



IVH County Newsletter

Serving Iowa Veterans since 1887

A Message From the Commandant



Commandant Oujiri

I am pleased to introduce myself as the 18th Commandant of the Iowa Veterans Home. I was humbled, honored and thrilled when Governor Reynolds appointed and entrusted me with the privilege of caring for our Iowa Veterans and leading the finest quality staff to provide the superior care our Veterans so richly deserve. I know of no higher honor than to be asked to serve our Veterans. In World War II my father was in the 34th Infantry Division, 168th Infantry Regiment and he and my mother instilled in me the responsibility to serve. Following in my father's footsteps I, too, am proud to be a Life Member of both the VFW and American Legion. After 31 years in the United States Army my wife Sandy and I are excited to return to our roots in the Midwest where we are close to our families, a wonderful quality of life and are able to serve our Iowa Veterans. I accepted this position without reservation to serve our Veterans and our staff to provide the highest quality of care that our Veterans so richly deserve. I offer an IVH open door policy to anyone who would like to stop in, converse with our Veterans, tour our facility and meet our staff. Mission First. People Always. *Commandant Oujiri*

Iowa Veterans Home
1301 Summit Street
Marshalltown, IA 50158

IVH County Newsletter

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Special points of interest:

- *Sleep Improvement*
- *Storm Damage*
- *Infrastructure Projects*

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Remember....a veteran that is 70% - 100% is service-connected and in need of nursing level of care; the VA will pay up to 100% for their cost of care.

Providing high quality of care exceptional quality of life



Admissions Team...Here To Assist



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The *Iowa Veterans Home* is governed by *Iowa Code 35, Chapter 35D and Iowa Administrative Code (IAC) 801, Chapter 10*. For Residential Level of Care, IVH follows *IAC 481, Chapter 57, Residential Care Facilities* and for nursing level of care *IVH follows IAC 481, Chapter 58, Nursing Care Facilities*.

Sleep is the golden chain that ties health and our bodies together.—Thomas Dekker

The Iowa Veterans Home has begun a process improvement initiative to assist our residents to improve the quality of their sleep. Review of current research, has helped guide us to embark on a new care approach that focuses on helping our residents have the best night sleep possible. Changes in sleep patterns do occur as aging progresses. Older adults may become more tired earlier; wake up earlier, or enjoy less deep sleep. These changes are considered **normal** changes in aging. Disturbed sleep, waking up tired every day, and other symptoms of insomnia are **NOT** normal aging. Older adults who do not sleep well are more likely to suffer from depression, attention and memory problems, and excessive daytime sleepiness. Insufficient sleep may lead to more serious health problems such as increased risk of heart disease, diabetes, weight problems, and breast cancer in women.

A “good night’s sleep” is good for all, but especially for older adults. Benefits of a good night’s sleep:

- Helps to improve concentration and memory formation.
- Allows the body to repair any cell damage that occurred during the day.
- Refreshes the immune system which in turn helps fight disease.

Common causes of sleep problems in older adults:

- Irregular sleep hours.
- Stimulants before bed such as alcohol, caffeine, and smoking.
- Falling asleep with the television or computer on.
- Pain or medical conditions such as frequent need to urinate, arthritis, asthma, diabetes, osteoporosis, heartburn, and Alzheimer’s disease.
- The combinations of medications, as well as side effects may impair sleep.
- Lack of exercise
- Stress
- Lack of social engagement.
- Sleep disorders such as Restless Leg Syndrome and sleep-disordered breathing—such as snoring or sleep apnea.
- Lack of sunlight.

Tips to Improve sleep habits:

- Artificial light can suppress melatonin. Use low watt bulbs and turn off t.v. or computer at least one hour before bed.
- Bedroom should be quiet, dark, and cool.
- Maintain a consistent sleep schedule.
- Limit sleep aides and sleeping pills. Many sleep aids and pills have side effects and are not meant for long term use.
- Avoid napping. If a nap is needed, nap for only 15 to 45 minutes very early in the afternoon.
- Avoid or limit caffeine, alcohol, and smoking late in the day.
- Have a light snack before bed such as crackers, cereal, milk, or yogurt.
- Drink majority of fluids in the morning. Minimize fluid intake at least an hour and a half before bedtime.
- Regular exercise every morning.

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Susan Wilkinson, LNHA

A Note From Our Licensed Administrator...

Welcome to Summer! And along with warmer weather we enjoy plenty of storms! On Wednesday, May 17 at about 5 pm, IVH was hit with a thunderstorm that left us with some significant damage. However we celebrated the fact that no residents or staff were injured. The Sheeler building sustained the most damage as the roof was completely destroyed. By nightfall, roofing contractors had placed a temporary roof so the building was watertight but the Sheeler roof will need to be replaced. This precipitated closing the Sheeler main entrance and moving the Switchboard to the Loftus building. The temporary main entrance is now the South door in the Loftus building. There is a safety concern related to the potential for falling bricks and other debris so the Sheeler building has been enclosed by a fence and only workers with hard hats will be allowed in.

The Dack roof also had serious damage as did the Fox building, Cottage 2 and Heinz Hall roofs. The Ulery building sustained roof and siding damage. We were fortunate that these buildings remained watertight and living areas were not affected. We also lost several trees as the wind simply uprooted many of them. Particularly in the cemetery, trees and headstones were damaged. Facilities personnel are working with Veterans Affairs to assist us with replacing the headstones. IVH staff remained calm, cared for our residents and took care of immediate needs.

In addition to this excitement, we also had the pleasure of welcoming our new Commandant, Timon M. Oujiri. We are very excited he is here and we look forward to working with him. If you get a chance to visit, please stop in and say hello! *Susan*



DIA required IVH to alarm all exit doors; a total of 68 doors; nearly \$30,000 expense. This brought the Home up to code, *per Chapter 61 (Minimum Physical Standards for Nursing Facilities), 481-61.67 (7) Exit door alarm systems.*

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Nursing & Residential Level of Care Population

Our resident population (census) remains constant. We continue to promote our mission attending Veterans Benefit Fairs, speaking engagements, County Newsletters, Insights, radio segments and Social Media. We encourage all ***Veterans, Spouses, Surviving Spouses, and family members*** to contact our Admission Team about eligibility and admissions into our facility.

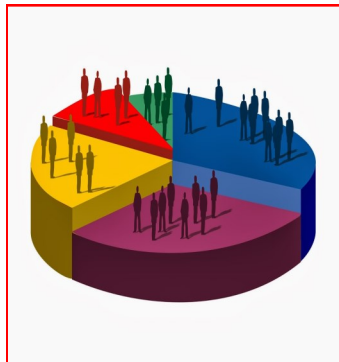
- **515 Residents**

Male Veterans - 420
Female Veterans - 19
Spouses - 76

Married Couples - 20

- **War Periods Represented**

WWII - 57
Korea - 78
Vietnam - 210
Gulf - 6
Peace - 88



As of May 2017

Veterans Only

Nursing:	366
Residential/Dom:	<u>73</u>
Total	439

Licensed/Certified Bed Capacity

Residential Level of Care—113
Nursing Level of Care—447 of
which 120 beds are memory care
(45 secure & 75 semi-secure)



IVH Infrastructure Projects

With over **510** residents to support, the staff at IVH continue to look at infrastructure improvements for our Home. It is the responsibility our leadership to ensure that continues. Listed below are infrastructure projects that have been completed or are currently in progress. These projects will provide a better quality of life and continue to ensure the safety for our residents and employees. We want IVH to continue to be a great place for everyone!

1. **Fuel Tank Replacements** w/spill containment—Completed
2. **2 x chiller replacements**—Completed
3. **New Laundry Building** - In Progress/Completion date by February 2018
4. **14 x air handler replacements** (in design phase) - Completion by September 2017
5. **Heinz Hall updates**— Will not move forward with projects; money redirected towards Laundry Bldg
6. **Sheeler/Loftus**—Renovations will not be approved as no residents currently reside in the Bldg
7. **Greenhouse Renovation**—complete
8. **DOT Projects**—Tunnel Repairs, Resurfacing of Sheeler Circle Drive, intersections
9. **Storm Damage**—Roofing replacement and repair to Sheeler, Dack, Malloy, Heinz Hall, Fox, Ulery, and some Cottages. IVH is collecting estimates. VA will assist with funding.