



# IVH Insights

1 October 2012

## Mental Health

By Dr. Doug Steenblock  
Director of Mental Health

It has been an eventful year for Mental Health Services. We recently welcomed Dr. Kate Junk to our service line. She recently completed her training at Iowa State University and is now providing a full range of services here, including psychotherapy, psychological testing, and staff consultation. Our clinicians have settled into the new workspace on the first floor of the Dack building. This is the first time in the history of the Iowa Veteran's Home that we have offered mental health services in one central location. This has not only improved communication and efficiency; it has also been more convenient for residents (particularly those who have cognitive deficits). One ongoing challenge for our service line has been to adapt to evolving needs within the facility. For example, we have seen a decline in the demand for addictions-related services, and a steady increase in requests for psychological testing and determination of decision-making capacity. I feel that our clinicians have responded very well to these changes and continue to provide high quality direct care to our residents as well as excellent consultative support to our staff.



## This issue

- Heinz Hall P.2
- Welcome New Employees P.2
- Facilities Management P.2
- Volunteer Services P.3
- Chaplain's Corner P.3
- Food & Nutrition P.3
- Upcoming Events P.4
- Announcements P.4
- Employee Spotlight P.4
- Resident Spotlight P.5
- IVH Wish List P.5
- IVH Recognitions P.6

## Commandant's Corner

Fall is upon us and it is always a great time of year. We celebrate many things during the next three months and I encourage everyone to be part of the events, whether here at the IVH or in the surrounding communities. November is always an exciting time, on the 10<sup>th</sup> we have the birthday of the U.S. Marine Corps, which is followed by Veterans Day on the 11<sup>th</sup>. We will have ceremonies here recognizing both of these events. On Veterans Day we will have retired Navy Commander Larry Spencer as our keynote speaker. He is someone all of us should be proud of for his service to our country. Another very important day to all of us is Election Day which is November 6<sup>th</sup>. This year we will elect a President

and all members of the House of Representatives. Neither of our two Senators is up for election this year. We also have many state and local elections. I encourage everyone to take the opportunity to vote. Spend some time learning about the candidates and place your vote. Many of us fought for this country so we have the right to vote which is something many take for granted. The Iowa Veterans Home continues to be a great place due to the hard work of the staff, the support of our volunteers and community, and especially because of the residents who live here.

*Commandant David Worley*

## ***Medical Director by Dr. Melissa Bruhl***

The IVH Medical Staff have seen a few changes over the past year. We have said goodbye to Dr. Neff, Optometry and Dr. Young, Ortho who served IVH Residents for many years in our specialty clinics but have both retired from practice. We will soon be bidding farewell to Dr. Touney, Primary Care, who has accepted a new position at the VA in Des Moines. With these changes have come some new faces. Dr. Dye has stepped in to offer the Optometry services at IVH and Dr. Cooper has been holding Ortho clinics for the IVH Residents. We have added Podiatry clinic to our list and Dr. McMurray has been instrumental in helping the Residents get their foot care on IVH campus. Our newest member of the full time Medical Staff is a familiar face around campus. Lori Reed has completed her training as an Advanced Registered Nurse Practitioner and has become a part of the primary care team. She continues to cover her areas of expertise in Rehab Services but has been helping cover call and care for Residents from the general medical side as well. Dr. Weiss continues to hold Dermatology clinic and Dr. McDonald provides dental care to the Residents of IVH. Dr. Cheuk, Dr. Miller, Gladys McIntire ARNP, and myself address the primary care needs of IVH Residents. The medical services offered at IVH continue to change and evolve. With this, the Providers look forward to meeting the medical needs of IVH Residents both now and in the years to come.



## Heinz Hall Update by Margie Button

Heinz Hall staff and residents are enjoying Fall, as our excellent recreation staff have organized many events that are taking full advantage of the fine weather. A few of our residents and staff participated in the Bike Ride for Recovery this past weekend. We continue to welcome new residents to Heinz and have said farewell to a few. We have embarked on a project that will replace the current fire alarm system in Heinz. The contractors have been working for a couple of weeks and hope to have the new system in place and working by the first of the year. We continue to have our current system in place until the new system is up and ready for the change-over.

**IVH Insights** is a quarterly publication of the Iowa Veterans Home  
**Editor**

Michael Hines—Staff Assistant  
To submit news or questions,  
please email:  
Michael.hines@ivh.state.ia.us  
Call ext. 4309

## Welcome New Employees *by Wayne Pierson*



**July** (L-R) Jones Biyouyouwei, Tim Maxon, Byron Coleman, Rachelle Coughenour, Kelsey Starits, Jaleesa Vopava, Maggie Schwarck, Shonya Hoskins



**I**  
**V**  
**H**



**August** Front row: (L-R) Jill Hollander, Haley Williams, Shannon Lacey, Lindsay Horbach, Kate Yunk, Jayne Worsfold, Jeffrey Braddock  
Middle row: (L-R) Alyssa Hall, Rich Branam, Megan Harrell, Brad Shipley, Joe Holaday, Nicholas Morrison  
Back Row: (L-R) Karin Brunk, Linda DeWees, Jenn Jenson, Erica Williams, Martin Jamell, Chris Zednichek



**September** Front (L-R) Joann Castell, Kristine Blomgren, Hayley Williams, Lisa Huxham, Reinette Briese, Savanna Stanley, Maria Perez, Chasity Vallejo, Shelby Switzer, Karlee Carter

Middle (L-R) Tony Lidgett, Rebecca Miner, Heather Hoover, Candice Cobb, Allison Siefken, Jennifer Shadow, Kristina Strickland, Dennis Losing  
Back (L-R) Jason Siemens, Randy Kutzner, Sean Gardner, Jeff Perkins, Nathan Perry, Brandy Stidham, Helle Newell, Joe Hopper

## Facilities Management *by Kathy Shannon*



The Whitehill Ramp project is coming down to its last few weeks. The ramp floor has been poured and the brick and stone work will begin this week. Storm drainage work has been completed so that future wash outs or water infiltration will not occur. The project is still expected to last through late October.

The Heinz Hall Fire Alarm project has begun. The expectation is that the work will be completed mid December. The Transportation Building and Generator project drawings and specifications have been completed and sent to Washington for approval. This project is expected to be out for bid soon.

Contractors have begun building mock-up resident rooms in the Malloy building on 4South. Any issues that are discovered can then be addressed before the entire project is bid. The full Dack and Malloy Renovation project is scheduled to go out for bid this fall with construction starting in Malloy sometime in January.

Maintenance is continuing to rejuvenate rooms on Sheeler 2 and 3. The rooms are getting patched and painted and the floors are being cleaned and waxed. Painters are currently on Sheeler 3 and we are working diligently with the staff weekly to ensure the items that need to be changed or installed are completed by the time the residents need to inhabit the area.

## Volunteer Services by Diane Lemker

The Iowa Veterans Home is very fortunate to have so many dedicated, caring volunteers who give selflessly of their time to our residents. In FY 2012, over 730 volunteers served more than 24,200 hours at IVH. Many of these volunteers came once or twice, but over 200 of them are registered volunteers who serve our residents on a regular basis. Some of these individuals were recently recognized at a reception where they received a President's Volunteer Service Award:

**Bronze Award** (100-249 hours last year) – Edith Ambrecht, Linda Barnes, Jim Beierschmitt, Howard Braden, Karla Brannaman, Linda Bruce, Norman Charlton, Glen Christen, Peggy Dejardin, Roger Dirks, Gary Fulton, Charles Herdlick, Sandra Husak, Jack Kessler, Maralee Kruse, John Lang, Dean Light, Eleanor Lott, Janet Lowe, Jim Lowe, Marjorie Reinhardt, Adam Risius, Sara Schwab, Lois Slaba, Carolyn Stanley, Charles Starr

**Bronze Award, under 14 years old** (50-74 hours last year) – Adan Reischauer

**Silver Award** (250-499 hours last year) – George Bell, Kay Bell, Brad Collins, Phil Kohler, Arlene Kremer, Dick Matney, Ruth Matney, Linda Medhus, Marjorie Neymeyer, Beverly Risius, Sharon Stevens

**Gold Award** (500 hours or more last year) – Duane Noelck, Thomas Renze

Once a volunteer has reached the President's Volunteer Service Award program's goal of serving at least 4,000 hours over the course of a lifetime, they are honored with the **President's Call to Service Award**. The current IVH volunteers who have previously received this award were also recognized at the reception: Deloris Clayton, Marjorie Diggins, Alice Fitzgerald, Colleen Goodman, Olaf Grosland, Cheryl Harris, Pauline Kinder, Doris Lemker, and Rex Lewis

Our volunteers enrich the lives of our residents in so many ways and they deserve our thanks every day!

## Chaplain's Corner by Angela Doty

We are excited that on Thursday, November 8<sup>th</sup> at 3pm Archbishop Jerome Hanus will be coming to celebrate Mass at IVH. He is coming as part of the 175<sup>th</sup> Anniversary of the Archdiocese of Dubuque of which Marshalltown and IVH are a part. He will also be honoring several priests who have served in the military. We are glad he will be coming to share in worship with us at IVH.

October is "Pastor Appreciation Month" and IVH chaplains are among those pastors and spiritual caregivers that celebrate their work and ministry this month, specifically the third week of the month which is "Pastoral Care Week." The chaplain's role at IVH is multifaceted but can basically be broken down to two primary means of ministry. One way is providing pastoral care through worship experiences and groups. At IVH, these include devotional groups on the units, Mass in chapel, and Sunday and Thursday worship services. The second means of ministry is the individualized pastoral care to provide support and spiritual care regarding issues including forgiveness, grace, grief, end of life, and other spiritual concerns.

The theme for 2012 Pastoral Care Week, October 22-26, is "Giving Voice." It reminds us that encouraging voices, especially those that are silenced, to speak is sacred work and that listening to "within" is our calling.

*I say to the LORD, "You are my God; give ear, O LORD, to the voice of my supplications."  
Psalm 140:6*



## IVH Food & Nutrition *by Mark*

*Freland*

After one of the mildest winters we have ever seen here in Iowa we experienced a terrible drought that took its toll on a lot of the nation's crops. The sweet corn season was shortened due to a lack of rain. IVH served sweet corn only three times this summer, about half of what we normally serve. The drought took its toll on the IVH garden growers this year as well. We received some zucchini, a few cucumbers, peppers, and a few tomatoes, but not nearly the amount we were used to seeing in years past. Tomatoes have come on late so we've been placing them on the menu over the last month. Watermelons and cantaloupe did well and we were able to place these items on the menu regularly. Squash will be coming soon. Although the cost of food and commodities has increased considerably we do not plan to make significant adjustments on the IVH menus. We will try to keep our meals as delicious and wholesome as ever!





## 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](http://www.iowaveteranshome.org) and click on "Calendar" to begin.

## Upcoming Events

Day	Date	Time	Event	Location
	6 Oct		3 <sup>rd</sup> District L & ALA Conference	IVH
	6 Oct	2:00 pm	Singing Drifter's	IVH – Atha Dining
	13 Oct	10:00 am	Sugar and Spice Music Program	IVH – Malloy LRC
	16 & 18 Oct		Computer Training for Residents (see below)	IVH
	20 Oct	11: am to 1:00 pm	Elks Pork Roast	IVH – Malloy LRC
	31 Oct	2:00 pm to 3:00 pm	Halloween Dance	IVH – Atha Dining
	3 Nov	10:00 am	Line Dancers	IVH
	6 Nov	7:00 am to 9:00 pm	General Election Polling Booths	IVH - Malloy LRC
	8 Nov	3:00 pm	Archbishop Mass Archdiocese of Dubuque	IVH
	9 Nov		Veterans Benefits Fair	Muscatine, Iowa
	10 Nov		USMC Birthday Celebration	IVH – Malloy
	11 Nov	10:30 am to 12:30 pm	Veterans Day Program	IVH – Malloy LRC
	18 Nov		AMVETS Thanksgiving Dinner in Des Moines	Des Moines, Iowa
	22 Nov		Thanksgiving Day	IVH
	24 Nov	10:00 am	Rural Edition	IVH
	29 & 30 Nov		Ulysses S. Grant one man play for residents	IVH – Malloy/Ulery
	1 & 2 Dec		Ulysses S. Grant one man play for community	IVH – Whitehill
	4 & 5 Dec	10:00 am to 2:00 pm	ALA Christmas Gift Shop	IVH – Malloy LRC

## Announcements

Influenza is a severe respiratory illness that can be prevented by the flu shot. Signs and symptoms include: fever > 100 degrees Fahrenheit, cough, sore throat, body aches, chills, Headache, and fatigue. **Residents will start getting the influenza vaccine in mid-October and employees at the end of the month.** Per the Iowa Department of Public Health, there currently is no influenza in Iowa.

IVH will once again offer computer training for IVH residents by MCC students. The dates for the training are October 16<sup>th</sup> from 3:00 – 4:30 p.m. and on the 18<sup>th</sup> of October 3:00 – 4:30 p.m.

Topics will include basic computer concepts, internet search, e-mail set-up & use, Facebook and Skype. Conference Room 6 & 7. Please join us!

**The general election polling booths are back at the Iowa Veterans Home. The polls will be located in the Malloy LRC from and will be opened from 7:00 am to 9:00 pm on the 6<sup>th</sup> of November 2012.**

The month of October is Breast Cancer Awareness. During this month, we focus on breast cancer as everyone across America remembers in their own special way. NFL teams, short and long distance runners, breast cancer foundations and benefits set out to honor its survivors and those affected by the cancer by wearing special shoes, ribbons, and t-shirts so that we can remember and to make people more aware of this type of cancer.



## Employee Spotlight by Brad Shipley

It is my pleasure to feature security guard Barry Manz in this edition of IVH Insights. Barry is the lead worker of a six man security team that covers three shifts here at IVH. Barry began his career at IVH in December of 1987, working in the dietary and housekeeping departments before moving to security in March of 1993. He was promoted to lead worker of the security department in December of 1998, and has been serving in that capacity ever since. This December will mark Barry's 25<sup>th</sup> year of service with the State of Iowa and as an IVH employee. Providing security for the residents, staff, volunteers and visitors is a major responsibility and Barry is always up for the challenge. He and the security department often manage multiple on-going tasks and issues that arise daily.

Barry's hard work and dedication as part of the security team help keep IVH safe and secure each day. Barry is a native of Marshalltown. He resides on the acreage he grew up on as a child with his wife Laura, sons Ezra and Anthonieh and their dog Lucy. For his continued commitment to IVH's mission, we are glad to have Barry as part of the IVH staff.



## Iowa Veterans Home Resident Spotlight by Laurene Garvis

Who possess that winning smile moving around IVH? Arlene Otto, resident of Malloy 3 South since May 18, 2004. Arlene moved to the Iowa Veterans Home with her husband Edward, who was an electrician and veteran. Arlene was a homemaker and volunteer at Grace United Methodist Church. They had been lifelong Marshalltown residents and always knew one day they would make IVH their home. Arlene and Edward often brought visitors to see the beautiful grounds of "The Old Soldiers Home" prior to moving here but hadn't ever been inside until just before admission. She didn't realize what a wonderful facility it was. Once moving here Arlene has made great friends, some she had as neighbors in the community, and others she met since moving here. Arlene at 94 is a very active resident. She enjoys participating in the many opportunities that are offered both on her unit and facility wide. The advice she would give to others is to "Enter in to all the activities. There is plenty to do if you want to do it." So when you see Arlene out and about say hello and ask her what activity is scheduled for the day because she will know!



### Wish List

Iowa Veterans Home  
1301 Summit Street  
Marshalltown, Iowa 50158



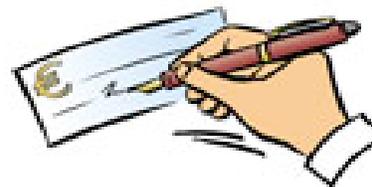
The Iowa Veterans Home is grateful for all donations that are donated and purchased for the residents. Many of these items are a luxury. All items on the list enhance the quality of life that the veterans and spouses enjoy. Your help in obtaining these items will be greatly appreciated. Thank you!

**Note: The Home's policies require that all clothing given to the residents be new and in original packaging.**

- T-Shirts with pockets; all sizes
- Men's underwear; briefs and boxers; all sizes
- Men's dress pants and jeans; all sizes
- Women's bras; large sizes

**Note: The home is requesting money in support of the following:**

- Recreational Support
- Hospice Support
- Recognition
- Canteen Fund for residents
- Volunteer Fund
- Kitchen Sets for Fox & Ulery



### Iowa Veterans Home Memorial Fund

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](mailto:michael.hines@ivh.state.ia.us).

### In loving Memory

*The Iowa Veterans Home extends its deepest condolences to the loved ones of the following residents who recently passed away. We are grateful for the time that they spent with the IVH family. Their presence will be greatly missed.*



### Veterans

Lawrence Hervey  
John Thompson  
William Bell  
Kenneth Wagner  
Lucian Peterson  
Vernon Schubert  
Frank Seal  
Kenneth Lee  
James Paglia  
Loren Ebeling  
Floyd Runner

Robert Sowles  
James Hirt  
Rodney Simpson  
Joseph August  
Walter Janssen  
Fonda Tribby  
Sheldon Moon  
Russell Odegaard  
William Gist  
John Jones  
Ronald Hoyt

### Spouses

Sandra Goldsberry  
Vivian Prescott  
Nancy Bramon  
Wilda Sorensen  
Vivian Knoll  
Vera Jones



**5 Years**

**10 Years**

**15 Years**

**25 Years**

**30 Years**

**35 Years**

Charity Bandstra  
Heather Rottink  
Patricia Sommerlot  
Julie Sturm  
Nancy Van Metre  
LaTonya Warnell  
Anna Marie Evans  
Catrina Graves  
Whitney Jayne  
Jeffrey Lewis  
Paulette Mann  
Elisha Ficken

Lona Bradbury  
Tami Papenleur  
Daniel Ratte  
Shawn Carkhuff  
Lori Stabenow

Melissa Olson  
Kristi Curtis  
Laura Feeback  
Steve Gauthier  
Jamie Miller

Patricia Gibson  
Bonnie Linsenmeyer  
Collen Sincox  
Kimberly Siefken

Dena Hagey  
Leslie Boarman  
Laura Haugen

Lisa Searle  
Deb Wiley  
Denise Ulery  
Kimberly Harms  
Shirley Winder

Kathy Bair

**Activities, Donations and Volunteer Recognition Day**



*Deacon Tom Renze and Father Rick Dagit who help provide pastoral care here at IVH*



**Volunteers who have previously received the Call to Service Award, the highest award in the President's Volunteer Service Award Program, were recently recognized. Those present at the reception are pictured l-r, front row: Deloris Clayton, Pauline Kinder, Marjorie Diggins, and back row: Commandant Worley, Colleen Goodman, Olaf Grosland.**



**Congressman Bruce Braley talks to IVH residents about his trip to IWO JIMA**



**Duane Noelck recently received the President's Volunteer Service Gold Award from Commandant Worley for serving over 500 hours in FY2012.**



**Shellsburg American Legion Riders**



**IVH resident, Fred Lindsey, is seated beside his niece, Sandy Noble. Sandy arranged an interview with Dave Furneaux (standing) from Furneaux History & Video Memories. Fred's story has been sent to the Veterans History Project at the Library of Congress in Washington D.C.**



**IVH residents at the Korean War 60<sup>th</sup> Anniversary Awards ceremony at the Knapp Center in Des Moines**



**Shellsburg American Legion Riders enjoying Canteen ice cream**



**Color Guard at the Knapp Center**