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Our Cardiac Care Team of experts never miss a beat when it comes to your heart health. They will be here for you, whatever you are facing, and put everything they have into healing you and getting you back to what matters most. The first step in keeping your heart healthy is to **schedule a yearly physical with your Mahaska Health Provider by calling 641.672.3360.**

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Join us for the 2023 Community Cholesterol Screening Event!

Saturday, February 18th, 2023
8 AM - 11 AM
Mahaska Health Door 4

With FREE Cholesterol checks, sleep quality assessments, blood pressure advice from our health experts and Providers, and healthy cooking tips, this event shines a spotlight on knowing your numbers.



To register contact our
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Shrimp or Tenderloin Sandwich

Friday, January 27th
5:30pm - 7:00pm

Meal includes:
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Fries, Baked Beans & Coleslaw
\$10.00
Entertainment to follow with DJ Bob
Open to Public • Carry Out Available



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The Oskaloosa

Herald



Reader’s Choice Awards

People

- Family Physician/Primary Care Provider
- Real Estate Agent
- Photographer
- Wait/Bar Staff
- Financial Advisor
- Insurance Agent
- Auto Mechanic
- Hair Stylist
- Best Club
- Best Store Front
- Best Employer Over 300 Employees
- Best Employer Under 300 Employees

Shopping

- Auto Dealership
- Home Improvement Store
- Appliance/Furniture Store
- Nursery/Garden Center
- Convenience Store
- Retail Store
- Farm & Lawn Store
- Boutique
- Liquor Store
- Meat Market
- Thrift/Consignment Shop
- Grocery Store
- Florist
- Pet Supply Store

Professional Services

- Financial Institute
- Bank/Credit Union
- Law Firm
- Auction Services
- Insurance Agency
- Auto Body Shop/ Service Center
- Car Wash
- Real Estate Agency
- Residential Construction/ Home Builders
- Electrical/ Electric Company
- Lawn/ Landscaping Service

The Oskaloosa Herald’s Reader’s Choice Awards is your opportunity to nominate and vote for your favorite people per industry, places to shop, professional services, personal care services, entertainment services, and places to eat and drink!

See below to see the specific categories of awards and to cast your nominations today either online at oskaloosa.com/readers-choice or fill out this page to submit in person.

Nominate January 24th-February 3rd

- Heating/ Air Service
- Cellular Provider
- Non-Profit
- Church
- Pharmacy
- Plumbing Service
- Senior Living / Retirement Facility
- Funeral Home

Personal Care

- Barber Shop/ Hair Salon
- Nail Salon
- Fitness Center
- Hearing Care Service
- Chiropractic Service
- Dental Office
- Eye Exam Office
- Pet Grooming
- Veterinary Services

Entertainment

- Hotel/Motel
- Golf Course
- Family Fun
- Live Entertainment
- Event/ Festival
- Internet Provider

Food & Drink

- Food Truck
- Family Restaurant
- Locally Owned Restaurant
- Chain Restaurant
- Bar
- Place to get Breakfast
- Baker/ Donut Shop
- Coffee Shop
- Asian Cuisine
- Mexican Food
- Sub/ Sandwich Shop
- Pizza Place
- Catering
- Ice Cream/ Frozen Yogurt

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Valentine's
Bake Sale

February
10, 11, 12, 13, 14
2023

Treat your
Valentine with a
delicious treat

We lost part of our Mahaska Drug family in December. Brenda served Mahaska Drug and her community with a kind heart and this year all proceeds for the Bake Sale will go to the Brenda San Memorial Fund

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Taxes & Finances Made Easy



Four tips to get your finances in order

The first month of the year is the perfect time to get your finances in order. Kick off 2023 by checking the following four tasks off your to-do list.

1. ORGANIZE YOUR DOCUMENTS

Sort your bills, statements and other financial documents. Only keep what you need and shred any unnecessary or outdated papers to create space for new ones.

2. BALANCE YOUR BUDGET

Revisit your budget and make any necessary adjustments to help you stay on track and reach your goals.

3. CHECK YOUR CREDIT

Review your credit report to determine how well you're doing. If necessary, implement changes that'll improve your credit score.

4. UPDATE YOUR INSURANCE POLICIES

Look over your car, life and home insurance policies and update information as needed. You may be able to make modifications to receive additional benefits or reduce your premiums.

For help getting your finances in order, consult a financial adviser.



How to handle debt during tax season

The deadline for paying your 2023 taxes is quickly approaching, and almost 20 million Americans will need to send money to the Internal Revenue Service (IRS). With many taxpayers already in debt, it's no surprise that many Americans will have trouble paying their annual taxes. Here are some tips to help you handle your tax debt and avoid fines and penalties.

FILE YOUR TAXES EVEN IF YOU CAN'T PAY

Failing to file your taxes on time can result in financial or criminal penalties, which will only make your situation worse. The IRS can tack on an extra five percent per month, up to a total of 25 percent of your total bill.

You can file for an extension to get more time, but remember the interest and penalties will still accumulate on what you owe. It's therefore best to pay as much as you can afford before the April 15 deadline.

APPLY FOR A PAYMENT PLAN, DELAY OR SETTLEMENT

If you're having trouble paying your taxes, the IRS offers several options:

- **Payment plan.** You can request to pay your bill in installments. However, you'll still incur interest and penalties. Installment plans are available for those who owe less than \$50,000.
- **Delay payment.** If you can prove paying your taxes will prevent you from affording basic living expenses, you can apply for a payment delay.

A delay also incurs penalties and interest but buys you time to gather the necessary funds.

- **Settlement.** The IRS might agree to lessen your bill if you successfully prove that paying the original total would cause you financial hardship.

GET HELP FROM A TAX PROFESSIONAL

Filing for an extension, requesting a payment plan or seeking a discount can be complex. A tax professional, however, can help you prepare your tax forms so you file on time and get the help you need.



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January 26 - February 1

Thurs., 1/26/23

Maple & Brown Sugar Pork Loin
Ranch Baked Potato Cass.
Brussel Sprouts
Whole Grain Roll
No Bake Cookies
Dine-In Choice Veg: Corn

Fri., 1/27/23

Swiss Cheeseburger on Bun
Lettuce Leaf & Tomato
Baked Fresh Sweet Potato
Broccoli w/ Cheese Sauce
Fruit Cocktail

Mon., 1/30/23

Cheese Tortellini w/
Alfredo Sauce
Buttered Italian Blend Veg.
Garlic Bread Stick
Tropical Fruit

Tues., 1/31/23

Unstuffed Peppers over
Steamed Rice
Buttered Carrots
Whole Grain Roll
Hot Spiced Apples

Wed., 2/1/23

Menu items not available
at time of print.

You are Welcome to Join Us!

Please make your meal reservations by calling the Oskaloosa Senior Center one day in advance. For people 60 years of age and over and their spouse of any age, there is a suggested contribution based on income range. Individuals younger than 60 must pay the full meal charge as posted at the Center. Responsibility for compliance with any dietary restrictions rests with the participants.

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to celebrate
Charles & Joan LaRue

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New Sharon, IA, 50207

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Specials

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- **Thursday** Hot Beef w/Mashed Potatoes & Gravy **4pm-8pm**
- **Friday** Smoked BBQ Baby Back Ribs & 2 sides **4pm-8pm**

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Truck Driver/Equipment Operator:

A job description and application is available at the Mahaska Co. Engineer Office, 2074 Old Highway 163, Oskaloosa, IA., or www.mahaskacountyia.gov.

Successful candidates must be able to pass a physical exam & drug test. CDL Required.

For additional information contact the Mahaska Co. Engineer Office at 641-672-2897

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February 2023 Mahaska Health Visiting Specialist Calendar

<p>Wednesday, February 1</p> <ul style="list-style-type: none"> Iowa Mobile Diagnostics Urology, Dr. Aaron Smith <p>Thursday, February 2</p> <ul style="list-style-type: none"> Cataract Surgery Oncology, Dr. Bradley Hiatt Urology, Dr. Aaron Smith <p>Friday, February 3</p> <ul style="list-style-type: none"> Sleep Medicine, Dr. McCubbin Iowa Mobile Diagnostics Vascular Surgery, Dr. Scott <p>Monday, February 6</p> <ul style="list-style-type: none"> Urology, Dr. Aaron Smith WIC Clinic <p>Tuesday, February 7</p> <ul style="list-style-type: none"> Rheumatology, Libby Dassow, PA Iowa Mobile Diagnostics WIC Clinic Cardiology, Dr. McCormick <p>Wednesday, February 8</p> <ul style="list-style-type: none"> Iowa Mobile Diagnostics Urology, Dr. Aaron Smith <p>Thursday, February 9</p> <ul style="list-style-type: none"> Cataract Surgery Oncology, Dr. Bradley Hiatt Urology, Dr. Aaron Smith 	<p>Friday, February 10</p> <ul style="list-style-type: none"> Iowa Mobile Diagnostics Urology, Dr. Aaron Smith Nephrology, Dr. Robert Smith <p>Monday, February 13</p> <ul style="list-style-type: none"> Urology, Dr. Aaron Smith WIC Clinic <p>Tuesday, February 14</p> <ul style="list-style-type: none"> Iowa Mobile Diagnostics WIC Clinic <p>Wednesday, February 15</p> <ul style="list-style-type: none"> Iowa Mobile Diagnostics Urology, Dr. Aaron Smith <p>Thursday, February 16</p> <ul style="list-style-type: none"> Cataract Surgery Oncology, Dr. Bradley Hiatt Urology, Dr. Aaron Smith <p>Friday, February 17</p> <ul style="list-style-type: none"> Iowa Mobile Diagnostics WIC Clinic <p>Monday, February 20</p> <ul style="list-style-type: none"> Urology, Dr. Aaron Smith Ophthalmology: Dr. Vincent <p>Tuesday, February 21</p> <ul style="list-style-type: none"> Rheumatology, Libby Dassow, PA Iowa Mobile Diagnostics WIC Clinic 	<p>Wednesday, February 22</p> <ul style="list-style-type: none"> Iowa Mobile Diagnostics Urology, Dr. Aaron Smith <p>Thursday, February 23</p> <ul style="list-style-type: none"> Cataract Surgery Oncology, Dr. Bradley Hiatt Urology, Dr. Aaron Smith ENT, Dr. Whitman <p>Friday, February 24</p> <ul style="list-style-type: none"> Iowa Mobile Diagnostics WIC Clinic Nephrology, Dr. Buchsbaum <p>Monday, February 27</p> <ul style="list-style-type: none"> Urology, Dr. Aaron Smith <p>Tuesday, February 28</p> <ul style="list-style-type: none"> Iowa Mobile Diagnostics Urology, Dr. Aaron Smith 	<p>mahaskahealth <i>Dedicated To Caring for You</i></p> <p>It's our mission to help you and your family access the right care from experts that can help you live life to the fullest. Mahaska Health offers the unique benefit of comprehensive care – Our Teams work together and work directly with your Primary Care and Specialty Healthcare Providers to ensure your treatment is the best fit for you to enjoy a healthy and active lifestyle. Please call 641.672.3360 for more information.</p> <p>mahaskahealth.org 641.672.3360</p>
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Mahaska Health Care & Services

24/7 Trauma, Orthopaedics, General Surgery, Obstetrics, Respiratory & Emergency Medicine

<p>Allergy, Immunology & Pulmonology</p> <p>Annual Wellness visits</p> <p>Behavioral Health</p> <p>Birthing Center & Maternity Care</p> <p>Cancer Care Center</p> <p>Cardiology & Diagnostic Testing</p> <p>Cardiopulmonary Services</p> <p>Colon, GI, and Surgical Care</p> <p>Diabetes Education</p> <p>Durable Medical Equipment</p> <p>Ear, Nose & Throat (ENT)</p> <p>Electromyography</p> <p>Emergency Medicine & 24/7 Trauma Care</p> <p>Family Practice & Primary Care</p>	<p>Gastroenterology Care & Services</p> <p>General and Specialized Surgical Services</p> <p>Geriatric Specialized Care</p> <p>Gynecologic Surgery</p> <p>Health Management</p> <p>Hospice Serenity House & Home Hospice</p> <p>Hospitalists & Internal Medicine</p> <p>Imaging Services: Bone Density, MRI, PET/CT, Fluoroscopy,</p> <p>Nuclear Medicine, Ultrasound & Mammography</p> <p>Infusion Center & Immunotherapies</p> <p>Iowa Mobile Diagnostics</p> <p>Laboratory Services</p> <p>Mammography</p> <p>Massage Therapy</p>	<p>Maternity & Newborn Care</p> <p>Men's Health</p> <p>Nephrology</p> <p>Neurology</p> <p>New Sharon Satellite Clinic</p> <p>Nutritional Support</p> <p>Occupational Health & Employer Health</p> <p>Occupational Therapy</p> <p>Oncology Care & Services</p> <p>Ophthalmology & Cataract Surgery</p> <p>Orthopaedics & Sports Medicine</p> <p>Pain Management Clinic</p> <p>Pharmacy</p> <p>Physical Therapy & Rehabilitation Care</p>	<p>Podiatry</p> <p>Preventative Medicine</p> <p>Public Health</p> <p>Radiology & Medical Imaging</p> <p>Respiratory Therapy</p> <p>Same Day Care & Appointments</p> <p>Sleep Medicine</p> <p>Speech Therapy</p> <p>Urology</p> <p>Vascular Surgery/Vein Therapy</p> <p>Walk-In Clinic</p> <p>Women's Health</p> <p>Wound Care & Ostomy Clinic</p>
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