

THE MESSENGER

SUMMER 2017



We celebrate people on numerous occasions: congratulating them on birthdays, weddings, baby showers and so much more. But, this month, we're celebrating our greatest asset: The Bartels Staff!

Thanks to the generosity of employees, we've exceeded our contribution goal to the More Than Bricks campaign. Through payroll deduction, jeans for a cause contributions and direct giving, our staff has raised over \$34,000! "As leaders of the staff campaign, we chose a goal of raising enough funds to dedicate the terrace at Aspen Cottage, the new assisted memory care, in honor of our staff," states Chelsea Petersen. "It's been fun to watch the construction progress on Aspen Cottage! We're building for the future and will eventually offer all private rooms with showers."



Building New Spaces • Touching More Lives

The need for the addition of Aspen Cottage, Assisted Memory Care, to the Bartels Community is widely felt by area families and current Bartels residents. The transition into memory loss is typically a gradual one. Providing specialized space and care to these seniors will ensure supports are in place for the highest level of independence possible.

The More Than Bricks capital campaign is well underway. Major gift donors have stepped up to claim naming and memorial opportunities for most of the public spaces of Aspen Cottage. "We're pleased with not only our staff's contributions, but those from our Trustee and Board leadership, residents and families, businesses, the medical professionals and through community gifts and pledges," says Barb Bridges, VP of Marketing and Development. "It's with anticipation that we look to the future, and the responsibility to ensure that Bartels continues to provide the very best care for all who live here. Every one of us and every single donation—no matter the amount—will serve to



inspire future giving to support this vital ministry in senior living." The groundbreaking for Aspen Cottage was held in April and plans for completion are for early 2018.

GROUNDBREAKING FOR ASPEN COTTAGE

Representatives from Bartels, Waverly Chamber of Commerce, The City of Waverly, Peters Construction, Pope Architects, Resident Family members and Community Business Associates were on hand to honor the groundbreaking ceremony for Aspen Cottage on Tuesday, April 18th at noon. The ceremony was held near the Aspen Cottage building site on the northwest side of the Bartels Campus.



“We are so blessed to have the support of the community as we make great strides with this project,” said Debra Schroeder, Bartels President and CEO. “Aspen Cottage, Assisted Memory Care, will provide specialized space and care to seniors experiencing memory loss or early stages of dementia.” Bob Brunkhorst addressed the crowd on behalf of the Bartels Board and the More Than Bricks capital campaign. “Thanks to the Bartels leadership for the vision that has brought us to this point. It’s an exciting time at Bartels.” Barb Bridges, Bartels VP of Marketing & Development spoke with gratitude of Dave Lageschulte’s \$500,000 lead gift. “Lags, as many of us knew him, had a passion for his hometown and often attributed his success to his roots here. Touches of his generosity can be seen around Waverly... at the Library, W-SR School, Trinity United Methodist and Self Help, to name a few. He wanted to help make Waverly a good place to live; for all ages!” said Bridges. “We’re honored with his gift for Aspen Cottage.” Mayor Chuck Infelt added comments on the history and strength of Bartels as a caring place for aging seniors and Pastor Sandra Burroughs, Bartels Chaplain, closed the event with prayer. Shovels in the ground made the event official!



CHAPLAINCY

Pastor Sandra Burroughs; Bartels Chaplain

On June 14, Bartels recognized and celebrated the enduring, sacred bond of marriage with a renewal of vows ceremony for five of our married residents. This ceremony gave the couples a chance to celebrate their marriage, pledge their continued commitment to one another, and look each other in the eye and say again “I love you”.

After the ceremony, a reception was held at Eichhorn house, complete with a wedding cake, wedding photos, and love songs from their generation.

Living in a culture where marriages are often shorter than engagement periods, these couples are truly an inspiration.

It is a delight to see how much they love and care for each other, how the two have truly become one, and how their commitment to each other stands strong after more than 50 years.



Norbert & June Gilbert, celebrating 67 years!



Oliver & Grace Johnson, celebrating 67 years!



Eugene & Clara Ketterling, celebrating 70 years!



Martin & Dorothy Heering, celebrating 69 years!



Ken & Pat Thomsen, celebrating 63 years!

LINDEN PLACE

After a rainy spring, the Linden Place residents are excited to see the sun shine! We've made time to plant flowers and strawberry plants in our new raised garden in the courtyard. While we continue to do our everyday exercises, monthly activities with volunteers from Wartburg and the Boy Scouts, putting puzzles together and playing games, we have also managed to fit in a few extra activities. In February, we had our 1st Annual Valentine's Dance and crowned a king and a queen, as well as runners up, which were the "talk of the town" for a while. We have also enjoyed a variety of singing acts over the past few months which the residents have thoroughly enjoyed. Now that the weather has been more enjoyable, we are using the golf cart and *bike built for two* for touring the campus and watching the new construction of Aspen Cottage.



EMPLOYEE SPOTLIGHT

Tara Schares has more than 17 years of nursing experience; both in OB/GYN and in Assisted Living Care. She joined the Bartels Team in 2015 and as recently moved to the position of full time RN Coordinator at Linden Place. “Linden Place is like a big family”, comments Schares. “I’m excited to concentrate on my nursing skills and dedicate more time to serving the residents with their medical issues.”

Cheslea Petersen started working in Long Term Care during high school as a CNA at the local nursing home and continued work through college as a Hospice Aide. She graduated from the University of Iowa with a BS in Therapeutic Recreation and joined the Bartels staff in 2011 as the Team Leader in Leisure Services. In her new position as the Linden Place Team Leader, she will be responsible for administrative duties and will also coordinate Bartels At Home. “I am excited to join the Linden Place family and look forward to expanding resident programming, states Petersen.



EICHHORN HAUS

Eichhorn residents love to explore the community and stay connected to happenings in the greater Cedar Valley. Earlier this spring, the Women’s Group spent the day in Waterloo with lunch at the Village Inn and shopping at Crossroads. As the gardening season hit, they traveled to Charles City for lunch at Dave’s and flower shopping at the Mennonite farms. Barn Happy was the scene for lunch in June and future outings will include HuHot in Cedar Falls, Peppercorn Pantry in Aplington and the Okoboji Grill in Independence. It’s not, however, all about lunch and shopping! Tours this summer will take them to the John Deere tractor assembly plant and the new Single Brewery in Waterloo.

June was the month for wedding renewals! Pastor Sandra officiated the ceremony for five couples. A reception of cake and coffee followed.



MUSIC THERAPY

Music: An International Language

By Kathy Sundstedt

Meet Nick Morrison

Nick Morrison is one busy guy. But he'll take the time to learn your name, and the names of the 100 Woodland Terrace residents and the 28 Linden Place residents within the Bartels Community. Morrison is a licensed Music Therapist. Between music therapy sessions he is happy to talk about his work.

Morrison's goal-oriented sessions include Music and Movement, Joyful Noise, an interfaith collaboration with Pastor Sandra Burroughs, and Music and Memories, a session where music leads residents to self-expression. Morrison carves out time for one-on-one music therapy sessions with Bartels residents, and twice-monthly sessions at Linden Place, too.

The Roots of Music Therapy

Though the roots of music as therapy go back to the early Greeks, music therapy took on professional stance after WWI and WWII. Doctors and nurses in Veteran's hospitals noticed physical and emotional benefits for patients following performances by troupes of musicians. Readers who have visited Mayo Clinic in Rochester might recall that grand piano music plays above the din of the central hallway, or have experienced the power of music in a workout session.

Music or Music Therapy?

Chelsea Petersen, Leisure Services Team Leader, says "Music therapy is more than simply providing entertainment for the residents. Our Music Therapist works on individualized goals for each resident." While many care facilities provide music activities, Bartels goes the extra step--employing a full time music therapist. Petersen says Bartels "values what music offers to our residents. In our secure memory care unit, music therapy is often used to calm a restless resident, or to assist with balance during physical therapy." Certified Nursing Assistant Claire Hamilton claims that Morrison is "one of the best. Residents will rave about him and the session for hours afterward."



According to the Music Therapy Association music therapy is an “established health profession in which music is used within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals.” For those with Alzheimer’s disease, musical memories endure because they’re in relatively undamaged regions of the brain.

According to Morrison, music therapy is not about reversing memory loss. “There is a very good possibility that the next time I see the residents, they will not remember the specifics of the previous session, but some of them will be able to associate my face with a positive musical experiences. It’s about improving their quality of life,” Morrison says.

Hello Dolly, Les, and Dorothy...

So it’s easy to understand why Morrison with guitar in hand, moves inside a circle of residents in Evergreen Arbor, the Bartels Community’s Memory Unit, and greets each resident, singing their name. This Music and Movement session combines music with upper and lower body movement: Residents raise arms, practice rowing, march, lift heels, tap toes and move piano fingers. Then, Morrison with his fine tenor voice and acoustic guitar tag teams with Holly Koffren, a senior Music Therapy student at Wartburg. Singing with residents, their February selections include Hey, Good Looking, Beautiful Brown Eyes and Let Me Call You Sweetheart. Koffren divides her clinical hours between Allen Hospital and Bartels. Wartburg is one of only two Iowa schools to offer a major in Music Therapy. Triple opportunities drew Morrison to the Bartels Community from New Aldaya in Cedar Falls: The work with residents, music, and mentoring students from his alma mater.

You Are My Sunshine

Today’s musical favorite is You Are My Sunshine, though the musical revue presents something for everyone. Singing in the Rain, Raindrops Keep Falling on My Head, and Blowing in the Wind are examples of the intentional seasonal overtone. Without a doubt, one resident’s day is made when her two sons and daughter-in-law arrive for an impromptu visit during the guitar singalong.

This music session seems to affect everyone. Morrison says, “I have seen improvements in mood, such as a resident who is agitated, or frowning at the beginning of the session and smiling by the end.” An Activities Coordinator cheerily sings, “Shake, Shake, Shake, Your Booty,” as she wheels a resident to lunch after the session. Music helps both caregivers and residents. Even Otis the Cat passes through and checks out the music scene.

Music & Memories

Following our March snowstorm, the Music and Memories session includes bells, scarves, and even an ocean drum. For the final winter song, Morrison distributes jingle bells to each of the 20 participants. Collecting the bells at the end of the song, he gently solicits reminiscences, asking each resident to tell their favorite snow activity: sledding, snowman building, and snowball fights are a few mentioned.

Next, travelling songs like “King of the Road” and “Leaving on a Jet Plane,” include acoustic guitar, waving scarves and the beat of the ocean drum. As scarves are collected, residents share travel memories. “Edelweiss” from the Sound of Music gets everyone singing and telling their favorite springtime things: lilacs, garden vegetables, and birds.

Physical movement, socializing, self-awareness, reflection, and of course music, are all part of a good day for Bartels Community residents and for Nick Morrison, their Music Therapist.

C.N.A.'S—THE HUB OF THE WHEEL

May: National Nursing Home Month

By Kathy Sundstedt

You may have heard someone say, “It’s hard to find good help these days.” A new Bartels Community program trains frontline health care workers—the Direct Care Professionals. The program creates qualified care-givers who according to Marilyn DeWitt, R.N are “the hub of the wheel,” of any nursing facility. DeWitt is the Direct Care Professional course instructor. She seeks program enrollees with a desire to care for others and strong work ethic.

Direct Care Training: Building Caring Capacity

Groups of three or four students are personally trained by DeWitt from 8 a.m. – 4 p.m. five days a week for three weeks. Students are paid for their classroom time, and successful test scores lead to a full-time paid position within the Bartels Community and State certification, earning the C.N.A. title (Certified Nurse Aid). It’s a win-win investment in caring capacity that the Bartels Community makes to create qualified care givers.

For students, the immediate hurdle is a 100-question test and an hour-long hands-on skills demonstration test. The Bartels second-floor classroom space looks north to the “More Than Bricks” expansion site. Classroom equipment includes both typical and specialized teaching items: TV’s, whiteboards, plastic skeletons, flash cards, body diagrams, I.V. tubes, catheter bags, blood pressure cuffs, commodes, gloves, and gait belts. In preparing the next generation of personal care providers, Nurse DeWitt has a four-part mantra for hands-on care, and it’s posted on a classroom easel: Safety, Communication, Privacy, and Infection Control.

Communication is essential, as C.N.A.s are the liaisons—the eyes and ears—between residents and supervising R.N’s. Direct Care students are finishing Week Three lessons, so next week’s big test weighs on their minds. Like earnest students anywhere, Abby Robeson, Jeff Lansing, and Rebecca Boyd are anxious about the tests they’ll take at Hawkeye Community College. Bartels will pay the one-time testing fees. “The hands-on exam will be the most challenging part,” says Lansing.



Scenario Practice

Students practice hypothetical problem-solving scenarios like this one in preparation for the state-certifying exam: “Mr. Little is 93. He has general weakness and diabetes. He is lying on his bed. You are to do the following skills: *Transfer to the w/c for lunch, *Serve lunch tray, *Use bedpan, *Heimlich maneuver.”

Hidden in this and similar scenarios are clues: Students must correctly sequence the list of tasks, and in this case also assess the food tray to ascertain that dietary requirements are met. All this while safety, communication, privacy, and infection control are maintained.

Who Participates?

The program kicked off in February 2016, and three sessions of the course have already been held in 2017 with summer courses scheduled. Communication and critical thinking are “the right stuff,” ---the skills to provide person-centered care to all residents of the Bartels Community.

Wartburg students have participated in the Direct Care program, gaining valuable experience and paid entry into the medical field. High School students may also be interested in the summer Direct Care Professionals training course. For successful participants who wish to take the next steps to become CMA's (Certified Medication Aides), L.P.N.'s (Licensed Practical Nurses) or R.N.s. (Registered Nurses), the Bartels Community can provide financial support.

Instructor DeWitt beams with pride as she speaks of those students who have successfully transitioned from student to employee, and now work with residents in the diverse Bartels Community sites: from Evergreen Arbor's Memory Care Unit, to Skilled Nursing & Rehab, to Woodland Terrace, or to provide In-Home Care services.

What is Person-Centered Care?

Students learn and practice skills on each other as well as on their medical simulation mannequin, named Chris. “Chris has a name because students learn to interact with him as they would with any resident of the Bartels Community--calling him by his name,” DeWitt explains.

A still spunky nursing veteran of 49 years, DeWitt explains how nursing facilities and attitudes have changed over time. Once nursing facilities were colorless and drab places. Today, the Bartels interior is cheerful, warm, and homelike. But it's not just outward appearance that's changed, she stresses.

“The biggest change is in the way care is provided, which is according to the resident's needs,” DeWitt emphasizes. Privacy and respect for individual needs are more important than ever. DeWitt provides context and examples: “Long ago, staff were taught to wake residents at the same time, and everyone went to bed at the same time. That's not the way it is anymore.” Breakfast is saved for late-risers, and everyone doesn't go to sleep at the same time.

“I had an itch to help people,” says student Abby Robeson, who explains how she grew up surrounded by older family members. Jeff Lansing saw the training program as an opportunity to transition to work with a different age group. He worked for over a decade with adolescents at Bremwood, and like student Rebecca Boyd, comes from a service sector background. Boyd worked with North Star Community Services participants. Before admission to the Direct Care Professionals training program, all three area residents passed a careful screening interview and background check.

While not all duties that C.N.A.'s may face are glamorous, their work is vital and much needed. The work can be satisfying, though physically challenging, and sometimes it's an emotional roller coaster. As Nurse DeWitt reminds us, the C.N.A.'s are “The Hub of the Wheel.”

LEISURE SERVICES

The Leisure Services' department at Bartels is focused on raising awareness and funds for the East Central Iowa Alzheimer's Association. Today, an estimated 47 million people across the world are living with dementia. This number is set to skyrocket to 75 million by 2030. In the United States alone, more than 15 million caregivers generously dedicate themselves to those with Alzheimer's and dementia. These numbers will only continue to rise unless we take action. Together, we can show those facing Alzheimer's disease they are not alone. Please consider supporting TEAM BARTELS to help the Alzheimer's Association advance research toward the first survivor of Alzheimer's and provide care and support to those facing the disease today.



- Team Bartels held a Nu-Stepping to End Alzheimer's Event on the Longest Day, June 21. Friends and family of Bartels, including residents, were invited to make a donation and ride the Nu-Step in the Fight to End Alzheimer's. Team Bartels raised \$949.70 during the event.
- The Walk to End Alzheimer's will be held on Saturday, September 30 at Riverfront Stadium, home of the Waterloo Bucks. To join us on the walk please register TODAY @ <http://act.alz.org/goto/teambartels>
- The *Bicycles Built for Two* are a hit on our campus!
Calling All CYCLONE and HAWKEYE Fans! Raffle tickets are now available for a chance at winning an Iowa and/or Iowa State Quilt! Your participation will help support funds for our second wheelchair accessible bike! To purchase raffle tickets, please call the front desk at 352-4540.



BOARD MEMBERS

Deb Schroeder, President & CEO, of Bartels Lutheran Retirement Community has announced the appointments of Dr. Russell Adams to the Board of Directors and Ann Engelbrecht Benschoter to the Memorial Foundation Trustee Board. “As always, we are honored by the caliber of community leaders who are willing to donate their time and skills to Bartels,” said Schroeder. “Our Board of Directors and Board of Trustees have the expertise and passion to continue Bartels’ tradition of excellence.”



Dr. Russell Adams began his career in 1982 where he worked in both an inpatient and outpatient capacity. He was involved with the creation of the hospitalist program and continued to provide inpatient and outpatient services. In 2011, Dr. Adams became a full-time hospitalist and Medical Director of the Hospitalist Service at Allen Hospital. In 2014, Dr. Adams was promoted to Medical Director of Medical Services and two years later promoted to Medical Director of Operations. He remains a practicing hospitalist, is the assistant medical director for Allen Hospital Hospice and Palliative Care Services and is the medical director for the IMPACT service line. In 2017 Dr. Adams was named Chief Medical Officer for UnityPoint Health-Waterloo. “I’m interested in the delivery of care for patients through their transitions from home to hospital to nursing care,” says Adams. “Serving on the Bartels Board is a natural fit as nursing care rounds are part of my current medical practice.”

Ann Engelbrecht Benschoter spent over 35 years in the banking industry, and most recently retired as EVP of BMO Harris bank in Chicago. Her banking career was primarily focused on the commercial side of business, and the financial institutions for which she worked were in Wisconsin and Illinois. She is now on the Boards of Johnson Financial Group (Racine, WI) and Citizens United for Research in Epilepsy (Chicago, IL). Ann's connections to Bartels span many decades. Her father (Bill) and grandfather (Ed) were both active with Bartels, and her mother (Judy) currently resides at Eichhorn Haus. Ann, and her husband, Doug, were both born and raised in Waverly but left for college and careers. “Returning to Waverly after retirement is like coming full circle for us,” states Ann. “I look forward to carrying on the tradition of being involved as a Trustee for the Bartels Memorial Foundation.”



NATIONAL NURSING HOME WEEK

Bartels celebrated National Nursing Home Week the week of May 14th - 20th. Skilled nursing care centers, united under the theme, "The Spirit of America" underscored the bond between staff, volunteers and residents that capture the American spirit. Staff and residents view each other in the spirit of family. For staff, this reality is often a calling to a special mission and a life's work.

In honor of National Nursing Home Week, Bartels celebrated each day with a theme, including Pajama Day, Superhero Day and Red White and Blue Day. Staff also enjoyed the nice weather and great food and fellowship at the employee grill out!



WAVERLY FOOD BANK

The Mobile Food Pantry program works with under-served communities and provides food directly to needy individuals in those areas.

Mobile Food Pantries can be found in 13 communities in northeast Iowa, reaching an average of 100 families each month at these sites. Each distribution provides between 6,000 to 7,000 pounds of food to those attending these type of pantries.

To help support the Waverly Food Bank, each department at Bartels competed to see who could collect the most donated items. Congratulations to our Leisure Services and Social Services team for collecting 83 out of the 300 items! They celebrated with a pizza party!

Staff members also contributed volunteer hours to support the mission of the Waverly Food Bank.



EISENACH VILLAGE PARTY



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BARTELS LUTHERAN RETIREMENT COMMUNITY

Since 1954, Waverly's only nursing center has evolved from a "home for the aged" to a multilevel retirement community, offering a full range of health care and retirement living services on one campus today.

Services, on a 20-acre campus, include nursing care, skilled nursing and rehab, Alzheimer's/dementia care, assisted living and independent living. With its Christian-based mission and residents first philosophy, Bartels gives residents peace of mind knowing they can move to a higher level of care when needed without having to leave the community they call home.

Bartels Lutheran Retirement Community expanded its vision with the addition of Eisenach Village, a townhome style living community that serves active adults over the age of 55. Eisenach Village is located just north of Bartels Lutheran Retirement Community on over 30 acres.

