



IVHInsights

Issue: 1 October 2015

Table of Contents

Table of Contents	1
Commandant's Corner	2
A Message from the Administrator	2
New Employees.....	3
World War II Monument footings have been poured	3
Chaplains Corner	3
Quality and Compliance	4
In loving Memory of our Veterans and Spouses.....	5
IVH Wellness Corner	6
Weiner Dog Races Bring Laughter For Residents and Employees!!.....	6
Bryngelson... This Editions Spotlight Employee!!	6
Ulery Staff Recognizes Alzheimer's and Brain Awareness Month	7
Curious How to Live Past 100 years.....Ask an Iowa Centenarian	7
Charlene Larkin Is Our Resident Spotlight...celebrates her 100th birthday!	7
Web Page Upgrades Continue....New Testimonial DVD available	8
New Bus Arrives...Mission Ready For Off-Site Trips!	8
Throughout The Years at IVH!.....	9
Veterans Day Program	9
Veterans Service Badges	9
Facilities Management	10
Iowa Veterans Home Longevity Awards (July—September)	11

Commandant's Corner

by Commandant Jodi Tymeson

It was a privilege for me to join IVH resident Charlene Larkin in Des Moines as she was recognized as an Iowa Centenarian (100 years young!) See the complete story on pages 14-15. The program was centered on these amazing Iowans and their lives, and several tidbits of knowledge were passed on to the audience. Several advised "clean living" as a reason for their reaching age 100.

Hearing the recommendation for clean living caused me to remember my grandma who lived to age 102. This would definitely be a piece of advice from her, along with the advice to "work hard." She had 7 children and worked hard on the family farm. Every time I went to her home, as a child or as an adult, I always found a bucket of homemade chocolate chip cookies in the freezer. Since I had 25 first cousins, and I'm sure they all found the bucket of cookies; I can't imagine how much baking grandma must have done!

My grandma lived through many major events and saw incredible innovation in her lifetime - things that truly changed the way we live – two World Wars, Korea, Vietnam, and the invention of automobiles and airplanes. It's a good reminder to all of us to make time to listen to the stories of our grandparents and parents.

We at the Iowa Veterans Home have another wonderful resource for knowledge – our residents! I encourage you to take a moment to listen to someone's story.

A Message from the Administrator

by Mike Jarrell, LNHA

Operations:

It is hard to believe we have crossed from Summer to Fall. Time flies and we continue to work on assorted projects. Dack remains on schedule with completion still planned for August of 2016. Other projects that will be coming up include replacement of the fuel tanks and spill containment, replacement of two chillers and replacement of a number of AHU (Air Handling Units). The AHU's will be for Sheeler, Dack and Malloy buildings. We are also looking at replacement of our laundry equipment. The laundry units have been in use past their normal life cycle due to the great upkeep provided by our service technicians. It is time, however, to start looking for new equipment.

Nursing Home:

We are so blessed to have people working at IVH who truly care about the residents and their quality of care and quality of life. You see this daily with the staff and volunteers interactions with the residents. IVH truly does have a home-like environment. With the change in seasons, remember to adjust your dress for the variance in and continue to take in fluids. Soon we will be in the midst of our annual state survey. This is a routine visit that we prepare for daily by maintaining high standards of care and looking for continuous way to improve what we do along with how we do it.

New Employees

By Wayne Pierson, Training Officer

July NEO Christina Meling, Natasha Burton, Brittney Cole, Brittany Steele, Karlene Miller, Sherry Wesbrook, Tanya Leverette-Sanchez, Mindi Hansen, Brett Wax, Diane Larson, Craig Smith, Debbie Nichols.

August NEO Linda Arends, John Grundy, Janine Lloyd, Sonia Pikina, Dawn Richardson, Jauna Schuler, Taylor Vaske, Marilyn Wells, Denise Weuve.

September NEO Tonya Ringena, Christine Huntrods, Jacey Spurlin, Linda Arends, Maribel Denny, Timothy Sletten, Tony Waseskuk, Randy Reinertson, Nancy Schive, Angie Leslie.

World War II Monument footings have been poured

It is not only a honor to serve Iowa veterans and spouses everyday but it has been a honor to be part of the IVH World War II monument project as we continue to plan a “long overdue” recognition. This will be a monument that will honor all Iowa World War II era veterans. We are pretty much on target and are getting materials ordered and prices quoted but most importantly our granite is in Newton, Iowa getting etched. So therefore it is in the hands of the artist, doing what she does best. The artist has 20 years plus experience in designing and etching faces of monuments. I’m very confident that our monument will stand out! We will be adding a “V” shaped platform in front of the monument to represent “VICTORY” as it is only fitting that we build the concrete pad in the shape of a letter V for the men and women who were coined as the “Greatest Generation” that ever lived.

There have been bids from local contractors and businesses for cost estimates for an electric sign (exact design and color of the existing Korean & Vietnam signage), flagpoles and of course concrete. On the 1st of September, 2015 the footings for our WWII memorial were laid. The project as a whole is moving along but will probably extend into the first week of October. Like everyone else I’m extremely excited about seeing the finished product. We are starting to put a ribbon cutting ceremony together as well. As donations continue to be received, it is through the generous contributions of organizations and individuals that we have been able to move on this project. We would like to thank everyone involved especially the Grinnell Mutual Reinsurance, Veterans Service Organizations, ELKS organizations in Iowa, families of World War II veterans, local businesses and donors in general. **Thank You!!**

Chaplains Corner

by Angela Doty

There is something sacred, mysterious, and powerful that occurs when we pray together. In an attempt to facilitate and promote prayer in and among the community of IVH, there is a new interactive prayer altar in the chapel. The prayer altar is there for both resident and staff. If you have a need, or if you have a word of inspiration for others, if you want to pray for others, or know of a concern around the world please come and share in this sacred space as we pray together, for each other. Leave a request, a scripture, a photo, a clipping or simply go and pray with what others have left. Use the space in any way that demonstrates the reverence of God’s holy presence and the well-being and care of all who come to share in this place of prayer. Please note, anything left on the prayer altar will periodically be picked up by one of the chaplains so please don’t leave anything of value there. The prayer altar is a way to be reminded God is with us and we are with each other in times of celebration and of need. If you want someone to join you in either using the prayer altar, or simply want to talk about a spiritual need in your life, the chaplains are available, just ask.

Quality and Compliance

by Lana Comstock, Bureau Chief, Quality & Assurance

Quality Assurance Performance Improvement Committee

Review of the Quality Assurance Performance Improvement (QAPI) Committee membership has prompted additions of Heinz Hall Nursing Supervisor and a Clinical RN to round out member representation. Members include:

Connie Paxton	Social Work
Chris Barten	Infection Control
Cindi Hineman	Quality & Compliance
Dr. Melissa Bruhl	Medical Director
Kathy Knickerbocker	Recreation
Jilisa Stubbs	Secretary
Jodi Tymeson	Commandant
Lana Comstock	Quality & Compliance
Linda Pierson	Dietitian
Lori Reed	ARNP/Mobility
Mike Jarrell	Nursing Home Administrator
Penny Bermudez	Employee Resource Administrator
Phyllis Smith	Pharmacy
Rachel Kern	Registered Nurse
Russ Pape	Safety
Shauna Callaway	Nursing Administrator
Susan Wilkinson	Resident Support Administrator
Teresa Griffith	Quality & Compliance
Terry Gruetzmacher	Heinz Hall & Nurse Supervisor

QAPI committee is responsible to 1) identify quality deficiencies and assist in performance improvement identification 2) evaluate and address quality and safety practices that may have impact on care and services delivered 3) assist others in utilization of the quality assurance performance improvement plan through engagement in process improvement projects (PIPs) and task oriented teams (TOTs). Goals of the QAPI committee include utilization of research and evidenced based practice to promote quality, assurance that regulatory standards are maintained and to promote a culture of safety and performance improvement within the IVH community.

Residents, families and staff are encouraged to contact any committee member whenever an identified facility compliance concern arises and/or to share ideas/thoughts for improving agency/division/bureau/unit performance.

Family Satisfaction Survey

Initial research has begun to investigate implementation of a family (resident representative) satisfaction survey in early 2016. Quality Assurance Performance Improvement (QAPI) best practices in nursing homes encourages use of customer-satisfaction surveys to use data results to identify opportunities for improvement that will proactively have an impact on all residents and their families.

In loving Memory of our Veterans and Spouses

Veterans

John Moreland U.S. Army
James Aldrich U.S. Navy
Edward Johnson U.S. Navy
Vincent Johnson U.S. Navy
Richard White U.S. Army
Marvin Hagen U.S. Army
Carmino Riccio U.S. Army
Jeffrey Howerton U.S. Marines
Gerald Johnston U.S. Air Force
Sidney Rosenman U.S. Army
Darwin Newton U.S. Navy
Vern Hanft U.S. Army
Henry Picray U.S. Army
Rick Burger U.S. Marines
Milan Hood U.S. Army
Frederick Kermeen U.S. Army
Norman Ball U.S. Army
Robert Recker U.S. Army
Craig Chapman U.S. Army
Duane Heller U.S. Army
Vern Loveland U.S. Army
Richard Delude U.S. Army

Spouses

Doris Flanagan U.S. Navy
Dorothy Hoff U.S. Army
Gertrude Thoe U.S. Army
Carolyn Smith U.S. Navy
Marjorie Diggins U.S. Navy

The Iowa Veterans Home gladly accepts memorial funds from individuals, organizations and businesses that can be used for our residents and facility. If you are interested in making a donation in memory of a loved one please contact Mike Hines at (641) 753-4309 or e-mail @ michael.hines@ivh.state.ia.us.

If you have questions about the Iowa Veterans Home Cemetery and the regulations and procedure for interment please contact Kathy Kopsa at (641) 753-4315 or email at kathy.kopsa@ivh.state.ia.us. You may also view our web page at <http://ivh.iowa.gov> to find information about the Iowa Veterans Home cemetery.

IVH Wellness Corner

by IVH Wellness Committee

Cravings for delicious fall foods are in the air now that the leaves are starting to turn. Some of these fall foods contain a healthy dose of antioxidants. Antioxidants help protect healthy cells from damage caused by free radicals. Free radicals can be caused by normal body functions & pollutants. When healthy cells are weakened, they are more vulnerable to certain types of cancer and cardiovascular disease. Antioxidants (including vitamins C and E and carotenoids) may help boost immune function & possibly decrease risk of infection & cancer. Include some of these fall foods containing antioxidants in your diet. **Pears** are at their peak in the fall and contain an antioxidant called catechins and some vitamin C. Use pears in place of apples in crisps, cobblers, salads, or baked apples. Use a little citrus juice to keep fresh pears from discoloring.

Winter Squash contain carotenoids. Carotenoids fight to reduce the damage caused by free radicals. Foods high in carotenoids may help prevent certain cancers and may help decrease your risk of macular degeneration. Use pumpkin puree to make muffins, pancakes and bread. **Sweet potatoes** contain carotenoids as well and are full of vitamin A. They contain more fiber and vitamin C than white potatoes. Cut them up into fries, shake in a zip lock baggie with some olive oil, spread out on a cookie sheet and bake in a 400 degree oven for 25-30 minutes as a healthier alternative to traditional French fries. **Pecans** are rich in Vitamin E.

Vitamin E helps protect your body from cell damage that can lead to cancer, heart disease and cataracts as we age. Add pecans to salad or use as a coating for fish.

Weiner Dog Races Bring Laughter For Residents and Employees!!

by Michael Hines, Staff Assistant to the Commandant

Even though it was little warm out several residents and staff were in attendance for the first ever weiner dog races held at the Iowa Veterans Home located just south of the Ulery building. Though there were very few participants that actually made it to the finish line, shown below, a good time was had by all who participated and those who planned the event. Thanks to the recreational staff, employees, members of the community, IVH volunteers and to Commandant Tymeson for donning the "Hot Dog Costume". Everyone's efforts were beneficial in assisting with the planning, doggie snack bags and dietary for the weiner dog cake. Laughter is great therapy! A big thanks for the maintenance/carpenter crew who constructed the first ever official weiner dog "starting blocks". A good time was had by all residents and staff that attended. Great job!

Bryngelson... This Editions Spotlight Employee!!

Lynn Bryngelson has been chosen for this Insights Spotlight Employee of the quarter. Lynn Bryngelson, a long time Iowa Hawkeye fan, considers the Iowa Veterans Home the most patriotic place in the state to work. Lynn said that employees have so much pride in their mission here at IVH. Lynn who is originally from Charles City, Iowa has lived in Marshalltown, Iowa for 38 years says that her hobbies include cooking and spending time with family. After Lynn graduated from Charles City High School she decided to travel to Cedar Falls, Iowa to attend the University of Northern Iowa. After settling down in Marshalltown, Lynn and her husband Richard raised 5 children and have 7 grandchildren.

Lynn chose her field because she came from a medical family. Her career included a stint in Pharmacy prior to starting at IVH. That decision has led Lynn to a 30 year career in the Healthcare field with 16 of those 30 years being here at IVH, beginning in March of 1999. Since her start at IVH Lynn feels the mission and operations is basically the same in that everyone is very concerned for the residents but we have become more focused on their quality of life as we try to assure resident comfort and respect. Bryngelson also feels that the continued upgrade to buildings to meet our

residents needs is a good thing. The most enjoyable part of working here is the camaraderie and how the staff and residents get along with each other. If there was one thing that Lynn could change it would be more understanding by staff of how lucky we are to be working at the Iowa Veterans Home!

Ulery Staff Recognizes Alzheimer's and Brain Awareness Month

It is never too late to contribute on past or current events here at the Iowa Veterans Home in the Insights. The Insights is a great way to communicate any happenings. For instance during one week in June our Ulery staff participated in the Alzheimer and Brain Awareness Month. The local Times-Republican was contacted and presented a story to show readers in the community how are our staff is committed to spreading the awareness of this disease. This disease alone accounts for 60% to 70% of cases of dementia. It is a chronic neurodegenerative disease that usually starts slowly and gets worse over time. The most common early symptom is difficulty remembering in recent events (short-term memory loss). Though the whole month of June was Alzheimer's and Brain Awareness Month, to recognize this disease our staff during the Week of June 22 -26, wore purple to show their support and promote awareness for this deadly disease.

Many residents living at IVH have some level of dementia and reside in our secure/semi-secure memory care facility (Ulery). This disease has affected many families and friends but as employees, each of us is affected in some way by dementia. During the week, staff were encouraged to place purple ribbons on "Purple Polly", a silhouette representing persons with dementia, stating how we have been affected by dementia.

To recognize the week, Ulery staff wore purple pins to support loved ones affected by dementia, wore purple wrist bands and had purple lollipops and mints.

Curious How to Live Past 100 years.....Ask an Iowa Centenarian

On the 18th of September IVH resident Charlene Larkin was identified as an Iowa Centenarian. This is one way the state of Iowa recognizes and celebrates their aging population. A total of 6 events are held throughout the state and are sponsored by the Iowa Department of Aging and the Governor's Office. Charlene was honored in Des Moines along with many other centenarians, one who was 107! Great advice came from many of the centenarians such as: 1). Don't gossip 2). Drink aloe vera juice 3). Don't be afraid to help others 4). If you want a Friend, be a friend 5). Clean Living! A good time was had by all that attended. These men and women have lived through events that we only have seen on TV, read in books or seen it in the movies. Congratulations to all the Iowa centenarians!

Charlene Larkin Is Our Resident Spotlight...celebrates her 100th birthday!

On Friday, September 18, 2015 the Fox staff were able to see the expression on Charlene Larkin's face....a expression of happiness when presented her birthday cake!! Why shouldn't she be happy as she turned 100 years old!! Turning 100 means that there have been hundreds of ways to celebrate.

We must all agree that birthdays at some point in our lives become an unwanted reminder of growing old and eventually meeting a birthday cake that is displayed with a blaze of candles. As some birthday celebrants sometimes downplay celebrations, but on this day, in FOX 4, there were happy birthday praises all around. Charlene's friends, family and IVH staff could all feel the happiness in the 100th birthday celebration that day.

Charlene, a resident at IVH for 18 years, is currently the only centenarian residing at IVH. She is also a veteran of the U.S. Army having served from 1939 to 1945. Charlene was also invited to Des Moines to attend a certificate presentation for all Iowa Centenarians on the 22nd of September. She was accompanied by her Social Worker Connie Paxton and Commandant Jodi Tymeson. Charlene was awarded with a certificate from the Iowa Department of Aging. Happy Birthday Charlene!!

Web Page Upgrades Continue....New Testimonial DVD available

The world of the internet and social media continues to allow businesses and companies to market and advertise employment, promote their product, their services and their brand. This electronic word of mouth has become a large asset when educating our veterans and spouses throughout the great state of Iowa. The Iowa Veterans Home Marketing Committee has been working hard to fill some gaps in our marketing needs as we continue to strive to educate those veterans that need long term care. Our latest upgrade is our new 15 minute testimonial DVD with interviews with residents, staff and a family member about the Iowa Veterans Home. Our decisions that our staff have made over past several years have led to a better quality of life for many of our veterans and spouses of residents. Those decisions have factored into the placement of many veterans and spouses at the Iowa Veterans Home.

Commandant Tymeson and the Marketing Committee of the Iowa Veterans Home would like to thank the Iowa Commission of Veterans Affairs for the Iowa License Plate Fee Fund grant. The \$6,000 grant has been used to upgrade our web page, develop new brochures for IVH and Volunteer Services for handouts and the cost of the DVD. There are many folks to thank but the Marketing Committee would like to say a special thanks to the video producer, Craig Schwartz, with assistance from Jenny Parker. Craig has filmed several events and recreational activities for our facility for the past 3 years. We appreciate his efforts and his dedication and loyalty towards to our veterans. Some of these segments may be seen on the local Marshalltown Cable Network only.

The DVD has been added to our webpage for viewing. Please feel to share with all veterans and their spouses in your counties. To view just log onto <http://ivh.iowa.gov>. which will bring you to the "HOME" tab. The below screen shot is about half way down page. Click on the video and enjoy! Be sure to like us on Facebook!!

New Bus Arrives...Mission Ready For Off-Site Trips!

- CAPACITY—6 Wheelchairs tied to floor; 16 people in seats and a 1 driver for a total of 23 passengers.
- COST—\$221,952.00 paid with depreciation money over the years
- ENGINE—International Maxiforce Diesel 280HP
- SIZE—About 40 Foot Total Length; 102 inches wide (about 8 inches more than the old buses)
- VENDOR—Hoglund International; built in Michigan
- Bus was purchased with depreciation money

- Bus will be used for off-site recreational activities such as:
 1. Local Eateries
 2. Veteran Events
 3. Social Events
 4. Athletic Events
 5. Etc.

- Design and graphics created by Jason Soder, Sharon Soder and Denise Ulery
- 1 of 2 large passenger buses in the IVH inventory

Throughout The Years at IVH!

Judy Price grew up in northern Iowa on a farm near Thornton, IA. It was after graduating from the University of Iowa that Judy moved to Marshalltown and began work at the Marshalltown Medical and Surgical Center as a Staff Pharmacist in August of 1985. Judy had attended the U of Iowa from 1979 to her graduation year of 1985 when she graduated from the College of Pharmacy. Judy was an open major for 2 years before declaring a Pharmacy major. Judy not only brings experience and leadership but longevity to the Home's operations. In November of this year, she will have worked 26 years here at IVH. When asked why she choose her career field, Judy replied, "I enjoyed chemistry and biology in school. I wanted a career in the Health Sciences. Pharmacy was a good choice for me. It was challenging, medications and treatments are always changing. I enjoy being part of a health care team taking care of patients."

Judy brings a wealth of experience to her career field. She has been a pharmacist for 30 years, with 5 years of previous experience in a hospital pharmacy and has worked in some retail as an intern and 6 months as a pharmacist. In 1989 Judy decided to come work for IVH. As all missions and operations of any organizations change over time, Judy commented by saying, "There have been many changes over the years here but the mission has always been the same, to give the best care we can to our veterans, who served their nation and protected all of us." Judy further commented that what she enjoys the most about working at the Iowa Veterans Home compared to other similar positions was, "Working with all the departments. We are all needed to care for the residents. We have a very caring and devoted staff here. Here you get to know the residents."

Judy explained how the IVH pharmacy department operations differ from a private facility, "I guess the main difference would be a private facility would only have 1-2 medication deliveries per day. We have three scheduled delivers and a scheduled controlled substance delivery to units Monday thru Friday. A pharmacist is on call after hours. We have a relationship with Drake University so we serve as preceptors for pharmacy students. The students give presentations and case studies. We have a Pharmacist follow patients on anticoagulant therapy. Pharmacists here participate in interdepartmental meetings; Pharmacy and Therapeutics, Infection Control, HH medication reviews. Each pharmacist is responsible for Monthly Medication Reviews and Quarterly Unit Inspections on their assigned nursing units."

In closing Judy talked about change and what she enjoyed about IVH, "IVH has proceeded with plans to build and remodel living areas for residents that seen more like a home. Looking forward to next summer when the Dack building construction is finished."

Thank you Judy for taking the time to answer some questions for this edition of the Insights. It is greatly appreciated and thank you for your longevity at IVH!!

Veterans Day Program

Due to renovations in the Dack building, the traditional IVH Veterans Day program we will be a condensed service. The program will begin at its normal time at 11:00 am in the Chapel. Additional information about the program will be passed along to residents and staff in the near future.

Veterans Service Badges

The Iowa Veterans Home is proud of their veterans and spouses who reside here, but we are also proud of our employees who are veterans as well. The Commandants Office has created a veterans service badge for all IVH employed veterans, who choose to do so, to wear the badge behind their IVH identification badge. If you are a veteran and wish to be presented with a service badge identifying you as a veteran, email Commandant Tymeson your name,

branch of service and department. Thank you for your service!!

Facilities Management

by Karen Connell, Facilities Bureau Chief

Law of Iowa Art in State Buildings

In 1979 the State of Iowa was among the first states in the nation to formally adopt a percent-for-art ordinance, named into law as Art in State Buildings. Under that law, any building renovation or new construction project owned by the State of Iowa is required to set aside ½ of 1% (0.5%) of the total construction costs for the acquisition of fine art. The goal of this law is to bring art into public spaces where Iowans live, work, study, and visit. Our State's collection of public art in the three State universities, the University of Iowa Hospitals and Clinics, and the State's public buildings create a public legacy for Iowans and are viewed each day by thousands of people.

The current Dack and Malloy renovation project is directly benefiting from the Art in State Buildings Law. In the Malloy Building, the lighted acrylic murals in the elevator lobbies on Floors 2, 3 and 4 are the work of Iowa artist, Rebecca Ekstrand. The Iowa Department of Cultural Affairs (DCA) was responsible for oversight of the art budget, planning, development and installation. After interviewing residents and staff, Ms. Ekstrand returned to her studio to produce art that reflected the elements of nature. This design process took nearly 2 years to create.

A second IVH art project remains in process by artist Karla Christensen from Fairfield, Iowa. Ms. Christensen specializes in large murals constructed with tiny pieces of ceramic pottery. Many of the pieces of broken pottery were taken from items donated by IVH residents who were asked to be a part of this project. These murals will be installed on the first floor elevator lobbies in Malloy and Dack in the summer of 2016. Ms. Christensen's work is colorful, detailed, and handmade, with attention to artisanship. Entrances play a large role in first and lasting impressions. Both art projects were developed to create spaces that give residents, visitors, and staff a unique visual way-finder; something out of the ordinary, drawing in the elements of water, land, sky, and nature.

Iowa Veterans Home Longevity Awards (July—September)

5 Years

Christopher Cook
Drue Huntley
Shauntay Rickett
Tammy Oden
Yvonne Farrell-Damico

10 Years

April Burr
Lynnette Bishop
Tonya Grefe
Ron Fuchsen
Rosalina Ibarra De Calderas
Veronica Kadner

15 Years

Ashley Dare
Barbara Mobley
Christy Naughton
Constance Schlesky
Heather Ratliff
Karolyn Kellen
Kasey Klein
Linda Herold

25 Years

Cindy Halstead

30 Years

Lana Comstock
Paul Pierron

35 Years

Betty Mathern
Randall Gilgen

40 Years

Pam Nablo