

THE LUTHERMANOR TIMES

SPRING 2014

THERAPY: REACHING OUT TO ALL AGES

On September 12, 2013 Luther Manor Communities proudly opened the new Therapy Center on the Hillcrest campus. The 1600 square foot center boasts a variety of equipment and services in all areas of care: rehabilitation, restorative and maintenance. The corner stone of our center is the Quadriciser, a passive, active isometric, motorized therapy system designed to exercise upper and lower body extremities.

The Quadriciser is an innovative approach to improving neurological recovery. Over the past six months, an average of eight clients per day utilize the unit consistently and steady growth in usage is anticipated. The biggest improvement noted by our residents has been a decrease in spasticity, an increase in range of motion, strengthening and a marked decrease in pain. The therapists have found that the residents are able to do exercises more comfortably after using the Quadriciser and often request to use the Quadriciser.

A resident with Parkinson's Disease was able to improve her gait and actually doubled the distance

she is able to walk. This resident increased her shoulder external rotation by 15 degrees, increased her shoulder flex by 20 degrees and showed significant improvement in hand spasticity. Her endurance and her alertness also improved. Other residents cite a decrease in pain and improved tolerance to exercise. Even those residents with upper extremity weakness have been noted to have improved tone and flexibility.

Our Out-Patient therapy program also continues to grow by leaps and bounds. The program reaches out to youth in the community as well as seniors. Charlie Warren, a 17 year old swimmer at Hempstead High School experienced a shoulder strain for which he received Occupational Therapy. While he was receiving out-patient therapy, his grandmother, Charlotte Lindstrom from the nursing center would come and join him in her exercises. Charlie was a real inspiration and motivator not only for his grandmother but also for the other residents and out-patients that came in for rehabilitation.

Staying physically fit and tone is not just for athletes. Several

residents from Luther Manor Senior apartments come on a regular basis to work on the Nu-step or walk around the walking track. Staying physically active is key to a healthy lifestyle and elevates the mood. The residents enjoy the camaraderie of working out with all age groups, sharing stories and a laugh.

If you have not had the opportunity to visit the Luther Manor Therapy Center, come in for a tour or visit our newly designed website: www.luthermanor.com



Charlie Warren says, "Having therapy at Luther Manor was so convenient. I am now able to return to competitive swimming!"



A MESSAGE FROM OUR EXECUTIVE DIRECTOR

The outlook for 2014 is exciting with momentum gaining and progress achieved on both our Hillcrest and Asbury campuses. New budgets are in place and goals set for a productive year of changes and advances in long term services.

We continue to work toward remodeling the front entrance. Capital projects such as this one could not be accomplished without your support. As we enter the second year of the campaign, we still have a long way to reach our goal and raise the needed dollars to invest in the building. Based on our prior success, we are confident we can garner the support from our donors to help us accomplish this project. Please consider a gift towards the Appeal.

The economic forecast for housing in 2014 is promising and will help us continue our expansion in Asbury. We solved tough problems and developed more pricing options helping prospects realize a senior living option. With an improved housing market and more choices offered, we currently have 8 units under construction to meet the demand of sales and allow for readily available townhomes this summer. If you are thinking of making a lifestyle change, please give us a call today for a tour and more information. You will be pleased with what we have to offer.

The Board of Directors has formed a Vision committee to chart our course for future expansion. They will be prayerfully considering projects on the Hillcrest and Asbury campuses to help us fulfill our mission. I thank the Board of Directors for their support of Luther Manor Communities that work tirelessly to achieve our goals for the new year.

Janet Warren
Executive Director
Janet.Warren@luthermanor.com



CARE AT HOME – THERE TO GIVE YOU A HAND

Spring cleaning is a tradition that allows us to freshen up our homes and get a head start on the hectic season of spring and summer. One of the biggest parts of spring cleaning is getting rid of clutter that you don't need. Do you need a little assistance in cleaning out that hall closet, bedroom dresser or kitchen cabinet? Care at Home is here to help! Our Caregivers can help you box up items you don't need or clean areas of your home that need extra attention. For more information on how to streamline your lifestyle, check us out on our website: www.luthermanor.com or call us at: (563) 588-1145.



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Mission Statement

*Enriching lives through
a continuum of quality
services guided by Christian
love and compassion.*

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Our Services

*Townhomes for Active Seniors
Independent Senior Apartments
Care at Home Services
Outpatient Therapy
Skilled Care
Long-Term Care
Memory Care*

EVENTS AT LUTHER MANOR

Forging a Financial Path with Ownership at The Residences was a Meaningful Meals program recently held at Luther Manor. Tom Johnson, Vice President for Commercial Lending with Premier Bank, discussed the affordability and value of The Residences through various financing options. For detailed information, please contact Betty Apelian, Sales Counselor at 563.557.7662 or at Betty.Apelian@luthermanor.com

APRIL 10

Meaningful Meals panel discussion "Why We Chose The Residences" featuring Residences' homeowners. Find out why they moved in ... and never looked back! The program will be hosted by The Residences from 4-5 p.m. in the Conference Center at Luther Manor, 3131 Hillcrest Rd., Dubuque. Includes complimentary buffet dinner. RSVP at least three days prior to the event by calling Betty at 563-557-7662, or email Betty.Apelian@luthermanor.com.

MARCH 26, APRIL 9 & 23, MAY 7 & 21, JUNE 4 & 18

Lunch & Learn, hosted by The Residences in the Conference Center at Luther Manor, 3131 Hillcrest Rd., 12 noon – 2:30 p.m. This program includes presentation, intro of Luther Manor department heads, and guided tour of Luther Manor's Asbury Campus & townhomes. RSVP at least three days prior to the event by calling Betty at 563-557-7662, or email Betty.Apelian@luthermanor.com.

MAY 16 – 18

The Residences' Annual Spring Open House on Friday, May 16; Saturday, May 17; and Sunday, May 18; 10 a.m. – 4 p.m. all three days, Asbury Campus. The campus is located just east of Asbury Park. Turn south onto Waterview Lane and east (left-hand turn) onto Grand Meadow Drive. Look for the Open House flags! Tour the Asbury Campus, view The Residences' newly constructed townhomes, pick up the latest information, and reserve your maintenance-free FOREVER home! Snacks & refreshments. The Residences is Luther Manor Communities' neighborhood of townhomes for active seniors, age 55+.

REFLECTIONS

In ancient times, that which we call ethics was primarily concerned with the right way to live. According to Aristotle, the motivation for pursuing our ultimate end is doing so only in a way to bring about eudaimonia. Aristotle used this word to answer the question, "why does anyone do anything?" Eudaimonia is defined as enjoyment and fulfillment in doing something presumed to be of consequence that benefits someone else. I did not perform my daily tasks because it was "my job," but rather because it was the "right" thing to do. The nursing home administrator has an awesome responsibility for regulatory compliance and day-to-day operation of the nursing center. It requires team work from all aspects of the facility. I truly believe that Luther Manor Communities has the best staff dedicated to our mission of providing quality care guided by Christian love and compassion. I chose this career because of the fulfillment I received from making a difference in the lives of our residents. At the end of the day, a warm hug and a bright smile from a resident answered the question as to why I chose this career.



Barbara Y. Barker
Administrator
2/2008-12/2013



THREE WAYS TO TOUCH A LIFE WITH THE LIFE YOU HAVE BUILT

My *Living Legacy* is a tool to help you organize and plan your charitable giving. Using Estate Planning Tools offer simple, flexible ways to support our organization after your lifetime. There are three ways to touch a life with the life you have built:

- Remember us in your will or living trust: this is known as a bequest and allows you to offer future support without giving up assets today. You can leave a specific asset, a specific dollar amount or a percentage of the residue of your estate.
- Name us as beneficiary of your retirement account: if you name Luther Manor Communities as the beneficiary, your estate will receive an estate tax charitable deduction and we can take a tax-free withdrawal of the account balance, making this a simple way to put the full amount of your gift to use.
- Leave us all or a portion of your life insurance: this is a simple way to make a bigger difference that you may not have thought possible. You can name Luther Manor Communities as beneficiary of a percentage of your existing life insurance policy's death benefit.

As a faith based, non-profit, Luther Manor Communities could not fulfill its mission without you. Thank you for sharing your time, talent, and treasure with our organization and the older adults we serve. We are grateful to be considered among your philanthropic priorities and encourage you to consider joining the Luther Manor Communities Heritage Society. The Luther Manor Communities Heritage Society is promoted through the work of the Luther Manor Communities Planned Giving Committee.

A planned gift helps ensure Luther Manor's future and assists in making the vision of tomorrow possible. Your estate gift will grow in perpetuity within Luther Manor's Foundation and your personal legacy will live on.

To receive a FREE guide on leaving a legacy or to learn more about the Luther Manor Communities Heritage Society, the Luther Manor Foundation, or planned giving please contact us at: (563) 588-1413 or info@luthermanor.com.

NOTES FROM THE ADMINISTRATOR – Cris Kirsch, BSN, NHA

As I write this article I am again looking at my driveway needing to be shoveled, and I am anxiously awaiting spring! I am also reflecting on my first month as the Administrator of Luther Manor. What I have witnessed is the daily challenges that our team is faced with and how they work feverishly to meet them. I am amazed at the commitment and eagerness of everyone to make our facility a home for the residents who live at Luther Manor. The individualized care that is given to our residents is a true testament to the dedication of all that are involved.

In my first article, I wrote about culture change. We ask what our residents want to eat, what they want to wear, and what they like to do for fun. Another small but very important part of this paradigm shift is to change the language that we use. Although calling a resident "honey" or "sweetie" may be considered a term of endearment, it is vital that residents are called by their name. The idea behind person-centered language is to acknowledge and respect our residents as individuals. Spring is a time of renewal and this endeavor will make an enormous impact on the residents we serve.



Cris Kirsh, BSN, NHA
Administrator



AUXILIARY VOLUNTEER CORNER

VISTATION SCHEDULE

Tuesday mornings.....10:30 a.m.
Wednesday afternoons..... 1:30 p.m.
Or any time, other than meal times, that fits
your schedule, including evenings/weekends.

AUXILIARY BINGO 1:30 p.m.

Wednesdays: April 9 and 23
Wednesdays: May 14 and 28
Wednesdays: June 11 and 25

AUXILIARY MEETINGS

On Tuesday, May 13 the Auxiliary will have a
general meeting at 1:30 p.m. at Luther Manor.
Hostess is the Visiting Group.

AUXILIARY BIRTHDAY PARTIES 2:00 p.m.

Sundays: April 6th, May 4th, June 1st

GIFT CASE SCHEDULE 1:30 - 3:00 p.m.

Monday-Saturday

UPCOMING EVENTS:

The Auxiliary's Spring Bake & Basket Sale will be
held at Luther Manor April 5,
7:30 a.m. - 2:00 p.m.

A Staff Salad Luncheon will be
held Friday, April 11, 10:30 a.m.
- 12:30 p.m.

A Resident Carnival for the
residents will be held Thursday, May 15, at 2:00
p.m.



TO JOIN THE AUXILIARY

The Auxiliary's goal is to be of service to the residents and the staff of Luther Manor. If you are interested in joining the Auxiliary, please contact either Co-Chairperson, Delores Lindsay 582-5810 or Dorothy Gibb 563/845-7145.

Spring Open House to Showcase New Residences' Homes May 16 - 18

Discover more about The Residences' neighborhood of homes for active seniors, age 55+, by dropping in to the Annual Spring Open House being held Friday, May 16, through Sunday, May 18 on Luther Manor Communities' Asbury Campus. View newly constructed homes, pick up the latest information, and reserve your maintenance-free FOREVER home! Open House hours will be Friday, May 16, 10 a.m. - 4 p.m.; Saturday, May 17, 10 a.m. - 4 p.m.; and Sunday, May 18, 10 a.m. - 4 p.m. The Asbury Campus is located just east of Asbury Park. Turn south onto Waterview Lane and east (lefthand turn) onto Grand Meadow Drive. Look for the Open House flags!



Busy Winter at The Residences Productive Spring on the Horizon!

by Betty Apelian
Residences - Sale Counselor

We've been very busy this winter at The Residences in Asbury. Construction will be completed by early summer on eight new, move-in ready townhome units. This, in addition to units already occupied, brings the total of new homes on the Asbury Campus to 18. We will break ground this spring on a 4,155 sq. ft. Residences' Club House offering a fitness area, swimming pool, party room with adjoining kitchen, office and conferencing space, plus maintenance garage to support the needs of the campus.

The Club House is one more perk of membership in The Residences, along with the wonderful 23-acre campus offering walking areas; a wildlife pond; arbor with shaded area for relaxation; and raised gardening beds for horticulture enthusiasts. The site borders Asbury Park and the City of Asbury's future Community Services Campus which will house Asbury City Hall, library and police station.

Of course, those who live at The Residences appreciate a healthful association with Luther Manor Communities. The carefree lifestyle enjoyed by members is enhanced by having immediacy to all Luther Manor services. Folks interested in learning more can attend any of a series of complimentary Lunch & Learns being offering between now and September in the Conference Center at Luther Manor, 3131 Hillcrest Rd. The complimentary luncheon programs begin at 12 noon and include a presentation, introduction of Luther Manor department heads, and a guided tour of Luther Manor's Asbury campus and townhomes. See page three under the events calendar for upcoming dates.

For those active seniors, age 55+, who are considering a move into The Residences, now is the time! House sales improved dramatically last year and they are expected to be even better during 2014. The Residences' townhomes listed below will be available for purchase this spring and summer.

Meadow Pointe I home - 1701 sq. ft. on one level. Two bedrooms, two baths, two car attached garage with adjoining interior mud room and spacious pantry, four seasons room, gas log fireplace, vaulted ceilings. Many more amenities!

Meadow Pointe II home - 1339 sq. ft. on one level. Two bedrooms, two baths, two car attached garage, vaulted ceilings, living room with adjoining exterior patio area. Many more amenities!

Pond Terrace I home with main level + lower walk-out basement. Main level - 1701 sq. ft. Two bedrooms, two baths, two car attached garage with adjoining interior mud room and spacious pantry area, four seasons room, gas log fireplace, vaulted ceilings. Lower level walk-out - 1576 sq. ft. Many more amenities!

Pond Terrace I home with main level + lower walk-out basement. Main level - 1481 sq. ft. One bedroom, one bath, two car attached garage with adjoining interior mud room and spacious pantry area, four seasons room, gas log fireplace, vaulted ceilings. Lower level walk-out - 1355 sq. ft. Many more amenities!

The above homes can be reserved and purchased, or other site locations on the 23-acre Asbury campus can be reserved for future build. **Early bird special:** Reserve with a 10% deposit by March 31 and receive \$1500 in FREE upgrades; by May 31st, \$1,000 in FREE upgrades. **Call to schedule a tour! 563-557-7662.**



Betty Apelian
Residences-Sale Counselor



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Often when we discuss issues related to caring for our loved ones we tend to focus most of our time and attention on their direct care needs like good food, correct medications, timely medical attention, and comfortable living space. Meeting those essential human needs are a vital part of the care process and often why you chose Luther Manor to help with that care.

There is another way you can impact the quality of care Luther Manor helps you provide your loved one... Advocacy. Approximately 44% of the nursing home's revenue comes from some type of government reimbursement program such as Medicare and Medicaid. Maintaining adequate funding for these programs is an ongoing struggle.

Every two years long-term care communities, like Luther Manor, submit financial expense reports to state agencies detailing how much is spent on care for residents enrolled in Medicaid. The state uses those reports to "rebase" or update the reimbursement amounts paid to facilities for the next two years. However, these rebasing reports are only recommendations to the Iowa General Assembly. The actual funded amount is determined in the legislative budgeting process. If enough funds aren't allocated to cover the costs of caring for Medicaid eligible residents, the organization will need to find other means by which to cover this shortfall. This underfunding makes it difficult to maintain high quality care.

In 2013, the Iowa General Assembly appropriated \$15 million for the nursing facility rebase. The appropriated amount fell short of the \$24 million needed to fully fund the rebase. In 2014 the Iowa Assembly is projecting \$900 million budget surplus.

Luther Manor and our state association, Leading Age Iowa, continually contact our legislators regarding the need to fund this short fall. Luther Manor is asking family members to also help by contacting your state legislators. Ask them to appropriate part of that budget surplus to the \$9 million shortfall for the rebase. Together we can ensure your loved gets the care they deserve.



Troy Smith
Managing Director

EDDIE MAIERS – MUSICIAN

Eddie Maiers has been playing music for the past 76 years. He plays the accordion, the harmonica, and the piano. He is self-taught and loves to entertain people. Eddie began volunteering his time and talents to Luther Manor Communities because he had a loved one here. Eddie feels, "If you make one person smile, you've done your job!" Thank you, Eddie for all you do for our residents!





LUTHERMANOR
COMMUNITIES

HILLCREST CAMPUS
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Visit our new website:
www.luthermanor.com



Enriching lives through a continuum of quality services guided by Christian love and compassion

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