

## From the Executive Director

*by Dave Armstrong, Executive Director*

As spring starts to bloom with new flowers and buds on the trees I can pass along the news that we have move into our very last resident hallway, the 700 hall. This last move represents the final phase of resident moves which has been happening for the last year and a half.

The finish line of all remodeling is in sight. The project has several common areas that will be completed in the next two months with the end of the project schedule for the last part of May. I would like to express my appreciation to the residents, families and staff of Lutheran Living for the patience they have shown over the last 3 years in the expansion and renovation.

The health center in July will have a newly created Event Center for the Muscatine community. It will have a complete Audio and Video system to allow presentations and education. We already booked 3 events for its use. We can host business events, focus groups, piano recitals, educational workshop, plays etc. The event center is intended for our community use and we encourage the public to make inquiries.

The State of Iowa health care is in the process of a great change as the Department of Human Service re-works how they are providing health services to those who are eligible for assistance. These changes have introduced third party manage care organizations (MCO's) who now are accountable for the care of thousands of Iowans'. Effective April 1st, 2016 these MCO's will provided case managers that will be very involved with the direct care of these people. Look for this new system to be slower in processing paperwork, requiring pre-authorization of treatments and denial of some forms of care. This new system is designed to provide value added care with the target of lower cost, improving quality and providing better satisfaction to it's benefactors. The future will determine if this will occur.



## Lutheran Living Contacts

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Executive Director

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Director of Long Term Care

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Director of Specialty Services

**Tina Green**  
MDS Coordinator

**Holly Churchwell**  
Director of Social Services

**Christi Blake**  
Dietary Director

**Steve Snider**  
Activity Director

**Brad Soule**  
Director of Maintenance

**Connie Siefken**  
Laundry/Housekeeping supervisor

**Gaylor Nelson**  
Chaplin

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## Caring Above and Beyond...

*by Kris Stalkfleet, Director of Human Resources*

The Caring Above and Beyond Recognition Program recognizes employees for caring above and beyond and positively demonstrating our values in the exceptional service and care they provide. The values that apply:

**Hospitality** - Extending warmth and acceptance to each other and to all we serve.

**Stewardship** - Representing the value and worth of Lutheran Homes.

**Integrity**- Creating a daily practice of doing the right things.

**Respect**- Treating all persons with dignity and respect without regard to age, gender, race, or minority or economic status.

**Humor**- Having fun at work!

To nominate an employee, complete a nomination ballot that is located at the front desk or one of the nursing stations and return to the Human Resource department. The person(s) you nominate will receive personal recognition and may qualify for additional awards.

## News from the Activity Department

*by Steve Snider, Activity Director*

I would like to take this time to thank our residents, families, volunteers and visitors for being patient during our construction. Spring is in the air and trees are budding, grass turning green and flowers are coming up all around us. Good things are also happening inside Lutheran Living. We will have the Event Center opening soon for our large groups and community events. The Activity courtyard, you have been hearing about is on track and will be a nice addition, we are hopeful to plant the first plants on May 25th. A family room will also be ready to host your family gatherings in the near future. We all have had to be very flexible and make the best of our situation, but we are nearing the completion date and we can all be proud of the State of the art improvements facility wide. We look forward to these new and exciting additions to enjoy for many years to come.



## Celebration Time!

*by Nerea Strickland, Marketing/Admissions*

Now that the renovations are almost completed, Lutheran Living is excited to announce an upcoming Open House celebration. The Open House is scheduled for the 25th of June from 1-4pm; it will be open to the public with food, music and tours available to show off our amazingly beautiful facility.

Got a special event coming up and need a space to host it? The Event Center is also nearing completion and will be available to members of the community to host special events. The Event Center, which can seat 100 people, has a raised stage, a state of the art sound system, and a large projection screen; these are just a few of the features it offers. Be sure to call the main office at 563-263-1241 to see if Lutheran Living can meet your Event needs and schedule your reservation now.



## 8 research-proven things you can do to improve lives of your Alzheimer's elders

1. Encourage exercise in any way you think is possible, as often as possible. Even regular short walks can be effective.
2. Fill a "treasure box" with favorite personal items, for the elder to touch and hold. .... photos, old gifts, or things they enjoyed doing.
3. Play some music and ask your elders who are able, to dance with you or a fellow resident.
4. Make sure they can participate often in activities with others. Even with advanced Dementia, being present is highly beneficial.
5. Provide as many opportunities as possible for all cognitively impaired elders to reminisce about important events from their past.
6. Encourage others to read to your elders or play simple games.
7. Softly sign a person's favorite tunes while assisting them with bathing, dressing, eating, and other caregiving task.

8. With the help of family members, find out about favorite past hobbies or other interest your elders may want to continue to pursue.

With Spring and warmer weather approaching, get your elders outside for a walk, exploring the yard for flowers, or just sitting in the swing and reminiscing can be very beneficial for their health and wellbeing.





# Blue Zones Worksite

Lutheran Living Senior Campus understands that the health and well-being of employees is a great investment for the facility and the community. Therefore, it has been decided that Lutheran Living will take the pledge to become a Blue Zones Worksite. Research shows that Blue Zones Worksite employees have improved health, reduced absenteeism, and longer life expectancy, a greater sense of engagement, a purpose and a connection with coworkers. Lutheran Living has already met much of the criteria but is working on putting other actions in place to create a healthier work environment for employees.



## What is Blue Zones?

Blue Zones are geographic regions around the globe where there are a large number of centenarians who are enjoying remarkably long, full lives with less cancer, less heart disease and other chronic illnesses. About 10 years ago, National Geographic Explorer Dan Buettner lead teams of researchers across the globe to look for the secrets of these Blue Zones and they discovered that the recipe for a long, happy life is an intertwining combination of community, lifestyle and spirituality.

## Blue Zones are based on 9 power principles:

**Move Naturally** - Find reasons to get up and move, walk rather than drive.

**Know Your Purpose** - Take a look at your life, your values, passions, gifts and talents and then look for ways to put your skills into action in order to add meaning to your life and the lives of others.

**Down Shift** - Find a stress-relieving strategy that works for you and make it a routine. You'll be able to benefit both physically and emotionally!

**80% Rule** - The 80% Rule is a strategy that focuses reducing things in our diets. For example, you should stop eating when your stomach is 80%.

**Plant Slant** - Try eating a rich array of fresh fruits and vegetables; decrease meat portions to twice a week and try to get a piece that is lean and the size of a deck of cards.

**Wine at 5**-Wine has been shown to reduce risks for many diseases. Limit your daily intake to one glass for women and two glasses for men.

**Right Tribe**-Choose to create social circles that support healthy behaviors; proactively surrounding yourself with the right friends will do more to add years to your life than just about anything else

**Community**-Become a part of a faith-based community; what religion you are doesn't matter, what matters is that you attend regularly and truly feel part of a larger group.

Loved Ones First-Place families first, besides raising your children, this could mean caring for your aging parents or grandparents or being in a positive committed relationship.

*A long healthy life is no accident. It begins with good genes, but it also depends on good habits. If you adopt the right lifestyle, experts say, chances are you may live up to a decade longer.*

# MARCH: National Professional Social Work Month

by Holly Churchwell, LBSW Director of Social Services

Nursing home social workers serve in advocating for residents and their families. They help identify emotional needs and coordinate services to ensure needs of each resident are met. They facilitate transitions from home to nursing facility care, skilled nursing care to long term care, hospice or a return to community living. Services may include assistance with the following: concerns related to the resident's illness, disability, financial, legal and medical decision making; locating community resources, expectations of care; room change adjustments, interpersonal relationships; re-establishing community living; conflict resolution and coping with personal losses. They coordinate care conferences to promote updates, feedback and discuss steps that lead to further progress and improved quality of life. Collaboration with the interdisciplinary team is utilized to attain each resident's goals, highest practical mental and physical health, social and emotional needs. Social Services focus is establishing trusting relationships, providing choices and advocating resident rights.

Lutheran Living employs two social workers. Holly Churchwell is the Director of Social Services. She graduated from the University of Northern Iowa and is a Licensed Bachelor Social Worker. She has been employed at Lutheran Living for over 30 years in several capacities. In her many years she has seen Lutheran Living serve several generations of families. Her primary role is serving patients in the Transition Care Center and also several residents in the Long Term Care area.

Sylvia Ramierz joined the Social Service team in December of 2014. Sylvia was previously employed by a nonprofit organization that served families at high risk for child abuse and has been in the field of Social Services for eight years. Sylvia is excited about being part of the Lutheran Living team and feels this is a great opportunity to bring her skills and knowledge in helping residents and families. Her primary role is serving the residents in the Long Term Care area.

Holly's office is located in the Transition Care Center and at present Sylvia's office is near the Chapel on 400 hallway. Please stop in and say hello.



SOCIAL WORK  
**FORGING SOLUTIONS**  
OUT OF CHALLENGES

## Front Door Entrance

by Brad Soule, Director of Maintenance

A new innovation has been added to our automatic front door entrance. Upon entering the building the sliding doors open automatically. When you exit the building you must enter 2124\* for the doors to open. All of this is done for convenience and security of our guests and residents. This new system will soon be added to the TCC main entrance sliding door.

# ACTIVITIES HAPPENINGS.....

By Steve Snider, Activity Director

Well, things are getting quite busy. We here in activities have had a lot of fun with all the new Residents and all the moves. As we find our way around the facility, we continue to have groups and entertainment out.

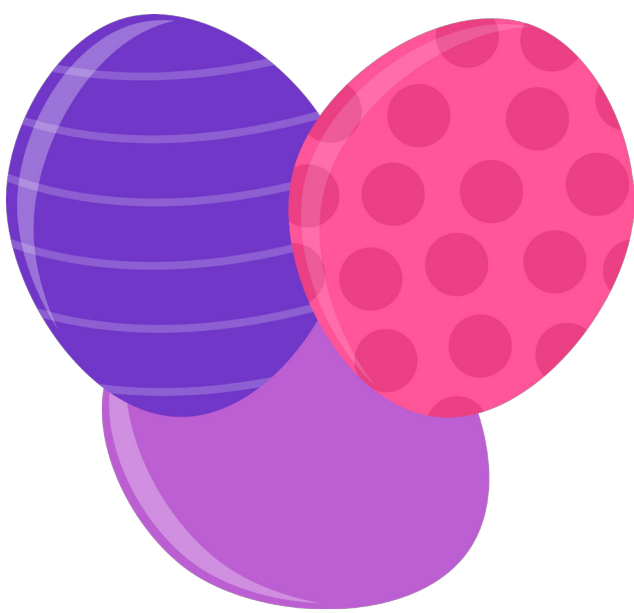
**January-** Bought in the New Year with many new resolutions yet to be met. But wishes of good health and happy days for everyone, and most of all wishes for the good Lord to bless all.

**February** - Month of romance and love. We crowned a new King- Mr. Dale Jenkinson and New Queen Katie Orris. The 1st runner-up couple was Mr. Leroy Orris and Ms. Ruth Anderson and 2nd runner-up couple were Mr. Richard Young and Ms. Laura Hines. Our Valentine party was fun for all with Mr. Terri Stone in our musical corner.

**March** - It was a busy month with 2 holidays. First we had St. Patrick Day, with everyone wearing their Irish attire. It was fun seeing all the shades of green and listening to some Irish tunes. But no luck was found, since no one ever found the pot of gold. Then we went right into the Easter season. We had a great time visiting with the Easter bunny and went on an Easter egg hunt in the halls with our residents. We had a ton of Fun by all. And we count our blessings remembering why we have the season. Jesus is the reason for the Easter season.

And now we are in **April** - Getting excited for the warm weather so we can get outdoors and listen to the birds and watch the flowers growing. Just reminiscing and looking out the windows brings many wonderful memories to mind. Just sitting outdoors is a whole different world.

**May** - Will soon bring our Mother’ Day’s Tea. And the Activity courtyard to being open to enjoy the outdoors. We look forward to many more exciting things to come. See you soon!



## April 2016 Events

April is here! 1st day of April was April fool’s day and we had some pranksters out and about. Folks can be pretty tricky.

We are looking towards honoring and celebrating with our wonderful Volunteers on Saturday April 16th. We are blessing to have these volunteers who enrich lives of others. A small gesture can mean the world to another. So thank you to the entire volunteer you make a difference everyday. Young or Old you are special.

On Sunday May 1st we look forward in honoring the Mothers, Aunts and the women in our lives with a Mother’s Day Tea. GOD created a great helper and we are blessing to have women in our lives. Happy Mother’s Day to all.

# Meal Times

Dietary Department would like to inform families and visitor s that we have now have all of our Neighborhood dining rooms open and operating. Below is a listing of all our Dining room meal service times. Guest meal information below.

UPCOMING!! Our dietary department will soon be adding question/comment boxes in all the dining areas to help our department better service family/resident/patients’ needs.

## TRANSITIONAL CARE CENTER

**Breakfast – open -7:00 A.M. – 9 A.M.**  
Dinner – open - 11:00 A.M.-12:15 P.M.  
Supper – open – 4:30pm P.M. – 5:15P.M.  
Room Trays Breakfast: 7:30am, Lunch 11:30am, Supper 5:30pm

## SPECIAL CARE COMMUNITY

Breakfast – 7:30 A.M.  
Dinner – 12:05 P.M.  
Supper – 5:30 P.M.

### Dining Room A

**300 Hall** Breakfast – open -7:00 A.M. – 9 A.M.  
Dinner – open - 11:00 A.M.-12:15 P.M.  
Supper – open – 4:30pm P.M. – 5:15P.M.  
Room Trays Breakfast: 7:30am, Lunch 11:30am, Supper 5:30pm

### Dining Room B

**400 Hall** Breakfast – open -7:00 A.M. – 9 A.M.  
Dinner – open - 11:00 A.M.-12:15 P.M.  
Supper – open – 4:30pm P.M. – 5:15P.M.  
Room Trays Breakfast: 7:30am, Lunch 11:30am, Supper 5:30pm

### Dining Room C

**500/600 Hall** Breakfast – open -7:00 A.M. – 9 A.M.  
Dinner – open - 11:00 A.M.-12:15 P.M.  
Supper – open – 4:30pm P.M. – 5:15P.M.  
Room Trays Breakfast: 7:30am, Lunch 11:30am, Supper 5:30pm

### Dining Room D

**600/700 Hall** Breakfast – open -7:00 A.M. – 9 A.M.  
Dinner – open - 11:00 A.M.-12:15 P.M.  
Supper – open – 4:30pm P.M. – 5:15P.M.  
Room Trays Breakfast: 7:30am, Lunch 11:30am, Supper 5:30pm

## ASSISTED LIVING

Breakfast – 7:30 A.M.  
Dinner – Noon  
Supper – 5:30 P.M.

### Guest Meal Information:

We would like to have at least two hour notice if you want guests. There is a small fee for guests. See below. You can call the kitchen using 272-2023 when message starts put in 300 and it will go to both phones in the kitchen area.

All meals = \$6.00

If you have any questions or concerns please contact the following:

Christi Blake- Director of Food Service  
563-272-2115

Angie Silva – Asst. Director of Food Service  
563-272-2118

Sherina Sackett- PM Dietary Supervisor  
563-263-1241 ext:230

### Strawberry Lemonade Punch Recipe!

#### Ingredients

- 1 package Frozen Strawberries {16 oz.}, thawed
- 1 can Minute Maid Lemonade Frozen Concentrate {12 oz.}, thawed
- ½ cup Sugar
- 2 liter bottle of Sprite, chilled

#### Instructions

1. Blend thawed Strawberries, sugar, and thawed Lemonade Concentrate in blender, until well blended.
2. Pour mixture into large punch bowl.
3. Then slowly pour in chilled 2-liter of Sprite and stir well.
4. Transfer into large punch bowl with glasses, or serve out of Mason Jar Mugs! ENJOY!!

## Lutheran Living Board of Directors

### Executive Committee

Pastor Steve Cauley – President

Jeff Pattison – Vice President

Jay Logel – Treasurer

Gladys Reif – Secretary

### Other Members

Dale Wilder

Mary Odell

Mike Batenhorst

David Meloy

Dave Hanson

Susan Burzlaff

## Lutheran Living Services

Transitional Care Center

Alzheimer Care

Skilled Nursing

Valley View Manor - Asst. Living

“Cottage” Senior Apartments

Woodland Hills - Town Homes



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