

- Assistance with activities of daily living
 - Individualized care
 - Conversion to mostly private rooms
 - Around-the-clock nursing care in a homelike setting
- Long-Term Care**
- moving back home
 - Transitional care program to ensure success when

- Easy access to therapy services in lower level
 - Fully furnished spacious rooms with television
 - Ideal for rehab, skilled, hospice and respite care
 - Maximized safety and support
- Short-Term Care**
- Low stimulus
 - Private rooms to help maximize awareness & orientation

Dementia Specific Area with Low Stimulus

Household Concept with More Individualized Living Space

The addition to the current nursing facility will house 17 new private resident rooms. The addition of these rooms will help with the conversion to mostly private accommodations throughout the existing facility. The transformation will create designated spaces for short-term stays and a dementia-specific area creating a positive environment for our residents and their families. The addition of multiple small dining rooms as well as family conference and lounge areas will make it feel more like home. This project gives us the ability to fulfill our vision to maximize the quality of life for those we serve with the creation of separate households allowing us to provide more resident-centered care.

Health Center Addition Project Highlights



Expansion of Quality First Services | Upper Level Addition

In Loving Memory

We are honored to share in the lives of United Presbyterian Home residents. As 2015 has come and gone, we take time to remember those who have passed, treasuring the memories made with these residents, their families and friends and holding that remembrance close to our hearts.

William Potratz	January 5, 2015
Wanda Fritz	January 14, 2015
Dorothy Grim	February 5, 2015
Kenneth Noble	February 10, 2015
Harold Stephens	March 16, 2015
Robert Stout	March 22, 2015
Shirley Boshart	May 28, 2015
Carol Coon	June 1, 2015
Eugene Stewart	June 11, 2015
Paul Swank	August 8, 2015
Patricia Sherman	August 17, 2015
Sandra Rich	September 4, 2015
Mary Greathouse	October 12, 2015
Elsie Burkholder	November 5, 2015
Virginia Finke	November 14, 2015

A Celebration of Life Service will be held in the Spring to honor the residents of the UP Home who passed away in 2015. We will notify the main contact for each person to extend an invitation when the date is set. If you want to ensure you receive information about the service, please call Carol Enfield at 319.653.6171.



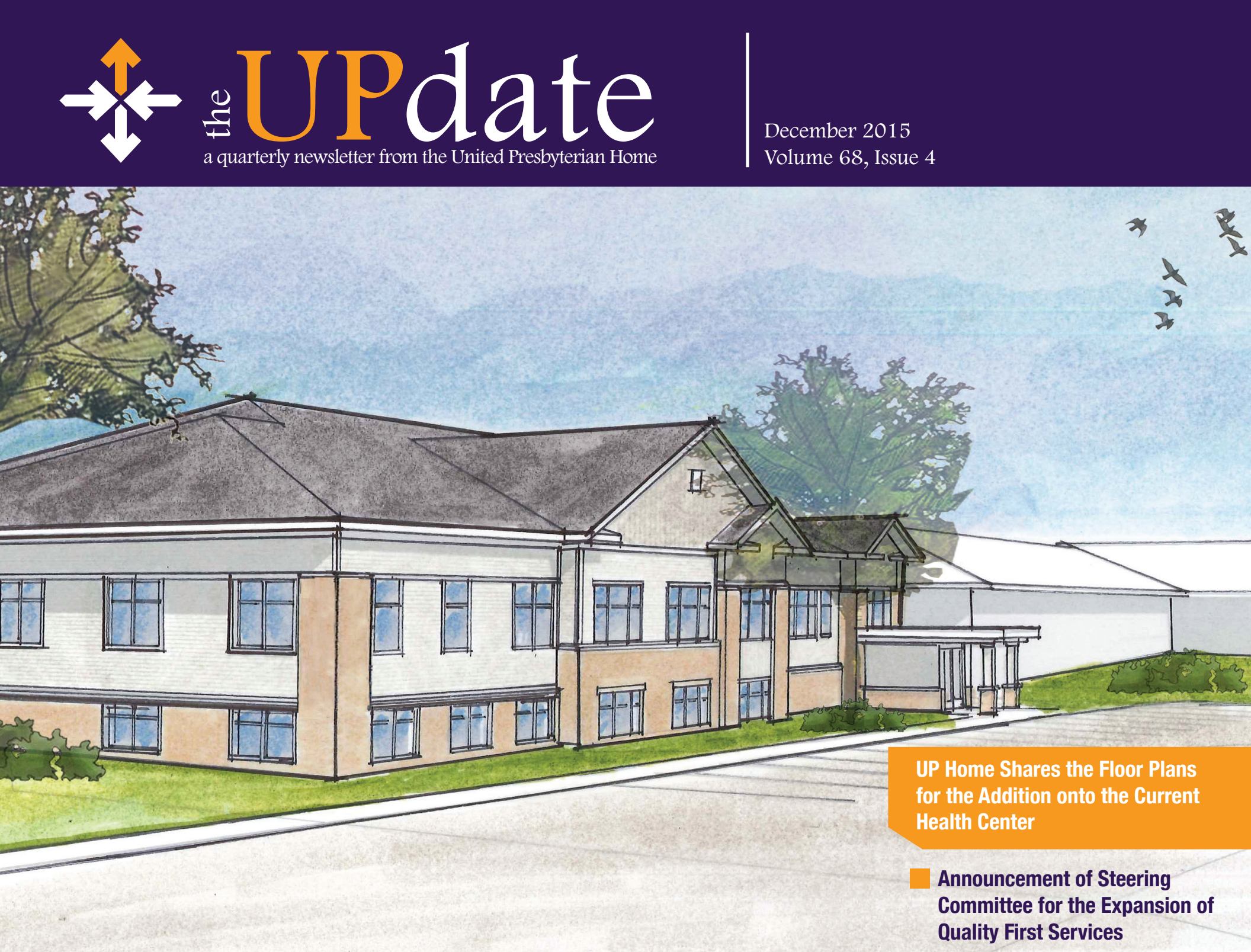
A Christmas Message

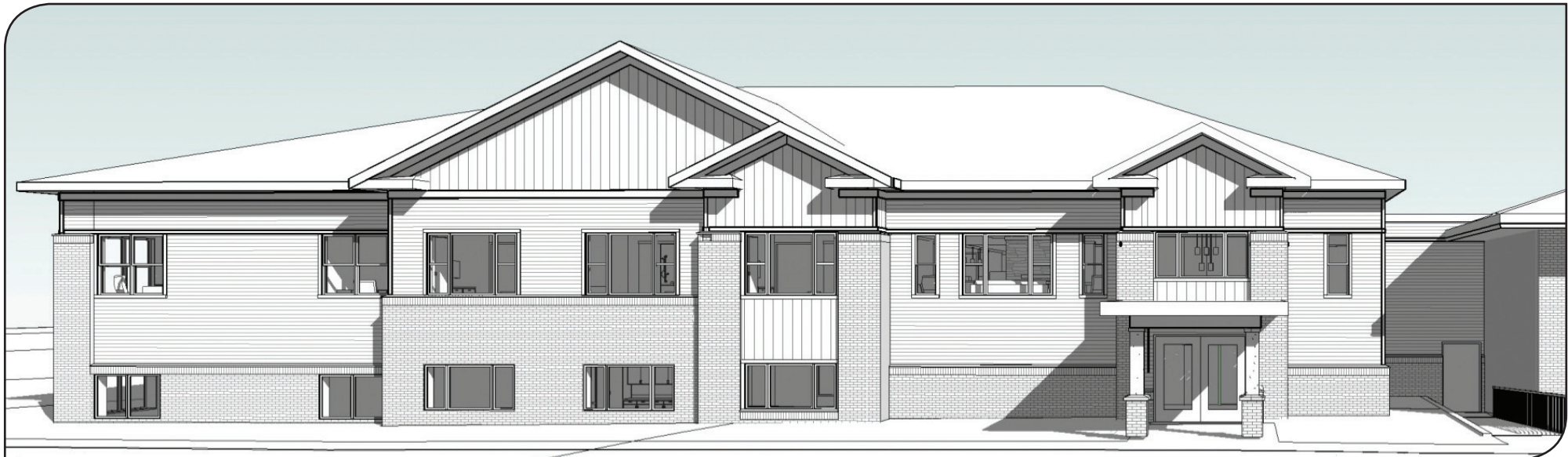
From UP Home Chaplain Rev. Kitch Shatzer

The dictionary defines the word “advent” as an arrival, or a coming into place. We think of it most commonly, perhaps, in the context of the four weeks leading up to Christmas Day when many Christians make special efforts to focus on the spiritual aspects of the season when we celebrate the coming of Christ to live on earth, God in human form.

During this particular Advent season, we at the United Presbyterian Home are also anticipating the coming of something new – the addition to our health center and new fitness and therapy center. It will be a great expansion of the other facilities that have grown up over the years and will allow us to serve the community in even more and better ways.

Anticipation is something that piques our attention, that draws us forward and orients us toward the future. Whether we are anticipating an addition to a building, or a gathering of family for a dearly loved holiday, or just a quiet celebration of God’s love for us, God is calling us to keep moving in a positive direction. What better time to find a way to help someone else enjoy this special season – in a small, poignant moment, or a just-right gift – or simply being present, just as God made himself present to us and made all the difference in the world.





(ABOVE) United Presbyterian Home’s plans for their Expansion of Quality First Services are well under way. This shows the front elevation of the two-story addition on to the South Hall of the current Health Center. (FRONT) The photo on the front gives another view of the exterior concept in color.

Plans for United Presbyterian Home’s Expansion of Quality First Services Continue with Certificate of Need Approval

Expansion of Quality First Services

The years of planning and research came to fruition in September when the United Presbyterian Home announced plans for their Expansion of Quality First Services. The expansion includes a two-story building addition on to the south hall of the current Health Center. The first floor of the addition will house 17 private nursing rooms and the lower level addition will have first-class wellness, fitness and therapy facilities which will include a therapy pool.

“Quality First is a Leading Age initiative that recognizes aging services can always be improved, and that’s our goal as a provider” said Erin Drahota, COO and Administrator at the UP Home. “This expansion will not be only a physical expansion but will give us the ability to improve the services we already offer with more private rooms, distinct resident areas and cohesive wellness and therapy facilities. We will also open our doors to the 55+ community as a way to welcome the public into our campus and show them our services at a more personal level as well as create a level of familiarity.”

History of Buildings & Programs on Campus

The addition of new buildings and programs on campus has been a constant at the UP Home. Since its beginning in 1947 with one building the campus has continued to expand and grow steadily on its 35-acres to meet the needs of its residents and the community. Most recently, within the last 35 years these major buildings have been added:

- 33 cottages (‘76-‘15)
- Brownlee Health Center (‘76)
- McCleery Health Center addition (‘80)
- Kerr Hall condominium style apartments (‘95)
- Main Dining Room (‘05)

In addition to new construction on campus, the UP Home has added several programs in the last 27 years which have benefited the residents and added employment opportunities in the community. These programs include:

- Partnership with WDCDC to staff the laundry room seven days a week (‘88)
- UP with Kids Day Care Center opening its doors as an employee and resident benefit (‘89)
- Wellness and Fitness programming (‘99)
- Art Classes offered on campus (‘06)
- Aegis Therapies partnership which provides speech, occupational and physical therapy to residents (‘11)

The UP Home believes that now is the right time to add this 20,000 square foot addition to continue to meet the needs and wants of their residents and the

community, just as it has done for the past 68 years.

Certificate of Need Approval

In October the dream became reality when the UP Home received their Certificate of Need from the State of Iowa to add seven beds to their current license, increasing it to 59 beds. The Home’s current Health Center is licensed for 52 beds which is made up of 20 private and 16 semi-private rooms, with the 17-bed addition it allows for renovation of the existing Health Center to accomodate more private rooms. After the conversion there will be three households made up of 43 private and 8 semi-private rooms in total. The household concept offers a more individualized living space that feels more like home. The three households will be: a Low Stimulus Dementia Specific Area, Short-Term Care and Long-Term Care.

Announcing the Steering Committee

The UP Home named ten community and surrounding community members to their Steering Committee for their upcoming expansion project. The committee has been working to finalize the vision and help bring it to life. The members include committee co-chairs David Maupin of Coralville and Dale and JoAnn Torpey of Washington. Along with them are Jean Potratz, Sandy Dunlap, Stephanie Kronlage, Gene Driscoll and Linda ‘Kitch’ Shatzer all of Washington and Doug and Janice Yotty of Kalona.

“I am really excited about the project and what it will offer to our seniors in three different areas: a Dementia specific household; a short-term stay household for rehab, hospice and respite care; and Wellness and Therapy space with the pool” said JoAnn, a UP Home Board Member and retired nurse. “The UP Home wants to stay on the cutting edge of health care and wellness for our residents.”

Next Steps

The United Presbyterian Home is excited for this expansion project which will enable them to continue to provide quality care and is grateful for the volunteers on the Steering Committee and UP Home Board of Directors who have and will continue to help this project come to life.

“ ‘Expansion of Quality First Services’ means that the high quality of services the Home already provides will continue, but it will be available for more people.” said John Thorne, 17 year UP Home Board and Buildings and Grounds Committee member.

Why Water?

By integrating aquatic therapy the UP Home will be providing a safe and effective way to help people rehabilitate, become more active, and safely perform everyday tasks required for an independent lifestyle. Programming for the therapy pool will include group aqua aerobics as well as individual use for cardio, strength, flexibility, balance & weight loss.

Benefits of Water

Balance

ability to workout without the fear of falling

Weight Loss

the ability to exercise with little or no pain

Leg Strength

to help remain active and reduce falls

Ease Joint & Muscle Pain

from fibromyalgia, arthritis, & other chronic pain

Faster Rehabilitation

from various surgeries

Property of Water

Buoyancy

- Being shoulder depth is 90% non-weight bearing
- Minimizes joint impact
- Aids freedom of movement
- Helps reduce fear of falling

Warm Water

- Relaxes muscles for greater range of motion
- Decreases joint pain

Hydrostatic Pressure

- Helps reduce swelling
- Assists with cardio & blood flow / return to the heart

Expansion of Quality First Services | Ground Floor Addition



First Class Wellness, Fitness and Therapy Services

The ground floor of the expansion project will be home to the Wellness, Fitness and Therapy services. This space will be open to our residents and the 55+ community. The UP Home has award-winning programming, and now they will have the space they need and deserve.

Wellness & Fitness Highlights

- Exercise environment that promotes fit and healthy behaviors, open to all adults 55+
- A floor plan maximizing the space & workout flow
- Large group exercise area for instructor led classes
- Indoor track
- 12’ x 20’ warm water therapy pool with two underwater treadmills
- Men’s & women’s locker rooms equipped with showers & restrooms

Therapy Highlights

- Occupational Therapy space to simulate home setting
- Private treatment spaces for patient comfort & privacy
- Open area for group therapy & balance activities
- Aquatic Therapy using the therapy pool in conjunction with land based therapy to maximize functional gains
- Private treatment space for Speech Therapy

KEY

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|--|---|
|  Exercise Area |  Therapy |
|  Indoor Track |  Pool & Locker Rooms |
|  Waiting Area |  Storage |
|  Corridor |  Staff Area |