



Volunteer of the Month: Kot Flora

June's Volunteer of the Month is **Kot Flora**. A volunteer since December 2014, Kot serves at Lantern Park Rehab and Nursing Center in Coralville (east-central region).

Kot has been a resident of Iowa City since her family moved there in 1951. After receiving a bachelor's degree from the University of Iowa, Kot began working at Johnson County Public Health. Kot says she has always been interested in advocating for vulnerable or underserved populations through public health initiatives.



"I found that the public health field was a great match for me and offered a broad range of work experience in the fields of environmental health, communicable disease control, HIV/AIDS, emergency response and community health," Kot said.

Kot retired from Johnson County Public Health in 2007 after working for 31 years and took a position as a career adviser at the University of Iowa College of Public Health, working with students pursuing graduate degrees.

Volunteering is rewarding in many ways for Kot, but she says her favorite aspect is making a connection with nursing facility residents, gaining their trust and working to solve problems.

"Volunteerism enriches the lives of those served, the community and oneself," Kot said. "It forces us to think outside our personal concerns and do good for others. What's not to like?"

The VOP is proud to have Kot as a volunteer and thanks her for her service.



New Volunteers

Please join us in welcoming the newest members of the Volunteer Ombudsman Program:

- Bill Watts – Manorcare (Cedar Rapids)
- Jill Leimkuehler – Northbrook Manor (Cedar Rapids)
- Christine Powers – Ridge Crest Village (Davenport)
- Bridget Bartlett – Ennoble Nursing & Rehab Center (Dubuque)
- Joseph Dewey – Morningside Healthcare Community (Ida Grove)



Monthly Reports Due

This is a friendly reminder that monthly reports for May should be submitted if you have not already done so. Online reports must be completed by **June 5**. Contact your VOP Coordinator for technical assistance.



Volunteer Anniversaries

The following volunteers are celebrating their one-year anniversary in June:

- Maggie Elliott – Iowa City Rehab
- Cathy Stone – Oaknoll Retirement Residence
- Nancy Nickerson – Good Shepherd (Mason City)
- Sue Marsh – Oakwood Care Center (Clear Lake)
- Dee Dee Dohman – Norwalk Nursing and Rehab
- Bill Warren – Kahl Home (Davenport)
- Shelley Turner – Forest City Good Samaritan



In the News...

How Iowa's new Medicaid system works

This [interactive article](#) from the Cedar Rapids Gazette outlines the nuances between Iowa's new Medicaid system and the prior fee-for-service method.



Continuing Education Opportunities & Events

Statewide VOP Conference Call

Save the date for the statewide conference call on Wednesday, July 20. Check your email regarding more information for next month's call.

Protecting Yourself and Your Family from Identity Theft

Marcia Salem from Legal Shield will be giving a presentation on identity theft prevention from 6:45-7:45 p.m. on Thursday, June 23, in the Pass Time Room at The Lodge of Ashworth (909 Ashworth Road, West Des Moines). To RSVP, call (515) 271-1308.

Alzheimer's or Depression: Could it be both?

This article from the Mayo Clinic Staff highlights the similarities in symptoms between Alzheimer's and depression and addresses how a person suffering from one may also be suffering from the other.

Nursing homes work to protect wandering dementia patients

Wandering residents have come to the forefront of issues facing nursing homes after two eastern Iowa facilities were assessed "J" level violations for residents wandering from the grounds. [This story](#) from the Cedar Rapids Gazette examines why wandering residents have become an issue and what measures are being taken by facilities to ensure the safety of residents.

> [Read the article](#)

Improving dementia care with the Eden Alternative

Author June Burgess writes that the Eden Alternative, a philosophy that encourages nurses to empower residents by recognizing and engaging them in activities, can change the culture of care in nursing facilities.

> [Read the article](#)

> [Find Eden Registry Members in Iowa](#)

CMS adds six new quality measures to Nursing Home Compare

The Centers for Medicare and Medicaid Services has added six new quality measures to the consumer-based Nursing Home Compare website. All measures will be calculated into the Nursing Home Five-Star Quality Ratings beginning in July.

> [Read more](#)



VOP Spring Seminars

The VOP Spring Seminars took place in April in five cities across Iowa. Thank you to everyone who

attended and had an opportunity to listen to great speakers and presentations!

> [View event photos](#)



Local Recognition for Volunteer Ombudsmen

Congratulations to the Volunteer Ombudsmen serving in Linn and Jones Counties who were nominated as finalists for the Outstanding Group Award at the United Way of East Central Iowa's 2016 Outstanding Volunteer Awards. These volunteers were invited to a United Way volunteer recognition breakfast in Cedar Rapids in April. Sadly, we did not win, but as they say – it's an honor to be nominated!

Pictured above (L-R): Sandy Grant (Anamosa Care Center); Sarah Hinzman (VOP Coordinator); Tobey Slagenweit (Willow Gardens, Marion); Pat Kerr (Heritage Specialty Care, Cedar Rapids); Nancy Schade (Hiawatha Care Center); Margo Jarosz (Methwick and Heritage, Cedar Rapids). Not pictured: Theresa Baldus-Kokontis; Barb Buchanan.