



IVHInsights

February 6, 2011

Employee Services

by Kathy Bair

DAS has contracted with **HMS Employer Solutions** to conduct a dependent eligibility audit. This audit is being undertaken to confirm that persons who are covered by a State of Iowa group plan are eligible for coverage.

No employee was singled out for the audit. HMS Employer Solutions applied the standard practice in conducting an audit by selecting a statistically significant sample for review representing a cross-section of all state employees.

You may receive a packet containing instructions for responding to the request for information. Please return the requested information by **February 25, 2011**.

If you do not respond or provide the required documents for your dependent(s), your dependent(s) may be removed from your health insurance plan effective April 30, 2011. If removed, you will not be able to reenroll your dependent(s) until the 2012 enrollment and change period or you experience a qualified life event that allows a dependent to be added to the health plans during the year.



Pictured left: State Reps. Horbach, Vander Linden, and Chambers recently toured IVH

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Commandant's Corner

As I meet and discuss the operation of the Iowa Veterans Home with those in the community, I am asked, "What type of care do you provide?" To clear that up I have attached language from U.S. Code 38 Part 51 which defines what levels of care we can provide at a state home:

"State home means a home approved by VA which a State established primarily for veterans disabled by age, disease, or otherwise, who by reason of such disability are incapable of earning a living. A State home may provide domiciliary care, nursing home care, adult day health care, and hospital care. Hospital care may be provided only when the State home also provides domiciliary and/or nursing home care."

The IVH provides nursing home care and domiciliary care. We do not provide adult day care or hospital care. The code also states that 25 percent of our residents may be non-veterans. Those must be spouses of eligible veterans or Gold-Star parents (someone whose child died while serving our country in the United States Military).

For those residents who no longer meet this standard defined by the U.S. Code we are obligated to create a discharge plan and assist them in transitioning back into the community. If there are any questions about the level of care at the IVH please contact myself or an IVH social worker.

Commandant David Worley

Welcome New Employees



Front row (l-r): Nichole Heaverlo, Kristi Hartwell, Esmeralda Alcaraz, Kandee Bartholomew, Karen Sosa, Megan Blamer, Traci Wagner

Second row (l-r): Cindi Readout, Eloise Dillavou, Michelle Axler, Joshua Hazen, Debra Tysdale, Danielle Kellogg, Max Carkhuff

More new employees pictured on page 3

EMPLOYEE HEALTH by Patti Sharp

February TB Tests

All employees with February 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:

Tuesday, 02/01/11
6:15 AM to 8:30 AM
2:00 PM to 3:15 PM

The test will be read on:

Thursday, 02/03/11
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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Call ext. 4397 or
send to PR/Mktg Dept.

Safety Update *by Russ Pape*

Carbon monoxide (CO) is a deadly gas that is difficult to detect because it is odorless and invisible. As a result, it is known as “the silent killer.” According to the CDC, 450 people die and nearly 21,000 CO exposures occur each year.

CO is produced by fuel-burning appliances and equipment in our homes. If you have heating, cooking or power equipment that uses fuels such as oil, natural gas, coal, wood, propane, etc., then your home is at risk for potential CO poisoning. Homes with attached garages are also at risk, because vehicles left running in the garage can cause CO to seep into the home.

CO poisoning can be prevented by proper care and use of household equipment. CO alarms can provide early detection if CO leaks or accumulation occurs. If you suspect CO poisoning in your home, call the appropriate responding agency, usually your local fire department or 911.

Symptoms of CO poisoning are similar to symptoms of the flu, and can include headache, dizziness, nausea and shortness of breath. To distinguish between symptoms of flu and CO poisoning -- if you feel better after leaving home and then worse again when you return, it may be CO exposure causing the symptoms. If your CO alarm sounds check to see if it is plugged in properly, or if battery-powered, check the battery to be sure the device is operating.

If you suspect that CO is leaking in your home, follow these steps:

- ♥ Open windows and doors to ventilate the rooms, or in severe cases of CO exposure, evacuate the home.
- ♥ Call to report that you suspect CO is accumulating. Usually the appropriate agency to call is the fire department or 911.
- ♥ Seek immediate medical treatment for anyone who has severe symptoms.
- ♥ Follow the advice of the responding agency before re-entering your home, and quickly obtain repairs as needed.

What CO level is dangerous to my health?

The health effects of CO depend on the CO concentration and length of exposure, as well as each individual's health condition. CO concentration is measured in parts per million (ppm). Most people will not experience any symptoms from prolonged exposure to CO levels of approximately 1 to 70 ppm but some heart patients might experience an increase in chest pain. As CO levels increase and remain above 70 ppm, symptoms become more noticeable and can include headache, fatigue and nausea. At sustained CO concentrations above 150 to 200 ppm, disorientation, unconsciousness, and death are possible.

R.E.A.L. Winter News *by Wayne Pierson*

As I am writing this article we are approaching a Blizzard Warning for snow and high winds. Such is life in Iowa from November until mid-March, or even on occasion April. So, let's think of warm scenes as we announce the REAL Committee's Winter “Give Back Meal.” On February 17, the REAL Committee will host our “Viva Italia” event. Whitehill will be decorated as an Italian Bistro, so come and enjoy a free meal of pizza, pasta, tossed salad, breadsticks, ice cream and beverage. This is one of our biggest events for the year, but also one of our most enjoyable. We are able to have this as a free event because of the support you have given at our fundraising events during the year.

And we are not forgetting the Irish. On St. Patrick's Day (March 17), we plan to serve “Mint Chocolate Chip Ice Cream Sundaes” that were so popular last year. So I encourage you to just hang in there, as Winter will end and Spring will return.

Facilities Management Department *by Kathy Shannon*



The Dock Day Room Expansion Project continues to progress well. The contractor has completed most of the work on the elevator connected to this project. The elevators will not be available for public use until the project is completed so that the contractors can make use of it for materials movement from the basement to the upper floors. This will alleviate the need for contractors to transport materials through the units. Interior framing and mechanical and electrical rough in continues. The fireplaces (*shown left*) are being framed and the brick installation has begun.

The Phase 1 Project is also continuing at a steady pace. Work is continuing at different phases in all households in the Ulery building. The drywall has been installed in all households and the community space will be completed in mid-February. Household 1 has been painted and the installation of casework, doors and trim has begun. Household 2 is currently being painted. The other households are following behind at a staggered pace. Ceramic tile installation has begun in households 1-5.

The Fox building (*pictured below right and left*) also continues to progress well. Household 3 & 4 will be completed sometime in February and will be ready for a pre-punch list inspection. Households 2, 1, and the community space will get flooring and equipment is nearly completely installed.



The final renovation of the Malloy elevators has begun. The final car in Malloy has been completed. The contractor has been replacing the flooring in the elevators, with the last one to be completed the week of the 31st. It has seemed like a long process, but we are nearing the end of elevator renovation in Malloy. The final Dock elevator renovation is tied in with the Dock Expansion project. The expectation is that it will not be available for use until June.

The lighting project in Dock to convert the lights from the old T-12 bulbs to a more energy efficient T-8 bulb has begun. Maintenance is replacing bulbs and ballasts in areas that are not frequently occupied and will work with each area to schedule the best time for lighting conversion in the occupied areas. Dock is scheduled to be completed by the end of June and the Malloy building will begin in July and be completed by the end of December.

Welcome New Employees (*continued*)



Pictured above left (l-r): Melanie Epperly (Respiratory Care), Susan Vajgrt (Cashiers), Patrick Neal (Library), and Mark McNeece (Maintenance).



Food Service staff pictured above right (l-r): Michele Scarsbrook, Lakeisha Green, Dylan Kensler, Kelcy Thede, Bryan Glover, Anni Cripps, Pat Kouang

FOOD AND NUTRITION SERVICES

by Mark Freland

Kitchen Construction

The Malloy Kitchen is having some floor work done starting on January 28. Hay Construction Company will start moving in their equipment on that date. Due to the enormity of the job, we have to take the north end of the cafeteria to build a wall and store some of the food service equipment and construction materials. This will result in a little crowding in the cafeteria at meal times and especially when special events (like bingo) take place there. The floors are being replaced because they have deteriorated in several areas and they leak into the basement and laundry area. Construction is scheduled to last four months and should conclude by the end of May.

We apologize for any inconvenience this may cause you over the next four months and we hope to serve all of our customers with as little disruption as possible. Thank you in advance for your patience and understanding.



IVH Website Calendar

Submit your event information on the IVH website calendar. It's quick and easy and the calendar is available to staff, residents, and the community. Log on to www.iowaveteranshome.org and click on "Calendar" to begin.

Upcoming Events

Day	Date	Time	Event	Location
Fri	2/11	1:30 pm	Red Hat Ladies ("A Day in the Tropics")	
Sat	2/12	2:00 pm	Music With Judy	Atha Dining Hall
Mon	2/14		Valentine's Day	
Thurs	2/17	10am-1pm 4-7 pm 3 rd shift tba	REAL Committee Meal for IVH staff	Whitehill Auditorium Kopper Kettle

Announcements



The Iowa Veterans Home is now on Facebook! Become a "friend" of IVH by going to www.facebook.com/iowaveteranshome. This new communication tool will help us keep in touch with staff (past and present), residents, and friends of the IVH.

AEROBICS CLASS is held on Mondays & Wednesdays from 4:45-5:45 p.m. Cost is \$1.00 per class/\$8.00 a month/FREE for Fitness Room members. To sign up, call Diana Stonewall at X4437 or Denise Ulery at X4555.

On behalf of the Edie Rolfes family, I want to say a special **thank you** for your thoughts and prayers during our recent loss. I am truly blessed to work with such compassionate and thoughtful coworkers. Your generosity means a lot to me. The memorial gift will be given to the Israel House in Ames. We were so fortunate to have had such a wonderful home for Edie to spend her last days. The care she and our family received from the Israel House staff was outstanding. Even though she is through with her struggle with cancer, and knowing she is at peace and in a much better place, we will miss her terribly. Thanks again for your thoughtfulness.
Pat Christensen

IVH Staff Spotlight – Kathy Knickerbocker

Kathy Knickerbocker began her Recreation Therapy career at IVH on November 19, 1976. She came to IVH from the University of Iowa where she graduated with honors with a degree in Therapeutic Recreation.

Initially, Kathy worked on all units because in 1976 IVH was much smaller. In 1984, she was assigned to Heinz Hall and has been responsible for their recreation program even since. She shares Heinz programming responsibilities with Matt McAllister, who arrived in October 2006.

Kathy has many interests: reading, watching the Hawkeyes, exercising, cooking, and, most importantly, her family. She has two daughters: Julianne in New York City and Kristine in Kansas City. At home, Kathy and her husband, Nick, reside with their yellow lab (Tucker).

Kathy especially likes to fish and travel during her time off. She is extremely proud of her two granddaughters, Zoe and Bea, whom she sees as much as possible.

