



IVH Insights

1 OCTOBER 2014

A Message from the Chief Operating Officer -

Every year IVH under goes inspections by both the VA, the State Iowa Department of Inspections and Appeals along with the State Fire Marshal. We work hard to achieve positive results and I am happy to say that this year our surveys had good outcomes. The staff of IVH are to be commended for their commitment to quality resident care at all levels and in all departments.

As in any survey there are things to address. It is almost inevitable with a community this size not to have something that needs to be fixed.

We also underwent a VA recognition survey which is required each time there is a new building or a remodel project. Following the completion of the Malloy North Tower, that survey was done and required no deficiencies to be certified by VA. This too was achieved.

Even though surveys are done annually by these respective organizations, the administration and staff at IVH are committed to excellence of service and we consider ourselves ready for inspections each and every day. Thank you to all IVH staff.

Mike



Autumn Is Here



Commandant's Corner

ELECTION DAY WILL BE HERE SOON!

In America, the Constitution of the United States and the Constitution of the State of Iowa outline the right of every citizen to vote. Only persons convicted of infamous crimes or declared incompetent are not allowed to vote. This duty of citizenship is an important one, as our votes determine who will lead our local, state, and federal governments.

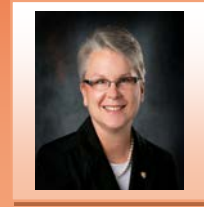
Around the Iowa Veterans Home, we have placed a flyer from the State Long-Term Care Ombudsman's Office. This flyer answers some questions about voting, especially absentee voting by individuals living in health care facilities like IVH. If you are a resident with a question about voting, please see your social worker. If you are a staff member, questions should be directed to your County Auditor.

I would encourage each of you to vote on Tuesday, November 4, or vote by absentee ballot ahead of Election Day, to ensure that you have a voice in the selection of those who will be our representatives in government. Many elections have been decided by just ONE vote. Your vote DOES count!

"Nobody will ever deprive the American people of the right to vote except the American people themselves, and the only way they could do this is by not voting." - President Franklin D. Roosevelt



Jodi



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Attention Voters!!!

IVH will once again be a location for a polling booth for those living in Ward# 2 in Marshall County. You may vote here at IVH during the following hours:

Date: November 4, 2014

Time: 7:00 a.m. to 9:00 p.m.

Election type: General

Location: MALLOY LRC



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

Michael.hines@ivh.state.ia.us

Phone (641) 753-4309



Welcome New Employees by Wayne Pierson, IVH Education Specialist



July NEO

Front Row (L-R) Front Row (L-R) Curtiss Fogt, Christina Sieck, Tammy Burt, Carol McAntire, Cynthia James, Christine Hayes

Back Row (L-R) Stephen McCann, Julie Berger, Laura Moore, Patricia Campbell, Mistry Maxwell, Jessica Corns



August NEO

Front Row (L-R) Maria Lamb, Suzana Taylor, Sheila Bills, Kelley Dorenkamp, Becky Stuhrenberg, Renee Nodland

Middle Row (L-R) Janet Halverson, Melissa Mulder, Erica Weeces, Stephanie Waltemeyer, Michelle Hochstetler Tony Sanchez

Back Row (L-R) Honey Eaves, Jean Padron, Larissa Siemens, Marvie McVey, Breanna Dannen Maeia Milot, Tom Borton



September NEO

Front Row (L-R) Joshua Tjelmeland, Beverly Wilder, Valerie McKernan, Amanda West, Sarah Desautels, Andrea Ordaz

Back Row (L-R) Eric Bartel, Samantha Neave, Christen Hartgers, Kaylynn Hoing, Diane Larson

Chaplains Corner by Angela Doty, Chaplain, Iowa Veterans Home

“For everything there is a season...”
Ecclesiastes 3:1

Here we are again, coming into a change of season. As the leaves turn, as the fields are harvested, right before our eyes we get to witness one truth of our world...things change. With the weather, however, there is a rhythm to the change. Regardless what each individual day may bring, we know that the cycle of seasons will continue. Winter will always follow fall and thankfully, spring will follow the winter.

Sometimes in our personal lives, or in our work lives, it is hard to remember that we can trust the rhythms of our lives just as we do the weather patterns, to bring change, growth, and new life. Regardless of what each day brings, I hope this prayer written by Fred Craddock reminds us to be thankful for the significance (and I would even say sacredness) of our work, here at IVH. “Gracious God, I thank you for work that is more important than how I feel about it in any given day.” Amen.

IVH Chaplain Team

Angela Doty (641) 753-4512 or
email:Angela.Doty@ivh.state.ia.us

Craig Nelson (641) 753-4279 or
email:Craig.Nelson@ivh.state.ia.us



IVH resident Jim Foster recently participated in the ceremony promoting his son Brad Foster from Lieutenant Colonel to Colonel in the U.S. Army. The ceremony was held at the Waukee Veteran's Hall in Waukee, Iowa. Jim's brother Jerry Foster, commander of American Legion Post 737, of which Jim and Brad are both members, presided over the ceremony. Members of the post provided a color guard, and Jim and Brad's wife Teresa Irish placed the new rank insignia on Brad's uniform. Jim then administered the oath of office. The ceremony evoked memories of Brad's commissioning ceremony at Fort Benning, Georgia in 1981, when Jim drove overnight from Chicago to pin on Brad's brand-new second lieutenant bars and administer his oath of office for the first time.

Shortly after having come to Iowa for the promotion ceremony, COL Foster graduated from the U.S. Army War College at Carlisle Barracks, Carlisle, Pa., earning a master's degree in strategic studies. The college is the Army's senior educational institution. The two-year distance education curriculum of the Army's senior officer school is designed to prepare and train officers of all the U.S. military branches of service, foreign military officers, and senior civilian officials of federal agencies, to serve in top-level command and staff positions with the U.S. Armed Forces worldwide.

In honor of his father and with gratitude for the services provided by the Iowa Veteran's Home to its residents, COL Foster has donated his signed, framed print of the painting "Mission Complete – Mission Ready" by James Dietz. This original painting was commissioned by the Army War College Class of 2014 as its class gift to the college, and depicts members of all the armed services during operations in Iraq and Afghanistan. It will be displayed proudly at IVH.

COL Foster is a member of the U.S. Army Reserve, and has been on continuous active duty since being mobilized for Operation Iraqi Freedom in 2006. He is currently serving as training operations officer with Headquarters, U.S. Army Forces Command, Fort Bragg, N.C. He and his wife Teresa reside in Northville, Michigan.



From Left to Right: Jim Foster, Col. Brad Foster, Teresa Foster, and Jerry Foster after the promotion ceremony.



Iowa Veterans Home Retirements – 155 ¾ years of service

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 retiree's listed below had a total of 155 ¾ years of service to the State of Iowa and the Iowa Veterans Home!

<u>Name</u>	<u>Position</u>	<u>Years</u>
Lisa Searle	Secretary 1	32yrs
Stephanie Joan Knight	RTW	10 ¼ yrs
Teri Beck	Physical Therapy Aide	19 ½ yrs
Brunhilde Levings	LPN	30 yrs
Paul Anderson	Laundry Worker 1	30 ½ yrs
Carl Trask	IT Specialist 4	14 ½ yrs
Laurie McMahon	Medical Technologist	19 yrs



Resident average age bracket as of 9/17/14....

22-54....	Avg Age 51.47
55-64....	Avg Age 60.33
65-74....	Avg Age 69.05
75-84....	Avg Age 80.00
85-94....	Avg Age 88.81
95+.....	Avg Age 96.50

Resident Census as of Sep 25

Veterans – 486
Widows/Spouses – 93

War Report

WWII – 87
Korea – 102
Vietnam – 202
Peace – 91
Gulf – 4

Iowa Veterans Home Upcoming Events -2014



Date	Month	Time	Event	Location
11	October	10:00 a.m.	Iowa Military Band	Malloy LRC
21	October	2:00 p.m.	Music- Recreation Band	Malloy LRC
31	October	1:30 p.m.	Halloween Dance	Atha Dining Facility
1	November	8:30 a.m. *	UNI Football Game – Go Panthers!!	UNI-Dome
8	November	10:00 a.m.	David Furneaux – History of Service	Malloy LRC
11	November	11:00 a.m.	IVH Veterans Day Program	Malloy LRC
15	November	All Day	PVA Pool Table Tournament	Malloy LRC
23	November	9:00 p.m. *	AMVETS Post#2 Dinner	Des Moines
6	December	1-4:00 p.m.	Christmas Visit Day	Units/Malloy LRC

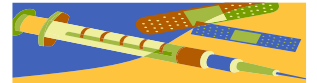
Note: * approximate departure times for the event



Employee Seasonal Influenza Vaccination Clinics date and times are as follows.....

Dates: October 20, 21, & 22, 2014 @ the Employee Health (Medical Clinic)

Times: 6:00 AM – 8:00 AM
 10:00 AM – 12:00 PM
 1:00 PM – 3:30 PM



All employees need to sign a consent or declination at Employee Health!!

Important dates in the 20th Century Iowa History.....

- 1905** - Automobiles broke the physical isolation of the farms and small towns, and were also the leading cause of the decline of businesses in small towns, after people could drive to larger towns for shopping.
- 1919** - Radio changed the lives of Iowans by bringing news, culture, and entertainment into their homes.
- 1937** - While a professor at Iowa State College, John Vincent Atanasoff and a graduate student did the experimental work between 1939 to 1942 that laid the foundations for the modern computer industry.
- 1942** - Women were first accepted into military service in the WAACs, and the first training center for them was in Des Moines. Colonel Mildred McAfee Horton, a former college president, was the commander of the unit.
- 1942** - The death of the 5 Sullivan brothers was the greatest single casualty disaster for one family in the entire war. Because of this incident the already existing rule against brothers serving in the same unit was always thereafter enforced.

Data Retrieved from Iowa History Timeline website. <http://www.e-referencedesk.com/resources/state-history-timeline/iowa.html>



IVH Gift Shop is full of merchandise for the upcoming holiday seasons. Gift Shop hours are 10:00 a.m. to 2:00 p.m. Monday through Friday!!



Library Hours at IVH Monday – Friday 9:00 a.m. to 4:00 p.m. and Saturday 10:00 a.m. to 2:00 p.m.
Starting October 5th the IVH Library will now have Sunday hours!!! Sunday hours will 12:00 – 2:00 p.m.

“Reading is to the mind what exercise is to the body” - Joseph Addison an essayist, poet, playwright, and politician. 1672-1719.

The IVH librarian is Sonia Hayek. She can be reached at (641) 753-4412 or e-mail Sonia.Hayek@ivh.state.ia.us



Many Falls Are Preventable!

IVH recognizes the need to improve the quality of our residents' lives by focusing on fall prevention. Members of a Fall Process Improvement Project team initially met in August to lay the ground work for a systematic approach to improve our residents' overall safety and to determine the root cause of individual resident falls. The innovative process promotes the **IMPORTANCE** of staff from **ALL** departments **TEAMING** together with our **RESIDENTS** to identify strong, proactive interventions to prevent resident falls. The trial program will be initiated on 2 nursing units.

For this project the Team Lead is Shauna Callaway while Mike Jarrell serves as the Team Advisor. Work group members include Shirley Dolphin, Candice Cobb, Marsha Ewoldt, Karla Williams, Amber Long, Cindy Hantrods, Tom Shiedel, Deb Patterson, Lori Reed, Laura Feedback, Cindy Nyce, Renee Aker, and Jilisa Stubbs. The team members represent staff from Nursing, Housekeeping, Social Work, Therapeutic Recreation, Maintenance, Administration and Quality and Compliance. The project is being facilitated by Lana Comstock and me.

The Fall Process Improvement Team will utilize information from a variety of research based resources to improve and provide direction on how to individualize our fall prevention process at IVH for each resident. The project will be challenging. The **VALUABLE** input of all employees from all disciplines will be **KEY** to the success of reducing falls at IVH.

Falls are not only a concern in our IVH population, but for older adults. According to the Centers for Disease Control and Prevention, the following facts describe the seriousness of the problem:

- One of three older adults (age 65 or older) fall each year. Less than half tell their health care providers about it.
- Falls are the leading cause of both fatal and non fatal injuries.
- In 2010, 2.3 million non fatal injuries among older adults were treated in emergency rooms and 662,000 of these people were hospitalized.
- 20 to 30 % of people who fall suffer moderate to severe injuries such as head lacerations, hip fractures, or head traumas

On September 23, 2014, IVH participated in National Fall Prevention Awareness Day. Educational information for the residents was posted on residents' units and bulletin boards thru out the facility. The information emphasized:

- Falling is **not** a normal part of aging.
- It is never too late to start an exercise program! Exercises that improve leg strength and balance can help you avoid falls.
- A visual exam is a key factor for fall prevention.
- Taking medications may increase the fall risk. Thus, it is especially important when starting a new medication to be aware of possible side effects.
- Walking aids such as canes and walkers are very important in maintaining safe walking and transferring from one position to another.

AN IMPORTANT FACT TO REMEMBER IS THAT MANY FALLS CAN BE PREVENTED!

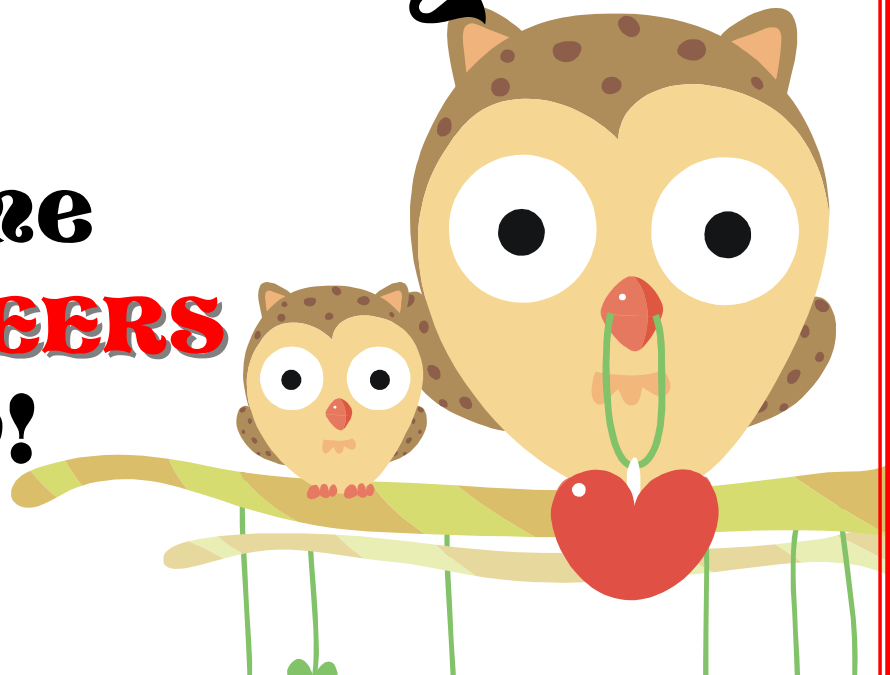




VOLUNTEERS Making a difference
In the lives of others

HOOOT
HOOORAY!
HOOOT

Meet some
new VOLUNTEERS
this day!



Ileen Troutner
Gift Shop



Bill Eillers
Arts & Crafts



Lyle Fox
Library



Don
Humrichouse
Recreation



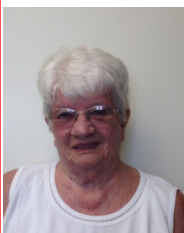
Clair Elsberry
Recreation



Kenny Muhlena
Recreation



Cindy Muhlena
Recreation



Marlyne Bryant
Recreation



Stacy Bane
ALA Hospital Rep



Jack Mackin
Recreation



Ardyce Smith
Gift Shop



Lisa Dirks
One-on-One



Samantha Edwards
One-on-One



Betty Lundeby
Arts & Crafts

Volunteers needed in the following areas—please call 753-4406

One-On-One . Activity Centers . Recreation Activities . Music . Chapel

EMPLOYEE SURVEY

As identified in our Quality Assurance Performance Improvement (QAPI) Plan, employee contributions aid in successful achievement of QAPI at IVH. We also know based on research that employee satisfaction directly correlates to resident happiness and increased resident health outcomes.

It's been recognized that we have a need to reestablish a confidential survey tool to offer all IVH employees. Survey results will assist in identifying top areas of staff concern that we can start to work on improving.

Fortunately, the timing of this project has become a major focus with the help of a University of Iowa student completing her preceptor-ship at IVH. This student is near completion of her Bachelor in Nursing Science degree, and she will help lead a process improvement project to develop a survey tool (with IVH staff input), administer and analyze survey results.

A small group of employees identified from each Division will begin to meet on this quality project in October. Employee membership includes Bret Battles, Sherry Rosebrough, Lindsey Heyl, Shannon Bullard, Tracy Hall, Chris Smith and Amy Gould. Steve McCann and I are assisting with facilitative oversight.

There will be more information SOON!

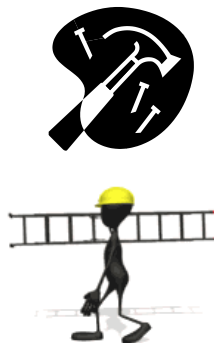


Facilities Management by Karen Connell, Facilities Management, Bureau Chief

The Facilities Management Bureau is made up of several departments that include Transportation, Maintenance, Grounds, Housekeeping, Quartermaster, Print Shop, Security, Domestic Services, and Laundry, as well as new construction and renovation oversight. The mission of our Bureau is to provide our residents with a clean, safe, and comfortable environment that optimizes resident independence, privacy, and dignity. The employees in these departments commit themselves to excellence in each task and take on the motto of doing the job right the first time. I have been here for 2 months as Bureau Chief, and am honored to be a part of the exceptional care and services provided every day by our dedicated IVH staff.

The \$36 million renovation of the Dack and Malloy buildings is continuing with Phase II of the three-phase project well underway, which will allow us to move more residents into private rooms with a private bath. The Federal VA provides 65% funding for this renovation, with the State of Iowa providing the additional 35%. Phase II centers around the South Tower of the Malloy Building and will see substantial completion in the spring of 2015. Renovation work on the South Tower first floor is complete with the exception of the Canteen, which is being remodeled by IVH Maintenance staff. Residents are again enjoying use of first-floor amenities such as the Chapel, Library, Lounge, Comfort Haven, and Volunteer Services. Floors 2, 3, and 4 are seeing the installation of new windows, drywall, ceilings, and ceramic tile, with millwork on the way.

Canteen Remodel



Malloy 2 South Corridor



There are 7 regional hubs throughout Iowa that support Honor Flights. If you go to www.honorflight.org you can find the e-mail, telephone numbers and points of contact for each hub.

***In loving Memory* Veterans**

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.

Taps (July - Sept)

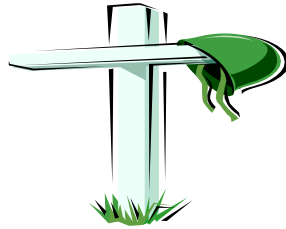


Spouses

Harriet Elder – U.S. Navy
 Nadine Johnson – U.S. Army
 Arlene Otto – U.S. Navy
 Marie Molloy – U.S. Coast Guard
 Anieta Davids – U.S. Army
 Gnellar Leeman – U.S. Navy



If you have questions about the Iowa Veterans Home Cemetery please contact Donnelle Berndt at (641) 753-4218 or email at Donnelle.Berndt@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.



Donations

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

Note: The following clothing items are needed for the residents at this time:

- Sweatpants Sizes: XL and up
- Henley Shirts w/pockets Sizes: M/L/XL/2XL/3XL/4XL/5XL
- Underwear Sizes: M/L/XL/2XL/3XL/4XL/5XL

Monetary Donations

- Special Activities Account
- Memorial Account

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.

Iowa Veterans Home Longevity Awards (July - September)

5 Years

Richard Brissette
 Brenda Dougherty
 Samantha Hunt
 Rebecca Manship
 Nathan Willey
 Theresa Fell
 Kelly Larson
 Jamie Martinez
 Sarah Olson
 Shandy Petersen
 Gerald Stalzer
 Sarah Steward
 Joel Storjohann
 Shandy (Peterson) McDowell

10 Years

Karen Buffington
 Shara Coleman
 Felicia Curley
 Meredith Martin
 Sandra Nodland
 Bret Battles
 Laura Herrald
 Jennifer Matteson
 Dorothy Mull
 Jodi Oaks
 Debbi Detrick
 Becky Whitaker
 Maricelda Fogt

15 Years

Kevin Bartleson
 Jack Klar
 Karon Humphreys
 Jenica Thompson
 Chelle Arney Sawyer
 Denise Doepp
 Angela Von Krog

20 Years

Kris Rode
 Shannon Grimes
 Stephanie Affeldt
 Mountha Uppasay

25 Years

Tamra Muschick
 Connie Stanley
 Lauren Dostal
 Diana Shaffar McQuown
 Maria Davis
 Ken Harrelson
 Kimberly Nelson

30 Years

Khamphiou Pierron
 James Rook
 Deb Haskin
 Carol Ward
 Sherry Betts



CONGRATULATIONS TO THESE EMPLOYEES FOR THEIR YEARS OF SERVICE!

Iowa Veterans Home Recognized for Commitment

August 14, 2014

Iowa Veterans Home Recognized for Commitment to Resident and Family Centered Care

Marshalltown, IA. – Telligen announced today that the *Iowa Veterans Home* is being recognized for their commitment to resident and family centered care.

Telligen is the CMS-designated Quality Improvement Organization (QIO) for Iowa. Telligen works closely with providers in all healthcare settings as part of its mission to improve the quality of healthcare delivery and health outcomes for individuals and populations throughout the state. For the past year select homes were involved in the Led by Choice: *Consumer Engagement in Nursing Home Quality* project which sought to determine the impact resident and family involvement has on quality outcomes.

Studies show that when healthcare administrators, providers, residents and families work in partnership, the quality and safety of health care rises, costs decrease, and provider and patient satisfaction increase. Telligen believes strongly in the value of seeing care through the eyes of the person receiving it. Care that is truly person-centered cannot be achieved without active patient engagement at every level of care design and implementation.

20 nursing homes across Iowa are being recognized for their hard work and dedication to completing this program. Project criteria encompassed multiple measures, including:

- Resident and family council structures;
- Patient and Family Centered Care Methodology and Practice (PFCC M/P); and
- Continual quality improvement work in all quality of care areas by implementing best practices, participating in quality improvement events and other activities.

The Iowa Veterans Home has implemented process changes that directly impact the quality of care, quality of life, and honor resident choice. Commandant Jodi Tymeson commended the IVH staff for their quality improvement efforts. According to Tymeson, "Our staff worked diligently to make positive changes to our resident satisfaction survey. We correctly involved our residents in this project to make sure their viewpoint was completely represented. Not only did we improve the questions to gather the correct information, we have improved how often we seek this important information from our residents."

The PFCC M/P is a six step process that transforms the care experience of residents and families and changes the behavior of all caregivers resulting in a person centered culture by defining the ideal care experience and including residents and families in care design. This leads to improved patient outcomes, better quality care, increased patient safety, and decreased waste. Telligen has held the QIO contract in Iowa for over four decades, leading dozens of CMS quality improvement initiatives focused on improving the quality, safety and value of care for Medicare beneficiaries.



From L-R – Jodi Tymeson, IVH Commandant, Lana Comstock, IVH Quality & Compliance Bureau Chief, Penny Cutler-Bermudez, IVH Resources Service Division Administrator and Lynn Perrin and Barbara Wilke who are from Telligen and lead facilitators for the Led by Choice initiative.

"Telligen is the CMS-designated Quality Improvement Organization (QIO) for Iowa"- IVH Press Release



IVH Trivia & Fun Facts by IVH contributors

Over a course of a month did you know that Food Service.....

- Uses 3,000 gallons of milk
- 900 pounds of cottage cheese
- 1,650 loaves of bread
- 1,200 shell eggs
- 1,320 lbs of frozen eggs and egg beaters
- On a main course day....120 to 150 pds of meat for a meal and about 100 pds of vegetables
- Also, all the accommodations for the needs of the residents



Way to go Food Service!!!

Trivia and fun facts will continue to be contributions for the Insights as long as they are passed on. So if you have any trivia or fun facts about the facility feel free to forward them to the Commandants Office for publication.

Did you know that the Iowa Veterans Home made 784 trips to the VA's last year = 520 to Des Moines and 264 to Iowa City. Do you know how many FEDEX and UPS packages that QM (Shipping & Receiving) receive per month = 700 packages. ABM our janitorial service here cleans roughly 570,000 square feet 5 days a week. Our painters apply an average of 350 gallons of paint a year that covers 306 square feet of wall and ceiling surface per day. They use 2,050 pds of patching material per year.

ULERY NORTH CELEBRATES PURPLE HEART DAY



Ulery North Staff

Pictured are Seated L-R - Charles Lorinser and George Kremenak. **Standing L-R** - Janet Torres, Jenny Matteson, Judy Dostal, Janet Connelly, Maureen Hershey, Cindy Nyce, and Caitlin Farley

Each year on August 7th, Americans pause to remember and honor the brave men and women who were either wounded on the battlefield or paid the ultimate sacrifice with their lives. The Purple Heart is awarded to any member of the U.S. Armed Forces that has been wounded or died as a result of a wound in battle. Ulery North resident George Kremenak and dietitian Charles Lorinser are Purple Heart recipients. In honor of this special day staff and residents wore purple, arts and crafts make purple hearts with George and Charles' names on them for staff and residents to wear and dietary supplied purple jello cake for the afternoon celebration. Residents and staff enjoyed time honoring these brave men and reminiscing about military experiences. Thank you George and Charles for your service and sacrifices! – Cindy Nyce, NS2, RN, Ulery North

First awarded...February 22, 1932

Veterans Day...And Why We Should Honor Veterans *by Michael Hines, Staff Assistant to the Commandant*



With Veterans Day around the corner I wanted to define Veterans Day and why we should honor our veterans. First of all, let me summarize the difference between Memorial Day and Veterans Day. There is a vast difference between the two dates that we honor, along with different reasons for their celebration.

Memorial Day is celebrated every year on the last Monday of May. Memorial Day is a day that we commemorate the lives men and women who have fallen as they have paid the ultimate sacrifice. These men and women died in honor of their country. Memorial Day was formerly known as Decoration Day and originated after the American Civil War to commemorate the Union and Confederate soldiers who died in the war. Today, we honor all Americans who have died while in the military service.

Veterans Day is a day that we celebrate the services of brave veterans and all current U.S. Military personnel. These veterans are still with us today and as they either continue his/her military service to their country or they may also employ their service to society every day in a different manner. Major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918, when the Armistice with Germany went into effect.

There are several reasons why we should honor veterans. If you're among the few who are still wondering if it's necessary, here are a few explanations that should prove sufficient. Veterans are people who are willing to put their lives on the line. They go to war zones and are willing to face danger and death. They don't do this to attain glory or fame. Soldiers do it so the people back home will have the chance to live in peace. Our men and women who serve today make personal sacrifices and fight so you don't have to. With the threats of terrorism and other countries, our military provides security for those who are able to sleep at night. Sad to say, there are people around the world who don't sleep at night, afraid to leave their homes because of the violence that may take place upon their return.

Today with the Global War on Terrorism (GWOT), that has spanned over 13 years, the sacrifice that our men and women have endured over this period is absolutely stunning. When I talk to a veteran I think of the sacrifices that not only they have made but also the sacrifices that their families have endured as well. Our military forces leave behind friends and families and travel to foreign countries for months on end every day. With an all volunteer force which makes up a total of 1% of the U.S. population joining fighting forces can't be forced on anyone. Our military forces do it not just for our nation but even for total strangers throughout the world. So if you have a conversation with a veteran simply thank him/her for their service. As citizens we should have an understanding of Memorial Day and Veterans Day but at the same times we must also have an understanding on why we honor veterans.



Iowa Veterans Home Employee Spotlight *by Dawn Santman, Lab Lead Worker*

Sara Reese began her part-time employment at the Iowa Veterans Home in April of 2013 as a Laboratory Assistant. Along with her lab duties she escorts for the facilities open gym and assists residents on the Loftus ramp. She has been a great addition to the IVH staff with all of her phlebotomy skills. Phlebotomy is a highly skilled technique of collecting or drawing blood for sampling or for collection.

Sara graduated from West Marshall High School. In the past she has worked at Grinnell Regional Hospital and is currently working at Life Serve Blood Center here in Marshalltown.

Sara and her husband, Todd, live near State Center. She has a 9 year old step-daughter that keeps her on her toes. When not at work Sara enjoys spending time with her family, the outdoors and horses.

The Iowa Veterans Home Print Shop offers a variety of printing services to include -

1. New lamination service to include 27" wide
2. Black/White & Color copying
3. U.S.P.S.
4. Binding services

Hours of operation
8-Noon, and 1:30 to 4 p.m., exc. Thursday, closed at 3:15. Sat. 9-11:30 a.m.



Sara Reese



50 or more copies should be sent to the print shop!



Iowa Veterans Home Events & Recognitions



Residents & staff stay busy with Ceramics and Arts & Crafts.



Established 1 December 1887



The drying stage begins!! Over \$1,000 was raised for ALS! Way to go IVH!!



IVH Commandant takes the ALS Ice Bucket Challenge



IVH employee Karin Brunk and IVH volunteer Betty Lundebly work on a wood frame project.



IVH resident Randall Jones visits with ISU ROTC



American Legion of Iowa Foundation President Carroll Wegner presents a \$1,000 grant check to Commandant Jodi Tymeson. IVH resident Louis Kirk and IVH employee Denise Ulery are also pictured. The grant will be used for decorating Heinz Hall.



.....and our dedicated staff here at IVH!!!!



ISU ROTC cadets on a visit to IVH after the annual game ball exchange between ISU and University of Iowa ROTC.



Iowa Veterans Home, 1301 Summit Street, Marshalltown, IA 50158

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