



# Lutheran Homes Messenger

Muscatine, Iowa  
USPS 341-160

Address Service  
Requested

*Keeping You Informed is Part of Our Mission*

Spring 2010 – Volume 116, No. 1

## News and Notes from the Director

As winter comes to an end, we welcome spring with renewed efforts for a promising summer. Lutheran Homes Society is once again taking the lead in serving our community seniors. There is no higher calling than to serve the frail that are entrusted to us for their care. Quality care doesn't just happen and one of Lutheran Homes programs which renews our efforts on a daily basis, is our "Caring Above and Beyond" program. The program involves several components ranging from Family, Resident and Employee surveys, Culture change, Core Values and Mission Integration.

Our Recognition Program, another part of Caring Above and Beyond, allows families, staff and visitors to recognize the individual efforts of those employees and/or volunteers who have demonstrated our values in the exceptional service and care they provide. As you visit your loved one you will see at each nursing station a nomination form that a person can complete to recognize someone special. Several staff members have already been recognized by families for the service they have provided.

As hospitals discharge individuals who may need additional therapy to strengthen their return home, Lutheran Homes Focus Rehab is here to meet their needs. Our Focus Rehab unit has been in operation for 1 year and continues to excel. We have graduated over 70 seniors back to their home. Our motto of "Get Better, Get Home" is proving to be just that. The unit has been expanded to include two additional rooms. To make it more convenient for visitors and families, the private entrance has been remodeled and we have added private visitor parking.

Lutheran Homes has a Family Council that meets on a regular basis to provide feedback from our families on care and service issues. The forum provides a good means

of communication on policy, informational education and general guidance on senior issues common to all. I encourage families to take note of our announcements when these meetings are held and welcome you to participate. We value your input.

In the past several weeks Iowans have been focusing on state budget issues with the majority of the attention going to local schools and municipalities. The public is not aware that nursing homes across the state face the same budget cuts as schools and cities. The most vulnerable citizens in our state, long term care residents, who can only be

*continued on page 3*

### What is Valley View?

Since **Valley View** is connected to the Nursing facility, many people think it is a nursing home, this is a common misconception. Valley View Manor is a 14 unit Assisted Living program, located on the garden level of Lutheran Homes Campus; it offers studio, one bedroom and one bedroom deluxe apartments for seniors. Tenants of Valley View receive minimal assistance from staff for daily tasks such as bathing, grooming and dressing. The qualified staff is able to assist tenants in managing medications, making doctor appointments and arranging transportation to those appointments. Valley View provides tenants with three nutritionally balanced meals each day, and also offers weekly housekeeping and laundry services. The level of care provided in the Assisted Living is minimal; those who need advanced levels of care are given priority for admittance to the Nursing Facility. If you have a loved one who needs some assistance with daily routine, but is not ready to go to the "Nursing Home", Assisted Living, may be worth looking into.

*– Jeane Arnette RN, Valley View Program Director*

## Lutheran Homes Contacts

**David Armstrong**  
Executive Director

**Terri Verwers**  
Director of Nursing

**Amber Elder**  
Asst. DON

**Cher Talbott**  
Asst. DON

**Wendy Crowder**  
Asst. DON

**Kathy Rick**  
MDS Coordinator

**Holly Churchwell**  
Social Services

**Lottie TeStake**  
Dietary Director

**Steve Snider**  
Activities Dir.

**Brad Soule**  
Director Plant Operations

**Joan Niles**  
Laundry/Housekeeping Supervisor

**Vicki Pederson**  
Interim Chaplin

**Kris Stalkfleet**  
HR

**Shelia Chick**  
Business Manager

**Jeanne Arnette**  
Valley View Manor Director

**Nerea Strickland**  
Admission Coordinator

## From Chaplain Vicki

*"...everything old has passed away; see, everything has become new!"*

The quote above is what anyone of us might say regarding the change of seasons over the past month. *Old* winter has passed away. Thank goodness *everything* that we associate with winter -- its cold temperatures, mounds of snow, and short days -- is ended. It is no more. Gone! In its place *everything has become new!* Brown grass is green, bare trees are leafing out, flowers have emerged from the once frozen ground, and daylight is lengthening. Thank goodness the signs of spring are all around us. Some may call this passing of the old to become something new simply "routine" and "only nature's changing seasons". For me it is a wondrous miracle and a sign of God's gracious involvement in our world.

The quote above is from one of our Bible readings for the 4<sup>th</sup> Sunday in Lent -- 2 Corinthians 5:17b. It describes another kind of change that God makes happen -- the wondrous miracle and sign of God's gracious involvement in our world that we experience in and through Jesus' death and resurrection! Jesus' dying and Jesus' rising from the dead on Easter morning is God acting in our world in Jesus to bring about a change in us. *Everything* that is *old* in us -- sin, suffering, death -- is ended by Jesus' resurrection. Their power over us is no more. Gone. In their place *everything has become new!* Sin is forgiven, suffering is overcome through the help of Jesus' own presence with us, and death gives way to eternal life.

God has changed the season of our old life (not knowing God's love in Jesus) to a new life (knowing God's love in Jesus). The signs of our new life in Jesus are all around us. Our residents find that although they have left their familiar old home, life at Lutheran Homes can begin to feel like home as God helps us to love and care for one another as God's family together. Struggle with pain and weakness is helped daily as we trust in Jesus' promise to be with us always and receive from him compassion and strength to aid us. In a word whatever threatens to make the end of us, God works to create something new in its place!

Indeed, *"...everything old has passed away; see, everything has become new!"*

## Lutheran Homes Messenger

*The Lutheran Homes Messenger* (USPS 341-160) is edited and published bi-annually for \$1.00 per year by the Lutheran Homes Society, 2421 Lutheran Dr., Muscatine, IA 52761-9392. Dave Armstrong, Administrator. Printed by Stacy Printing Company, Muscatine, Iowa and (as to facility news and photos) Lutheran Homes. Periodicals postage paid at Muscatine, IA 52761. **Address service requested postmaster:** Send changes to Lutheran Homes Messenger, 2421 Lutheran Dr., Muscatine, IA 52761-9392.

## Help & Information Available

The decision to place a loved one in a care facility may be the hardest decision families have to make in the course of care giving. It is usually easier to make this decision when the whole family is involved because then it is a shared decision. Finances always play a role in this decision. A discussion with an attorney might be needed. Talking with someone who is knowledgeable about placement such as a friend who has been through the experience or an admissions coordinator at a care facility is another option to explore. Most importantly educate yourself, tour facilities, talk to people in your community, and gather all the information you can on the options in your community. Then if the need arises, you can make an educated decision on placement.

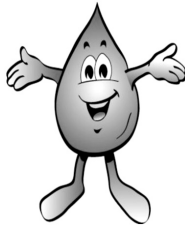
*– Nerea Strickland, Admissions Director*

represented by families and care givers, are facing reduced services due to these cuts. Last week, industry leaders met with House and Senate Democratic Human Services staff members and Iowa Medicaid Enterprise Director to discuss FY 2011 proposals for long term care. The outlook for FY 2011 is dismal, at best, and all Medicaid providers have been told that the state legislature will reduce Medicaid by \$327 million. I would encourage you to visit with your legislator and ask them how future budget cuts will affect our seniors in nursing homes.

One of our core values Hospitality – with meanings of “Extending warmth and acceptance to each other and to all we serve.” and “Welcoming new ideas and being open to change” represents an open offer to all family members to stop by my office and say hello. I would welcome the opportunity to visit.

– David Armstrong, Executive Director

## Lutheran Homes Blood Drive



Friday, July 23, 2010

11am-3pm Chapel

Contact Kris Stalkfleet at 563-263-1241 or

[kstalkfleet@lutheran-homes.org](mailto:kstalkfleet@lutheran-homes.org)

for an appointment

## Pressure Ulcer Prevention (PUP)

Pressure ulcers are a continuous concern in Long Term Care facilities. Over the past few months the nursing department has been working with IFMC (The Iowa Foundation for Medical Care) in educating our staff on pressure ulcer prevention. IFMC is a quality improvement organization for pressure ulcer prevention in nursing homes and hospitals. Our goal at Lutheran Homes in working with IFMC is to educate staff on recognizing residents who are high risk for pressure ulcers and prevention. The process began with IFMC coming on-site and observing our current pressure ulcer prevention practices. A pressure ulcer knowledge and attitude survey was completed by all nursing department staff. IFMC determined potential learning opportunities based on compiled survey results and education was provided to all nursing staff by IFMC consultants. Our relationship with IFMC will be on-going to continue giving quality care to our residents.

– Terri Verwers, Director of Nursing

## Caring Above & Beyond...

The *Caring Above and Beyond Recognition Program* recognizes employees for caring above and beyond and positively demonstrating our values in the exceptional service and care they provide. The values that apply:

**Hospitality** – Extending warmth and acceptance to each other and to all we serve.

**Stewardship** – Representing the value and worth of Lutheran Homes.

**Integrity** – Creating a daily practice of doing the right things.

**Respect** – Treating all persons with dignity and respect without regard to age, gender, race, or minority or economic status.

**Humor** – Having fun at work!

To nominate an employee, complete a nomination ballot that is located at the front desk or one of the nursing stations and return to the Human Resource department. The person(s) you nominate will receive personal recognition and may qualify for additional awards.

– Kris Stalkfleet,  
Director of Human Resources



# UPCOMING EVENTS

## MAY 2010

Sunday, May 2<sup>nd</sup>

“Mother’s Day Open House”

Time: 2:00pm – 3:30pm

Entertainment by “Joyful Sounds”

*Refreshments will be served*

Thursday, May 13<sup>th</sup>

“Employee Recognition Day

Time: 1:30pm in the Chapel

*Staff Tea provided by Zion Lady Auxiliary*

Monday, May-9<sup>th</sup> – Friday, May 14<sup>th</sup>

“National Nursing Week”, please help celebrate by participating in the theme days

Monday, May 10<sup>th</sup>

Farm Days: Coffee and Donuts at 10:00am

Horse Shoes Contest at 2:00pm

Tuesday, May 11<sup>th</sup>

Hawaiian Day – Dress in your finest Hawaiian attire

Hula Hoop Contest and Fruit Snacks

Wednesday, May 12<sup>th</sup>

Carnival Day: Games in the Multipurpose Room

Thursday, May 13<sup>th</sup>

Safari Scavenger Hunt throughout the facility

Friday, May 14<sup>th</sup>

Sports Day – Dress in your favorite team jersey & cap

*Hot dog Cookout*

Thursday, May 20<sup>th</sup>

Spring Dance with “The Fabulous Ones”

Time: 6:00pm – 8:30pm

Theme: May Flowers

## JUNE 2010

Sunday, June 13<sup>th</sup>

“Father’s Day” BBQ @ 12:30

Wednesday, June 30<sup>th</sup>

Secret Pal Revealing Party @ 6:00pm

*Refreshments will be served*

Flyers and letters with more details on these events will be mailed out soon. Please call Activities if you have any questions. Raquel Aguilar or Steve Snider at (563) 263-1241, ext#251 or ext#250

## Alzheimers’ Support Group Resumes

A support group for loved ones of persons with Alzheimer’s or other dementia will resume on May 4<sup>th</sup> at Valley View Manor (Lutheran Homes’ assisted living). Meetings will be from 5:00-6:00 p.m. the first Tuesday of each month. It is free and open to the public for anyone who is concerned about a person living with Alzheimer’s disease or other dementia.

Each meeting includes an educational component for 20 minutes as we present different topics, speakers, or video that will provide information helpful to caregivers and family members. The rest of the hour meeting is a time for group members to find support and share their experiences.

If you have a loved one with dementia, we invite you to join us to network with others, learn more about dementia, and find support as a caregiver. Please contact Chaplain Vicki Pedersen if you have questions.

## Family Participation

Residents and families are invited to participate in care conferences. Conferences are a means to provide a staff interdisciplinary approach and family input in developing an individualized plan of care. Residents and/or responsible parties will be informed in advance of the care conference meetings and are scheduled for twenty minutes. By attending the conference it provides a great opportunity for families to discuss with the staff any condition changes, plan of care, psychosocial needs or questions regarding care. Conferences are scheduled within 21 days of admission, quarterly or a change in condition. We encourage family to inform staff of any concerns as they arise rather than wait for a scheduled conference. We welcome as many family members to attend as you would like. If you have any questions please contact the Social Service department.

– Holly Churchwell, Director of Social Services

# PUBLIC WELCOME TO ATTEND FREE EVENT

Hospice Compassus is pleased to announce that we will once again be hosting nationally renowned speaker and author Jolene Brackey this May. Jolene, author of “Creating Moments of Joy” offers practical tips and advice for working with individuals affected by Alzheimer’s disease or some other form of dementia. Through her enthusiasm and knowledge, Jolene offers participants a message of hope and teaches people how to achieve positive outcomes and enhance the live of those they care for. *This is a free event to the public and starts at 8:00 A.M.* The dates are:

May 4<sup>th</sup>, CASI Center for active seniors, Davenport

May 7<sup>th</sup>, Marriott Hotel and Convention Center, Coralville (right off of I-80)

## Myths about Hospice and Palliative Care

Quality end-of-life care isn’t about how you die; it’s about how you live. Hospice and palliative care focuses on how dying persons and their loved ones live each day, providing comfort and guidance along the way.

While more than 1.2 million people were cared for by the nation’s 4,000 hospice programs last year, many myths exist about hospice that deter people from out this compassionate system of care.

1. Choosing hospice means that I’m “giving up.”
  - When cure is no longer possible, hospice provides the type of care most people say they want at the end of life—comfort and quality of life. The most common statement made by families who chose hospice for their loved one is, “we wish we had known about hospice sooner.”
2. Hospice care won’t allow me or my family to be involved in making decisions about treatment.
  - Hospice puts patients and families at the center of care. Trained professionals provide guidance and encourage open, honest communication about individual wishes and choices.
3. Pain is just to be expected as part of the dying process.
  - Hospice doctors, nurses, and others are specially trained to control each person’s pain, while still keeping the patient awake and alert whenever possible.
4. I want to care for my loved one at home; I don’t want them to go to a hospice.
  - Hospice is not a place but a philosophy of care. The majority of hospice care takes place in the home, where the person can be surrounded by family and familiar settings.
5. My mother lives in a nursing home and I can’t bring her to my home to care for her, so hospice wouldn’t be available.
  - Hospice and palliative care is available in nursing homes, assisted living facilities, and even hospitals – wherever the patient lives and considers home.

**For More Information Contact Our  
Davenport, IA location at 563-359-3666**

## Guidelines for Visiting Pets

Just a friendly reminder of the policy for “Pets Visits”, we would like you to have prior approval before bringing your pet to Lutheran Homes. You can contact the Activity Department, Steve Snider or Raquel Aguilar.

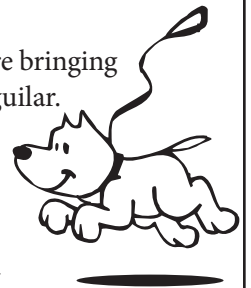
You need to show PROOF OF VACCINATIONS. Copy of that record will be kept in activities. All animals allowed into the facility must have current vaccinations.

**NO PETS ARE ALLOWED IN ANY OF OUR DINING ROOMS**

If your pet has an accident it is up to you as the owner of the pet, to clean up the mess. If you need assistance, please contact Activities or the nurse in charge at the Station you are visiting. We will assist you.

**ALL PETS MUST BE ON A LEASH OR IN CARRIERS. YOUR PET MUST BE SUPERVISED AT ALL TIMES IN THE FACILITY or OUTDOORS ON OUR CAMPUS.**

Thank You.



## Another Wonderful addition to the Activity Staff

I would like to formally introduce everyone to April Ricky (Activity Aide) the newest member of the Lutheran Homes Activity Department. April grew up in the Louisa Muscatine school district. She now resides in Muscatine with her four children Abigail 7 months old keeps her very busy all the time. Brianna 6 loves to read to her baby sister, and play outside. Anthony 11 enjoys being a boy scout and participating in Awannas at Walnut Park Baptist church. Melodie 12 loves to play soccer; she is on the U13 Muscatine Soccer club team the Revolution. April is not married but is in a relationship with Dan. She loves spending time with the children and being involved in their Activities. In her spare time she is a member of the Greater Muscatine Jaycees helping out in the community with lots of worthwhile projects. So if you see her in the halls thank her for all she does.

– Steve Snider, Director of Activities

## A SPECIAL THANK YOU

During these troubled times it always amazes me when people help others and how we can learn from them who do simple but very meaningful things for others.

A special thank you goes out to 2 of our creative lady residents: Martha Zumwalt and Margaret Goodwin (sisters who share a room together.) They both have always been very talented and creative and recently came up with an idea on how to re-cycle little wipe boxes into decorative Easter Gifts. With the help of their niece, friends and the Mens' HY-Vee Coffee Group; 27 Easter boxes and baskets were made for residents who needed an extra cheer this Easter.

Thank you to these wonderful caring people who think of others. *God Bless You All!*

The Men's Group Donated money to purchase candy and chocolates – *Charles Smith, Wade Ashbee and Charles Oldfield*

The Lady's Group decorated and put boxes and baskets together – *Marjorie Wheeler, Luanna Ashbee, Charlotte Foster and Roberta Smith.*

## News from Lutheran Homes' Focused Rehab

Lutheran Homes held an Open House on April 10<sup>th</sup> to celebrate the first anniversary of its Focused Rehab. Among our guests were some of our 75 plus "graduates" who used our Focused Rehab to obtain the help they needed to return home again.

The great success of our Focused Rehab is proving to meet an important need in the Muscatine area. People come to us who need various therapies to complete their recovery from surgery, or to strengthen and enhance their abilities to remain living independently in their homes. The Muscatine Health Support Foundation (MHSF) recognized the value of Lutheran Homes' Focused Rehab for our community and awarded Lutheran Homes with a matching grant of \$7,500 for a new project to benefit Focused Rehab.

The MHSF awards grants for projects that "will improve the community health and aid the growth and development of the medical care system for the community." Our grant will be applied toward the purchase of recliner chairs with footrests for use in the Focused Rehab private suites. The recliner chairs will be used therapeutically to aid the healing process, add comfort, and to help prevent complications during a person's stay.

Lutheran Homes will hold fundraisers to help us gain the full value of the MHSF grant. If you would like to be a part of helping with our Focused Rehab project, individuals are welcome to make donations as well. Every dollar you contribute will be matched by Muscatine Health Support Foundation, until the total grant award has been achieved.

# Protein and How It Helps Us Remain Healthy

Protein has a critical role in terms of health and well being. Research continues to indicate high quality protein is of significant importance to optimal health as well as disease prevention and management. Animal proteins such as lean meats, eggs & low fat dairy products contain all the essential amino acids the body needs to stay healthy. Eating protein is essential for better health. Protein can help you feel stronger, heal wounds, builds muscle and maintains fluid balance. Meat, poultry, fish, dry beans or peas, eggs, nuts and dairy products are all possible protein sources. The elderly should consume at least 5 oz of protein daily. It's important to start the day out with protein for breakfast which could be an egg or peanut butter on your toast. An 8 oz glass of milk gives you 8 grams of protein. 1 oz of lean meat provides 7 grams of protein. Lunch & dinner menus should include 2 -3 oz of meat and dairy products. The elderly should try to consume ½ gram of protein per pound of their weight to prevent protein deficiency. Eating protein daily will give you energy that fuels your mind & body for better health.

– Lottie Testrake, Director of the Dietary Department

## Housekeeping Cleaning

Spring is here, Summer will be soon. We will be knocking out the dust, shinning up, getting ready for the new seasons. Some of the projects we'll be working on will be drape washing carpet cleaning, floor waxing lights and window washing. We will go from room to room until we complete all areas. We will continue to do our regular cleaning as well.

Our goal is to be the cleanest place in town. So, if you see something that needs attention Please call or contact Joan Niles or tell any Housekeeper. Any of us are happy to assist in any ways.

## Laundry Department

Do you know we have a rack of clothes without any names on them? Every Monday or Friday we take to Coffee Hour to see if anyone can claim them. Laundry processes thousands of items each day of the week. Our turn around is 1 to 2 days. All items should be placed back to the owners. If something is not return, Please tell us as soon as possible. We do find many times no name or name has faded. Ways you can help is to make sure items are marked with a permanent marker or labels. It's best to use the silver permanent on a dark colors. Please let us know how we can better serve you.

– Joan Niles, Director of Housekeeping and Laundry

## Maintenance Briefs

With the recent switch to digital cable TV, big changes have happened in the industry and with our local provider Muscatine Power and Water. Lutheran Homes offers basic cable service to all resident rooms at no cost to the resident. Select, Preferred, or any Movie channels are available for an additional monthly charge to be paid by the resident or a family member. Contact Muscatine Power and Water directly to arrange for this service. Select channels can be viewed on all station lounge TV's.

As a reminder, electrical surge protectors (power-strips) can be used for entertainment equipment only. This includes computers and related equipment, facsimile machines, photocopiers, electronic scanning machines, and other consumer electronic devices such as VCR's, DVD players, televisions, and stereo equipment in a resident's room.

Examples of devices that are **prohibited** from use with a surge protector are clocks, lamps, personal grooming and care devices, battery chargers, motor driven appliances such as air conditioners, refrigerators, pop-machines, compressors and microwave ovens. This also includes lift chairs and fans. All of the above items must be plugged directly into a wall outlet

All surge protectors must have an all metal casing, 15-amp circuit breaker protection, and have a minimum 14 gauge power cord with ground.

If you have any additional questions you may contact the Maintenance Department.

– Brad Soule, Director of Maintenance

## Lutheran Homes Board of Directors

### Executive Committee

Mr. Al Airola, *President*  
Ms. Loryann Eis, *Vice President*  
Mr. Bill Snyder, *Treasurer*  
Rev. Terry Mahnke, *Secretary*  
Mr. David Meloy, *At Large*

### Other Members

Mrs. Dyann Roby  
Larry Meyer  
Don Heckman  
Jeff Pattison

## Lutheran Homes Services

Focus Rehab

Alzheimer Care

Skilled Nursing

Valley View Manor - Asst. Living

“Cottage” Senior Apartments

Woodland Hills - Town Homes



## Lutheran Homes Messenger

2421 Lutheran Drive  
Muscatine, IA 52761  
(563)263-1241  
FAX (563)263-4180

 **HEALTH  
DIMENSIONS  
GROUP**  
*Managing. Consulting. Caring.*

 **STACY**  
*printing co.*  
(563) 263-3268  
Muscatine, Iowa 52761

Periodical Postage Paid at Muscatine, Iowa  
USPS 341-160  
Address Service Requested  
Spring 2010  
Volume 116, No. 1