

THE MESSENGER

SUMMER 2018



Introducing Aspen Cottage Assisted Living Memory Care

JOIN US FOR OUR OPEN HOUSE

SUNDAY, JULY 22, 2018

2:00 P.M. - 4:00 P.M.

*Bartels Lutheran Retirement Community
(Bartels Green Entrance)*



MAY BASKETS

Thursday, April 27th, CUNA Mutual Group held their annual Take Your Child to Work Day. The theme for this year's event was "Giving Back" and was led by CUNA Mutual Group Philanthropy Team members Christa Leary, Mary Driscoll and Dave SmolikHagen. As a part of the day, the children had a session on philanthropy and learned about the team that helps employees get involved in the community and distributes funds from the CUNA Mutual Group Foundation. "The final step of the session was for the kids to do something to give back, and we chose Bartels Lutheran Retirement Community as the recipient," says Christa Leary, Marketing Strategist, Wealth Management. The children decorated May Day baskets for the residents and then CUNA Mutual Group staff donated goodies and their time to stuff and deliver the May baskets to Bartels. "It was an excellent example of collaboration and support in the community!" concludes Leary.



Given the generosity of our friends at CUNA Mutual Group, each of our Woodland Terrace and Evergreen Arbor residents received a May basket surprise on May Day! Kara Groen, Leisure Services Team Leader says, "The residents were tickled to receive such a thoughtful surprise and it brought back memories of May Days past for many of them!"

FRANK & BETTY LOU SMITH

Frank and Betty Lou Smith, residents of Eisenach Village, spend their winters at the Pueblo El Mirage RV Resort in El Mirage, AZ. Frank was recently named Craftsman of the Year by the park's wood shop. The award is determined each year by members of the wood shop who they think has contributed time, expertise and has produced quality woodwork projects.

Frank has been a member for the past 20+ years and regularly spends time as a monitor helping new members acquaint themselves with the use of equipment and how to work safely as well as what tools to use. Frank's interest in woodworking has developed since his retirement. "It's a great hobby and I love it." Congratulations, Frank!



CHAPLAINCY

Pastor Sandra Burroughs; Bartels Chaplain

In May, Pastor Sandra Burroughs presented a workshop called "Water: The Fountain of Life" to the residents of Eichhorn Haus. It explained the symptoms, risks, and complications of dehydration along with tips and recommendations on staying hydrated as the weather heats up.

In July, Pastor Sandra Burroughs will lead an introductory workshop on sign language for the residents at Eichhorn Haus. They will learn how to sign important words that will help them get the care they need if they are unable to speak. Some words they will learn to sign are: pain, bathroom, hot, cold, sick, help, hungry, water, more, finished, thank you, yes, and no. They also will learn some words for family like mom, dad, grandmother, grandfather, girl, and boy and words for emotions like happy, sad, and angry.

This summer we are getting a new sound system for the chapel to enable our residents and visitors to experience better sound quality. In addition to upgraded sound quality and new speakers, we are adding listening assisted devices to assist those especially hard of hearing. We look forward to the change and hope it helps everyone enjoy worship even more.



CONCERTS IN THE PARK

Bartels sponsored Concerts in Kohlman Park the last week of June. Staff served popcorn and lemonade, spoke about the upcoming open house for Aspen Cottage and also got to enjoy the great performances by Central Standard Time along with the Greater Waverly Municipal Band.



LINDEN PLACE

Lindsay Schaapveld and the 6th grade teacher team at WSR Middle School proposed a service learning project to their students at the beginning of the 2017-2018 school year. Those students chose to partner with friends at Linden Place and we couldn't be more grateful for our time spent together! From decorating Easter eggs, playing BINGO, reading books together and planting flowers, everyone benefited! "Thanks for this partnership—it is so rewarding on so many levels", said teacher Lindsay Schaapveld.



EICHHORN HAUS

Pastor Sandra has been giving some informative classes at Eichhorn Haus the past couple of months. In May, her topic was Water: The Fountain of Life, which she talked about the benefits of staying hydrated and signs your body gives when it is dehydrated. Her next program will be on sign language.

Sarah Beckman, the Bremer County Naturalist, came with a program about turtles. She talked about a variety of different kinds of turtles, their lifestyle, and other interesting facts about turtles. She also brought along Tucker, the box turtle, for all to see.

Kelli Steffensmeier from dining services has now taken over the cooking demo/ informational classes at Eichhorn Haus. In May, she shared information about berries and shared berry sorbet, berry lemonade punch and fresh berries with cream for samples for the residents to taste. In June, Kelli talked about exotic or unusual fruits and residents had the opportunity to taste some of those fruits.

LaVonne Barkhoff purchased a tree in memory of her husband, Archie Barkhoff, which is now planted by the gazebo near Eichhorn Haus.

Eichhorn Haus and Linden Place residents enjoyed an anniversary party on June 13. This was to celebrate the love shared between two people, some here and some in spirit. Stories of how they got engaged and stories of their wedding days were shared by many of the residents. They enjoyed refreshments of cake, fruit, and coffee.

A concert from the Eichhorn Haus/Linden Place bell choir was on June 6. They played a variety of tunes with the crowd singing along to a handful of the songs they performed. Refreshments were served at the concert.



LEISURE SERVICES

Leisure Services

The leisure services team at Bartels is dedicated to providing high quality individualized and resident centered programming that promotes overall wellness and quality of life. Each month the calendar is designed to include daily activities that are interesting and meaningful to residents and their families stimulating social, physical, intellectual and spiritual engagement. In addition to the wide range of group activities offered each day, special events also enrich quality of life for those who reside here at Bartels.

A Moonlight Masquerade

In March of this year, leisure services hosted a resident “senior” prom. The stage for the “Moonlight Masquerade” was set with twinkling lights, beautiful hand crafted decorations and masks, and entertainment by the Bluetone Jazz Collective. It was an elegant evening with live music, dancing and refreshments for residents and guests.

The Great Outdoors

As the seasons change and the weather continues to improve, Bartels residents enjoy increased opportunities to be outdoors. Rides in the Country, Bike & Golf Cart rides, and Patio Parties continue to be crowd favorites. We had a visit from Cody the Pony (Aspire Therapies), walks & wheelchair rides with the Wartburg Softball team and Leadership Academy, as well as Concerts in the Courtyard – our outdoor concert series - on Thursday nights throughout the month of June.

Bartels Blooms

Blessed by the generosity of the students and families at St. Paul’s Lutheran School, Bartels is in full bloom! Although, rain kept our 1st & 2nd grade friends from being able to help us plant the flowers, St. Paul’s School delivered a beautiful assortment of bedding plants for residents and staff to work with and enjoy for months to come!

Yarn Happy

For those who enjoy the fiber arts, Yarn Happy is a new group to the calendar this year. It is a program designed for residents and staff of all backgrounds and abilities that enjoy crafting with yarn. The relaxed group environment provides an outlet for creativity and offers support and instruction for those interested in maintaining or perhaps further developing their knitting and crochet skills - all the while sparking positivity and building friendships.

Mother’s & Father’s Day Events

In May of this year, leisure services hosted a Mother’s Day event called “Bloom Where you are Planted” honoring all of the mother’s and special women in our lives. In June, Donuts with Dad provided families and staff the opportunity to spend time with and celebrate all of the dads and father figures that reside here Bartels as well. Both events were well received by residents, family and friends. Thank you for your participation and support! The Bartels team is honored to be a part of your journey.



LEISURE SERVICES (CONTINUED)



Edith Paustian & her daughter Joyce at the Moonlight Masquerade.



O.W. Kammeyer has always enjoyed gardening. This summer he has partnered with Leisure Services to plant and maintain his new raised garden here at Bartels.



Evelyn Wedeking planting flowers to display on the patio.



Evergreen Arbor ladies planting flowers.



Charles Graham & Dorothy Sundet, with Wartburg Softball Players, enjoying Wheelchair rides.



MESSAGE FROM BILLING

New Medicare Cards are arriving! Please make sure to update your resident's file with this information!

Tired of writing checks each month? Bartels offers automatic withdrawals from your designated bank account. Each month you will still receive a statement showing the amount to be withdrawn the 15th of the month. Stop and see Rebecca to sign up!



SAVE YOUR RETIREMENT ACCOUNT FROM TAXES!

How can you ensure that your hard-earned dollars won't be consumed by taxes after you're gone? Consider leaving them to Bartels or to the Memorial Foundation. Leaving your retirement plan assets to us after your lifetime eliminates any income or estate taxes relating to these assets. This means that Bartels can use the full value of your gift to support a purpose at Bartels that's most important to you. It doesn't have to be all or nothing, though. A gift of a percentage of your retirement plan assets can also make a big difference!

CRAFTING FOR A CAUSE

Bartels is hosting our second annual Crafting for a Cause event! Create a custom 10x20 sign on a wood board using Chalk Couture. We will have multiple designs to choose from (check out Bartels Facebook page for options). All materials and instruction will be provided along with light refreshments.

There will be a silent auction with lots of great deals and goodies from local businesses and merchants! Grab your friends and come enjoy an evening together. All proceeds from the evening support TEAM BARTELS in the Walk to End Alzheimer's on Saturday, September 22, 2018.

To Register: Call 352-4540 or stop by the front desk at Bartels! Cost is \$35. Location: Klubhaus @ Eisenach Village. 1110 Bach Ave, Waverly, IA 50677. Must reserve your spot by JULY 26! Payment and choice of design is due at the time of registration.

RFI SERVICE DOGS

By: Shaelyn McEnany

My name is Shaelyn McEnany. I am from Independence and I am currently a junior at Wartburg college majoring in biology with a pre-med focus and minoring in chemistry and leadership. I'm involved in several organizations on campus such as Tri Beta Honor Society, Phi Eta Sigma Honor Society, The National Society of Leadership and Success, and the cross country and track team.

Throughout the year, I'd seen Retrieving Freedom (RFI) service dogs on the Wartburg campus and wanted to learn more about them and this organization. For May term, the RFI course was paired with our leadership class. For the RFI portion we went through the training manual and had several in-class training sessions with a partner and, eventually, with our dog. They worked on teaching us the basics at first, but by the end of the course we were able to take our dogs out in public and do a service project.

I was most surprised about the number of tasks and commands the dogs know. The dogs are able to sense when their owner gets anxious and are able to jump on their lap and provide the pressure needed calm their anxieties. The dogs are able to retrieve almost anything, push the button to open doors, and many more things. My favorite command, tethering, is done with a dog who will be placed with a child with autism. They have a special vest with a tethering cord that buckles around the child. Whenever tension is placed on that tether the dog is trained to lie down. This prevents the child from bolting away from the dog and parents.

My favorite part of the class was hearing the stories from veterans who visited and understanding the big impact service dogs have had on their lives. They shared how difficult it was to go out in public or talk with others, but after receiving their dogs they gained the confidence to speak in front of our entire class.

One of my class assignments was to take my dog, Mabel, to a local facility. My time with the residents of Bartels gave me an opportunity to apply my classroom learning to this visiting experience. The residents loved Mabel and it was wonderful to see the joy they shared!

Retrieving Freedom began their partnership with Wartburg College in early 2013. Since then, Wartburg College students have participated in 17 semesters with Retrieving Freedom. "Every class has around 15 students; each responsible for working with a particular service dog in training. Many students continue to volunteer throughout their time at Wartburg College, and some even return post-graduation to visit the dogs," states Keegan Birchit, RFI Program Coordinator.

Retrieving Freedom trains and places quality service dogs with disabled Veterans, children with autism, and individuals with diabetes. The dogs are uniquely trained to serve one person, with specific tasks to go from simply going through the motions of life to truly thriving. Not only do these dogs perform tasks to help someone with a disability, but they also offer a nonjudgmental companionship and unconditional love. "We've enjoyed our successful partnership with Wartburg, and we appreciate Bartels' role in helping students with their projects," concludes Birchit.



BIKE RIDES

Here at Bartels Lutheran Retirement Community, we are fond of saying that life is good. We believe that the care that we offer, in addition to the variety of creative therapies and activities available to residents enhance their quality of life.

Daisy, Daisy, Give me your answer, true. I'm half-crazy, all for the love of you. It won't be a stylish marriage. I can't afford a carriage. But, you'll look sweet, upon the seat, of a bicycle built for two!

Aging adults are the least physically active segment of the US population with less than 3% meeting the recommendations of 150 minutes per week of activity. Additionally, they spend the most time engaged in indoor sedentary behaviors, such as watching TV. Our goal, through Leisure Services, is to increase physical outdoor activity for independent, assisted living and long-term care residents. Exposure to nature has been reported to have a positive impact on health, and several studies have documented that engaging in physical activity outdoors and breathing fresh air improves mental health and well-being by reducing stress and, in some cases, prevents depression. Older adults often have low levels of Vitamin D which is inversely related to time spent outdoors. Vitamin D deficiency is related to many chronic conditions including cancer, heart disease and bone health.

We know that "fun in the sun" promotes great benefits and believe that participating in recreation, both indoor and outdoor activities, provides our residents with an opportunity to meet and build relationships with others. Bartels recently purchased the VeloPlus Wheelchair Bike which has become a popular activity, in good weather, for our wheelchair bound residents. Positive response, from residents, staff and family members has moved us to offer the same type of activity for residents with higher functioning skills.



NEW BOARD MEMBERS

Deb Schroeder, President & CEO, of Bartels Lutheran Retirement Community has announced the appointments of Susan Whitson, Steve Corson and Fred Waldstein to the Bartels Board of Directors. "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 have the expertise and passion to continue Bartels' tradition of excellence."



A third generation funeral director, born in Waverly, Iowa, graduated from the Waverly-Shell Rock High School, and received his B.A. in Physical Education from Luther College in Decorah, Iowa in 1979. In December of 1980, Steve began working at the funeral home as a funeral attendant, with his father, Jim Corson and brothers, Cal and Carter. In 1982, Steve graduated from the Dallas Institute of Funeral Service and returned home to serve his apprenticeship at Kaiser-Corson Funeral Homes, with his father, and is currently serving as president. "I was honored to be asked to be a member of the Bartels board. Born and raised in Waverly, I have a passion for the whole Cedar Valley. I'm excited to help Enrich the lives through quality services and Christian care," states Corson.

Whitson graduated from Iowa State University with a BS in Agricultural Business and completed the Graduate School of Banking. She currently serves as CEO of First National Bank and brings over twenty five years of professional finance experience to the Board. "The many services Bartels provides are an essential part of the Waverly community," states Whitson. "I am excited to be able to contribute to the future success of Bartels."

Dr. Waldstein is a 1974 graduate of Wartburg College and holds a Ph.D. in Political Science from Washington University in St. Louis. He teaches courses in leadership education, public policy analysis, and interdisciplinary courses. "I am pleased to have the opportunity to serve Waverly and the greater Cedar Valley as a member of the Bartels board," states Waldstein. "Its mission of serving our senior population is increasing in importance, and I hope to contribute to making the multiple services it provides the best they can be."



SUMMER-TIME FUN AT BARTELS



NONDISCRIMINATION STATEMENT

Bartels Lutheran Retirement Community complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Bartels Lutheran Retirement Community does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Bartels Lutheran Retirement Community:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - * Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - * Qualified interpreters
 - * Information written in other languages

If you need these services, contact Debra Schroeder, President & CEO

If you believe that Bartels Lutheran Retirement Community has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Debra Schroeder – 1922-5th Ave NW, Waverly, IA 50677 (PH) 1-319-352-4540 (fax) 1-319-352-2161 dschroeder@bartelscommunity.org

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Debra Schroeder, President & CEO, is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services 200 Independence Avenue, SW Room 509F, HHH Building Washington, D.C. 20201 / 1-800-368-1019, 800-537-7697 (TDD) Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

<p>ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-319-352-4540</p>	<p>ملاحظة: إذا كنت تتحدث اللغة العربية، يمكنك الحصول على خدمات المساعدة اللغوية مجاناً. اتصل برقم 1-319-352-4540</p>	<p>Wenn du (Deutsch (Pennsylvania German / Dutch)) schwetzst, kannst du mitaus Kuschle ebber gricke, ass dir helfi mit die englisch Schprooch. Ruf selli Nummer uff: Call 1-319-352-4540</p>
<p>注意: 如果您使用繁體中文, 您可以免費獲得語言服務。請致電 1-319-352-4540</p>	<p>បំពេញ: បើ អ្នក ចេះ ភាសា ខ្មែរ ឬ ភាសា ខ្មែរ ប្រទេស ខ្មែរ អ្នក អាច ទទួល បាន សេវា បំប្លែង ភាសា ឥត ថ្លៃ ទេ ទូរស័ព្ទ លេខ 1-319-352-4540</p>	<p>PAUNAWA: Kang nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-319-352-4540</p>
<p>CHU Y: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-319-352-4540</p>	<p>주의: 한국어를 사용하시는 경우 언어 서비스 무료로 이용하실 수 있습니다. 1-319-352-4540 번호로 전화해 주십시오.</p>	<p>PAUNAWA: Kang nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-319-352-4540</p>
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<p>ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-319-352-4540</p>	<p>ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-319-352-4540</p>	<p>ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-319-352-4540</p>

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Carolyn Albaugh
Margaret E. Phelps

Sharon Arends
Rachell Lugg

Jim Arens
Karen Arens

Alvin Bahlmann
Dorothy Bahlmann
Bob & Kris Brunkhorst
Ed & Phyllis Droste
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Gaylen & Lynda Hassman
Dr. Charles & Jean Kromer
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Lynn & Kathy Olson
Michael & Kathe Sherer
Brent & Jerelyn Steere
Lorraine Whitney
Dan & Pat Yates

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Nancy Zimmerman

Alice Grawe
Bob & Kris Brunkhorst
Mary Anne & Eugene Dietz
Joan & Thomas Grawe
Mary Lou Kelly
Edward, Jr. & Barbara Wedge
Lou Ann & Gary Weflen

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Bill & Louise Liebau
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Chuck Lindaman
Julie Lindaman

Marilyn Macdougall
Lou MacDougall

May & Vernor McCluney
Moira McCluney

Darrell Miller
Delores Miller

Lavern Moeller
Marldine Moeller

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Walter & Beverly Zahn
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Ramona Zelle
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Pastor Eugene & Clara Ketterling
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Fred & Mary Thoms

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Gary & Carolyn Derifield

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Barbara & Dean Wagner

Laura Clewell
Judy & Leon Glaspie
Joyce Klinetobe
Richard & Jeanette Pagel

Family & Friends
Ardith E. Hartman

We apologize if anyone’s name has been overlooked in this publication. Please contact us at 319-352-6105 so that your name will be included in future materials.

To learn more about ways to give:
• Visit www.bartelscommunity.org
• Call 319-352-6105
• Email Barb Bridges at: bbridges@bartelscommunity.org



BARTELS LUTHERAN RETIREMENT COMMUNITY
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Permit No. 201

www.bartelscommunity.org

319-352-4540

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.

