



the UPdate

a quarterly newsletter from the United Presbyterian Home

October 2016
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- Ceremonial Groundbreaking Takes Place
- UP Home Residents Win Volunteer Award
- Former Director of Nursing Reflects On Her Career in Healthcare

Ceremonial Groundbreaking Held for the Expansion of Quality First Services

Building Addition Has Started

The United Presbyterian Home is proud to announce that construction has started on campus for the Expansion of Quality First Services building addition. The ceremonial groundbreaking took place on Wednesday, September 14, to celebrate this monumental achievement for the Home with many residents, community members and employees in attendance.

The new addition on to the south hall of the current Health Center will be over 20,000 square feet and cost an estimated \$6.2 million dollars. The first floor of the addition will house 17 private rooms; and the lower level addition will have first-class wellness, fitness and therapy facilities which will include a warm water therapy pool and an indoor walking track.

"I would like to thank the Board of Directors, residents, friends of the Home, steering committee volunteers and my dedicated staff for the pledges of financial assistance being made to help defray some of the construction costs of building this facility," said CEO Mike Moore during the Ceremonial Groundbreaking. "The overall fundraising will continue through the building process. The gifts raised and additional borrowing will build a new facility that will benefit all Washington Community residents 55 and over. It will provide a means for people to stay healthier while living in the place they call home."

The Steering Committee made up of 20 volunteers



(Left to Right) Doug Ziegler from Carl A. Nelson, CEO Mike Moore, Todd Thompson from Reliant Pharmacy, Jayce Bailey from Hills Bank, Wellness & Fitness Director Amy Kleese, Director of Nursing Jennifer Greiner, Administrator Erin Drahota, Resident Carl Dallmeyer, Resident Dean Garrett and Mayor Sandra Johnson.

has helped raise \$1.15 million dollars in pledges so far. The fundraising goal of \$1.5 million dollars was announced during the groundbreaking ceremony.

Construction Zone

The construction is happening on the south side of the existing Health Center and to the west of Kerr Hall. During construction, we are asking that residents, guests and employees find alternate parking places. We have also had to discontinue using the entrances on the south hall of the Health Center.

The general contractor for the project is Carl A. Nelson & Company (CANCO) out of Burlington, Iowa. They have a long history of doing business in Washington and with the United Presbyterian Home including construction of the Skywalk from Kerr

Hall to the Main Buildings as well as the addition of the Main Dining Room and Kitchen in 2005.

"We chose Carl A. Nelson because of their reputation for keeping a project on time and within budget," said CEO Mike Moore. "Our experience with them on previous projects on campus have been great, so it was an easy decision."

If all goes well, the construction should take about 12 months. The goal is to get the structure up so that crews can continue to work inside the building through the cold winter months.

"The weather has been great and overall we are ahead of schedule by three days," said Duayne Seberg, Director of Maintenance at the UP Home. "Each week Carl A. Nelson & Co. holds a construction meeting for any contractors that will be working on the project in the next month. By having this meeting, they are able to avoid small set backs and make sure everyone is on the same page."

As of October 7, concrete had been poured for the west wall, half of the south wall and the base of the elevator shaft. Weather permitting, they hope to be completed with the cement work by November 1.

In the next couple of weeks they will start to dig the hole for the pool, install the electric and plumbing in the groundfloor so that the rest of the cement work can be done as well as the precast concrete and backfilling around the walls.



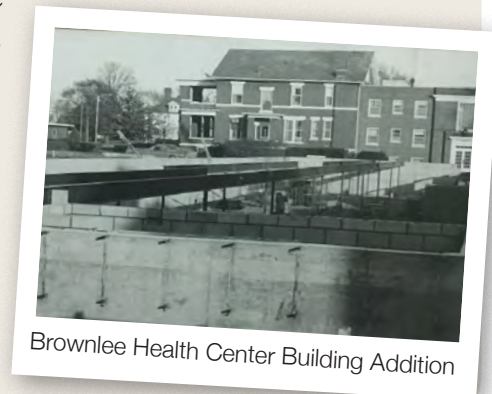
Chas. Willming, John Owen, Richard Colby, Rbt. French Breaking Ground in 1974 for the Brownlee Health Center

BLAST from the PAST

The United Presbyterian Home started building the Brownlee Health Center in 1974 when they realized they did not have sufficient space to provide care for the growing Home Family.

It all began in 1972 with the receipt of two large bequests totaling \$150,000 which gave the Board of Directors the courage to begin planning a new health care unit. With the help of a professional from the church office in New York, a large campaign began with the goal of raising an additional \$400,000 for the new health care unit.

The groundbreaking was held on August 21, 1974, and the cornerstone was laid May 25, 1975. The care center was named Brownlee Care Center in memory of Alban B. and Cora Brownlee, Home Family Members from 1950 - 1957. The 36-bed Brownlee Health Care Center was opened in February 1976.



Brownlee Health Center Building Addition

Expansion of Quality First Services Building Progress



UP Home Residents Win Volunteer Award

United Presbyterian Home and the The Longest Day Team have been awarded the 2016 Volunteer of the Year Award by LeadingAge Iowa, an association representing not-for-profit aging services providers.

United Presbyterian Home's The Longest Day Team, made up of Pat Jenkins, Melva Mineart, Lois Swank, and Dorothy White, won the Volunteer of the Year Award, based on their dedication to raising money and awareness to combating Alzheimer's disease. The Longest Day Team, made up of women who all whose husbands have suffered from Alzheimer's, have been leading the fight against the disease by participating on the NuStepping to End Alzheimer's Longest Day team for the last three years. The goal of the Longest Day is for a team to complete an activity from sunrise to sunset to raise awareness and funds for the care, support and research efforts of the Alzheimer's Association.

In 2014, they raised \$5,000. In 2015, they set their goals higher, raising more than \$10,000. This year, the team elevated their goal to \$12,000 and built upon their annual activities by forming partnerships with the community and local businesses and educating the community about the impact of the disease.

In one of the team member's own words: "It isn't hard for me to say why I want to take part in The Longest Day. My husband suffered from this for the last ten years of his life, and I wouldn't want anyone else to go through that type of experience. I worry that it might be carried on to my children and grandchildren. We need to do all we can to raise funds for research and find a cure."



UP Home residents received the 2016 Volunteer of the Year Award from LeadingAge Iowa, an association representing not-for-profit aging services. From Left to Right is Shannon Strickler, President/CEO of LeadingAge Iowa, Pat Jenkins, Dorothy White, Lois Swank, Melva Mineart and Ed Poush, Awards Chair for LeadingAge Iowa.

“ It isn't hard for me to say why I want to take part in The Longest Day. My husband suffered from this for the last ten years of his life, and I wouldn't want anyone else to go through that type of experience. ”

Said One of the Team Members

Recipients received their award at a statewide recognition ceremony on September 21 at the DoubleTree by Hilton Hotel Convention Complex in Cedar Rapids at the LeadingAge Iowa Fall Leadership Conference, "Be the Difference".

LeadingAge Iowa's mission is to expand the world of possibilities for aging through advocacy, education, and collaboration; its vision is to be the trusted leader and resource for excellence in aging services. LeadingAge Iowa represents a spectrum of non-

profit providers including skilled nursing, assisted and independent living, home health, adult day care, respite, hospice and home-delivered meals.



Director of Nursing Mary Holmes Talking with a Resident



Health Center Staff from 1973



Director of Nursing Mary Holmes holding Freckles the Dog

Former UP Home Director of Nursing and Current Resident Reflects on Her Career in Healthcare

In 1965, Mary Holmes took a leap of faith by leaving her tenured job working as a Public Health Nurse in the mountains of Tennessee to come to Washington, Iowa, and be the first nurse at the United Presbyterian Home.

"I walked out of the interview after they offered me the job and I thought no way would I move there. They didn't even have a job description for me," said Mary Holmes, now 96 years old. "I went to visit my brother who was a pastor in Missouri and he told me to take the job on faith. He told me, 'they are Presbyterians and they will stand behind you'."

On July 19, 1965, Mary started as the Director of Nursing. When Mary started, Richard 'Dick' Colby had been the administrator for 3 months. There was one Certified Nurses Aide (CNA) on each shift, and she was the only nurse.

"It was just us, either Dick or I needed to be on campus at all times," said Mary. "When I started, there were 12 patients, 5 of which hadn't been out of bed in a long time and 4 of them had bed sores, so we had to get in to action. At that time, we had no records on anyone, just a notebook with some notes about medication."

In the beginning, Mary wasn't only the DON, so she had to wear many hats. Mary purchased supplies, gave residents rides around town at no cost because there wasn't any public transportation, went to Spurgeon's clothing store to buy residents new clothes, and she even helped some residents with funeral wishes.

"Once a lady asked to be buried in shoes and when I asked why she responded that she didn't want cold feet," said Mary with a smile when talking about charting residents' funeral wishes.

Mary was in charge of starting many programs early in her career that we still have today in some shape or form including TB Testing, the flu vaccine and charting medical records.

"There is too much emphasis on paperwork and records now. Nurses and aides should spend more time with the people. Paperwork isn't helping the residents," said Mary who has lived on campus since she moved here for her job in 1965.

Mary worked as the Director of Nursing (DON) at the UP Home for 20 years before retiring in 1985. During that time she saw the Health Center grow from 12 beds to 52 beds with the two Health Center additions which we have today, Brownlee and McCleery.

The Brownlee Health Center took two years and was completed in 1976. Upon completion, Mary rounded up 20 volunteers to help 19 patients move their furniture and belongings from Sherman Hall to the new Health Center. Then in 1980, the McCleery Wing was added which had a Beauty Parlor and Activity Room.

"I am grateful for all of the employees who have come and gone because it takes from the first person to the people we have today. It takes building blocks to have what we have today," said Mary.

Donor Recognition Opportunities for the Expansion of Quality First Services Capital Campaign

Giving to the Expansion of Quality First Services campaign is a way to support the United Presbyterian Home in a meaningful way and to receive lasting acknowledgement for you, a loved one, or your organization. With a special gift to the project, you can create a meaningful tribute to a loved one, ensuring their name becomes part of the fabric of an institution that changes lives every day. To support this project, please use the enclosed envelope to make a pledge. You can also learn more about the project at www.uphome.org.





Kitch's Korner

Spiritual Wellness
with Rev. Kitch



One of the Bible Study groups at the UP Home is currently engaged in the study of a book called *Ten Rules for Growing Older with Dignity*. The author, Dr. Richard Cox, starts with Psalm 92:13-14: "planted in the house of the Lord [the righteous] will flourish in the courts of our God. They will still bear fruit in old age; they will stay fresh and green..."

This speaks to the richness of life that we can attain EVERY day and EVERY year of our lives, including those nearest to the end of life on this earth. As lifespans increase with better health standards, living conditions and medical care, we are confronted with how to add quality of life to its quantity – otherwise it is without value.

There is sanctity of both life AND death. The journey toward that day that comes for each of us is a sacred gift from God. But, as Dr. Cox writes, there are rules for engagement for the process. We not only live in old age, we live with it! Sometimes that is a big challenge, one of those that we take up at the UP Home, hoping to add value to the days of our lives.



Elizabeth Tinnes from The Joy of Music spoke about the who, what, when, where and why of music therapy. She also entertained the group with her guitar music and residents participated by shaking noise makers during one song. The Day Care kids were also able to enjoy the music.

Volunteer Appreciation Brunch Honors UP Home Volunteers

The United Presbyterian Home is honored to have a wonderful group of volunteers, and expressed their gratitude by hosting a brunch for them on Tuesday, October 4.

After the volunteers enjoyed a big breakfast of omelets, sausage, bacon, biscuits, gravy, waffles, fruit and cinnamon rolls, there was entertainment and a bit of learning. Elizabeth Tinnes from The Joy of Music entertained the group with her guitar music and explained the benefits music has as a form of therapy. She was aided by the children from Day Care who passed around noise makers and did their part to join in the music.

"We couldn't provide the care, service and activities we do without all of the great volunteers we have," said Activity Director Carol Enfield. "We have a variety of volunteers who help out all over campus. It's really great to see people helping others'.

The UP Home had over 100+ individual volunteers in 2016 helping with things such as: volunteering in the Day Care, giving wheelchair rides, reading with residents, playing music, taking residents to appointments, delivering newsletters, passing the snack cart in the Health Center, setting tables in the Health Center, playing games with residents, planting and watering flowers, weeding the garden and flower beds on campus, and the list goes on.

The United Presbyterian Home values all of their volunteers from residents who live on campus and volunteer to those who come in from the community to help out. We are always looking for friendly and reliable volunteers to help with various activities at the UP Home.

Happenings at the UP HOME

Here is a glimpse of what's been happening at the United Presbyterian Home since you heard from us last:

Annual Melon Feed

The annual Ross and Nellie Copeland Melon Feed was held on Wednesday, August 10, in the parking lot in front of the Brownlee Health Center as has been the tradition for over 50 years. Residents were served watermelon and cantaloupe from Stout's Market. This is always a popular event with many residents attending. Older kids from the Summer Day Care Program helped with serving and clean up. Some residents opted to eat inside due to the heat. Ross and Nellie Copeland were former residents of the United Presbyterian Home and raised melons for a hobby.



RAGBRAI Visits Campus

There was lots of excitement on Friday, July 29, when Washington was the last overnight town, for RAGBRAI. Out of the over 15,000 bike riders that came to town about 150 bikers and support teams spent the night on the UP Home campus in cottages, tents and vacant apartments, or took advantage of showers offered by various residents. The older kids' program of our day care center took advantage of many hot and hungry customers for their fundraising sale of homemade ice cream sandwiches with the cookies prepared by our dietary staff and ice cream put in place by the kids. It was a sell-out!



Food Show

A buffet of fall foods was prepared by Martin Brothers Food Distributors for residents to sample at the Food Show. After residents tried the food, they would rate them on their scorecard. There was a variety of food to try and then review, including soups, main entrees, salads and desserts. Favorites were noted and given to dietary staff for fall menu selections.



Homecoming Parade

UP Home employees helped chauffeur residents to the WHS Homecoming Parade on Friday, September 30. Residents were dressed in the appropriate colors of orange and black to show their school spirit. Day Care children went along armed with bags to collect the candy thrown to them as the floats went by which they shared with the adults.





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Current Openings at the **UPHOME**

Cottages

Cottage living combines the independence of living in one's own home with the security and of the Home.

26 Cedar Drive

- Newly remodeled two bedroom, one and a half bathrooms
- 1,184 sq. ft. of living space with a three seasons porch
- One car attached garage

28 Elm Lane

- Two bedroom, one bathroom cottage
- 720 sq. ft. of living space with an attached carport



Condominium-Style Apartments (Kerr Hall)

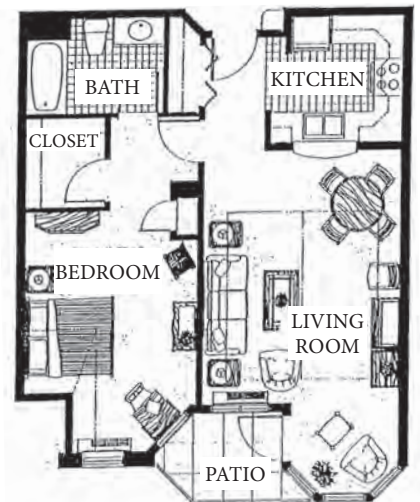
Living in Kerr Hall also offers an independent lifestyle without any worries of home maintenance. Popular amenities include a private balcony, underground parking and a skywalk connecting to the Main Building.

Kerr Hall Apartment #255

- Two-bedroom, two-bathroom apartment on the second floor
- 1,075 sq. ft. of living space with private balcony
- One garage space in lower level garage

Kerr Hall Apartment #353 (pictured on the right)

- One-bedroom, one-bathroom apartment on the third floor
- 755 sq. ft. of living space with vaulted ceilings
- One garage space in lower level garage



Main Building Apartments

There is currently a one-bedroom apartment opening in the Main Building. This apartment is 475 square feet with a bedroom, bathroom, kitchen and living room. It is available for monthly rent or through an endowment.

319.653.5473 or info@uphome.org

Contact Diana today to schedule a tour!