



IVH

IVH Insights

Serving Veterans for 128 years!!

A Message From the Commandant

It was a privilege for me to join IVH resident Charlene Larkin in Des Moines as she was recognized as an Iowa Centennial (100 years young!) See the complete story on pages 14-15. The program was centered on these amazing Iowans and their lives, and several tidbits of knowledge were passed on to the audience. Several advised "clean living" as a reason for their reaching age 100.

Hearing the recommendation for clean living caused me to remember my grandma who lived to age 102. This would definitely be a piece of advice from her, along with the advice to "work hard." She had 7 children and worked hard on the family farm. Every time I went to her home, as a child or as an adult, I always found a bucket of homemade chocolate chip cookies in the

freezer. Since I had 25 first cousins, and I'm sure they all found the bucket of cookies; I can't imagine how much baking grandma must have done!

My grandma lived through many major events and saw incredible innovation in her lifetime - things that truly changed the way we live - two World Wars, Korea, Vietnam, and the invention of automobiles and airplanes. It's a good reminder to all of us to make time to listen to the stories of our grandparents and parents.

We at the Iowa Veterans Home have another wonderful resource for knowledge - our residents! I encourage you to take a moment to listen to someone's story.

Jodi



Commandant Tymeson



Insights—October 2015

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A Message from the Administrator

Operations:

It is hard to believe we have crossed from Summer to Fall. Time flies and we continue to work on assorted projects. Dack remains on schedule with completion still planned for August of 2016. Other projects that will be coming up include replacement of the fuel tanks and spill containment, replacement of two chillers and replacement of a number of AHU (Air Handling Units). The AHU's will be for Sheeler, Dack and Malloy buildings. We are also looking at replacement of our laundry

equipment. The laundry units have been in use past their normal life cycle due to the great upkeep provided by our service technicians. It is time, however, to start looking for new equipment.

Nursing Home:

We are so blessed to have people working at IVH who truly care about the residents and their quality of care and quality of life. You see this daily with the staff and volunteers interactions with the residents. IVH truly does have a home-like environment. With the change in seasons, remember to adjust your dress for the variance in



Mike Jarrell—LNHA

and continue to take in fluids. Soon we will be in the midst of our annual state survey. This is a routine visit that we prepare for daily by maintaining high standards of care and looking for continuous way to improve what we do along with how we do it.

Mike

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

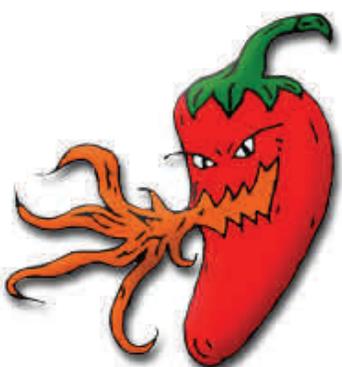
Michael Hines—Staff Assistant.
To submit news or questions, please email:

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

Canteen Hours

The canteen is available for your needs.

*The hours of operations are as follows:
M-F 8:30 a.m. – 3:00 p.m. & Sat
-Sun 9:00 a.m. – 3:00 p.m.
(Except holidays; close at 2:00 on holidays)*



Welcome New Employees by Wayne Pierson IVH Education



July NEO

Front (L-R) Christina Meling, Natasha Burton, Brittney Cole, Brittany Steele, Karlene Miller, Sherry Wesbrook

Back (L-R) Tanya Leverette-Sanchez, Mindi Hansen, Brett Wax, Diane Larson, Craig Smith, Debbie Nichols



August NEO

NEO class participants for the month of August were Linda Arends, John Grundy, Janine Lloyd, Sonia Pikina, Dawn Richardson, Jauna Schuler, Taylor Vaske, Marilyn Wells, Denise Weuve



September NEO

Front (L-R) Tonya Ringena, Christine Huntrods, Jacey Spurlin, Linda Arends, Maribel Denny

Rear (L-R) Timothy Sletten, Tony Waseskuk, Randy Reinertson, Nancy Schive, Angie Leslie



World War II Monument footings have been poured!

It is not only a honor to serve Iowa veterans and spouses everyday but it has been a honor to be part of the IVH World War II monument project as we continue to plan a “long overdue” recognition. This will be a monument that will honor all Iowa World War II era veterans. We are pretty much on target and are getting materials ordered and prices quoted but most importantly our granite is in Newton, Iowa getting etched. So therefore it is in the hands of the artist, doing what she does best. The artist has 20 years plus experience in designing and etching faces of monuments. I’m very confident that our monument will stand out! We will be adding a “V” shaped platform in front of the monument to represent “VICTORY” as it is only fitting that we build the concrete pad in the shape of a letter V for the men and women who were coined as the “Greatest Generation” that ever lived. There have been bids from local contractors and businesses for cost estimates for an electric sign (exact design and color of the existing Korean & Vietnam signage), flagpoles and of

course concrete. On the 1st of September, 2015 the footings for our WWII memorial were laid. The project as a whole is moving along but will probably extend into the first week of October. Like everyone else I’m extremely excited about seeing the finished product. We are starting to put a ribbon cutting ceremony together as well. As donations continue to be received, it is through the generous contributions of organizations and individuals that we have been able to move on this project. We would like to thank everyone involved especially the Grinnell Mutual Reinsurance, Veterans Service Organizations, ELKS organizations in Iowa, families of World War II veterans, local businesses and donors in general. **Thank You!!**



On 1 September, 2015 footings for the WWII monument were laid on the designated spot for the monument. Granite for the monument has received at Newton, IA and is currently being etched.

The month of October is Resident Rights Month.

Residents' Rights Month is celebrated in October to honor residents living in all long-term care facilities, including nursing homes, sub acute units, assisted living and retirement communities. It is a time for celebration and recognition offering an opportunity for every facility to focus on and celebrate awareness of dignity, respect and the value of each individual resident.

WWII Veterans Visit WWII Memorial Monument in Newton



IVH residents and World War II veterans Mac Thornes, Virgil Thompson and John Barnes talk with artist Kathy Wright on the progress of the WWII monument. A total of seven WWII veterans and three staff members visited the project in Newton, Iowa. Residents and the three staff were also given a tour of the facility by Lee Barnett.

Lemonade is back in the CANTEEN!!



Iowa Veterans Home Upcoming Fall Events 2015

Month	Date	Time	Event	Location
October	7	2:00 pm	George Bell's Luau Birthday	Atha Dining Room
October	9	1:30 pm	Memorial for Steve Bennett, Annie Husak & Deb Hill	TBA
October	10	6:30 pm	Pro Wrestling	Veterans Coliseum
October	14	2:00 pm	Jr. Talley as Elvis	Ulery and Atha Dining
October	15	8:30 am	Jefferson Casino	Jefferson, Iowa
October	17	11:00 am	Iowa Elks Pork Roast	Atha Dining Room
October	25	5:45 pm	Community Concert	MHS
October	30	1:30 pm	VAC Halloween Dance	Atha Dining Room
November	5	TBA	Waterloo Elks Veterans Day Dinner	TBA
November	11	TBA	Veterans Day Program	TBA
November	22	TBA	AMVETS Dinner	TBA
December	1 & 2	TBA	ALA Gift Shop	TBA
December	5	TBA	Family Christmas Visit Day	Iowa Veterans Home
December	13	6:30 pm	Adopt A Veteran	Malloy LRC



Pro Wrestling



Chaplains Corner by Angela Doty

Supporting a Community of Prayer.....

There is something sacred, mysterious, and powerful that occurs when we pray together. In an attempt to facilitate and promote prayer in and among the community of IVH, there is a new interactive prayer altar in the chapel. The prayer altar is there for both resident and staff. If you have a need, or if you have a word of inspiration for others, if you want to pray for others, or know of a concern around the world please come and share in this sacred space as we pray together, for each other. Leave a request, a scripture, a photo, a clipping or simply go and pray with what others have left.

Use the space in any way that demonstrates the reverence of God's holy presence and the well-being and care of all who come to share in this place of prayer. Please note, anything left on the prayer altar will periodically be picked up by one of the chaplains so please don't leave anything of value there.

The prayer altar is a way to be reminded God is with us and we are with each other in times of celebration and of need. If you want someone to join you in either using the prayer altar, or simply want to talk about a spiritual need in your life, the chaplains are available, just ask.



IVH Ministry Team

Angela Doty, Chaplain, (641) 753-4512
Angela.doty@ivh.state.ia.us

Craig Nelson, Chaplain, (641) 753-4279
Craig.nelson@ivh.state.ia.us



Prayer Altar Now In The Chapel



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

Quality Assurance Performance Improvement Committee

Review of the Quality Assurance Performance Improvement (QAPI) Committee membership has prompted additions of Heinz Hall Nursing Supervisor and a Clinical RN to round out member representation. Members include:

Kathy Knickerbocker	Recreation	Linda Pierson	Dietitian
Connie Paxton	Social Work	Rachel Kern	Registered Nurse
Terry Gruetzmacher	Heinz Hall & Nurse Supervisor		
Shauna Callaway	Nursing Administrator	Dr. Melissa Bruhl	Medical Director
Jodi Tymeson	Commandant	Mike Jarrell	Nursing Home Administrator
Susan Wilkinson	Resident Support Administrator	Penny Bermudez	Employee Resource Administrator
Lori Reed	ARNP/Mobility	Phyllis Smith	Pharmacy
Chris Barten	Infection Control	Teresa Griffith	Quality & Compliance
Cindi Hineman	Quality & Compliance	Russ Pape	Safety
Jilisa Stubbs	Secretary	Lana Comstock	Quality & Compliance

QAPI committee is responsible to 1) identify quality deficiencies and assist in performance improvement identification 2) evaluate and address quality and safety practices that may have impact on care and services delivered 3) assist others in utilization of the quality assurance performance improvement plan through engagement in process improvement projects (PIPs) and task oriented teams (TOTs). Goals of the QAPI committee include utilization of research and evidenced based practice to promote quality, assurance that regulatory standards are maintained and to promote a culture of safety and performance improvement within the IVH community.

Residents, families and staff are encouraged to contact any committee member whenever an identified facility compliance concern arises and/or to share ideas/thoughts for improving agency/division/bureau/unit performance.

Family Satisfaction Survey

Initial research has begun to investigate implementation of a family (resident representative) satisfaction survey in early 2016. Quality Assurance Performance Improvement (QAPI) best practices in nursing homes encourages use of customer-satisfaction surveys to use data results to identify opportunities for improvement that will proactively have an impact on all residents and their families.



Quality Assurance Performance Improvement



VOLUNTEERS Making a difference In the lives of others

Meet our Staff...

We have a new member on the Resident Services team but he is most definitely not new to IVH, Activity Assistant, Jason Soder.

Jason has been with IVH for 19 years as an Activity Assistant driving the grey bus, a role that he loved, but he was ready for a change. Even though his role changed his focus hasn't—Jason is all about the residents and it shows! When asked what he likes the most about working at IVH he said, "The residents! It is fun working with them—they are the best thing about this place."

Jason said his 12 month goals for his position are to expand on the facility wide trips and the activities in the LRC. He wants the Malloy LRC to be more of a social hang-out for our residents with weekly movies, regularly scheduled games, more Wii games and much more. Jason's focus will also be on increasing the amount of facility wide trips and facility wide activities—helping with the large group events like the Elks events, Veteran's Day, Christmas Visit Day, Recreation trips, Volunteer Services activities, and much more.

Jason stays busy at home with his wife of 13 years Lisa and their two children, JC age 9 and Ross age 5. Outside of the vets home Jason has a variety of hobbies which include reading sci-fi/ fantasy books, working on cars/mowers, kids sports, and Beagling (hunting rabbits with a beagle).

After the 1st of the year you will find Jason in his new office in the Malloy LRC—until then his home will be in the Volunteer Services/ Resident Services office.



Jason Soder and resident, Don Wingrove are enjoying a hot game of Wii Golf in the Malloy LRC. Wii Games and much more will be held in the Malloy LRC under the guidance of Jason.

WELCOME THESE NEW VOLUNTEERS!



Greg Baker
Recreation



Bruni Levings
Gift Shop



Jim Deninger
Recreation



Dave Lindemann
One-on-One



Bob Bane
Recreation



Josh Reischauer
Recreation



Richard Squires
One-on-One



Shirley Landt
One-on-One



Marsha Hegland
One-on-One



Mike Ryan
One-on-One



Doloras Ballard
Recreation



Kevin Jones
Music



Mary Hall
One-on-One



Traci Gunderson
Recreation



Jacinta Tref
Chapel & Rec



Sue Ashton
One-to-One



Kathy Randall
Recreation



Monika Schneider
Recreation



Tonya Penning
One-to-One



Sandy Pappas
Gift Shop



Bruce Schnell
Recreation



Pat Hilsabeck
One-to-One



Kris Gilchrist-Dull
Popcorn

Facilities Management by Karen Connell, Facilities Bureau Chief

Law of Iowa Art in State Buildings

In 1979 the State of Iowa was among the first states in the nation to formally adopt a percent-for-art ordinance, named into law as Art in State Buildings. Under that law, any building renovation or new construction project owned by the State of Iowa is required to set aside ½ of 1% (0.5%) of the total construction costs for the acquisition of fine art. The goal of this law is to bring art into public spaces where Iowans live, work, study, and visit. Our State's collection of public art in the three State universities, the University of Iowa Hospitals and Clinics, and the State's public buildings create a public legacy for Iowans and are viewed each day by thousands of people.

The current Dack and Malloy renovation project is directly benefiting from the Art in State Buildings Law. In the Malloy Building, the lighted acrylic murals in the elevator lobbies on Floors 2, 3 and 4 are the work of Iowa artist, Rebecca Ekstrand. The Iowa Department of Cultural Affairs (DCA) was responsible for oversight of the art budget, planning, development and installation. After interviewing residents and staff, Ms. Ekstrand returned to her studio to produce art that reflected the elements of nature. This design process took nearly 2 years to create.

A second IVH art project remains in process by artist Karla Christensen from Fairfield, Iowa. Ms. Christensen specializes in large murals constructed with tiny pieces of ceramic pottery. Many of the pieces of broken pottery were taken from items donated by IVH residents who were asked to be a part of this project. These murals will be installed on the first floor elevator lobbies in Malloy and Dack in the summer of 2016. Ms. Christianson's work is colorful, detailed, and handmade, with attention to artisanship.

Entrances play a large role in first and lasting impressions. Both art projects were developed to create spaces that give residents, visitors, and staff a unique visual way-finder; something out of the ordinary, drawing in the elements of water, land, sky, and nature.



Malloy 3 Lighted Mural



ART



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

John Moreland U.S. Army
 James Aldrich U.S. Navy
 Edward Johnson U.S. Navy
 Vincent Johnson U.S. Navy
 Richard White U.S. Army
 Marvin Hagen U.S. Army
 Carmino Riccio U.S. Army
 Jeffrey Howerton U.S. Marines
 Gerald Johnston U.S. Air Force
 Sidney Rosenman U.S. Army
 Darwin Newton U.S. Navy
 Vern Hanft U.S. Army
 Henry Picray U.S. Army
 Rick Burger U.S. Marines
 Milan Hood U.S. Army
 Frederick Kermeen U.S. Army
 Norman Ball U.S. Army
 Robert Recker U.S. Army
 Craig Chapman U.S. Army
 Duane Heller U.S. Army
 Vern Loveland U.S. Army
 Richard Delude U.S. Army

Spouses

Doris Flanagan U.S. Navy
 Dorothy Hoff U.S. Army
 Gertrude Thoe U.S. Army
 Carolyn Smith U.S. Navy
 Marjorie Diggins U.S. Navy

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

Taps (July-September)

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.



Contributed Photo

If you have questions about the Iowa Veterans Home Cemetery and the regulations and procedure for interment 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

Antioxidants



Cravings for delicious fall foods are in the air now that the leaves are starting to turn. Some of these fall foods contain a healthy dose of antioxidants. Antioxidants help protect healthy cells from damage caused by free radicals. Free radicals can be caused by normal body functions & pollutants. When healthy cells are weakened, they are more vulnerable to certain types of cancer and cardiovascular disease. Antioxidants (including vitamins C and E and carotenoids) may help boost immune function & possibly decrease risk of infection & cancer. Include some of these fall foods containing antioxidants in your diet.

Pears are at their peak in the fall and contain an antioxidant called catechins and some vitamin C. Use pears in place of apples in crisps, cobblers, salads, or baked apples. Use a little citrus juice to keep fresh pears from discoloring.



Winter Squash contain carotenoids. Carotenoids fight to reduce the damage caused by free radicals. Foods high in carotenoids may help prevent certain cancers and may help decrease your risk of macular degeneration. Use pumpkin puree to make muffins, pancakes and bread.



Sweet potatoes contain carotenoids as well and are full of vitamin A. They contain more fiber and vitamin C than white potatoes. Cut them up into fries, shake in a zip lock baggie with some olive oil, spread out on a cookie sheet and bake in a 400 degree oven for 25-30 minutes as a healthier alternative to traditional French fries.



Pecans are rich in Vitamin E. Vitamin E helps protect your body from cell damage that can lead to cancer, heart disease and cataracts as we age. Add pecans to salad or use as a coating for fish.



Thank you to the Wellness Committee for the healthy educational awareness that the committee provide to all of the IVH employees!!

Sources: www.eatright.org and www.webmd.com

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

<u>Name</u>	<u>Position</u>	<u>Years</u>
Sue Bergeson	Clerk Specialist	17
Leo Lang	RTW	22
Karen Pfantz	RTW	33
Gary Shortley	Pharmacist	11
Kathy Westcott	Resident Aide	3
Denise Doepp	Food Production Supervisor	16



Weiner Dog Races Bring Laughter For Residents and Employees!!



Even though it was little warm out several residents and staff were in attendance for the first ever weiner dog races held at the Iowa Veterans Home located just south of the Ulery building. Though there were very few participants that actually made it to the finish line, shown below, a good time was had by all who participated and those who planned the event. Thanks to the recreational staff, employees, members of the community, IVH volunteers and to Commandant Tymeson for donning the "Hot Dog Costume". Everyone's efforts were beneficial in assisting with the planning, doggie snack bags and dietary for the weiner dog cake. Laughter is great therapy!



A big thanks for the maintenance/carpenter crew who constructed the first ever official weiner dog "starting blocks". A good time was had by all residents and staff that attended. Great job!

Iowa Veterans Home Longevity Awards (July–September)

5 Years

Christopher Cook
 Tammy Oden
 Yvonne Farrell-Damico
 Shauntay Rickett
 Drue Huntley

25 Years

Cindy Halstead

35 Years

Randall Gilgen
 Betty Mathern

10 Years

Lynnette Bishop
 Tonya Grefe
 Rosalina Ibarra De Calderas
 Veronica Kadner
 Ron Fuchsen
 April Burr

30 Years

Lana Comstock
 Paul Pierron

40 Years

Pam Nablo

15 Years

Barbara Mobley
 Heather Ratliff
 Karolyn Kellen
 Constance Schlesky
 Christy Naughton
 Linda Herold
 Ashley Dare
 Kasey Klein

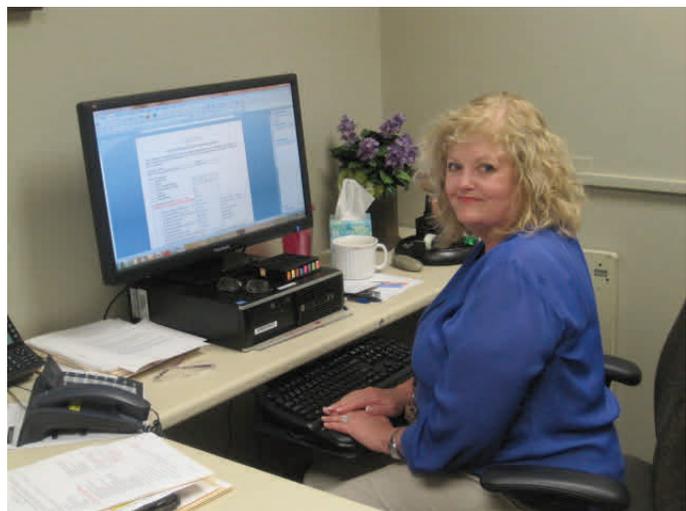
Thank You!!

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

Bryngelson... This Editions Spotlight Employee!!

Lynn Bryngelson has been chosen for this Insights Spotlight Employee of the quarter. Lynn Bryngelson, a long time Iowa Hawkeye fan, considers the Iowa Veterans Home the most patriotic place in the state to work. Lynn said that employees have so much pride in their mission here at IVH. Lynn who is originally from Charles City, Iowa has lived in Marshalltown, Iowa for 38 years says that her hobbies include cooking and spending time with family. After Lynn graduated from Charles City High School she decided to travel to Cedar Falls, Iowa to attend the University of Northern Iowa. After settling down in Marshalltown, Lynn and her husband Richard raised 5 children and have 7 grandchildren.

Lynn chose her field because she came from a medical family. Her career included a stint in Pharmacy prior to starting at IVH. That decision has led Lynn to a 30 year career in the Healthcare field with 16 of those 30 years being here at IVH, beginning in March of 1999. Since her start at IVH Lynn feels the mission and operations is basically the same in that everyone is very concerned for the residents but we have become more focused on their quality of life as we try to assure resident comfort and respect. Bryngelson also feels that the continued upgrade to buildings to meet our residents needs is a good thing. The most enjoyable part of working here is the camaraderie and how the staff and residents get along with each other. If there was one thing that Lynn could change it would be more understanding by staff of how lucky we are to be working at the Iowa Veterans Home!



Ulery Staff Recognizes Alzheimer's and Brain Awareness Month

It is never too late to contribute on past or current events here at the Iowa Veterans Home in the Insights. The Insights is a great way to communicate any happenings. For instance during one week in June our Ulery staff participated in the Alzheimer and Brain Awareness Month. The local Times-Republican was contacted and presented a story to show readers in the community how are our staff is committed to spreading the awareness of this disease. This disease alone accounts for 60% to 70% of cases of dementia.

It is a chronic neurodegenerative disease that usually starts slowly and gets worse over time. The most common early symptom is difficulty remembering in recent events (short-term memory loss). Though the whole month of June was Alzheimer's and Brain Awareness Month, to recognize this disease our staff during the Week of June 22 -26, wore purple to show their support and promote awareness for this deadly disease.

Many residents living at IVH have some level of dementia and

reside in our secure/semi-secure memory care facility (Ulery). This disease has affected many families and friends but as employees, each of us is affected in some way by dementia. During the week, staff were encouraged to place purple ribbons on "Purple Polly", a silhouette representing persons with dementia, stating how we have been affected by dementia.

To recognize the week, Ulery staff wore purple pins to support loved ones affected by dementia, wore purple wrist bands and had purple lollypops and mints.

Thanks to the Ulery staff and other staff participants who showed their support and helped with spreading this awareness!



Wheelchairs hours

Open: Monday thru Friday
6:30 AM to 12 Noon
12:30 PM to 3PM



Thursdays Wheelchair Clinic is NOW in OT!!

Ulery staff pictured wearing purple are:

Brandi Kutzner, Elisha Ficken, Dorothy Reeves, Deb Stamp, Monica Davis, Prince Thomas, Walter Bell, Jennifer Ferris, Doreen Vessley, Cindy Nyce, Karon Humphreys, Connie Schlesky, Vicky Garsky, Jeanne Oetker.

Above and Beyond by IVH Employees

A special Above and Beyond—

On the 2nd of August, 2015, Commandant Tymeson received a letter from a family who expressed their appreciation with two of our IVH employees for their assistance in finding a memorial tree for a past resident who passed away in 1999 at the Iowa Veterans Home. The letter is below:

“Dear Commandant:

My father passed away in 1999 at the Iowa Veteran’s Home. Our entire family was very pleased with the care he received from the excellent staff during the final years of his life. We decided to plant a memorial tree in his honor on the grounds at the Iowa Veteran’s Home.

Last week my wife and I were traveling through Marshalltown and decided to stop by the Home to see the memorial tree. After driving aimlessly around the grounds trying to locate it I asked for assistance from the receptionist at the Sheeler Building, Kathy Weatherly. Kathy made several phone calls in order to track down the correct person who could help me locate the memorial tree. She succeeded in contacting Kasey Klein who led me to the tree after checking the records in his office. The caring treatment I received from your staff exceeded my expectations!

I want to commend you and your organization on providing the personal attention to us that is so meaningful. We still miss my father but it was comforting to see his name on the plaque in front of the memorial tree at the Iowa Veteran’s Home.”

I would like to thank Kathy and Kasey for the way you represented IVH — Commandant Tymeson

I want to say a great big THANK YOU to Eldon Schneider. It doesn’t matter how big or small your problem is—he finds a solution. He is always on the move, knows where EVERYTHING is and always keeps a smile on his face. So thanks Eldon for all you do! - **Susan Wilkinson, Division Administrator, Clinical Operations**

I would like to recognize all the maintenance employees at IVH. Besides the quality of care that we provide for our veterans and spouses we also provide a extremely high level of maintenance to ensure that our facility is in order to provide that quality of care and maintain our physical environment!! From our Power Plant, HVAC, Carpenters, Plumbers, Electricians, Painters, Maintenance Repairers and Utility Workers (who seem to have mowed everyday due to the amount of rain that we received this past summer), these employees continue to set a high mark with their maintenance skills for our facility! **Thank You!! Mike Hines Staff Assistant**

A big thank you to Brenda Klemesrud in the Pharmacy for being our “go to” person for just about everything. She goes above and beyond to keep things running smoothly and she does it with a smile every time! Thank you Brenda! - **Susan Wilkinson, Division Administrator, Clinical Operations**

A big thank you to Angie Snyder for going above and beyond by keeping a resident calm and occupied while the piano was tuned in the dining room. Great job Angie! - **Susan Wilkinson, Division Administrator, Clinical Operations**

THANK YOU!!



Curious How To Live Past 100 years....Ask An Iowa Centenarian

On the 18th of September IVH resident Charlene Larkin was identified as a Iowa Centenarian. This is one way the state of Iowa recognizes and celebrates their aging population. A total of 6 events are held throughout the state and are sponsored by the Iowa Department of Aging and the Governor’s Office. Charlene was honored in Des Moines along with many other centenarians, one who was 107! Great advice came from many of the centenarians such as: 1). Don’t gossip 2). Drink aloe vera juice 3). Don’t be afraid to help others 4). If you want a Friend, be a friend 5). Clean Living! A good time was had by all that attended. These men and women have lived through events that we only have seen on TV, read in books or seen it in the movies. Congratulations to all the Iowa centenarians!



Charlene Larkin and her Social Worker, Connie Paxton gather around the table during the Centenarian Certificate presentation in Des Moines, Iowa.

100 Years Old



Commandant Tymeson and IVH resident Charlene Larkin attended the Iowa Aging and the Governor’s Office Centenarian certificate presentation on September 25, 2015.

100 Years Old

Happy Birthday Charlene!!

Charlene Larkin Is Our Resident Spotlight...celebrates her 100th birthday!



Daughter-in-law Brenda Larkin helped IVH resident Charlene Larkin celebrate her 100th birthday on Friday, September 18, 2015. Special thanks for the Fox staff members for making this event happen! Congratulations!

100 Years Old!!

Charlene, a resident at IVH for 18 years, is currently the only centenarian residing at IVH. She is also a veteran of the U.S. Army having served from 1939 to 1945. Charlene was also invited to Des Moines to attend a certificate presentation for all Iowa Centenarians on the 22nd of September. She was accompanied by her Social Worker Connie Paxton and Commandant Jodi Tymeson. Charlene was awarded with a certificate from the Iowa Department of Aging. Happy Birthday Charlene!!

On Friday, September 18, 2015 the Fox staff were able to see the expression on Charlene Larkin’s face....a expression of happiness when presented her birthday cake!! Why shouldn’t she be happy as she turned 100 years old!! Turning 100 means that there have been hundreds of ways to celebrate.

We must all agree that birthdays at some point in our lives become an unwanted reminder of growing old and eventually meeting a birthday cake that is displayed with a blaze of candles. As some birthday celebrants sometimes downplay celebrations, but on this day, in FOX 4, there were happy birthday praises all around. Charlene’s friends, family and IVH staff could all feel the happiness in the 100th birthday celebration that day.



“Social media has taken over in America to such an extreme that to get my own kids to look back a week in their history is a miracle, let alone 100 years.” - **Steven Spielberg**

Web Page Upgrades Continue...New Testimonial DVD available !

The world of the internet and social media continues to allow businesses and companies to market and advertise employment, promote their product, their services and their brand. This electronic word of mouth has become a large asset when educating our veterans and spouses throughout the great state of Iowa. The Iowa Veterans Home Marketing Committee has been working hard to fill some gaps in our marketing needs as we continue to strive to educate those veterans that need long term care. Our latest upgrade is our new 15 minute testimonial DVD with interviews with residents, staff and a family member about the Iowa Veterans Home. Our decisions that our staff have made over past several years have led to a better quality of life for many of our veterans and spouses of residents. Those decisions have factored into the placement of many veterans and spouses at the Iowa Veterans Home.

Commandant Tymeson and the Marketing Committee of the Iowa Veterans Home would like to thank the Iowa Commission of Veterans Affairs for the Iowa License Plate Fee Fund grant. The \$6,000 grant has been used to upgrade our web page, develop new brochures for IVH and Volunteer Services for handouts and the cost of the DVD. There are many folks to thank but the Marketing Committee would like to say a special thanks to the video producer, Craig Schwartz, with assistance from Jenny Parker. Craig has filmed several events and recreational activities for our facility for the past 3 years. We appreciate his efforts and his dedication and loyalty towards our veterans. Some of these segments may be seen on the local Marshalltown Cable Network only.

The DVD has been added to our webpage for viewing. Please feel to share with all veterans and their spouses in your counties. To view just log onto <http://ivh.iowa.gov>. which will bring you to the "HOME" tab. The below screen shot is about half way down page. Click on the video and enjoy! Be sure to like us on Facebook!!



<https://www.facebook.com/iowaveteranshomepage>



Pictured from left to right: Brad Shipley, Bureau Chief, Activities Center; Angie Snyder, Secretary 1, Volunteer Services and IVH Commandant Jodi S. Tymeson present a Certificate of Appreciation to Angie Snyder.

Angie was awarded a **Certification of Appreciation** for her efforts with a Iowa Veterans Home resident while a local vendor was conducting a maintenance service call. Good Job Angie!!

October is
Breast
Cancer
Awareness
Month

New Bus Arrives...Mission Ready For Off-Site Trips!



- Bus was purchased with depreciation money
- Bus will be used for off-site recreational activities such as:
 1. Local Eateries
 2. Veteran Events
 3. Social Events
 4. Athletic Events
 5. etc.
- Design and graphics created by Jason Soder, Sharon Soder and Denise Ulery
- 1 of 2 large passenger buses in the IVH inventory

- **CAPACITY**—6 Wheelchairs tied to floor; 16 people in seats and a 1 driver for a total of 23 passengers.
- **COST**—\$221,952.00 paid with depreciation money over the years
- **ENGINE**—International Maxiforce Diesel 280HP
- **SIZE**—About 40 Foot Total Length; 102 inches wide (about 8 inches more than the old buses)
- **VENDOR**—Hoglund International; built in Michigan



Recreational staff along with two IVH drivers of the new 23 passenger bus were available for a Q&A session with the Times-Republican. Employees were able to talk to the T-R about IVH's off-site recreational trips and the importance of the new bus to the residents, staff and their operations.





IVH Photos



ISU ROTC Future Military Leaders



IVH WWII Residents Visit WWII Monument Project



New Passenger Bus

Donation



Centenarian Group



Iowa Warrant Officer Candidate School Class 15-001



Eagle Bus!



Throughout The Years at IVH!

Judy Price grew up in northern Iowa on a farm near Thornton, IA. It was after graduating from the University of Iowa that Judy moved to Marshalltown and began work at the Marshalltown Medical and Surgical Center as a Staff Pharmacist in August of 1985. Judy had attended the U of Iowa from 1979 to her graduation year of 1985 when she graduated from the College of Pharmacy. Judy was an open major for 2 years before declaring a Pharmacy major. Judy not only brings experience and leadership but longevity to the Home's operations. In

November of this year, she will have worked 26 years here at IVH. When asked why she chose her career field, Judy replied, "I enjoyed chemistry and biology in school. I wanted a career in the Health Sciences. Pharmacy was a good choice for me. It was challenging, medications and treatments are always changing. I enjoy being part of a health care team taking care of patients."

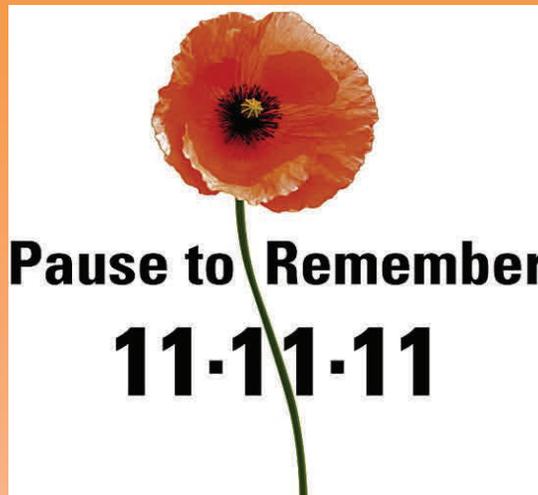
Judy brings a wealth of experience to her career field. She has been a pharmacist for 30 years, with 5 years of previous experience in a hospital pharmacy and has worked in some retail as an intern and 6 months as a pharmacist. In 1989 Judy decided to come work for IVH.

As all missions and operations of any organizations change over time, Judy commented by saying, "There have been many changes over the years here but the mission has always been the same, to give the best care we can to our veterans, who served their nation and protected all of us." Judy further commented that what she enjoys the most about working at the Iowa Veterans Home compared to other similar positions was, "Working with all the departments. We are all needed to care for the residents. We have a very caring and devoted staff here. Here you get to know the residents."

Judy explained how the IVH pharmacy department operations differ from a private facility, "I guess the main difference would be a private facility would only have 1-2 medication deliveries per day. We have three scheduled deliveries and a scheduled controlled substance delivery to units Monday thru Friday. A pharmacist is on call after hours. We have a relationship with Drake University so we serve as preceptors for pharmacy students. The students give presentations and case studies. We have a Pharmacist follow patients on anticoagulant therapy. Pharmacists here participate in interdepartmental meetings; Pharmacy and Therapeutics, Infection Control, HH medication reviews. Each pharmacist is responsible for Monthly Medication Reviews and Quarterly Unit Inspections on their assigned nursing units."

In closing Judy talked about change and what she enjoyed about IVH, "IVH has proceeded with plans to build and remodel living areas for residents that seen more like a home. Looking forward to next summer when the Dack building construction is finished."

Thank you Judy for taking the time to answer some questions for this edition of the Insights. It is greatly appreciated and thank you for your longevity at IVH!!



Due to renovations in the Dack building, the traditional IVH Veterans Day program we will be a condensed service. The program will begin at its normal time at 11:00 am in the Chapel. Additional information about the program will be passed along to residents and staff in the near future.

The Iowa Veterans Home is proud of their veterans and spouses who reside here, but we are also proud of our employees who are veterans as well. The Commandants Office has created a veterans service badge for all IVH employed veterans, who choose to do so, to wear the badge behind their IVH identification badge. If you are a veteran and wish to be presented with a service badge identifying you as a veteran, email Commandant Tymeson your name, branch of service and department. Thank you for your service!!

Veterans Service Badge



Veterans Day is Wednesday November 11th!!