



# IVH Insights

Serving Iowa Veterans for 128 years



## A Message From The Commandant

### Pickle Fun at IVH

We've been having fun with pickles at IVH for over two months now. Joe Tye, author of The Florence Prescription, came to speak to us at the end of January. Throughout February, staff who weren't able to see Joe in person were able to watch his 90-minute presentation. We held a wildly successful Pickle Jar Decorating Contest with 34 entries. What creativity was on display! The Ulery West team enjoyed an ice cream party because of their winning entry. I have discovered several more pickle jars that were not entered in the contest. On March 7, we launched "Pickles for Puppy Jake," as our Pickle Challenge for Charity. We raised **\$1,021.93** for this great charity that trains service dogs for veterans. Thank you for all your quarters!



Commandant  
Tymeson

It's important to remember why we're involved in all this pickle-related fun. The ultimate goal is to root out all toxic negativity at IVH; to make IVH the absolute best place to work in Iowa! As Joe said in his book, *"Toxic emotional negativity-complaining, gossiping, finger-pointing and the like-is both malignant and contagious. It's bad for your health, and one caustically negative person can suck the energy out of everyone else in the room the way one person lighting a cigarette will pollute the lungs of everyone else around. It's the emotional and spiritual equivalent of cigarette smoke. Cigarette smoke for the soul! Just as we once eradicated toxic smoke from our hospital environments, it is now our obligation to eradicate toxic emotional negativity."*

Soon, you'll be asked to help describe Who We Are at IVH. This will help us to define our core values. As Joe said in his book, *"At the personal level, a core value is a deeply-held philosophical commitment to a pattern of attitudes and behaviors that define and shape how you think, how you set goals and make decisions, how you develop relationships, and how you deal with conflict. At the organizational level, a core value should define your non-negotiable expectations regarding how your people behave, the goals toward which you direct your collective efforts, and how you work together."*

The Pickle Pledge is a way for us to have fun at work and root out toxic negativity that can creep into the workplace. It also can help us improve our personal lives, as well as our work lives.

**The Pickle Pledge: I will turn every complaint into a blessing or a constructive suggestion. By taking the Pickle Pledge, I am promising myself that I will no longer waste my time and energy on blaming, complaining, and gossiping, nor will I commiserate with those who steal my energy with their blaming, complaining, and gossiping.**



Insights —April.2016

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[www.iowaveteranshome.org](http://www.iowaveteranshome.org)

Providing high quality of care exceptional quality of life

The Iowa Veterans Home Insights is a quarterly published document. The data that goes into the editions are contributions from staff here at IVH. If there are articles or topics that you wish to contribute, or think that our readers may have interest in, feel free to e-mail to me. We try to capture everyone's thoughts and comments for the Insights. We thank you for your contribution!



Michael Hines—Staff Assistant. To submit news or articles, please email:

Michael.hines@ivh.state.ia.us  
(641) 753-4309

**Canteen Hours**

The canteen is available for your needs.

Monday—Sunday

8:30 am to 3:00 pm



*Welcome New Employees* by Wayne Pierson Education & Training



**January NEO**

**Front (L-R)** - Lian Jeelanton (Food Service), Alex Castell (Nsg), Rhiannon Benda (Nsg), Joan Rose (Admissions), Breanna Tucker (Nsg)

**Rear (L-R)** - Emily Meling (Food Service), Amy Moody (Mental Health), Jen Lynch (Nsg), Shaina Squire (Nsg), McKenzie Marsh (Nsg), Richard Stephenson (Food Service)



**February NEO**



**Front (Left-Right)** Ruth Hitchcock (Nsg), Lauren Miller (Food Service), Valerie Menter (Nsg), Gabriela Garcia (Nsg), Lori Gregory (Arts & Crafts)

**Back (Left-Right)** Terry Smith (Nsg), Morgan Close (Nsg), Ragan Victor (Nsg), Riley Rohach, (Open Gym), Jasmyne Million (Nsg), Emilio Cruz (Nsg)



**March NEO**



**Front (Left-Right)** Hanna Ramirez (Nsg), Hunter Schaper (Food Service), Leigh Price (Nsg), Tabitha Cutler (Nsg), April Piper (Pharmacy)

**Back (Left-Right)** David McKenna (Nsg), Chandra Fleming (Nsg), Natasha Kelderman (Nsg), Jennifer Overton (Nsg), Carolyn Hala (Food Service), John Schmitz (Maintenance) - **Not pictured** - Terissa Perez (Food Service)

Welcome new employees! We are excited that you have chosen IVH as your employer. Your role here is very critical in fulfilling the mission of the home as we serve those that once served us. Your supervisor team is here to support your transition so, please know that you can call on any of them to assist you. We are looking forward to your success at the Iowa Veterans Home! - **Commandant Tymeson**

## Our IVH Spotlight Employee Has Many Likes!

**Ryan Magill**



I have lived in the city of Ankeny my entire life. My wife, of four years, and I recently purchased our first home in Ankeny as well. Throughout my entire life, I have been working hard to better myself and those around me. I was the General Manager of a hotel in Ankeny when I graduated high school and worked in the hospitality industry for quite some time. While in the hospitality industry I earned my Culinary Arts degree from the Iowa Culinary Institute. I used the education from my Culinary Arts courses to boost revenues and business for my hotel.

I continued my education at Iowa State University where I earned my degrees in Business Management and Accounting with a Minor in Finance. After graduating from Iowa State I took a job with the State of Iowa Auditors Office. I really enjoyed my time with the Auditors Office, which opened up the door for me to join the Iowa Veterans Home.

During my time at ISU I changed careers and starting working at Delta Airlines, where I continue to work part-time today. I truly love this job, as it has provided my wife and I the opportunity to fly all over the world. We have been to all fifty states and travel international as much as possible. We have been to Mexico, Australia, Fiji, China, and London. We have plans to continue to our travels as much as we can.

I am an extremely avid sports fan; some may consider me to be a little crazy. I am a diehard Iowa State Cyclones, Chicago Cubs, and Green Bay Packers fan. I have traveled all over the nation to watch the Cubbies play, and I live and die by them (as any loyal Cubs fan would understand). I have been to playoff games, and I have my own personalized Brick outside of Wrigley Field.

In my time here at the Iowa Veterans Home, I appreciate everyone's cohesiveness to work together to try and build a better establishment for the Veterans and spouses. I look forward to the continued growth in the future here at the Vets home.



### Trivia Corner...Did you know....

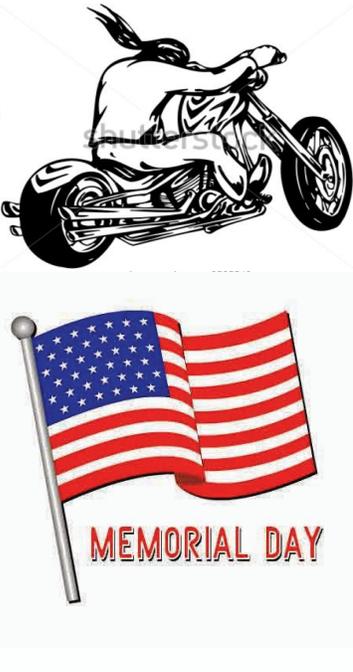
That on the average that the Iowa Veterans Home uses enough natural gas to heat approximately 1,184 Iowa homes for the year. This would be enough to heat the towns of Albion, Legrand, Laurel and Melbourne. On average the Iowa Veterans Home uses enough electricity to power 464 Iowa homes. This would be enough to heat Laurel and Melbourne. On average 32,496,401 gallon of water is used a year.



*When trivia facts are available we like to spotlight that department and share the statistics with the facility. Some of the statistics that have been presented to us in the past have been quite amazing.*

## Iowa Veterans Home Upcoming Events For April & May

<u>Month</u>	<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
April	5	7:00 PM	Community Concert	MHS
April	8	1:30 PM	Spring Formal	Malloy LRC
April	16	6:30 PM	Marshalltown Men's Chorus Concert	Malloy LRC
April	23	2:00 PM	Quilts of Valor Presentation	Malloy LRC
May	5	8:30 AM	Tulip Time	Pella, Iowa
May	10	9:00 AM	Garden Box Planting	Courtyard
May	11	9-3:00 PM	Jerry's Barnyard	Malloy LRC
May	13	9:30 AM	Cabaret Singer	Ulery
May	13	2:00 PM	Cabaret Singer	Malloy LRC
May	17	9-3:00 PM	Music w/Cararvan	Malloy LRC
May	21	11-1:00PM	Elks Fish Fry	Atha Dining Room
May	23	10:00 AM	Ride To The Wall	Courtyard
May	30	10:30 AM	Memorial Day Program	Malloy LRC



# Quality and Compliance by Lana Comstock, Bureau Chief, Quality & Assurance

## **Family Satisfaction Survey**

Thanks to the Health Information Management team, Family (Resident Representative) Satisfaction Surveys are being mailed with each resident’s quarterly meeting notification. Response is looking good and we will calculate actual return rate percentage. We look forward to learning from the survey results and those will be shared once tabulated and analyzed!



## **Nursing Home Compare Five-Star Quality Rating System**

In April 2016, Centers for Medicare & Medicaid Services (CMS) will begin posting data for new quality measures (QMs) on the Nursing Home Compare website. Two measures will impact the Iowa Veterans Home rating. These measures are based on the Minimum Data Set (MDS), a comprehensive resident assessment tool used for data submission to CMS. These QMs include:

1. Percentage of long-stay residents whose ability to move independently worsened
2. Percentage of long-stay residents who received an antianxiety or hypnotic medication

As I write this article on March, 15, 2016 the following star rating for IVH is reflected on the Medicare.gov/Nursing Home Compare website:

<i>Ratings for Iowa Veterans Home (16A002) Marshalltown, Iowa</i>				
<b>Overall Quality</b>	<b>Health Inspection</b>	<b>Quality Measures</b>	<b>Staffing</b>	<b>RN Staffing</b>
★★★★★	★★★	★★★★★	★★★★★	★★★★★

Our star rating shows how much we’ve improved at IVH. These improvements are because of all the IVH team – all employees working together to best serve our residents!

# Quality Assurance Performance Improvement



# VOLUNTEERS Making a difference In the lives of others

## What is the Volunteer Advisory Committee (VAC)?

The Volunteer Advisory Committee (VAC) is an important volunteer group at IVH. The purpose of the Volunteer Advisory Committee is to help the residents of the Iowa Veterans Home. Specifically the purpose of the committee shall be to give guidance and support, to promote and advance, and to assist with the programs and activities of the Iowa Veterans Home in accordance with the policies set by the Iowa Veterans Home. The primary purpose of the Volunteer Advisory Committee will be to communicate IVH resident needs to the officers and members of the represented organizations.

Membership in the VAC shall be open to any appointed representative of any organization interested in the objectives of the Iowa Veterans Home. The appointing authority of the organization shall



Pictured above are VAC members from the Daughters of the American Revolution, Barbara Ketels & Candy Wait. They are serving tropical fruit cups at the Foreign Food Fair.

notify the IVH Volunteer Services Office of the name and contact information of the representatives they select. The duties of the members of the VAC include actively supporting the programs of the VAC, attending meetings regularly and sharing information between IVH and the organization they represent.

### Current VAC Member Groups

- American Legion
- American Legion Auxiliary
- AMVETS
- AMVETS Auxiliary
- Daughters of the American Revolution
- Disabled American Veterans
- Disabled American Veterans Auxiliary
- Forty and Eight
- Iowa Elks Association
- Marine Corps League
- Marshalltown Ladies of the Elks #312
- Military Order of the Cootie
- Paralyzed Veterans of America
- Veterans of Foreign Wars
- Veterans of Foreign Wars Auxiliary

The VAC let their organizations know of the needs of IVH. This group will raise funds for resident activities, needs, and Christmas presents by taking our needs back to their organizations and communicating with the membership. They also sponsor several activities and events per year, helping with the planning, financing the

event, and by providing volunteers. Many of these organizations host other larger events or regularly scheduled bingos independently as well.

The VAC meet at least six times per year sometimes in accordance with an event. The annual meeting and elections shall be held in September with thirty percent of the active members constituting a quorum. The next Annual meeting for the VAC committee will be September 15th.

**IVH is lucky these groups choose us for their time. We are very grateful to have the support of the VAC!!**

**VAC Sponsored Events**

**Salute to Hospitalized Veterans—Date Varies Feb**

**Foreign Food Fair**  
3rd Sat in March

**Spring Carnival**  
April 16th

**Halloween Dance**  
Oct 31 

## FACILITIES MANAGEMENT UPDATE

### New Mini Bus to arrive soon...

At the start of a new year, it's all about new beginnings and new opportunities. Expectations are high and resolutions are made. One thing for sure is that 2016 looks to be a very exciting year at the Iowa Veterans Home. In Facilities Management, our Dispatch team will soon be trading in our two white mini-busses for newer models. These mini-busses are used to transport residents to and from VA and other outside medical appointments. Each bus has logged well over 120,000 miles.



The Department of Administrative Services is responsible for the acquisition, management, policies, maintenance, repair and disposal of motor vehicles used by all State of Iowa agencies. Our Dispatch team has reviewed several models of wheelchair mini-busses, evaluating durability and resident comfort. They tested several types of wheelchair lifts. The model chosen is a Glaval Universal, sold locally by Hoglund Bus Co. It will comfortably hold 3 wheelchairs, with ample room for the attendants. The busses will be white and display the Iowa Veterans' Home logo. Our team of drivers is looking forward to making our residents' bus rides as safe, comfortable, and enjoyable as possible.



## Glaval Universal

## *In loving Memory of our Veterans and Spouses*

*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

Kermit Allen U.S. Army  
 Arthur Beals U.S. Marine Corps  
 Donald Bigelow U.S. Army  
 James Blair U.S. Marine Corps  
 Carl Burkhart U.S. Army  
 Gary Chrisman U.S. Army  
 Harold Christian U.S. Army  
 Jerry Frome U.S. Marine Corps  
 Larry Gideon U.S. Army  
 William Helleso U.S. Army  
 Ray Helmes U.S. Army  
 Bernard Kenkel Jr. U.S. Army  
 Wilbur Luethje U.S. Army  
 Robert Prock U.S. Army  
 Philip Richter Jr. U.S. Army  
 Phillip Robbins U.S. Air Force  
 Steven Ryan U.S. Army  
 Randy Smith, U.S. Army  
 William Troche U.S. Navy

### Veterans con't....

Peasley Decker U.S. Army  
 Howard Wolett U.S. Army  
 Ivan Whittle U.S. Army  
 Don Westphal U.S. Navy  
 Donald Welch U.S. Navy

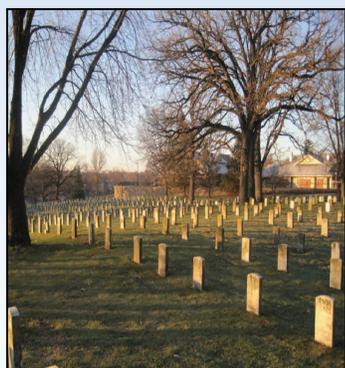
### Spouses

Louise Treangen U.S. Navy  
 Doris Brandt U.S. Army  
 Georgia Davenport U.S. Army  
 Agnes Williams U.S. Army  
 Virginia Smalldridge U.S. Navy

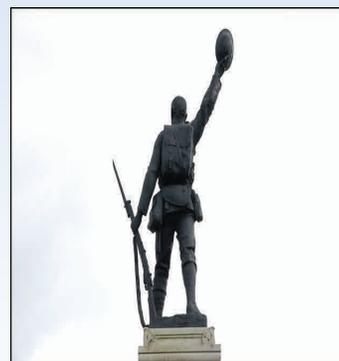
*Please continue to think of our men and women who are serving this great nation today. We must also remember our service members who are currently serving in harms way!!*

# Taps January-March

### *Iowa Veterans Home Memorial Fund*



The Iowa Veterans Home gladly accepts memorial funds from individuals, organizations, businesses and families. It is through the generous contributions of organizations and individuals that are able to provide many essentials as well as enhance the daily lives of our residents. 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 the Commandants Office at [michael.hines@ivh.state.ia.us](mailto:michael.hines@ivh.state.ia.us).



**If you have questions about the guidelines of the Iowa Veterans Home Cemetery and the interment process into the Iowa Veterans Home cemetery please contact Joan Rose at (641) 753-4218 or email at [joan.rose@ivh.state.ia.us](mailto:joan.rose@ivh.state.ia.us).**



## IVH Wellness Corner by Maggie Schwarck



### *Tips for Keeping Your Brain Healthy*

#### **1. Exercise Regularly**

Exercise has the positive effect of enhancing successful aging and may help to slow the course of an existing disease such as Alzheimer's. Exercise can improve our energy levels, sense of well-being, sleep, and brain health. Engaging in regular exercise also reduces the risk of depression and anxiety.

#### **2. Socialize and Have Fun!**

Friends provide opportunities to enable the sharing of experiences, new learning, challenges, emotions, trust, and understanding. Engaging in new pursuits with friends often helps develop new life roles which provide us with an opportunity to feel appreciated, enjoy life, laugh, and have fun.

#### **3. Slow Down and Appreciate the Silence**

Our society is evolving at an increasing rate, leaving us with little time to relax and process our environment. The implications of a fast-paced lifestyle are chronic stress and other negative effects on our health and well-being. Reducing demands we place on ourselves is an important step towards stress reduction and a more fulfilling life.

#### **4. Reduce and Eliminate Drinking and other Drugs**

Mood altering substances, such as drugs and alcohol can decrease our functioning, lower our motivation and impair our cognitive processes. They also alter our emotions which impairs our thinking by reducing focus, attention, and memory.

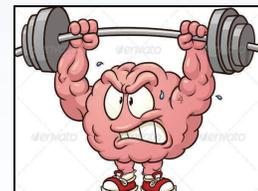
#### **5. Set Financial Goals**

A well-developed plan for financial security is a great way to replace the stress of worrying about your bills with the joy of being able to afford a little rest and relaxation.

#### **6. Adopt a Nutrient-Rich Diet**

Brain health promoting foods include Omega-3 fatty acids found in foods such as fish, flax seed, and nuts. Foods with naturally occurring Vitamin E and Vitamin C have an antioxidant effect.

Readers Digest (2016). *Top ten tips for a healthy brain*. Retrieved 2/18/16 from <http://www.rd.com/health/wellness/top-10-tips-for-a-healthy-brain-antiaging/>



## Iowa Veterans Home Longevity Awards (January-March)

### 5 Years

Michele Scarsbrook  
Kelcy Thede  
Cindi Readout  
Deb Speicher  
Karen Sosa  
Nichole Heaverlo  
Ashley Ruring

### 10 Years

Stephany Robovsky  
Brandi Kutzner  
Rachel Ramirez  
Lauren Bailey  
Regina West  
Tracey Hall  
Kerrie Taul  
Vini Soukhavong  
Sheryl Aguilar  
Deb Rubenbauer  
Dolores Ficken  
Crystle Thompson  
Lashay Brubaker  
Deb Harrelson  
Candy Nyheim  
Chris Smith

### 15 Years

Jodi Tymeson  
Marcia Reilly  
Mark Mikutis  
Lindsey Pippert  
Warren Wolken  
Greg Schaa  
Kathy Kopsa  
Curtis Plaehn

### 20 Years

Lyle Gaston  
Val Beurskens  
Tracey Berendes  
Diana Rohach  
Isabell Lewis  
Martin Herold



## *Iowa Veterans Home Retirements*

*Retirements are a time in our lives that we may decide to spend time with our family, volunteer in the community or have the opportunity to do activities that we may not have had the time to do before. Retirements should be celebrated and not mourned, as retirements are a happy period to be enjoyed to its utmost. We are grateful for your dedication of hard work here at the Iowa Veterans Home! We wish everyone an enjoyable future ahead after your retirement! May all your coming days be filled with many more rewards of joy and fulfillment. The retirees listed below had a total of **103** years of services to the State of Iowa and the Iowa Veterans Home!!*

<u>Name</u>	<u>Position</u>	<u>Years</u>
Kevin Miller	IT Specialist 5	35 yrs
Shirley Winders	Laundry Worker	33 yrs
Lynne Thatcher	LPN	35 yr



# Don't Feed The Squirrels!!



Please help us in providing a safe environment for residents, staff, volunteers, and visitors.....

## Above and Beyond by IVH Employees

I want to say **thanks** for all of the “winter maintenance” that has been done here on campus during the past winter months. With Iowa winters being difficult at times I want to say thanks to our grounds personnel, ABM and our Security Guards for keeping our parking lots maintained, streets, sidewalks cleared, salted and our stairs (inside and outside) maintained as well! **Great job** to our **Quartermaster office** for its daily deliveries to units and departments, accountability, inventorying of materials, and shipping & receiving of materials that operate this facility - **Michael Hines, Staff Assistant**

# Vital Statistics

*The Iowa Veterans Home welcomed 31 new residents to our home since the last Insights Edition. It is our sincere hope that all of our veterans and spouses enjoy living at the Iowa Veterans Home in Marshalltown.*

*Resident Pop.*

Male Veterans - 448  
Female Veterans - 16  
Spouses - 88

Oldest & Youngest Resident

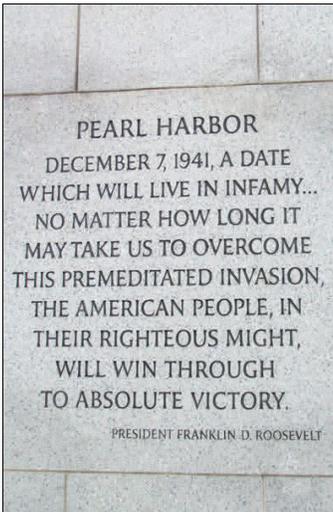
*Youngest—48yrs*  
*Oldest—100yrs*

*As of 2/1/16*

*War Era Residents*

WWII - 61  
Korea - 88  
Vietnam - 217  
Gulf - 5  
Peace - 93

## Honor Flights for our Veterans



Honor Flight Network is a non-profit organization created solely to honor America’s veterans for all their sacrifices. They transport our heroes to Washington, D.C. to visit and reflect at their memorials. Top priority is given to the senior veterans World War II survivors, along with those other veterans who may be terminally ill. Of all of the wars in recent memory, it was World War II that truly threatened our very existence as a nation and as a culturally diverse, free society. According to the Department of Veterans Affairs, an estimated 640 WWII veterans die each day. Our time to express our thanks to these brave men and women is running out. Honor Flight Network will continue do whatever it takes to fulfill the dreams of our veterans and help our heroes travel absolutely free. Subsequent to the World War II veterans, our efforts will then focus on our Korean War and then Vietnam War veterans, honoring them similarly. (Note: Some hubs are now accepting applications from Korean and Vietnam Veterans. Please contact your local hub to see if they are accepting these applications.) *Source: www.honorflight.org*



*The State of Iowa has 4 regional hubs that support our veterans for honor flights. These hubs include Ft. Dodge, Council Bluffs, Cedar Rapids and Waterloo.*



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## Chaplains Corner by Craig Nelson, ThM, Chaplain

<sup>15</sup> So the wall was finished on the twenty-fifth day of the month Elul, in fifty-two days. Nehemiah 6:15



In the Old Testament lies a book rarely heard or mentioned. It is the book of Nehemiah and it recounts the story of how Nehemiah was given permission to lead the people of Israel out of Babylon and back to Jerusalem so they might rebuild the city. Upon their arrival back in Jerusalem Nehemiah saw the first task the people would need to accomplish was the rebuilding of the walls of the city.

Wise leader that he was Nehemiah knew that rebuilding the walls would require the work of all but many of the returning residents, seeing the immensity of the task, were discouraged and could not see how the work could be done. Nehemiah, however, divided the residents by families and then tasked each family with choosing a portion of the wall to rebuild. Those who were familiar with gates worked on them, while others rebuilt the towers or the areas in between. In this way each family could see what needed to be done in their area without being overwhelmed by the task of building the entire wall. Indeed, it took on 52 days for the people to complete a job many had felt impossible.

How often our life can seem as overwhelming as the rebuilding of those walls. We see the size of the task and measure it against our own resources. We despair of being able to complete the work. But we can take a lesson from Nehemiah.

Instead of focusing on the size of the task before us, whatever it may be, we can break it down into smaller jobs. As we do so we begin to see the various tasks that need doing. We see the areas where we have the ability or talent to accomplish what needs to be done. It provides us with a place to start.

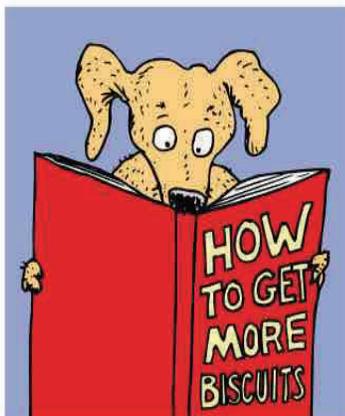
But if we are wise we also see the places where we are unable to accomplish the work. We can look around us at the people in our lives that have the skills which we do not and who can help us.

One of the blessings of the Iowa Veterans Home is the recognition that no one solves all of their problems on their own. Each person is encouraged to determine what they are able to do and then do it. At the same time each is surrounded by skilled individuals ready to come alongside them to provide the insight and help we need to deal with the areas of life we cannot deal with on our own.

Each person, resident or staff member at IVH is the Nehemiah of their own life. Yet, just as the original Nehemiah knew he could not rebuild Jerusalem's walls by himself, we cannot ultimately live our lives alone. Like Nehemiah we need to identify the problems and what needs to be done and then reach out to those around us for help in overcoming the problems. If you are a resident there are doctors, nurses, dieticians, social workers, therapists, chaplains and others willing to use their expertise to help and support you. If you are a staff person there are supervisors, support staff, and co-workers available to work with you. Be the Nehemiah of your own life; see and use the resources you have around you. Who knows what you can accomplish in 52 days.

*I hope you enjoyed the April Edition of the Insights !!*

## Ulery Residents Make Homemade Dog Biscuits For Therapy!!



Several years ago Lauren Dostal our OT/PT provided weekly activities on our dementia units, one of these activities was making dog biscuits. The residents loved this activity as the dough was not sticky; the activity had meaning and purpose, and it allowed residents to use a variety of movements to complete the tasks. These biscuits were then donated to the animal rescue league.

This past fall IVH sponsored Wiener Dog Races, Pam Nablo provided arts and crafts to help build up the excitement for this event. We made wiener dogs out of paper, boxes with puppy faces on them and dog biscuits to give to the participants of the races, and the residents very much enjoyed this activity. We also cut PVC pipe into pieces and used them as rolling pins, this activity allowed residents to use several muscle groups and also use the decision making process to make the biscuits.

In January Pam and Ulery Rec staff made plans to make more dog biscuits. A variety of cookie cutter shapes have been obtained; Valentines, Shamrocks, and Easter shapes were cut out and baked. Reminiscing with the residents while cutting the biscuits have brought about several conversations and it was discovered that 2 residents were bakers during their work life. Permission was granted to sell the biscuits in the gift shop, and while no advertisement has been done to make staff aware of the biscuits, just by word of mouth the first set took only 3 weeks to sell and the most recent set has almost sold out in just a week.

