

APRIL 2018

AASE HAUGEN

HERALD

OUR MISSION: We are an ecumenical senior living organization, providing a continuing care retirement community in a Christian environment, which nurtures the body, mind and soul, leading to healing and hope for all we serve.

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Aase Haugen
Senior Services, Inc.

A History of Family

Meeting the challenges

You've heard me say before that the landscape of healthcare is forever changing. Sometimes it seems as chaotic as "herding cats," though it is for us to navigate a path that provides for stability and future development. Aase Haugen is meeting those challenges head on as we are preparing for our Capital Campaign this year. Our architects are busy designing what will certainly be the flagship of elder-care services in northeast Iowa, located adjacent to Vennehjem. Our goal is to construct a facility that will meet the needs of a growing and comprehensive "baby boomer" generation, providing the utmost in nursing services, dementia care, assisted living, technology, dining experience and other various amenities. Several organizations have approached us in partnering to develop a Wellness Center and Daycare. These additional services may be phased in as our focus will be on the primary facility, but be

sure, we are extremely interested in developing relationships that will enhance our organization as well as contribute to the economic development of our community. As I mentioned earlier, healthcare is an extremely challenging profession, particularly within Long Term Care Support & Services. We face increasing regulatory requirements that are unfunded, reimbursement trials, and a dwindling workforce. But those challenges have never swayed us from our commitment to our residents, families, and our community to ensure that Aase Haugen remains the leader in what we do.



Jeffrey Schmidt, MS,
ACHCA, Executive
Director Aase Haugen
Senior Services

Nabotunet

50+ senior living neighborhood
nestled in the bluffs of Decorah, IA.



Live in an amazing community where your Norwegian-American heritage is embraced.

Aase Haugen
Senior Services, Inc.

A History of Family

Decorah, Iowa
563-382-3603 • info@aasehaugen.com
www.aasehaugen.com/active-50-nabotunet-homes

Custom built to suit your needs and style, with no worries as we maintain the property and give you a great return on investment!

Choose from three floor plans:

- **Kos:** 1,690 finished sq. ft.
- **Skäl:** 1,949 finished sq. ft.
- **Marka:** 2,018 finished sq. ft.

- Aase Haugen Senior Services Ranked 5th Top Performer by U.S. News & World Report
- Forbes Magazine votes Decorah one of "America's Prettiest Towns."
- USA Today lists Decorah as Iowa's most picturesque town.

Aase Haugen recognized for improving quality

Aase Haugen Senior Services is recognized by the American Health Care Association and National Center for Assisted Living (AHCA/NCAL) for its achievements through the Quality Initiative Recognition Program, which honors member facilities for their individual work in achieving AHCA/NCAL Quality Initiative goals.

“The entire team at Aase Haugen is honored to be recognized for this incredible achievement,” said Jeffrey Schmidt, Executive Director of Aase Haugen Senior Services. “We are proud to improve care for our patients and residents and our commitment to quality will continue.”

Since the launch of this Initiative in 2012, ACHA members have been challenged to meet measurable targets in key areas which are top priorities for the Centers for Medicare & Medicaid Services (CMS), Accountable Care Organizations (ACOs) as well as Managed Care Organizations (MCOs), and are aligned with federal mandates. “For example, one measure is to reduce hospital readmission within 30 days,” says Schmidt. “This is important because we always want to consider the

negative physical, emotional, and psychological impacts of readmission on individuals in skilled nursing care, and costs associated with that care. This issue is also a top priority for CMS and managed care programs.”

Aase Haugen Senior Services provides senior living options including, Nabotunet Active 50+ patio home neighborhood, Vennehjem 55+ Condo Community, Assisted Living Apartments, Valley Suites Rehabilitation Center for short-term care, Two Rivers Dementia Care, and long-term nursing care.

For more information about Aase Haugen Senior Services, visit www.aasehaugen.com, and for more information on the AHCA/NCAL Quality Initiative, please visit the AHCA website.



Pictured on the cover are Marion Rude (skilled nursing/rehabilitation patient) and Bailey Hughes, CNA1 at Aase Haugen. “The residents here make my day. They all end up becoming part of my family,” says Bailey.

Valley Suites

Skilled Care & Rehabilitation

Aase Haugen Senior Services (AHSS) Valley Suites is a top choice among area patients who need skilled care or rehabilitation after surgery or illness. Valley suites is a luxurious building attached to Aase Haugen nursing facility offering a peaceful environment for rest, healing, therapy, and comfort with the added security of 24-hour outstanding nursing care.

Amenities include:

- Private, Spacious, fully furnished rooms
- Private bathroom/shower
- Convenient in-room fridge
- Nursing assistance 24/7
- In-house physical, occupational and speech therapy
- Off-street visitor's entrance
- Cable TV and wireless internet

Valley Suites is part of the continuing care retirement community at Aase Haugen, where people can find the right level of care tailored to meet their individual needs and choices. For more information, Aase Haugen Senior Services at (563)382-3603.

Family Page

We've combined the Family Newsletter and the Herald publications to be more efficient and economical. This new family page will highlight topics of interest for the families of our residents - at any level of senior living in Aase Haugen Senior Services.

Upcoming events

- National Nursing Home Week, May 13-19

We are in need of volunteer lay ministers for our 4:00p.m. Hymns and Devotions. Contact Andrea Hexom, Activities Supervisor, if you're interested, 563-382-3606 or andrea.hexom@aasehaugen.com.

Walk into Aase Haugen nursing home and you're likely to see a mixture of staff, residents, family members and volunteers. They might be engaged in activities, listening to live music, or preparing to take a sightseeing trip – in short, not what most people envision when they picture a nursing home. Aase Haugen has evolved into a vibrant community for senior living with purposeful activities, entertainment and daytrips to local destinations of interest to our residents. Providing levels of care tailored to the individual needs of residents is part of the continuum of care that is vital to our community. During National Nursing Home Week, and throughout the year, we take pause to remember how blessed we are to have wonderful, dedicated nursing home staff. Each and every one of our staff contributes to nurturing the body, mind and soul of our residents - leading to healing and hope for all we serve.

Planning a family get-together at Aase?

A reminder for all friends and family, call (563) 382-4317, ext. 138 or 139, the Dietary Dept., to reserve any common area or space at Aase Haugen Homes for a private event or get-together.

To reserve a meal with a loved one at Aase Haugen Homes, please feel free to call 563-382-4317, ext. 138 or 139. Please reserve your meal at least 24 hours in advance to ensure there is plenty of food for all. We cannot guarantee food for those reserving meals with less than a 24 hour notice.

LAUNDRY NOTE

Reminder that clothing labels are provided to residents upon admission. If a resident's clothes are not marked or are dry clean only, they are the family member's responsibility for washing and returning. If you bring in new clothing for your loved one, please stop at the Nurses' desk to make sure they are properly marked so they return to your loved one after laundering at Aase. If your loved one is missing an article of clothing, please check in the Laundry Dept. lost and found items. Keeping your loved one's closets cleaned out of worn items or items that no longer fit, is always much appreciated.



Loving assisted living

Agnes Hjelle has a quaint little apartment in the Assisted Living wing of Aase Haugen Senior Services (AHSS) and she says, "I love it here!" Her comfy couch has a stash of pillows and her coffee table brims with Sudoku books. Through her french doors, glints of sun stretch across the hide-a-bed couch her sister sleeps on when she visits. "The condo I lived in was just too big for one person and my daughter recommended I check out Aase Assisted Living and when I did, I thought 'this is terrific' and I moved right in," says Agnes.

"We help our tenants maintain their independence by providing many of the amenities they need and most importantly we provide security and companionship," says Carolyn Sexton, RN, AHSS Assisted Living Director. The 1-bedroom apartments include light housekeeping, laundry service, assurance checks, off-street parking, free cable and wifi, up to three meals each day, and more. "The food here is really good," says Agnes. "I think the availability of 24-hour emergency care brings comfort for my family, too – they don't have to

worry about me." Aase Haugen Assisted Living apartments are conveniently located as an attached wing to Aase Haugen 24-hour nursing facility. The Assisted Living complex includes a common dining area, casual areas, and an exercise area offering free use of equipment.

Respite care is also available through Aase Haugen Assisted Living. Respite care can be a perfect choice for families leaving for vacation who need a helping hand caring for a loved one while they are gone. Respite care may also be a good choice for people who are recuperating from surgery, illness or injury and shouldn't be home alone while they heal.

"The best thing about living here is the companionship," says Agnes. "I get around to Curves every day, go to church and more, but it's nice to come home to my neighborhood of friends."

AHSS Assisted Living is part of the continuing care retirement community at Aase Haugen, where people can find the right level of care tailored to meet their individual needs and choices.



Agnes Hjelle enjoys her lifestyle in Assisted Living at Aase Haugen Senior Services. "I love my apartment here next to the prairie and my neighborhood friends. I would recommend Aase Haugen Assisted Living to anyone," says Agnes.

Our **Assisted Living and Respite** services are designed to meet the unique needs of seniors who value independence, but also want companionship and security.

- 1 bedroom apartments with kitchenette
- 24/7 nursing staff for emergencies
- Daily wellness checks
- Coordinated outpatient rehab
- Nutritious breakfast
- Free cable & wireless internet
- Weekly laundry & housekeeping
- Social & leisure activities
- Free use of fitness equipment
- Convenient off-street parking

**Call or email today to arrange a
tour or to learn more:
563-382-6281
info@aasehaugen.com**

**Aase Haugen
Senior Services**

ASSISTED LIVING

How does your garden grow?

As a special gift in honor of National Volunteer Month, several residents joined forces to plant and grow coleus this winter. The residents also hand-painted flower pots and transplanted the plants to be given to volunteers. It was a successful project and gratifying for our talented residents. "If you are interested in volunteering, even once a month or once a year, please call. We always have wide array of events and projects going on and your support is greatly appreciated," says Andrea Hexom, Aase Haugen Activities Director. For more information, contact Andrea at 563-382-3603.



'Do not cast me off in the time of old age; forsake me not when my strength is spent.'

(Psalm 71:9)

Can you spare an hour a month?
Can you provide time to play bingo?
Would you be willing to be a pal to someone who needs a friend?
Do you have musical talent that you'd share every now and then?
If you answered yes to any of these questions or have other ideas or ways to volunteer at Aase Haugen Senior Services, please contact

Andrea Hexom, Activity Director to sign up to do something good! 563-382-3603
andrea.hexom@aasehaugen.com

**CHANGE LIVES
VOLUNTEER!**



Music Volunteers

"Music is a very important part of life here at Aase Haugen. We are especially blessed to have so many musical volunteers, and will always welcome more," says Andrea Hexom, Aase Haugen Activities Director.

Mary Arneson, Donovan Hommen and Bill and Yvonne Kuhlman are local talents who lead sing a longs a few times per year.

Doris and Jon Thompson have been sharing their musical talents once a month for several years and draw huge crowds.

Local musician Mike McAbee plays on the Dementia unit and also performs in the chapel.

Angela de Albuquerque, mother of Joan de Albuquerque, Director of Bands at Luther College, comes to play every time she is in Decorah. The Luther Jazz Band performs every year as well.

Last year, Steve Belay was the musical entertainment at our volunteer social. But that

soon changed, and he is now another volunteer, playing most months on a Monday evening. Be sure to check him out at Java John's on Thursday, June 7th. He will be donating his tips to the Aase Haugen Music & Memory program!

"We send heartfelt thanks from the staff and residents of Aase Haugen to all volunteers whose talents and time brighten our days," says Andrea. "You are so important in our lives."



“Where words fail, music speaks.”

~Hans Christian Andersen

Join our team!



Do you want to make a difference in someone's life every day? Aase Haugen Senior Services has been rated as a 5th Top Performer in Iowa, according to U.S. News & World Report (2017). At Aase Haugen Senior Services, we pride ourselves in investing in our staff, especially our CNAs, and it shows. We have been evaluated by the Center for Medicare and Medicaid Services as a Five-Star Quality Rated

healthcare facility!

We currently have job openings in various departments at Aase Haugen Senior Services. When you join us, you become part of our family which is dedicated to caring for people in our community. Visit us online for job descriptions and to download an application: <https://www.aasehaugen.com/contact-us/>

Director of Nursing

Responsible for the overall direction of nursing services. The DON establishes, implements, and evaluates goals and objectives for nursing services that meet and promote the standards of quality and contribute to the total organization and philosophy.

Required: Minimum 5 years experience in long-term care, Bachelor's of Science in Nursing (BSN), Registered Nurse (RN) state licensure. Recommended: Previous experience as a DON or other Administrative or Managerial role in a healthcare setting. Master's degree in nursing or healthcare administration is a plus.

Dietary Aide

Full-time, Part-time Full Time and Part Time Shifts available both AM (5:30a-2:00p) and PM (11:15a-7:45p) or (4:30p-7:45p). Shift premiums will be placed on PM hours worked after 2:00p.m. Responsibilities include serving and cleaning. Must be 16 or older.

CNA - Certified Nursing Assistant

Full-time, Part-time (Pay Premiums for PM Shift, Night Shift, and all Weekend shifts)

Not yet a CNA but looking to become certified? *Aase Haugen will invest in your CNA career and train the right applicant and offer hands-on experience as an Environmental Aide (EA) until you pass your CNA exam and also cover the costs of your course.* CNA courses are offered every month through NICC.

Environmental Aide - CNA Training Program

Full-time, Part-time
Those interested should have the intent of completing the Certified Nursing Assistant (CNA) coursework and exam through NICC. We have many available shifts open and are willing to work with students or part-time individuals! Working as an Environmental Aide is an excellent opportunity for hands-on experience for those interested in beginning a career in nursing.

Activities Aide Part-time

Responsible for assisting the Activities Director in the development, organization, coordination, and implementation of comprehensive therapeutic recreation services and programs that meet the needs and interests of the residents. We are in search of someone who is enthusiastic and has a positive attitude, and has their CNA license!



Our team achievements



Kacey Wedo, Aase Haugen Senior Services Dietary Supervisor, received her Certified Dietary Manager (CM) and Certified Food Protection Professional (CFPP) as an expert at managing food service operations and ensuring food safety. She is responsible for implementation of menus, food service purchasing, and food preparation. Kacey applies nutrition principles, documents nutrition information, manages work teams, and much more. Congratulations!



CNA Step I/ ACES Graduates:

Pictured from L-R: Tina Wedo, CNA; Christopher Miculinich, CNA; Shaina Doll, CNA; Emily Swallow, CNA; Erin Johanns, CNA.



CNA Step I/ ACES Graduates:

Pictured from L-R: Chelsea Provost, CNA; Cortney Ryan, CNA; Tara Kleiner, CNA; Deb Rasmussen, Mary Roney, Julie Scheidel, and Linda Fretheim.



Step 3 Graduate Melanie Carolus, CNA.
Congratulations!

Civil War Veteran Tosten Nyhus gets his long-awaited recognition at Aase Haugen Cemetery

Aase Haugen Senior Services was proud to participate with the Winneshiek County Pioneer Cemetery Commission to re-dedicate the headstone of Civil War Veteran, Tosten Nyhus. The Aase Haugen Cemetery is located in Madison Township, Winneshiek County Iowa, near the original site of the first Aase Haugen Home (established in 1915 in Haugendale). Aase Haugen Senior Services expresses our thanks to the Commission and the cemetery caretakers for preserving our history. We are pleased to also recall the 1965 words of Virgil Hougren, Aase Haugen Homes

administrator, "... the spirit of Aase Haugen goes on in the old Home and reaches out to all of that which came as a result of her love and concern. The silent testimony from the more than 100 graves on the hillside across the creek from the Home together with numerous others who are resting in other cemeteries breaks through the stillness to say of Aase Haugen - 'God bless you.'"



Donor Recognition

Gifts from December 16, 2017 through March 31, 2018

A bequest to Aase Haugen Senior Services takes only a moment to establish, but can mean a lifetime of comfort and compassion for those in need of our services.

Thank you for your caring and support.

Benefactor \$5,000+

Winneshiek County Community Foundation

Investor \$2,500-\$4,999

First Lutheran Church

Associate \$1,000-\$2,499

ELCA Foundation

Ron and Nina TaylorCapital Campaign

Patron \$500-\$999

Kelly Real Estate

Good Shepherd Lutheran Church

Glenwood Lutheran Church.....2017 Benevolence

Grace Episcopal Church

First United Methodist Church

Good Shepherd Lutheran Church WELCA

Highland Lutheran Church.....Capital Campaign

Sponsor \$250-\$499

Glenwood Lutheran Church WELCA

Glenwood Lutheran Church.....Christmas Offering

Martin NelsonIn memory of Henry E. Nelson

Big Canoe Lutheran Church

Rebecca Hanna.....Music Fund

Dennis Magnuson

Leon Einck

Marilyn Wahlberg

Peace Lutheran Church

Friend \$100-\$249

Lorena Ellingson

Lorena Ellingson Friends

Springfield Lutheran Church

Congregational United Church of Christ

Alan and Laurie Zaring

Glenwood Lutheran

Church WELCASpiritual Care Fund

Madison Lutheran Church

Allen Blasting and CoatingIn memory of Sandra Zeck

Family and Friends of

Roland Lillegraven.....In memory of Roland Lillegraven

Scott and Deneen Wuest.....In memory of Paul Solberg

Springfield Lutheran

Church WELCAMusic Fund

Irving and Barbara Horns

Dr. Kevin L. and Leslie S. Sand.....In memory of Paul Solberg

Michael and Dori RitlandIn memory of Hazel Amundson -

Music Fund

Dr. Kevin L. and Leslie S. Sand

Jeffrey and Heidi OlingerIn memory of Paul Solberg

Beth Renstrom

Larry and Diane GrimstadIn memory of Ken Nessett

Roxann and Dr. Mark SteineIn memory of Ken Nessett

Beth A Bird.....In memory of Richard Cooper

Jane PapeIn memory of Phillip Pape

Emory and Elaine FretheimIn memory of Phillip Pape

John and Wanda LillegravenIn memory of Roland Lillegraven

James and Jane BullardIn memory of Phillip Pape

Joan Brown.....In memory of Sandra Zeck

Donor \$25-\$99

Calmar Lutheran Church

Rockwell CollinsIn memory of Robert Thorsten

Jenny KlotzbachIn memory of Claude Bucheit

Ken Nessett FamilyIn memory of Ken Nessett

Friends of Corrine Nelson.....In memory of Corrine Nelson,

Friends of Corrine

Martha and Kurt AschimIn memory of Donald & Ilene

Moore-Activities Fund

Mark and Vicki Donhowe

Davis and Shirley JohnsonIn memory of Paul Solberg

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Mildred JacobsonIn memory of Roland Lillegraven -

Music Fund

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Duane and Kimberly Boos.....In memory of Paul Solberg

Jean SwiggumIn memory of Paul Solberg

Alfred and Shirely Ludeking.....In memory of Paul Solberg

Charles and Terri GrosserIn memory of Paul Solberg - Music

Fund

Steve Langland.....In memory of Marjorie Fossey -

Spiritual Care Fund

Emory and Elaine FretheimIn memory of Ken Nessett

Marilyn Walberg.....In memory of Ken Nessett

Lee and Shirley VangsnessIn memory of Ken Nessett

Mark and Vicki DonhoweIn memory of Adeline Lillebridge

Orlin and Valois MandsagerIn memory of Ken Nessett

Marilyn Sensor.....Activities Fund

Carolyn IhdeIn memory of Sandra Zeck

Kenneth or Yvonne Barnes.....In memory of Sandra Zeck

Nancy and Neal SolomonsonIn memory of Margaret Sorenson

Dan and Sondra Hotvedt.....In memory of Margaret Sorenson

Sterling or Sharon SorensonIn memory of Richard Cooper

Robert or Bonnie Scheinkoenig.....In memory of Phillip Pape

Raymond or Patricia FraneckiIn memory of Phillip Pape

Jane PapeIn memory of Karl Aschim

Helper up to \$24

Robert and Judith Topping.....	In memory of Paul Solberg
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Gerald and Carol Geving.....	In memory of Paul Solberg
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Jane and Terry Elsbernd.....	In memory of Paul Solberg
Diann Marten.....	In memory of Paul Solberg
Darryl Landas.....	In memory of Paul Solberg
Mary Anne Bakken.....	In memory of Margaret Sorenson
Wayne & Becky Remmen.....	In memory of Ken Nessett
Janice Hotvedt.....	In memory of Margaret Sorenson
Conrad & Carole Lindell.....	In memory of Richard Cooper
Amy Foster.....	In memory of Sandra Zeck
Linda Bakken.....	
Evelyn Schnitzler.....	In memory of Verna Sampson
Brenda or Todd Fisher.....	In memory of Margaret Sorenson
Lester and Karen Guttebo.....	In memory of Margaret Sorenson
Donald and Carol Blegen.....	In memory of Sandra Zeck
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David Svenson.....	In memory of Roland Lillegraven
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Donald and Carol Blegen.....	In memory of Roland Lillegraven
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Clayton Engen.....	In memory of Roland Lillegraven
Margie De Bower.....	In memory of Keith Murdock
Joseph or Margo Pettit.....	In memory of Sandra Zeck
Lee and Shirley Vangsness.....	In memory of Vernelle Weis
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DiAnn Svenson.....	In memory of Paul Solberg

Elliott and Bev Christen.....	In memory of Paul Solberg - Spiritual Care Fund
Ruth Woldum.....	In memory of Lorena Ellingson
Darlene Vine.....	In memory of Lorena Ellingson
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Bruce and Betty Schuman.....	In memory of Paul Solberg
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Lillian Bruvold.....	In memory of Marjorie Fossy
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Betty Davie.....	In memory of Ken Nessett
Arlawayne Rosendahl.....	In memory of Margaret Sorenson
Richard and Barb Hammel.....	In memory of Margaret Sorenson
Mark Lynch.....	In memory of Marjorie Fossy
Mary Ellingson.....	In memory of Roland Lillegraven
Sarah Ottesen.....	In memory of Roland Lillegraven
Vi Bohr.....	In memory of Phillip Pape
Kurt Norske Anfinson.....	In memory of Phillip Pape
Mary Ellingson.....	In memory of Phillip Pape
Vi Bohr.....	In memory of Keith Murdock
Vernon Spilde.....	In memory of Phillip Pape
Rita Kern.....	In memory of Lorraine Houck
Lilly Womeldorf.....	In memory of Francis Arness
Darlene Vine.....	In memory of Francis Arness
Bette Davie.....	In memory of Charlotte Sorenson
Roger Hammel.....	In memory of Paul Solberg

Aase Haugen Senior Services Leadership

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The Aase Haugen Herald is published quarterly in the interest of its many friends and family by Aase Haugen Senior Services, Inc. 4 Ohio St., Decorah, Iowa 52101. Aase Haugen Senior Services is a 501(c)3 not-for-profit, faith-based corporation and Continuing Care Retirement Community. To subscribe to this free publication, available in print or email version, write to the above address, call (563)382-3603, or email marketing@aasehaugen.com.

Aase Haugen Senior Services, Inc., under the auspices of the Evangelical Lutheran Church in America and governed by the leadership of 23 local corporate congregations, was founded to provide a ministry of Christian service to fulfill the physical, spiritual and social needs of the residents. The entire staff recognizes the value of personal dignity and individual rights as they endeavor to furnish quality care and services based on love and compassion for those residents who must depend on others to care for them.



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You can make a difference!

Experience has shown that long-term care is a dynamic process. Individuals may move from one level of care to another, and back again, perhaps several times over a period of years.

A continuing care retirement community (CCRC), like Aase Haugen Senior Services, is a complete system of coordinated senior living services for any level of care needed. Aase Haugen Senior Services strives to offer seniors all the components needed for healthy aging, nurturing the body, mind and soul with compassion and companionship, leading to healing and hope.

We are grateful to have your support and generosity shore up our mission for the good

of our residents and tenants, their families and friends. Through your giving spirit, we can make a difference in the lives of those who choose Aase Haugen Senior Services for care and as their advocate!



☐ **YES**, I would like to make a donation to Aase Haugen to further enhance quality care or senior living in our community.

Enclosed is \$_____ Gifts will be designated to the general fund unless otherwise noted: _____

In Memory or in Honor of _____

Your Name: _____

Address: _____

E-mail: _____

Please mail or drop off donations to:

Aase Haugen Senior Services, Inc., 4 Ohio St., Decorah, IA 52101