



IVH Insights

Serving Veterans for 129 years!!



A Message From The Commandant

Happy New Year!

We're in for lots of political television advertising this year, especially with Iowa having "first in the nation" status with our caucus process. As I write this note, the Caucus is less than a month away. I would encourage everyone to be informed when it comes to electing our leaders. There are so many ways to get the information you need to make an informed decision. If you've never been to a Caucus before, consider attending this year. We are so blessed with the freedom to elect our leaders at the national, state, and local levels. Thank you veterans for defending our freedom to vote!

The Presidential election will dominate the news this year. 100 years ago, in 1916, the Presidential Election was between the incumbent Democratic President Woodrow Wilson and the Republican challenger Charles E. Hughes. Wilson won re-election during World War I. Also in 1916, the first woman was elected to the United States House of Representatives, Republican Jeannette Rankin of Montana.

So many events have happened over the last 100 years. My grandma lived to be 102, and we marveled at all the inventions and the four major wars she had witnessed in her lifetime. It's even amazing to me to remember that color television wasn't widely available when I was a kid (at least we didn't have one).

We can look forward to watching our Olympic athletes at the Summer Olympics in Brazil in 2016. I'm sure 2016 will be another interesting year and take its place in history.

I wish you all a Happy and Healthy 2016! *Jodi*



Commandant
Tymeson



HAPPY
NEW
YEAR

Insights — January 2016

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Iowa Veterans Home



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!

Thanks!

Michael Hines—Staff Assistant.
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Canteen Hours

*The canteen is available for
your needs.*

Monday—Sunday

8:30 am to 3:30 pm



Welcome New Employees by Wayne Pierson Education & Training



October NEO

Front (L-R) Danette Moore,
Laura Ihde, Denise Smith, Will
Blair, Perla Contraras

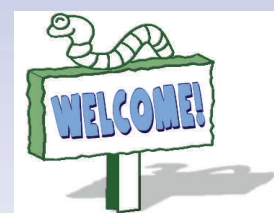
Back (L-R) Cindy Rodenbeck,
Darla Bailey, Rae Froman,
Deanna Coop, Julie Soenen



November NEO

Front (L-R) Janet Merlos Gar-
cia, Brian Heim, Amanda Kali-
nay, Kathy Randall, Joseph
Hopper, Maria Mora Gracia,
Doni Keeling

Back (L-R) Jen Knight,
Megan Carman, Bill
Cochenour, Dennis Abens,
Brandi Robinson, Jason Farris



December NEO

Front (L-R) Sadie Wagner,
Terrissa Riemenschneider,
Linda Cooling, Nicole Sutton,
Gina Harkrider, Miamber
Steckman



IVH Spotlight Employee by Phyllis Smith Pharmacy Supervisor

Amanda West selected by IPA President Kate Gainer to serve on the Pharmacy Technician Advisory Committee...



IVH's pharmacy technician, Amanda West, was honored to be selected to represent fellow technicians in the Iowa Pharmacist Association (IPA). IPA's Pharmacy Technician Advisory Committee serves to address issues facing pharmacy technician members, promote the National Pharmacy Technician Certification Examination in Iowa, and develop and promote educational programs and materials for CPhTs and technicians interested in becoming certified. This committee is mostly comprised of pharmacy technicians from across the state. Input from committee members is sought throughout the year via email or conference call.

Amanda joined IVH as a pharmacy technician in August of 2014. She previously worked for the Department of Corrections pharmacy department for approximately three years. Amanda started her pharmacy career fifteen years ago here in Marshalltown at the local Hy-Vee. She also attended college in Marshalltown. Amanda now resides in Conrad with her two year old daughter, Shey.

Trivia Corner...Rec Trip Statistics...

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. A special thanks to Jason Soder for forwarding the trivia facts to the Commandants Office.

We have 2 – 40 foot buses. Each equipped to carry 6 wheelchairs and 16 ambulatory. This includes: residents, staff and volunteers.

Both buses take of average of 2 trips per day. This is 20 trips per week and 1,040 trips per year.

We average 15,000 miles per year on each bus so 30,000 miles per year are driven for recreational activities.

Off ground- recreation activities include: basketball games, casino, restaurants, shopping, hockey games, baseball games, parades, fishing, picnics, rides, theater, gymnastics, football games and many more.

In one day, the wheelchair lift in the bus will go through approximately 98 cycles (up/down). This is 490 cycles per week or 25,480 per year.

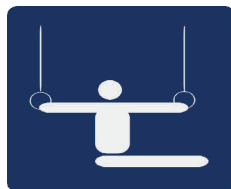
The bus driver will position and strap in approximately 98 wheel chairs per day.

In one day, approximately 28 wheelchair bound residents are able to go on off-grounds recreational trips because of the buses, recreational staff and volunteers.



Iowa Veterans Home Upcoming Events 2015

<u>Month</u>	<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
January	5	2:00 PM	Music w/ Paul Davis	Malloy LRC
January	8	11:00 AM	IVH Couples Luncheon	Malloy LRC
January	16	TBA	9 Ball Pool Tournament	Malloy LRC
February	10	1:00 PM	Salute to Hospitalized Veterans	Atha Dining Facility
February	13	7:30 PM	Lions Club Breakfast	Veterans Coliseum
February	13	2:00 PM	American Bombshells	Malloy LRC
February	18	9:00 AM	Travis Vaughn's Shower of Gifts	Malloy LRC
February	19	5:00 PM	ISU Gymnastics Meet	Ames, Iowa
February	20	2:00 PM	DAR George Washington's Birthday	Malloy LRC
February	24	2:00 PM	Music w/Cararvan	Malloy LRC
March	1	11:30 - 2:00 PM	Volunteer Awards	Malloy LRC
March	1	2:00 PM	Magician	Atha Dining Facility
March	5	1:30 PM	Tama County Party	Malloy LRC
March	19	11:00 AM	Foreign Food Fair	Malloy LRC
March	20	9:30 PM	AMVETS Easter Dinner	AMVETS Post#2



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

Family Satisfaction Survey

A task oriented team comprised of compliance officers and social workers used best practices to develop a family (resident representative) satisfaction survey. Survey questions incorporate elements of employee interactions, safety, activities, and privacy, as well as resident and family engagement. It has been years since a satisfaction survey of this nature has been used at IVH. A plan for administering the survey will be developed for completion in 2016.



Employee Satisfaction Survey

The 2015 Employee Satisfaction Survey was conducted in October. 28% of employees responded to the survey. Overall 77% of respondents indicate they are proud to work at the Iowa Veterans Home. The highest scoring question from the survey was 97%: I review the quality of my work and make changes necessary to improve. This demonstrates employees strive for continuous improvements which directly affect our resident care!

Deficiency Free Survey

The Department of Inspections and Appeals (DIA) complete mandated surveys to assure compliance with health and safety standards in nursing homes. DIA completes their inspection (certification process) on behalf of the Centers for Medicare & Medicaid Services. Our annual survey occurred the week of October 19, 2015. In November we received written notification that we had a **deficiency free survey**! This is the first deficiency free survey for IVH and it demonstrates the teamwork and commitment of IVH employees to assure excellence!



Quality Assurance Performance Improvement





VOLUNTEERS Making a difference In the lives of others

CASEY'S Christmas Donation 2015

The Iowa Veterans Home was fortunate this year to receive a large donation from Casey's General Store. Cindi Summers, Vice President of Human Resources, gave more information on the company and their holiday gift giving.

In Cindi's words: Each year, the management team at Casey's Headquarters selects a group of individuals to center a "giving" project toward as part of quarterly leadership development meetings led by the Human Resources Department. For example, last year we had the managers put together 10 bicycles and they were donated to Toys for Tots. The idea is to incorporate certain team building and leader skills into our training, while also helping those in need. Since Casey's is dedicated to assisting and advancing the needs of the communities in which we operate, we hold our managers to that same standard of social responsibility and try to weave it into our meetings.

We also have various philanthropic events throughout the year for the team to participate in but during the holidays, we channel our giving to a deeper need. The HR Department leads the meetings so they work to select the project. I happen to oversee HR and since I'm originally from Marshalltown, MHS Class of '88 (and our CEO is, too, ---William Walljasper, Class of '80), I know a bit about the Iowa Veteran's Home and immediately thought of my home town and the experiences I had growing up. As such, we were able to get approval from the Casey's Charities corporate budget to purchase the four new wheelchairs, some of the items for the clothes closet and the 8 veterans care boxes. Our managers then donated the rest of the items, which equated to about 15 boxes of supplies, clothing, etc. on their part. During the meeting, they put together the care packages and organized the donated goods.

Note that this is just the giving project we worked on at headquarters; all of our stores also work hard to mirror the same commitment throughout the year and they often get involved in similar projects and ideas. We have a quarterly Company newsletter and can't publish all the articles we get from our stores doing wonderful things for their communities! Last year Casey's donated over \$4.5 Million toward charitable organizations, which doesn't include volunteerism hours and in-kind product donations.

We have about 100+ supervisors, managers and officers of the Company who participate representing departments all over headquarters – marketing, advertising, legal, information technology, payroll, accounting, construction, service, security, facilities, distribution center, daycare, print shop, etc. These employees are all based out of Ankeny, Iowa. For the IVH project, we also worked with two local stores in Marshalltown (Lincoln Way and 12th Avenue) to make the cookies and several store employees assisted with that effort. The Area Supervisor over the Marshalltown stores also helped coordinate that.

THANK you to Casey's General Store for such a generous donation!!



Facilities Management by Karen Connell

Renovations to the Dack Building, which represent the final phase of a three-phase \$36 million project to convert double-occupancy resident rooms into single-occupancy residents rooms and suites for couples, all with private baths, are on schedule for completion in the summer of 2016. The Federal VA provides 65% funding for these renovations, with the State of Iowa providing the additional 35%. Planning for all three phases began in 2012 and involved the collaboration of multiple teams. Residents, staff, volunteers, and visitors have watched the progress of this project with excited anticipation for the past several months. Sections of Dack Main have been opened, including Open Gym and OTPT. We are committed as an organization to providing our residents with a clean, safe and comfortable environment that optimizes resident independence, privacy, and dignity and are looking forward to completing the Phase III renovation.



A design development day was held last month for residents and staff to provide input on redesigning our center courtyard. We received several useful suggestions. The architect is developing a proposed schematic, which we plan to share with residents and staff for final review. Safety, comfort, and aesthetics were key goals. Watch for future updates on this outdoor living environment initiative.



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 Mitchell, U.S. Army
 Steven Vaagen, U.S. Army
 James Cossitt, U.S. Navy
 William Jorgensen, U.S. Army
 Michael Moreno, U.S. Navy
 John Birdnow, U.S. Air Force
 Betty Sheasgreen, U.S. Navy
 Leo Adams, U.S. Army
 Johnnie Collins, U.S. Marines
 Randall Jones, U.S. Army
 Thomas Mason, U.S. Army
 Wayne Hooker, U.S. Army
 Walter Gearino, U.S. Marines
 Raymond Thompson, U.S. Army
 Charles Behlers, U.S. Army
 Mark Austad, U.S. Navy
 Marlo Miller, U.S. Army
 Lynn Partin, U.S. Army
 Leon Morlan, U.S. Army
 John Fisher, U.S. Air Force
 Frank Jones, U.S. Air Force
 Donald Weldon, U.S. Air Force
 John Lutgen, U.S. Air Force
 Kelly Mitchell, U.S. Army

Veterans con't....

Lawrence Adrian, U.S. Marines
 Isaac West, U.S. Navy
 Wilbur Phillips, U.S. Army
 Merlin Biretz, U.S. Army

Spouses

Elizabeth Marlow, U.S. Navy
 Shirley Nason, U.S. Army
 Newa Logsdon, U.S. Army

Please 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 (October-December)

Iowa Veterans Home Memorial Fund



The Iowa Veterans Home gladly accepts memorial funds from individuals, organizations, businesses and families. These funds will be used to support our residents and the facilities operations. 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.

U.S. Army
U.S. Marines
U.S. Air Force
U.S. Navy
U.S. Coast Guard

If you have questions about the Iowa Veterans Home Cemetery and the regulations and procedure for interment into the homes cemetery 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 Melissa Sienknecht

New and upcoming health trends for 2016



There always seems to be a rage with the hippest, most desirable trends that are posing to be the "best of the best" in regards to leading you to be the healthiest you can be. Trends come and go and some resurface, but always do your research before taking on a new healthy initiative.

This is what they are predicting for 2016:

- **Sprouted Grains**- you see these items popping up everywhere in your local grocery store. They are being placed in crackers, chips, snack bars, cereals, rice and risotto mixes. Sprouting provides increased vitamins and minerals, antioxidants, increased digestibility, can help reduce blood glucose levels, decrease blood pressure and improve nutrient absorption
- **Probiotics**- they actually have been around for some time now, but are popular in new items such as orange juice, cereals and waters. The probiotic-fortified foods are claimed to improve intestinal health along with improving symptoms of depression.
- **Full fat dairy**- for a long time, fat got a bad rap. Research is now showing that some of the linoleic acids in milk fat may decrease the risk of coronary heart disease and depress cancer cell growth. As long as everyone is not consuming a high calorie diet, some full fat dairy can be included.
- **Relaxing Cholesterol intakes**- research is challenging the common recommendation of limiting dietary cholesterol intake to no more than 300mg/d. The 2015 Dietary Guidelines Advisory Committee will be readdressing this limitation as majority of individuals consume far less than 300mg/d and yet we see large problems with cardiovascular disease that are not contributed from dietary cholesterol.
- **Managing Food Waste**- this is a growing movement not only at restaurants, hospitals and grocery stores, but also for individuals at home. People are interested in biodegradable packaging and preventing our landfills from filling up. The FDA and USDA would like to reduce food waste by 50% by the year 2030.
- **Pulses**- Pulses are a part of the legume family and include lentils, dry beans, beans and chickpeas. The plant based proteins and amino acids are eaten as they are very high in protein and fiber and low in fat. They too are helpful for the environment due to their sustainability.



Iowa Veterans Home Longevity Awards (Oct-December)

5 Years

Crystal Roberts
Dennis Snider
Julie Stalzer
Kim Shipley
Cynthia Egleston
Susan Vajgrt
Ashley Gummert
Eloise Dillavou

10 Years

Debra Guthrie
Cheryl Safley
Marcia Stowe
Patricia Barker
Peggy Healey
Renee Balvanz
Judy Dostal

15 Years

Jessica Kilker
Melissa Bruhl
Janet Mikutis
Jessica Youngman

20 Years

Julaine Duimstra
Linda Pierson
Bill Thoms
Seth Emerson
Connie Woosley

25 Years

Denise Weil
Julie Fledge

30 Years

Kevin Miller

35 Years

Lynne Thatcher
Collen Behounek

Thank You For Your Service!!

CONGRATULATIONS TO ALL OF THESE EMPLOYEES FOR THEIR YEARS OF SERVICE!

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 **161** years of services to the State of Iowa and the Iowa Veterans Home!!*

<u>Name</u>	<u>Position</u>	<u>Years</u>
Sheryl Trumbo	Typist Advance (Switchboard) 1	10 yrs
Bill Tillman	Food Service Worker	27 yrs
Mike Jarrell	Public Service Manager II	1 yr
Debra Grundy	RTW	7 yrs
Connie Roberts	Canteen Clerk	8 yrs
Randy Gilgen	Storekeeper	35 yrs
Denise Doepp	Food Production Supervisor	16 yrs
Katheryn Westcott	Resident Aide	3 yrs
Karon Humphries	RTW	16 yrs
Joceline Myers	Assistant Food Service Director	38 yrs



Tax Season Is Upon Us!!

Above and Beyond by IVH Employees

I would like to thank the REAL committee for all their hard work in promoting the employees of IVH and ABM. Their treats and activities keep our spirits up and remind us to lighten up a bit as we go about our day. Thank you REAL Committee for all you do for us!! - ***Susan Wilkinson, Division Administrator for Resident Support Services***

I want to say thanks for the security that our security guards provide to us everyday and have throughout the years. Our security guards continue to provide a high quality of security 24 hours a day; ensuring our safety so that we are able to perform our mission. – ***Michael Hines, Staff Assistant***

Thank You



BIC

Congratulations to the Iowa Hawkeyes football team for finishing the regular season undefeated with a 12-0 record and winning the West Division with a 8-0 record.



HELP LOWER IVH POSTAGE COSTS – USE WHITE ENVELOPES

Any IVH mail weighing over 2 ounces (12 sheets) and up to 13 ounces (about 75 sheets of paper) should be mailed using a WHITE 9x12 or white 10x13 envelope so we can take advantage of pre-sorted first class mail rates that are available using an outside mail service. Colored envelopes are excluded from the lower rates. Using a white envelope (rather than yellow kraft) for large mail saves IVH 13 cents per item mailed.

INCLUDE DEPARTMENT NAME IN RETURN ADDRESS. It is recommended that all departments sending out mail using an envelope larger than a standard #10 (IVH logo) envelope include their department name in the return address. Any first class mail from 6 to 12 sheets should be **half-folded** and inserted into a 6x9 envelope rather than folding in thirds and using an IVH Logo envelope (#10) making it too thick. And, half-folding pages rather than sending unfolded in a 9x12 will save at least 44 cents in postage.

SUMMARY: Keep it thin and flat.

- Use **white** 6 x 9 envelope for 6-12 sheets and fold in half (not thirds)
- Use **white** 9x12 envelope for 13 sheets or more (do not fold)
- Indicate your department name in the return address for any oversized mail (6x9 or larger)
- Boxes/packages weighing over 3 pounds can be shipped for less cost using FedEx Ground out of Quartermaster area
- Take advantage of your knowledgeable mail room staff for added savings!



2015 Year In Review 2015



Providing high quality of care exceptional quality of life

Year In Review Con't...



Providing high quality of care exceptional quality of life

Chaplains Corner...Feasting Together by Angela Doty



There is an old folk story about three soldiers returning home from war. They are tired and hungry as they come upon a village. The villagers have suffered a meager harvest and many years of war and quickly hide what little they have bemoaning the lack of anything to eat. The soldiers approach the village elders and offer to share their “secret” of how to make soup from stones. The villagers are curious and soon find a kettle and start the fire. The soldiers drop in three smooth stones.

Eventually the villagers, one by one, encouraged by the soldiers that the soup will be good but adding a bit more could make it wonderful, offer what little they have to the soup adding parsley, salt, a turnip and other vegetables. Eventually a cask of wine was rolled into the square and all sat down to marvelous feast. They dance and sing well into the night refreshed by the feast and their new found friends. As morning comes and the soldiers are ready to depart they share their “secret” with the village: It is only by sharing that we may make a feast.

I love this story as we think about being a community, or a village, at IVH. There are miracles of hospitality, generosity, sharing all around these sacred hallways. How can we celebrate and share together the feast that is before us? Only by contributing to the well-being and nurture of those around us. As we ring in 2016 may we learn and practice the “secret” of making stone soup: it is only by sharing what we have, and offering who we are to each other. And in the process, we too become refreshed and find new friends around the common, abundant table.

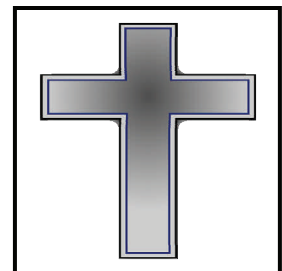


Chaplain Craig Nelson

Email: Craig.Nelson@ivh.state.ia.us
Office Phone: (641) 753-4279

Chaplain Angela Doty

Email: Angela.Doty@ivh.state.ia.us
Office Phone: (641) 753-4512



Inside Story Headlines



It is that time of year again to renew your fitness room membership or sign to join.



Please be sure to practice good elevator **ETIQUETTE** when boarding and riding our elevators throughout the facility!!

TAKE A EXTRA MOMENT TO ASSIST THOSE THAT NEED ASSISTANCE ON OR OFF THE ELEVATOR!!

Be Courteous to all those who ride!!!

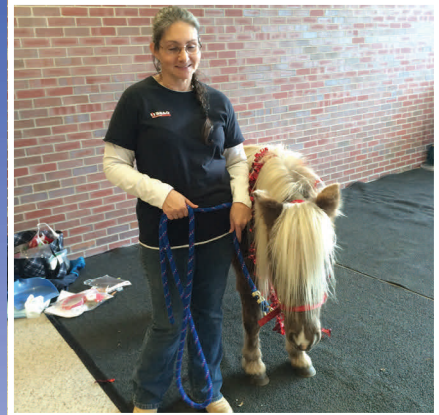
Change to Parking Policy!!!

Reminder....effective Monday, December 14, 2015 IVH will modify our protocol for our Third Shift Parking. **No staff** may ever park in the Visitor/Volunteer spots on the north side between Dack and Malloy. We have early volunteers using these spaces. We **will** allow third shift staff to park in Visitor/Volunteer spots in other areas, but vehicles must be moved when their shift ends at 6:30 a.m. **If they are mandated to stay past 6:30 a.m., they are required to move their vehicle out of the Visitor/Volunteer spot before 6:30 a.m.**

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Iowa Veterans Home



IVH Resident Spotlight is Tom Fries, S2W by Cyndy Huntrods, Recreational Therapist



Tom has lived at the Iowa Veterans Home for almost a year. He was born and raised in the Des Moines Highland Park neighborhood. He joined the Navy in 1943, when he was 17 years old, just one year shy of his senior year in high school. During the service, Tom was able to complete his high school education with the Navy. He served for 9 years both active and reserve duty. In the Navy he was a machinist mate, working in the engine room on the aircraft carrier, Intrepid, located in the Pacific. He also spent almost a year at the Johnston Atoll, a naval air station. Later, he spent time on the Bottineau, an attack transport. He was included in one of the first groups to test air and water after the second atomic bomb was dropped at the end of WWII. Part of the testing required him to wear a Geiger counter on his leg, as he tested coastal waters. When he returned to the States, he and his crewmates had to be quarantined for 10 days.



After the war, Tom worked as a fireman, and then for the United States Post Office in Des Moines. He and his wife, Gerry, were married in 1954. Together, they have 3 daughters, Mary Kay, Nancy and Diane, 3 grandsons and 1 great-granddaughter.

When asked about what he likes most about IVH, Tom states, "Veterans are #1 here. It's all about us veterans." He enjoys the many patriotic events here, along with so many choices of activities and outings. He especially likes going out to eat with his friends, playing bingo and participating in the IVH choir. He most recently was honored to represent the Navy during the Wreaths Across America ceremony here at IVH. Since one of his grandsons teaches at Stanford University, Tom is still trying to decide whom he should cheer for in the upcoming Rose Bowl game. As of now, he is leaning towards the Iowa Hawkeyes!



Thank you for your service Tom!!

