

THE LUTHER MANOR TIMES

SPRING 2015

IN PURSUIT OF ASBURY

by Janet Warren, Executive Director

Under the guidance of long term experts in senior care, Eppstein Uhen Architects (EUA) has been working alongside the Board of Directors to expand our Asbury campus. Plans for assisted living and skilled nursing beds to be added on 7 acres between the Asbury Fire Department and new Community Center are now complete. Currently under review with Asbury's Planning & Zoning Committee are schematic designs of the campus layout. We are hopeful our Planned Unit Development will be approved by the committee and recommended to the Asbury City Council for final approval.

What does this project mean for Luther Manor Communities, the City of Asbury, greater Dubuque, and the tri-state area? While

retirement communities are aging across the nation and the need for senior care is growing, the Luther Manor Board took the

to enjoy. It will be positioned in a secluded neighborhood for the quiet enjoyment and safety of our residents.



opportunity to propose a new type of layout in a household model on a private, quiet campus. Our current campus on Hillcrest was built in 1969 in a traditional design with rooms along a corridor. This means retirement living in Greater Dubuque will resemble newly constructed senior communities across the country. Households are clustered closely around a commons area for easier access and indoor living space is maximized for residents

hearing on April 28 at 7:00 pm. Both meetings will be held at The Meadows Golf Course in Asbury. Your support is appreciated to help us bring a modern retirement community design to the Greater Dubuque area and continue our pursuit of expanding our mission in Asbury.

If you would like to offer your support of Luther Manor Communities, please join us at the upcoming Planning & Zoning public hearing meeting on April 21st at 5:30 pm and the City

Council public hearing on April 28 at 7:00 pm. Both meetings will be held at The Meadows Golf Course in Asbury. Your support is appreciated to help us bring a modern retirement community design to the Greater Dubuque area and continue our pursuit of expanding our mission in Asbury.



WELCOME

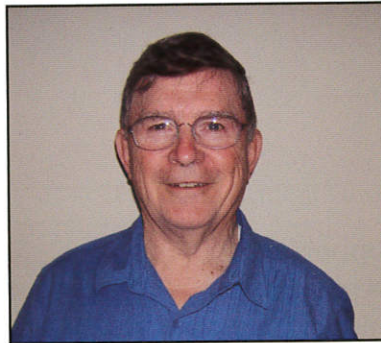
Luther Manor would like to extend a warm welcome to Ann Sodawasser, Scheduling Coordinator. With 35 years of office administrative experience, Ann will handle the schedules for nurses, CNA's, and environmental services staff in coordination with the environmental services director. Ann is from New Vienna, IA. She is married with two adult children and has a one year old grandson. She is an organist for St. Boniface in New Vienna. She also enjoys camping, collecting antiques, and working with others.



Help us welcome Ann to Luther Manor!

CHAPLAIN'S NOOK

Nearly six months with Luther Manor Communities have deepened my appreciation for our rich ministry. From hearing a young staff member chuckling with a resident as she takes the resident to their room; or seeing the Administrator down on her knees cleaning up a spill. It is evident that there is a genuine passion to serve. The continued effort I have seen of our staff-servants make such as where in our CEO not only tightening a leak in the Family Room sink but also mopping up after herself!



It is a privilege to serve residents and their families. The folks at Luther Manor Communities have done well to stress that we are communities of people who care.

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Bob Hoefler	Larry Vogt

Luther Manor Staff

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Care at Home Director
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Dietary Services
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Wellness Coordinator
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Billing Coordinator
Corey Root
corey.root@luthermanor.com

Chaplain
Burton Everist
burton.everist@luthermanor.com



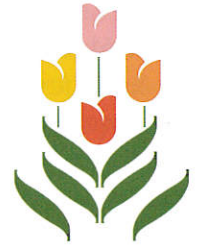
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EVENTS AT NURSING CENTER

Take a deep breath! What you are inhaling is the beginning of a new season. There is a fresh smell in the air that we recognize from previous years. Our taste buds will soon be teased by fumes from grills of those cooking outside.

Our residents will be outside on the front patio, where they'll enjoy the company of others and ice cream from the ice cream truck, where they'll see people walk their dogs, ride bikes or begin yard cleanup. We will feel the breeze which has a tinge of winter's crispness as well as the warmth of a sun which appears earlier and remains later each day. Yes, it's spring. A time for expectations, new beginnings and the freedom of enjoying nature without the restrictions of winter apparel.



It's a time for planting and planning. We'll see some of our residents directing the weeding of the courtyard gardens and offering opinions as to the type of annuals to plant in the planters. Lunch will be had at local restaurants driven there in our new van. And most anticipated of all, residents will begin watching (and some supervising) the construction of our front entrance remodel. A big thank you to all of you who have donated to this project.

Cris Kirsch, Administrator

THERAPY SERVICES

The risk of falling is something that increases as we age. Unfortunately, the consequences of falling also carry a greater risk as we age. Some of the more common injuries that we face with a fall include broken bones, sprained joints, strained muscles, or serious lacerations or cuts. A fall can easily result in more serious injury such as head, back, and neck injuries including potential paralysis. One of the biggest risks of falling is that it is also a predictor of future falls.

There are many reasons for this. One of the most significant reasons is that as we age, we lose strength and flexibility. This leads to a tendency to shift our weight at the waist level rather than the ankle level. This makes it more difficult to "catch our balance" when we trip or slip. Medications are also a significant cause of falls in the elderly. Some types of medications cause an increased fall risk and some cause side effects that can lead to increased falls such as changes in blood pressure. Decreased vision, decreased sensation, and decreased cognition are also factors that could lead to potential falls in the elderly population.

Fortunately, there are some simple steps that can be taken to prevent falls from occurring in the first place. Make sure that appropriate footwear, with good support and traction is worn. Furniture should be placed to allow for easy navigation especially if an assistive device such as a walker is required. This includes picking up throw rugs, which may be a tripping hazard. Speaking of assistive devices, if you need to use one for extra support, make sure you are using it rather than relying on the furniture for support. Another step to prevent a fall is to change how you do things such as sitting in a chair to get dressed. Due to the significant effects medications can have on balance, it is important to keep a current list of medications to share with all of your physicians. Ask your doctor if any of the medications you are currently taking can be reduced or even eliminated. Finally, the best way to prevent falls is to stay active and perform regular exercise. This helps maintain and build strength, flexibility, and mobility. The stronger and more active you are, the less chance you have of falling and sustaining one of the injuries discussed above. This last item can be addressed on your own, or your local PT/OT can maximize your current level of functional mobility and help develop a program for maintaining that optimal level.

Mike Harvey, Physical Therapist

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GIVING FRIENDS OF LUTHER MANOR

Donations:

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Tim & Nancy Butler
Paul Rood
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Rudolph & Joan Bellmann
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Honors:

In Honor of Hazel Tigges
Donald & Margaret Lakin
In Honor of Diane Nachtman
Nachtman Enterprises Inc.

Memorials:

In Memory of Dorothy Schroeder
Fred & Ardrith Meeker
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All Season Heating & Cooling,
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Gary & Kathy Reid
In memory of Arthur Cooper
Tom & Mary Greenawalt
Lou Ann Meyer
In memory of Theresa Quinlan
Gail Hoftender
In memory of Giles Gabel
Barbara Neyens
In Memory of Gretchen
Nordenson
Paul & Cathleen Claussen
In memory of Margie Huls
Marsha Harrison
In memory of Robert Blosch
Alan & Pat Pearson
Tom Blosch

In memory of Verne Mauer
Paul & Edythe Puls
In memory of Mark Wessling
Gale Mathewson
In memory of Floy Kiebel
Steve Kiebel
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In Memory of Shirley McGovern
Steve & Charlotte McGovern
In Memory of Lloyd Steffen
Fred & Ardrith Meeker
In Memory of Kathryn
Frommelt
Harold & Susan May
In Memory of Marcella Bjerke
William & Ellen Kaiser
In Memory of Dorothy Furda
Fred & Ardrith Meeker



Nursing Home Upgrades

In 2014 Luther Manor's Administrator, Cris Kirsch, and I had a discussion regarding the condition of the faucets within the nursing home. The fixtures were aged, leaking, and dripping water. Unfortunately our repairs were no longer working. After receiving a quote from AY McDonald, we decided to move forward with replacing 15 faucets per month. Joe in our maintenance department worked steadily to replace each faucet. No more leaks have been reported since the upgrades.

Luther Manor was also successful in receiving a grant for lighting upgrades. This allowed Luther Manor to have Sean with Morse Electric install all new LED lights in the parking lot around our Hillcrest Campus and the Independent Living Apartment's kitchens. The grant also allowed for our maintenance team put new ceiling fans in living rooms and new lights in the main entry ways for the apartment residents.

In addition to these projects, we added fiberglass blown insulation to the apartment attic. This has helped so our pipes do not freeze in the winter. We also finished our Wendt Willows wing with a spray foam insulation under our roof deck. These are all huge improvements for the comfort of our residents and have increased the efficiency of our heating system.

Thank you everyone for your work and efforts. Our residents have been pleased with these efforts.

Tim Ede

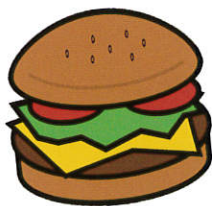
Environmental Services Director



**JOIN US FOR BURGER NIGHT AT THE
ASBURY EAGLES CLUB
5900 SARATOGA PLAZA
ASBURY, IOWA ON MAY 7, 2015
SERVING IS FROM 5:00 – 8:00 P.M.**



COST: \$7.50 FOR ADULTS AND \$4.00 FOR CHILDREN UNDER 10 YEARS OLD.



TICKETS MAY BE PURCHASED IN ADVANCE FROM THE LUTHER MANOR RECEPTIONIST, ANY LUTHER MANOR DEPARTMENT HEAD OR AT THE DOOR THE EVENING OF THE EVENT.

PROCEEDS WILL BE DONATED BY THE LUTHER MANOR ALZHEIMER'S TEAM FOR THE WALK TO END ALZHEIMERS.

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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 8 and April 22

Wednesdays: May 13 and May 27

Wednesdays: June 10 and June 24

AUXILIARY MEETINGS

On Tuesday, May 12, the Auxiliary will have a general meeting at 1:30 p.m. at Luther Manor. The hostess group will be the Bingo Group.

AUXILIARY BIRTHDAY PARTIES 2:00 p.m.

Sundays: April 12th; May 3rd; June 7th

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

Monday-Saturday

UPCOMING EVENTS

A staff luncheon is planned for Friday, April 10 from 10:30-12:30 p.m. - serving Walking Tacos

A Resident Carnival for the residents will be held Thurs., May 14, at 1:30

On Tuesday, June 2, at 1:45, the Auxiliary will have an Ice Cream Social for the residents.

2015 OFFICER

Co-Chairpersons: Dorothy Gibb/Delores Lindsay

Treasurer: Phyllis Fishnick

Recording/Corresponding Secretary: Sally Haas

Nominating Committee: Linda Lunde

Membership Chair: Marilyn Herod

THANK YOU

The Auxiliary would like to thank all who helped support our Spring Bake and Basket Sale on March 21. Thank you to those who donated items for our baskets, donated baked goods to be sold at our bake sale and/or donated their time to help with this fund raiser. All the monies raised are used to help the residents of Luther Manor.



Care at Home

Luther Manor Care at Home is excited to be working towards becoming Medicare certified. This will allow clients being discharged from the nursing home to receive skilled care at home from physical therapy (PT), occupational therapy (OT), and or nursing by Care at Home. We currently are awaiting our approval of the 855A which is a Medicare required document. Once we receive the approval we will begin admitting our first clients. Initially we have to admit ten clients and can have no less than 7 clients when Accreditation Commission for Healthcare (ACHC) comes to evaluate Luther Manor care at home. This evaluation is to ensure Luther Manor Care at Home is following proper procedures and policies. When the approval is received, Luther Manor Care at Home will be Medicare certified. Luther Manor Care at Home is also in the process of hiring another registered nurse. This nurse will hold the job title of Supervisory Nurse. The Supervisory Nurse will be the main nurse doing home visits for our skilled clients.

Lindsay Ede, BSN
Care at Home Director

Dietary Services - FOG Program

The City of Dubuque has implemented a program that is called FOG (Fats, Oil and Grease). It is a program to prevent sanitary sewer overflows and sewer back-ups by inhibiting Fats, Oils and Grease (FOG) from entering the sewer system. A significant source of FOG is Food Establishments where cooking oil and residual food grease from dishes is improperly disposed of in drains. When discharged into sanitary lines, FOG accumulates and sticks to pipe walls causing clogs in the sanitary sewer system.

In Dubuque, over eight miles of sewer lines (less than 3% of the City's total sanitary sewer length which is close to 300 miles in length) need to be cleaned on a regular basis due to FOG.

Since 2010, those lines have been cleaned a combined total of 3,910 times in order to prevent overflows, compared to once every five to six years for traditional maintenance.

What does this mean to Luther Manor Communities? Effective 2015 any new or existing Food Establishment which can be any of the following: restaurants, food manufacturers, food processors, commercial kitchen, hospitals, schools, hotels, motels, bakeries, caterers, religious institutions, correctional facilities, prisons, nursing homes, care facilities and any other facility preparing, serving, or otherwise making any food available for consumption, requires a permit. We have a commercial kitchen and we strive to utilize best management practices for FOG.

Best Kitchen Management Practices for FOG can be utilized in your own kitchen to help the City of Dubuque to prevent sanitary over flow. You can do the following at home: Do not put grease down any drains. Scrape all food waste into garbage. Do not put hot water from cooking or cleaning down a drain that is connected to a grease trap. Pour all cooking grease and liquid oil into a covered container and into the trash. Scrape or dry-wipe excess food and solidified grease from pots, pans, utensils and place in the trash.

If we all work together we can help the City of Dubuque to be in compliance with the EPA to eliminate sanitary over flows in the City of Dubuque.

Sheri Scheffert,
Food Service Director

INDEPENDENT LIVING

Growth Soars at The Residences

While This Year's Real Estate market Continues to Trend Upward

A recent Ruhl & Ruhl Realtors' Facts & Trends newsletter has predicted that 2015 is going to be a great year for home sales. The newsletter noted that during the first several weeks of 2015, pending home sales had already increased 15%. What's contributing to this healthier market are record low interest rates and a growth in home appreciation.



Betty Apelian
Residences-Sale Counselor



John Lofstedt, creates another masterpiece in The Residences' woodworking shop. John and Ann (not pictured here) Lofstedt are resident members of The Residences' community.

In line with this optimistic outlook, an unparalleled surge in townhome sales has occurred at The Residences, Luther Manor's independent, maintenance-free, townhome neighborhood for active seniors. A record 10 sales were achieved in 2014, followed by another three sales this past winter, usually a slower time of year for real estate!

Due to just six sites remaining around the cul-de-sac on Grand Meadow Drive, additional sites are now available across from the new Club House. Opened in November, this new feature provides the amenities of wellness, fitness and an outdoor swimming pool at the Club House. And don't forget the importance of community socializing. We offer a wide range of activities including a book Club, Happy Hour, potlucks, and even a woodworking shop (see photo) is expected to become a favorite place among many as the community continues to grow.

Now is an ideal time for age 55+ seniors to consider transitioning from maintenance-heavy homes into convenient maintenance-free living at The Residences. Come join one of our upcoming Lunch-n-Learns and find out how you can become a member of our community.

To plan a visit to see The Residences' community call Betty at 563-213-8094. Visit us online at www.luthermanor.com.

Spring Open House **The Residences' Townhomes, Asbury** **Saturday & Sunday, May 16 & 17** **11 a.m. - 4 p.m.**

Open House tours will begin from The Residences' Club House, 5284 Grand Meadow Dr., Asbury. Discover this wonderful Luther Manor, maintenance-free townhome neighborhood for active seniors, age 55+.



“Spring”ing To Wellness!

Tasia Guiter, Wellness Coordinator

Fitness is in full swing for spring on the Luther Manor campuses! This past November, the Club House opened on the Asbury Campus, housing the brand new Wellness Center. The Wellness Center provides residents with the opportunity to live fit & active lives, right in their “backyard”! Research has proven just how important physical activity and exercise is, especially to the 55+ population. As we age, muscle and bone mass atrophies and weakens, leading to problems such as increased pain, decreased mobility, and increased risk of falling. Just 30 minutes of moderate exercise daily provides the following benefits, to name a few:

- Increase and/or maintain strength
- Improve health and slow disease processes
- Decrease pain, especially related to osteoporosis & arthritis
- Manage stress and improve mood
- Maintain independence for a longer period of time
- Decrease an individual’s fall risk

The Wellness Center has cardio, strength, and balance equipment available for use including treadmills, bicycles, an elliptical, hand and ankle weights, resistance bands, a BOSU ball, and stability balls. We were also able to purchase a NuStep with a generous donation from Weber Paper Company. We currently offer strength training for residents, and future plans include both balance and yoga

classes. Resident use of the facilities is around 80%, with more expected to take advantage of this great space once the pool opens on April 14th. Classes are included in the benefits of independent living at Luther Manor. The Wellness Center is not just for residents; however, employees of Luther Manor Communities are able to use the facilities free of charge! Residents have 24/7 access, and employees are able to access the Wellness Center daily from 6:00 a.m. - 9:00 p.m.

Many exciting happenings have occurred at the Hillcrest Apartments as

well! Classes were introduced in late September with the aim of bringing more wellness opportunities to those who reside there. Three different types of classes are currently being offered at no extra cost:

Sit & Stretch and Strength Training occur once per week; due to its popularity a second Balance class was added three weeks after the start of the first. Participation is over 50% of the total number of Apartment residents! The goal of the classes is to improve balance and stability, increase strength and mobility, and decrease pain. So far the classes have been well received and the residents enjoy not only the fitness aspect, but the community & social element the classes provide.

I am thrilled with the early and current success of the wellness programs, both at the Club House and the Apartments. If you are part of Luther Manor Communities and have any wellness related questions, please feel free to email me at tasia.guiter@luthermanor.com.





LUTHERMANOR
COMMUNITIES

HILLCREST CAMPUS
3131 Hillcrest Road, Dubuque, IA 52001-3908
P: 563.588.1413 | F: 563.588.3875

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

APARTMENTS

Many of us will one day be assisting our elderly parents with relocating. This is never an easy decision. It may seem like the elderly person is losing their independence; however, as the name suggests, independent living is more about making life easier than giving up their independence.

So how do we decide if independent living is the right option? Before spending time finding the right independent living community, ask these questions:

- Are they in good health?
- Can they manage their own medications or doctor appointments independently?
- Would they enjoy a community with their peers?
- Do they want a “maintenance free” lifestyle?
- Would they prefer the extra security provided by these communities?
- Can they afford the costs of this type of living?

If your elderly parent is not in good health or cannot care for themselves without assistance, they are not good candidates for independent living. An assisted living or nursing home which provides access to healthcare and emergency medical services would be a more suitable living option.

Luther Manor Senior Apartments offer 33 - one and two bed apartments. The cost of rent for these apartments include all utilities, light cleaning, transportation, emergency pull cords, laundry, and in-house, and out-of-house activities. Meals with a full menu of options are also available at an additional cost.

If you would like additional information and a tour, contact Beth Preston, Social Services Coordinator at (563)-690-5269.

