



# IVH Insights

December 6, 2010

## Employee Assistance Program

by Kathy Bair

The Employee Assistance Program ("EAP") is a confidential, professional service to help employees and their family members. With EAP you have access to prepaid, professional services to help you deal with problems before they begin to affect your health, happiness or success. The primary objective of the Iowa EAP is to provide a resource for resolving problems in order to retain valued employees and to promote their health and well-being.

The EAP is available to employees, managers, supervisors and family members.

EAP can provide help for the following:

- Alcohol or other drug abuse
- Career struggles/job burn-out
- Death/dying issues
- Financial consultation
- Health or stress concerns
- Interpersonal conflicts
- Marriage or family problems
- Legal concerns (personal, non-employment related)
- Workplace conflicts

To Contact the EAP

Employee and Family Resources (EFR)

515-244-6090 (in the Des Moines area) or 800-327-4692.



Recipients of the Golden Dome Length of Service Awards

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## Commandant's Corner

I would like to take this opportunity to recognize a portion of our team here at the Iowa Veterans Home. We have a group of men and women here every day, and like the rest of us, they work very hard and are completely dedicated to the mission of caring for our residents. The workers of ABM who provide the housekeeping services here are the ones I am referring to.

The dictionary defines Housekeeping as "the systematic process of making a home neat and clean." The employees of ABM do much more than just make our home neat and clean. They seek opportunities to help care for our residents and

consistently make extra efforts to assist us in accomplishing our mission.

I want them to know that we are very pleased with the quality of service they provide. All of us sincerely appreciate their responsiveness and the way they conduct business. I would immediately recommend ABM to others because of our satisfaction with their service.

We look forward to many more years of cooperation as we move forward with all the changes taking place. I ask that everyone involved in the operation of the IVH show them how much we appreciate them. It is easy, just say "THANK YOU." It will mean more than you could imagine.

*Commandant David Worley*

## Holiday Happenings at IVH

**All IVH and ABM EMPLOYEES ARE INVITED TO THE REAL COMMITTEE'S**

*Christmas Social*

**Monday, December 6, 2010 at the Kopper Kettle  
1:00-3:00 pm  
2nd Shift 4:30-6:30 pm  
3rd Shift TBA**

**IVH and ABM EMPLOYEES are invited to attend the**

*Holiday Social*

**Wednesday, December 15, 2010 at Whitehill Auditorium  
10 am-1:00 pm  
2nd Shift 4-7 pm  
3rd shift 11pm-1am (Atha Dining Room)**

## EMPLOYEE HEALTH

by Patti Sharp

### December TB Tests

All employees with December birthdays whose last names begin with letters M through Z are required to have a TB test. The test will be administered in Employee Health on the following date and time:

**Monday, 12/06/10**

**6:15 AM to 8:30 AM**

**2:00 PM to 3:15 PM**

The test will be read on:

**Thursday, 12/09/10**

**6:15 AM to 8:30 AM**

**2:00 PM to 3:15 PM**

If you need to make other arrangements, contact Teresa Keith at ext. #4507. Testing must be completed by the end of the month.



**IVH Insights** is a twice-monthly publication of the Iowa Veterans Home.

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Lisa.Purvis@ivh.state.ia.us

Call ext. 4397 or

send to PR/Mktg Dept.

## Driving Safely on Icy Roads *by Russell Pape*

Remember last winter (ughhh), and the record snows? There must have been 30+ accidents within the city limits during the first snow last year. So, my best advice for driving in bad winter weather is not to drive at all, if you can avoid it. If possible, don't go out until the snow plows and sanding trucks have had a chance to do their work, and allow yourself extra time to reach your destination.

**Driving safely on icy roads:**

**Slow down, decrease your speed and leave yourself plenty of room to stop.**

You should allow at least three times more space than usual between you and the car in front of you.

**Brake gently to avoid skidding.** If your wheels start to lock up, ease off the brake.

**Turn on your lights** to increase your visibility to other motorists. Keep your lights and windshield clean.



**Use low gears to keep traction,** especially on hills. Don't use cruise control or overdrive on icy roads.

**Be especially careful on bridges, overpasses and infrequently traveled roads,** which will freeze first. Even at temperatures above freezing, if the conditions are wet, you might encounter ice in shady areas or on exposed roadways like bridges.

**Don't pass snow plows and sanding trucks.** The drivers have limited visibility, and you're likely to find the road in front of them

worse than the road behind.

**Don't assume your vehicle can handle all conditions.** Even four-wheel and front-wheel drive vehicles can encounter trouble on winter roads.

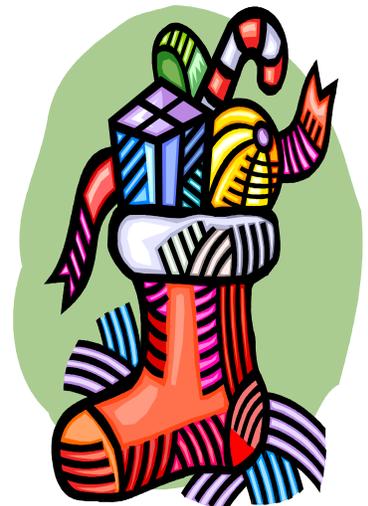
Be safe and remember to allow that extra time to reach your destination.

## Stockings for Soldiers *by Wayne Pierson*

**The Stockings were hung by the chimney with care...**

This Christmas season, there will be many families with loved ones gone due to serving our country's military effort. The REAL Committee will be sponsoring a new program this year. Instead of decorating Christmas wreaths in a contest, we will have a "Stockings for Soldiers" Contest. The stockings will be displayed at the REAL Committee's Christmas Social on Monday, December 6 with voting for your favorites. Cash prizes for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> will be awarded.

But the real giving is that all the stockings will be forwarded to the Iowa National Guard and handed out to families in Central Iowa as a gift from you at IVH. We hope to have a big response so please help us out.



## Admissions Department *by Doug Freeman*

The United States and Puerto Rico have 137 state Veterans Homes providing care to about 28,000 veterans and dependents. The term “State Home” means a home approved by the VA which is established by a State primarily for veterans disabled by age, disease or otherwise, who by reason of such disability are incapable of earning a living. The term “State Home” includes facilities for domiciliary or nursing home care. A State Home may also provide care to veteran related family members, i.e., spouses, surviving spouses, and/or Gold Star Parents. Since the post-Civil War era, only parents who had sacrificed all of their children in service were considered Gold Star Parents and eligible for veteran’s home residency. A bill approved by the Senate and House and signed by President Obama this fall, changed the wording in federal regulations to allow Gold Star Parent’s admission to a state home if the parent has lost at least one child in active military service. As the writing of this article the Iowa Veterans Home has not received any applications from Gold Star Parents.

This is an excellent time for the submission of applications for nursing level of care. Currently we have 20 vacant nursing beds. If you know of anyone interested in hearing more about this facility and the services provided, have them contact the Admissions office at 641-753-4325 or toll free 800-645-4591. As an employee of the Veterans Home **you** are the best marketing tool this facility has for potential residents. If you have questions about eligibility or the admissions processes give us a call at ext. 4325 or 4428.



## Palliative & Hospice In-Service Report *by Tamyra Haren*

The Palliative and Hospice Committee would like to thank Dr. Minear for presenting at the annual Palliative & Hospice in-service. If you were not able to attend, you can pick up the DVD from the training office to view. The in-service was titled, “The Five Secrets You Must Discover Before You Die” and discussed the difference between “knowledge” and “wisdom.” Knowledge: facts which are gathered. Wisdom can be obtained by determining what does and does not matter; it is the basis for finding and experiencing true meaning of life.

Dr. Minear discussed the five secrets as being:

- Be true to yourself - Are you following your heart? Is your life focused on what really matters to you and are you being the person that you want to be?
- Leave no regrets - Choose a path that makes a good story when you come to the end; will you regret the step that you are about to make? Live life as if your time is short; regrets are best let go and the way to do this is to forgive, learn and reconcile.
- Become love – Love is not an emotion but an action. Love is how you treat others with kindness and you have to love yourself also.
- Live for the moment – Judge your life less and enjoy your life more. See every day as a gift; we need to live our lives rather than plan our lives. Live as if it was your last sunset!
- Give more than you take – Will you be missed? How will you be remembered? Did you leave the world a better place than you found it? Learn to cry for the world and not for yourself.

You can put these secrets to practice by creating rituals or habits and over time they will shape the experience of living. It is never too late to begin to live the “secrets” now or to live them more deeply. If you live well then you can die well. The last influence you have is how you die and it could be a gift to your family and friends.



## FOOD AND NUTRITION SERVICES

*by Jane Linnenbrink*

It's easy to create healthful foods when you have the proper kitchen tools. Here are a few ideas to add to your gift list!

**Wok:** Stir-fry dishes are fast, healthy foods and a wok makes it easier and tastier. Choose favorite vegetables and a source of protein, use low-sodium soy sauce, make some rice, and relax—dinner is done!

**Crock-Pot®:** Using a Crock-Pot is an excellent way to prepare soups and stews, and to cook lean meat to make it tender and juicy. Also use it to make spoon breads, low-fat puddings, and casseroles. Many cookbooks are devoted to Crock-Pot recipes. Browsing the Internet also will yield dozens of recipes.

**Immersion blender:** Getting out the traditional blender, assembling it, and then taking it apart and cleaning it can seem like too much work for making a simple smoothie or a chilled soup. Using an immersion blender for these small jobs saves time and space.

**Grill basket:** This tool is useful for grilling vegetables, fish, and fruit. Tired of watching your meal literally fall through the cracks? This device will hold food together, so that none is lost during the grilling process.

**Salad spinner:** A salad spinner makes cleaning lettuce a snap, which makes eating a salad seem like a much more appealing idea.

## Fun, Food & Prizes Galore!

The IVH/ABM Employee Holiday Social will be Wednesday, December 15 for all three shifts. The fabulous menu features lasagna, salad, garlic bread, Garwin brownies and fruit punch.

This year, the Holiday Social committee is looking for contributions of door prizes to add to the fun of the event. If you have: new items, hand-made crafts, gift certificates from a home business, or anything that would bring a smile to the face of the recipient, please consider donating these items. Bring them to Performance Improvement or call Jim Elliott at 4599 or Kristy Kelley at 4489 and we will be glad to come pick up your contribution.

Thank you in advance for helping make this year's Holiday Social a success!

## Upcoming Events

Day	Date	Time	Event	Location
Mon	12/6	12-1 pm 1-3 pm 4-6:30 pm 3 <sup>rd</sup> shift TBA	Christmas Stocking viewing/judging REAL Committee Christmas Social	Kopper Kettle Kopper Kettle Kopper Kettle
Sat	12/11	11 am	Wreaths Across America Program	Malloy LRC
Sat	12/11		IVH Family Christmas Day	
Wed	12/15	10 am-1pm 4-7 pm 11pm-1am	IVH/ABM Employee Holiday Social	Whitehill Whitehill Atha Dining Room Malloy LRC
Tues	12/14	2 pm	IVH Tone Chime Choir and IVH Choir Concert	Malloy LRC
Wed	12/15	1-5 pm	Resident Council Holiday Party	
Fri	12/17	Noon	IVH Staff Cookie Exchange (bring 4 doz cookies)	PT/OT Clinic
Fri	12/17		Golden Dome Awards	State Capitol

## Announcements

The Beauty Shop and Salon One **will be closed December 24-31**. Charlotte and Caleen wish everyone happy holidays!

It was a great night for the Homeless Sleepout on November 6. About 12 people stayed out all night. IVH's donation to the House of Compassion was \$300 and a full flatbed of items to stock their Supply Closet! Thanks for your generosity and see you next year!! *Peg Moore, Jim Elliott and Stacey Badger*

**SAFETY ALERT** – Please remember that electric wheelchairs/mobies are not allowed on public roads (including roadways on the IVH campus) that do not have designated “bike lanes.” Please use sidewalks whenever possible.

I know this is very late but I would like to thank all of you who donated time to me when I had my twin girls. It helped me a lot and I thank you all from the bottom of my heart! *Randi Jones- RTW- M3S*

## Annual Toy Drive

The Iowa Veterans Home is collecting toys for the Marine Toys for Tots Foundation. Boxes are at the IVH Switchboard (Sheeler) and the IVH Library (Malloy). Please bring your new, unwrapped toys to either of these collection sites between November 15 and December 15. These toys will be distributed to needy children in the area.



## Iowans Helping Iowans: Together We Can Make A Difference

The One Gift Program is an opportunity for State of Iowa employees to contribute to participating charitable agencies through payroll deduction. Over 400 charitable agencies offer much-needed assistance to Iowans throughout the state by providing a variety of services. When you contribute to the One Gift Program, your donation stays in Iowa, where it helps your neighbors, friends, and family.



The State of Iowa holds its annual One Gift Campaign in October, when employees make pledges for the following year. Contributions are made through the convenience of payroll deduction – either as a one-time deduction from your first paycheck in January or as multiple deductions spread throughout the year.

In this time of great need, state employees are challenged to make a difference in their communities by helping to reach the statewide goal of \$500,000. **Seventy-five employees of the Iowa Veterans Home donated a total of \$11,157.80 to the One Gift Program this year.**

*Alone we can do so little; together we can do so much.*  
- Helen Keller