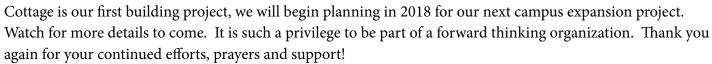
THE MESSENGER WINTER 2018



As we wrap up the year 2017, we count our blessings for the great efforts made by so many on behalf of the *More Than Bricks* campaign. Every gift matters and we are grateful for the tremendous community support! I'd like to offer my special thanks to the campaign leadership, countless volunteers, Bartels staff and leadership, and area business owners for making the Bartels mission a priority.

Your generosity and efforts to reach out to others have helped us successfully raise nearly 2 million dollars. It's an exciting time for Bartels as we introduce our newest level of care, Aspen Cottage, Assisted Living Memory Care, which is set to open this spring.

This beautiful new home, designed to support residents with early stages of dementia, will recognize and foster those values that we all cherish: dignity, respect, love and privacy. Although Aspen



Deb Schroeder, President/CEO



Building New Spaces . Touching More Lives



BARTELS COMMUNITY LINKED THROUGH INTERGENERATIONAL ACTIVITIES By Kathy Sundstedt

Walking through a woodland, you may notice an older tree with young trees sprouted from its base—one generation is growing the next. Trees of many ages comprise a healthy natural forest. The same is true of a human community.

While we humans invest most of our time with peer groups, we know that a healthy community respects the knowledge and skills of all generations. Intergenerational programs benefit each age in different ways. Psychologist Erik Erikson theorized that

among older adults, generativity is a driving force: the need to pass on accumulated knowledge and skills.

Two flagship programs link Bartels Community residents and St. Paul's Elementary school students, Common Chord and Little Friends. However, many other intergenerational encounters exist between volunteers and Bartels Community residents.

Common Chord

St. Paul's Elementary students have two opportunities to interact with Bartels Community residents. Common Chord is a well-established monthly music interaction between residents and second graders. 2nd grade teacher Eliza Boots has collaborated with the Bartels Music Therapy program for over 20 years, providing opportunities for residents and second graders to sing, move and play along together to musical favorites that cross generations like "You Are My Sunshine."

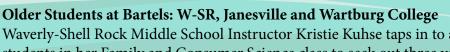
Kara Groen, Leisure Services Team Leader says, "Second graders are a really good match for this program. They have few inhibitions and are willing to try new things. Our residents see their energy and enthusiasm ... and it is contagious!"

Little Friends and Big Friends

St. Paul's fifth graders dig deeper and form relationships with Bartels Community residents in a program called Little Friends. During monthly visits, pairs and trios share stories and engage in activities and games to discover common interests across generations. A fifth grader who enjoys snowboarding was surprised to learn that his 'Big Friend' liked watching snowboarding on TV. The 'Big Friends' live in a variety of settings at the Bartels Community, including Linden Place, Woodland Terrace and Evergreen Arbor.

Some children do not have a grandparent who lives nearby, and distance sometimes separates older adults from their families. Fifth grade teacher Stephanie Rieckenberg says, "Students and their 'Big Friends' "cultivate meaningful relationships that otherwise might not exist. Intergenerational learning is invaluable to both the St. Paul's students and the Bartels residents. The time together has proved to be a worthwhile experience for all."

Throughout the year, residents see the students mature and the students become more comfortable and confident. Bartels Leisure Services team member Barb Wagner says that students, "See positive modeling by peers and teachers," and come to understand that aging is a part of life.



Waverly-Shell Rock Middle School Instructor Kristie Kuhse taps in to a unique life point as she assigns 7th grade students in her Family and Consumer Science class to seek out three volunteer settings in which to invest 10 hours of their time. Seventh graders can interact more independently, have a need to learn about careers, stages of life, and the importance of service work.

Seventh grader Aaron Althaus is one of those students who have volunteered in the music program at Bartels, assisting Music Therapist Nick Morrison on Wednesday afternoon. Aaron explains, "I was really nervous at my first session. Afterwards, I felt really good after about helping others. It gets easier each time." Aaron plays the trombone, and plans to one day bring the trombone back to Bartels to share music with the residents. "One person can make a difference," he adds.

Aaron's mom, Danielle Althaus says, "I love it that the students do this. It shows the kids that there's more to life than them, and that it's important to reach out and help others."

It's an intergenerational balancing act for Aaron's family: Danielle works full time, so grandma Michelle Guimond drives grandson Aaron from school to Bartels, and together they process Aaron's experiences. "It's been wonderful to invest in my children's and grandchildren's lives. Aaron has such a compassionate heart." says Guimond enthusiastically.

This year, a group of Janesville High school students asked to visit Bartels to play games, and Wartburg students are also involved through the Adopt-a-Grandparent Program, coordinated by Pastor Sandra Burroughs at Bartels and Kathy Traetow at Wartburg. According to Traetow, Adopt-a-Grandparent does several things: Some students have an individual "grandparent" to visit. Others play games, visit, or do a craft in groups. "Students seek out the relationships for a number of reasons: to help them better understand aging, because they miss a grandparent from back home, or possibly want to spend some time at a slower pace than can be found on campus." Wartburg Music Therapy students also work with Kara Groen, Leisure Service, Team Leader and Nick Morrison to provide additional individual and group music therapy programming for Bartels residents through Music Therapy practicums.

"The More We Give the More We Get"

Other generations get drawn together at the Bartels Community, too. Working-age adults get involved when participating churches and their volunteers host monthly Coffees at Bartels. Three times a year, area veterans attend an American Legion Auxiliary hosted coffee reception. The spacious Chapel room at Bartels allowing for relaxing fellowship.

Resident's birthdays are collectively celebrated on the second Thursday of each month. Sponsoring businesses like Pizza Ranch are invited to send staff to enjoy cake and ice cream with residents. Manager Len Jentz says, "Part of our mission is to positively impact the world. This is a small way we can have an impact. The more we give, the more we get."

Information about volunteer opportunities and an application to volunteer can be found online at www.bartelscommunity.org

PAGE 2 PAGE 3

EICHHORN HAUS

Eichhorn Haus celebrated 30 years on October 4th. Residents, after enjoying an anniversary dinner, took a stroll down memory lane as David Poggenklass entertained with a piano sing-along of "Golden Oldies." A group picture was taken in the Eichhorn Haus lobby to commemorate the occasion. Later in the month, Hy-Vee hosted a beer tasting event. In November, the Waverly Police Department presented a safety program with special attention given to awareness of surroundings, and phone scams.

Twas the season to be jolly at Eichhorn Haus! Holiday decorations on the tree, a Christmas hymn sing with Carolina Wilson, Gifts of Joy delivered by St. Paul's students and rides in the community to see Christmas lights were just a few of the holiday activities. Residents enjoyed a special Christmas dinner on December 20th; followed by entertainment provided by the Union High School Carolers. New Year's Eve ended the month with a pizza party and bingo.







Above: Sam, a Wartburg student, and Jumper, an RFI dog in training through Retrieving Freedom, Inc., visited Eichhorn Haus to share experiences of working together in a leadership class at the college.





LINDEN PLACE

Early last fall, the 6th grade teacher team at W-SR Middle School decided that they wanted kids to engage in a service learning project and chose to partner with friends at Bartels! Students completed an application process and had to describe why they wanted to be chosen to participate. Thus grew our monthly partnership with Linden Place residents and W-SR 6th graders! Twice a month they come to Linden Place and meet with one another for meaningful conversation and interactions.

The 6th graders brought their instruments and we sang Christmas carols together, and, on another visit, we decorated Christmas cookies and played Christmas trivia! "Our students and teachers

look forward to the dates when we get to go to Bartels and interact with the residents", says Lindsay Schaapveld, 6th grade teacher. "It helps all of us think outside of our school walls and get to know another part of our community."





PAGE 4 PAGE 5

CHAPLAINCY

A New Year

"See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland." – Isaiah 43.19

We have a God who creates something out of nothing, who makes new things out of old things, who brings life out of death.

Last year is over, but the new year is full of possibilities, blessings, adventures, and surprises. Do your best to live into whatever new thing comes your way this year, knowing that God is with you, no matter what.



Happy New Year

Author: Catherine Pulsifer

Happiness depends upon your outlook on life. - Find the good in all situations

Attitude is just as important as ability.- Keep your attitude positive

Passion find yours this year! - Do what you love and you will never work

Positive thoughts make everything easier.- Stay focused and stay positive

You are unique, with special gifts, use them. - Never forget you have talent

New beginnings with a new year.

Enthusiasm a true secret of success.

Wishes may they turn into goals.

Years go by too quickly, enjoy them.- Wisdom from your elders, listen

Energy may you have lots of it. - Take care of yourself

Appreciation of life, don't take it for granted. - Live each day

Relax take the time to relax in this coming year.- Keep a balance in your life



Are you interested in receiving emails from Bartels regarding special events and announcements? Please contact Becky Meester at 319-352-6721 or by email: bmeester@bartelscommunity.org.

VALENTINES

If you would like a loved one, friend or favorite employee at Bartels to receive a cupcake or Singing Valentine, fill out the order form below and return it to the front desk by February 5th. Each cupcake or Singing Valentine will include a personal message from you. You may call (319-352-4540), email (rcockerham@bartelscommunity.org) or mail in your order. All proceeds will support Bartels' activity programming!

Spread the LOVE this Valentine's Day!

Cupcake (\$5.00 e	ach) Chocolate	Vanilla	
Quantity:	@ \$5.00 each = \$	(total)	
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Please enclose your order form and check payable to: Leisure Services Dept. 1922 5th Avenue N.W. Waverly, IA 50677. Orders are due by February 5, 2018.

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BARTELS-AT-HOME

Comfort and Companionship By Kathy Sundstedt
Where and how we live are choices we make.
While some elders reach for a busy life in a new condo in The
Bartels Community's Eisenach Village, or an apartment in
Eichhorn Haus or Linden Place, others prefer to age in place:
to live independently in their own homes, and
call in extra services as needed—home repair, cleaning, lawn
care, and driving. The Bartels Community respects both
choices.

Aging in place is defined by the U.S. Centers for Disease Control and Prevention as "the ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level."



Bartels-At-Home offers a variety of outreach services for those who choose to age in place in Waverly and surrounding communities. Home helper services might include cleaning, laundry, meal planning, driving to appointments, and changing linens. Services extend to companionship, personal care, and "Peace of Mind" services, like medication reminders, and making sure those doctor approved exercises get done. Services are provided Monday through Friday between 8 a.m. and 5 p.m.

"It takes a special kind of person," says Alice Bidne, a spunky senior who is one of three Bartels-At-Home service providers. Bidne is one of a staff whose ages span decades and strive to make the right kind of fit with clients. Staff also includes Renea Otis, and Laura Spaulding. The goal of the Bartels-At-Home program is to keep elders in their homes longer, with safety and peace of mind for clients and their families.

Chelsea Petersen is the Bartels-At-Home Coordinator and Team Leader at Linden Place. Petersen stresses that services offered "are non-medical and not overseen by a nurse or CNA. It is a private pay chore service, and is not reimbursed by Medicare." Dependability, a caring nature, and flexibility are three qualities that Petersen and Bidne agree are required by the background-checked Bartels staff providing quality in home care.

Often, services are arranged by a family member who lives out of town, or by a family member who works full time. Family members get peace of mind and convenience. Or, services can be arranged by contacting Bartels directly. An in-home assessment is completed by Bartels staff, and work tasks are charted after completion.

Tedi Fredrick, 86, has lived in her Victorian style home since 1962. "I've refinished all of the woodwork," she says proudly in her meticulously kept home. Wooden pocket doors, intricate scrollwork doorways, and a newel-posted stairway with two landings make her graceful home warm. Tedi has spent a lifetime creating a memory-filled home, and she likes living independently. No longer able to drive, she was on her way to get a flu shot with Alice Bidne, who does the driving.

"We wanted to be able to better serve more clients where they live," says Bartels CEO Deb Schroeder, who backed the 2007 Bartels-At-Home initiative. Similar services were already provided for residents of Linden Place, Bartels Assisted Living facility. The extended service provides trustworthy, background-checked individuals to assist persons who have been discharged from area hospitals, or from the Bartels Skilled Nursing Care and Rehabilitation Unit.

Schroeder adds that Bartels-At-Home "has been a great resource for persons needing some extra help to successfully stay at home. We work in cooperation with area certified Home Health Agencies in care coordination for homemaker services."

Following back surgery, Kirsten Hafermann, 80, originally from Copenhagen Denmark, contacted Bartels-At-Home for housekeeping services. Unable to do complete 'hands and knees' or ladder chores, she sees service provider Alice Bidne as more than a housekeeper. They have a relationship. After Bidne completes housekeeping chores, Hafermann gives her a big hug.

In 1940, life expectancy after age 65 was only about 14 years. Today, over a half million people in Iowa are over age 65. According to the U.S. Census Bureau, almost 20% of the population in Bremer County is older than 65. As people live longer lives, Bartels-At-Home is one service built to meet that demographic challenge.

YOUR LIFE. YOUR FAITH. YOUR GIFT TO THE FUTURE.

By Mike Klinefelter Regional Gift Planner ELCA Foundation

Our lives are journeys of faith and generosity. And as our faith matures and deepens, so does the way we support God's work in the world. We start as children, dropping a few coins in to a Sunday school donation box and watching as our parents make Sunday offerings. As we grow up (and older) in



the church, our giving evolves as well, reflecting new depths of meaning, understanding and experience.

Major and planned gifts are a reflection of this trajectory. Yes, they are truly a gift to the future. But they are also enduring testimonies of lives joyfully lived in faith – year after year.

The ELCA Foundation is a partner who shares your commitment. When you are ready to make transformational gifts – those that exemplify your lifelong commitment to ministry and mission – the ELCA Foundation is your partner. Working together, we can help you answer the call to live as a faithful and generous steward, while supporting and strengthening the financial capacities of ELCA churchwide ministries, congregations, synods, agencies and institutions.

Mike Klinefelter serves the ELCA Foundation as the Iowa Regional Gift Planner. He is available for personal consultation, a free and confidential assessment of one's assets and determination of how to make those significant gifts to the ministries you care about, all the while leaving gifts for family and friends.

God's Work is calling you.

PAGE 8 PAGE 9

EISENACH VILLAGE

Retirement typically generates a "Bucket List", and more people are starting that list with a move to Eisenach Village! With low maintenance living, they find more time for experiencing new learning opportunities, enriching friendships and a sense of belonging. "It's exciting to see the progress at Eisenach Village," reports Howard Clancy, Sales Manager. "Eight new families were welcomed to the community in 2017. Currently there are 59 homes occupied, all lake lots are sold, and 13 homes are under construction." Along with construction, the social life is growing strong as well. The Klubhaus, busy with coffee gatherings, card parties, and movie nights, offers community members a social space. In addition, residents are anxiously awaiting the opening of the EV woodworking



shop and the anticipated road improvement /railroad crossing updates on 20th Street. And, within those improvements are new bike and walking trails to complement the existing trails. "2018 is shaping up to be even better than 2017," concludes Clancy. "Don't miss out on your spot in the village!"









BARTELS HAT & MITTEN TREE

In the spirit of giving, Bartels Staff participated in a hat & mitten drive for the United Way during the month of December collecting new and handmade items for those who might need them this winter. Pictured here is Michael Groen (son of Kara Groen, Leisure Services Team Leader). As a part of a seed money project at his school, Michael chose to shovel snow for family and neighbors to earn money so that he could buy hats to put on our hat and mitten tree at Bartels! Thank you, Michael and thank you to everyone who participated!



CHRISTMAS AT BARTELS









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ASPEN COTTAGE

Bartels Lutheran Retirement Community Assisted Living Memory Care Opening Spring, 2018!

COTTAGE LIVING

Aspen Cottage is uniquely designed to support people with early stages of Alzheimers and other related dementias. Created to look and feel like a home with shared activity areas in the kitchen, dining, living room and outside terrace, residents will have the freedom to safely interact with family and friends.

Programming will encourage independence, with a commitment to physical, social, spiritual and emotional wellness, while accommodating individual needs. Our approach will recognize and foster those values that every human cherishes; dignity, respect, love and privacy. Above all, Aspen Cottage will be a place where residents will thrive, feel valued and at peace.





COTTAGE DESIGN

- A place to sleep and keep your belongings a bedroom to personalize.
 - A place for personal care— a private bathroom.
 - A place to share snacks and conversation a kitchen.
- A place to socialize a Great Room; common spaces to encourage interaction between residents and staff.

 Caregivers spend quality time with residents and their families. Residents and the household care team get together to plan activities, holiday celebrations, and other events. Care team members get to know

residents—and their preferences—very well. These bonds make a difference for residents and families.

• 20 Private-Pay Rooms with showers • Trained staff to assist your loved one 24/7 with a nurse and support staff • Outdoor Terrace with gardens • Attractive Dining & spacious Great Room • Activities • Pet Therapy • Music Therapy • Beauty Shop/Spa • Three Meals Daily • Housekeeping/Laundry • Keypad exit security system • Full Time Chaplain

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ASPEN COTTAGE , ASSISTED LIVING MEMORY CARE OPENING SPRING, 2018!

