

## Secret to longevity?

*"Good genes, eating well, getting enough sleep, and staying connected with friends and family."*



**Helen Folkmann**

## Favorite Quotation?

*"Let a smile be your umbrella."*

Helen has five children and seven grandchildren. Helen is very proud of her success in raising her children. When she is not watching Hawkeye football and basketball games, Helen enjoys playing cards and watching major league baseball.