sized push buttons are also available.) In many cases, hearing aids can receive the audio signal directly from the television and telephone through Bluetooth technology.

For cognitive and memory loss, one of the best tools is low tech and has been around for decades: a pencil. Making lists—shopping lists, to-do lists, names-of-acquaintances lists—can relieve us of the pressure of needing to remember. Setting a timer to ring when we need to leave for an appointment can also be helpful. And checking the calendar each morning to remind us of the schedule for the day can be useful as well. We can then set timers for reminders as needed. Pill dispensers with beepers can remind us to take medications as prescribed.

None of us needs all of these devices. But it is important to know that many devices are available. And they are easy to find online with a simple Google search.

The goal of all these devices is our safety, along with our independence. Both of these have very high value. Knowing about the available devices can help us stay safe and independent longer. That's good news for all of us.

HOMES AVAILABLE AT KANAAL HUIS

CONTINUED FROM PAGE ONE

to 'lock the door' and leave for vacations, to visit family, or even for a month or more in the winter, offers a great sense of assurance, knowing your home is safe and secure. Safety and security is also a consideration with a community of neighbors watching out for each other."

Construction started in the fall of 2022 and is expected to finish November 2023. The project is progressing on time and on budget, Guthmiller said. A two-bedroom show unit will be available in August.

The 36 units will have three different floor plans, two-bedroom 1,091 square-foot living spaces priced at \$289,900, one-bedroom with a den 1,032 square-foot spaces priced at \$285,900 and four 864-square foot one-bedroom spaces priced at \$259,900. The remaining 32 will be either two-bedroom or one-bedroom-with den units.

The living spaces will be marketed at cost and are currently available. A non-refundable deposit to purchase a unit during the construction phase is set at \$10,000 per unit.

Unit occupants will pay \$175 monthly maintenance fees for general upkeep of common spaces, water, sewer, garbage, lawn care, and snow removal. An additional agreement will exist between Vision Builders and Orange City Area Health Foundation providing access to common spaces on each property. Upon subsequent sales of units, a transfer fee will be payable to the

Orange City Area Health Foundation. Transfer fees will be used to build a fund for future repairs/maintenance.

"We think The Canals project is going to result in a truly special place," Guthmiller said of the overall 20-acre development. "With the amenities available in Kanaal Huis such as the 'clubhouse' area, a fitness room, community/party rooms and game room, the opportunity for social engagement and various educational programming for all Canals members, including those in the twin and single family homes, creates a tremendous living/lifestyle environment for those ages 55 and older."

For more information, contact Ryan Warnke at Ryan.Warnke@ochealthsystem.org, 712-737-5326.



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Please do your best to keep your submissions to a length appropriate to the space provided, for example, two pages, double spaced or 600 words.

You may e-mail them to plumpub@gmail.com with "My Turn" in the subject line or send them to or drop them off at Plum Publishing, 113 Central Ave. S.E., Orange City, 51041-1738.

We reserve the right to not publish if we find material inappropriate. We also reserve the right to edit.

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