

THE MESSENGER

WINTER 2019



A MESSAGE FROM THE CEO

Happy New Year!

Welcome to the New Year and new opportunities to have a great year at Bartels! 2018 was a year with many changes and challenges. Most notable was the grand opening of Aspen Cottage, our new assisted living memory care cottage serving up to 20 residents. In 2018, Bartels made some significant changes within our Dining Services Department as we hired talented new leadership to oversee food service internally across our campus. Another change occurred in construction management at Eisenach Village, Bartels contracted with an external general contractor, Panther Builders, to oversee new home construction in April. 2018 was also the year that we found talented new leadership within the Nursing Department of Woodland Terrace and Evergreen Arbor.

The Droste Ice Cream Den secured a new, more dependable ice cream machine, thanks in part to a generous family gift. All of these changes, as well as others, have proven to be very successful and great progress has been made towards improving our services.

2019 is off to a fresh start with our dedicated, talented staff and strong leadership. Although we are still in the process of finalizing organizational goals for 2019, it is clear that we will stay focused on staff and resident satisfaction as top priorities in the New Year. Staff recruitment and retention will also continue to be a priority. We will work towards improving communications, which includes communication to key constituents, residents, staff, and families. We are going to stay resident-focused in 2019 and our staff share in this vision.

The New Year will bring new opportunities, as well as some new challenges. We will work through the challenges, as always. We are in the process of updating our 3 year strategic vision plan at the Board level, planning out our next steps for campus improvements. In 2019, we will figure out when our next project on the Campus Master plan will begin and have a solid financial plan in place. Therefore, we will give great attention to following departmental budgets in 2019, operating within census counts and revenue projections. May we successfully negotiate the challenges and seize the opportunities to make the quality of life for our residents the best that it can be in 2019. We value our staff and are confident that together we will make Bartels a better place to live and work in 2019.

Deb Schroeder
President/CEO



CHAPLAINCY

For everything there is a Season....

These are the dark, cold days of winter in the Midwest. Winter is a season of quiet, introspection, transformation, and internal growth. It has its own timing and nothing we do can bring the spring any faster. But perhaps we can learn from penguins how to make the most of winter from a spiritual perspective.



1. Slow down. We are often in too big of a hurry to savor life. But penguins waddle slowly, giving them time to learn and grow and experience all that life has to offer. Winter is a good time to practice walking and moving slowly, resting, and pondering. It's also a good time to practice being slow to speak and slow to anger.

“Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger.” James 1.19

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.” Matthew 11.28-30

2. Bow. In courting rituals, penguins bow to one another. What if we adopted that philosophy and bowed (either literally or figuratively) to those we love in a gesture of love, respect, and adoration?

“Clothe yourselves, all of you, with humility toward one another, for “God opposes the proud but gives grace to the humble.” 1 Peter 5.5

“Do nothing from rivalry or conceit, but in humility count others more significant than yourselves.” Phillipians 2.3

3. Huddle Together. When the wind is strong, penguins huddle together in a circle. Likewise, when times are tough or cold or the winds of change threaten to knock you around, huddle close to the warmth of another. God gave us one another for a reason.

“How good and pleasant it is when God’s people live together in unity!” Psalm 133.1

“Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! Again, if two lie together, they keep warm, but how can one keep warm alone? And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken. “ Ecclesiastes 4.9-12

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EICHHORN HAUS

December was a busy month at Eichhorn Haus. To kick off the holiday season, some residents attended the dress rehearsal for Christmas with Wartburg. Students from St. Paul's Lutheran School came to share their "Gifts of Joy". The students sang, handed out gifts, and enjoyed refreshments with the residents. A wonderful Christmas party was held on December 18th, which included a delicious prime rib meal, twice baked potato and cheesecake. Entertainment was by the Dike-New Hartford Select Singers. Each floor at Eichhorn Haus hosted a Christmas Open House as they opened up their apartments to share the decorating they had done for the holiday season. The bell choir performed Christmas music one afternoon with refreshments following the concert.

In January, the month started with a New Year's Day Bingo event which was attended by many. Pastor Sandra will have a class on the Benefits of Massage Therapy and the cooking demonstrations will continue teaching the health benefits of certain foods! The residents are looking forward to the Valentiness Party in February!



Above: Residents enjoy the New Year's Eve Celebration



LINDEN PLACE

[exhale] The holidays are over and we are ready for 2019!! We celebrated Christmas with a special prime rib meal and entertainment by Dike-New Hartford Select Singers. Campus wide we celebrated the Season with Gifts of Joy-classes from St. Paul's Lutheran School visited to sing Christmas carols and share small gifts. We were blessed by the generosity of others who adopted a resident this Christmas season- on Christmas Day we woke up to gifts outside our apartment. Thank you to all who supported this project and brought a smile to our face.

We continue our bi-weekly visits with W-SR 6th graders-young and old playing 'GO Fish!', decorating Christmas cookies, sharing Christmas carols and genuine conversation. We are thankful for this partnership and excited to see what 2019 has in store for us and the students.



ASPEN COTTAGE

What an amazing few months it has been at Aspen Cottage! We have done so many things in the last few months. We have spent some quality time really getting to know our residents and making sure we are living every day to the fullest! From daily exercises with Marla to making new friends with our wonderful Wartburg volunteers or having live performances from Dance Wave our days are busy! Please feel free to stop over for a cup of coffee and a homemade baked treat and enjoy an activity with our Aspen Family!



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. “Twelve new families were welcomed to the community in 2018. Currently there are 73 homes occupied, all lake lots are sold, and 6 homes are under construction.” Along with construction, the social life is growing strong as well, including the recent Tour of Homes Holiday Celebration, which was a huge success. The Klubhaus, busy with coffee gatherings, card parties, and movie nights, offers community members a social space. In addition, residents are enjoying the new EV woodworking shop and the road improvement /railroad crossing updates on 20th Street. Completion of both are due in 2019, and within those improvements are the new bike and walking trails to complement the existing trails. “2019 is off to a great start and we are excited where the year will lead,” concludes Clancy. “Don’t miss out on your spot in the village!”



Are you interested in receiving emails from Bartels regarding special events and announcements? Please contact Corrie Ramige at 319-352-6105 or by email: cramige@bartelscommunity.org.

BARTELS-AT-HOME

Many older adults, as they age, prefer to stay at home for as long as possible instead of moving into a long-term care facility. This may be the right choice for you if you only need minor assistance with your daily activities and enjoy a close network of nearby family and friends. You may be used to handling everything yourself, dividing up duties with your spouse, or relying on family members for help. But as circumstances change, it's good to be aware of our Bartels-At-Home care services that might be of help. These services include the following:

- Home Helper Services: housekeeping, shopping and errands, companionship, transportation to scheduled appointments, meal preparation.
- Personal Care Services: assistance with grooming, dressing, and bathing.

Involving loved ones in home care services:

Everyone has different family structures and support. In deciding your own options, take a look at your own family structure, culture, and the expectations you and family members might have. While this conversation may not be easy, it's better to discuss these issues earlier than to wait for an emergency when options may be more limited.

Even if you have strong family support, be open to the idea of having other help too. Many people have an initial feeling of “not wanting strangers in the house.” But caregiving can be physically and emotionally exhausting, especially if it is primarily on one person such as a spouse. Your relationships will be healthier if you are open to the idea of getting help from more than one source.

Perhaps you're worried about the safety of your loved one, have noticed that his/her home has become much messier than it used to be, or that he or she is wearing stained, dirty clothes. Maybe it's clear that your loved one hasn't had a bath for a while. Or when you open the refrigerator, there is hardly any food inside. Or you may be worried sick about a recent fall or seeing a pan burning on the stove.

It can be frightening and painful to see a loved one who is losing the ability to care for him- or herself. Sometimes, declines can happen gradually. Or a sudden change in health, recent fall, depression, or loss of a key local support can trigger difficulty. Regardless of the reason, if you're worried about safety or the condition of the home, it's important to bring it up with your loved one to see what can be done.

“Bartels At Home helps me with everything from light housekeeping to running errands for me. I look forward to the weekly visits!”
~Bartels At Home Client

Tips on talking to your loved one:

- Express your concerns as your own, without accusing.
- Try to find the real reasons behind resistance
- Respect your loved one's autonomy and involve him or her in decisions.
- Enlist others to help. You may want to consider having a meeting with your loved one's doctor or a retirement community care manager. Sometimes hearing feedback from an unbiased third party can help a loved one realize that things need to change.

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Contact Us:

Call Chelsea at (319) 352-4540 for a free personalized consultation to see how you or your loved may benefit from receiving Bartels-At-Home services.

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SANTA VISITS BARTELS



BARTELS GIVING TREE

Christmas was made special for each and every one of our residents this year in part due to the Giving Tree Project. Bartels staff, family, friends and community groups each stopped by the Giving Tree and adopted a resident for the holiday. The generosity of all those who participated made sure that every resident received a special Christmas gift hand delivered by Santa himself!



BARTELS HAT & MITTEN TREE

The Hat & Mitten tree has become a holiday tradition here at Bartels. Each December, staff gather warm winter items and place them on the tree. At the end of the month, all of the items collected are shared with the United Way who delivers to those individuals/families that might need them. It is a special way for Bartels to give back to the larger community that has always been so generous to us. This year, residents wanted to be involved in the project as well hand crafting hats, mittens, scarves and sweaters to share.



CONTINUED GROWTH: BARTELS WELCOMES NEW MARKETING & DEVELOPMENT COORDINATOR *By Megan Schwenneker*

Leaving the town that built her has never been a passing thought.

For Corrie Ramige, Waverly will always have a special place in her heart — it's why she went to school here, raises her children here and is building her career here.

Ramige, who now resides just a few miles outside of Waverly in Shell Rock, recently became Bartels Lutheran Retirement Community's new marketing and development coordinator, following the retirement of Barb Bridges in September.



Working for Bartels for the past three years, Ramige started out as the development associate, working alongside Bridges. When Bridges neared retirement, Ramige was glad to take what she had learned and use it in her new role.

"I have always been in the field of helping people in some sort [of way]," Ramige told Waverly Newspapers. "I have really fallen in love with this job and this company as a whole."

Bartels Retirement Community offers a wide range of services — which makes for a full plate for Ramige.

Eisenach Village offers 60-plus townhouse-style independent living facilities alongside Eichhorn Haus, which provides retirees with the opportunity to live on their own in one- or two-bedroom apartments with one meal per day and light housekeeping. There are also assisted living facilities and a newly-opened memory care facility with a special unit designated for the care of those with Alzheimer's and dementia. In-home care and skilled care are also available through Bartels.

"We have a continuum care where residents can start as an independent and never have to move off our campus," Ramige said.

Love of her job goes beyond what Bartels requires of her for another reason, though. Ramige lost her mother when she was in high school to a hard-fought battle with cancer. Since that point, Ramige knew leaving her father and the life she has always known wouldn't be an option — and now she and her father, Bill, are closer than ever.

Bill Strottman works part time for Bartels driving their care van, and Ramige loves the fact that she gets to work so close to him.



Corrie and her dad, Bill, on the CV Honor Flight

“[My dad] actually works here as well,” Ramige said with a laugh. “He retired in 2000 and now he drives the van at Bartels, so it’s wonderful, because I get to see him on a daily basis.”

Ramige and her husband, Lucas, are also raising three children in the area — Sally, 12, Colt, 7, and Kate, 4.

“Waverly’s just a great community,” Ramige said. “We have a lot of opportunities here. There’s just a great support system here in this community — I just never had a desire to leave. I knew this would be a great place to raise a family.”

When she isn’t busy with daily meetings and working on getting the Bartels name out in the community, Ramige fills in her days with helping to plan holiday parties for residents and staff and determining marketing needs for various community activities. She is also a W-SR school board member and co-chair of the Shell Rock Diving for Dollars campaign. Her favorite part, though, is the smiles she gets as a ‘thank you’ for the hard work she puts in.

“My most favorite part is interacting with the residents and the second piece to that would be connecting with our donors,” Ramige said. “Whenever you can touch base with them and make that connection, it’s really nice. It benefits me being a Waverly person — I love those personal connections [...] I would have no desire to work in a community where I don’t know anybody.”

Currently serving around 200 residents and employing over 200 staff, Bartels is a thriving community that continues to grow. With the addition of Aspen Cottage in September and new job openings anywhere from kitchen staff to CNAs, Ramige is excited about the work that Bartels is doing for the Waverly community.

“We have a lot of really great donors in our community as well as outside our community,” Ramige said. “I’m constantly in contact with donors, encouraging the relationship to continue — we’re able to be the amazing facility that we are because of our donors, because we have people out there that are willing to support us.”



From left, Colt, Kate, Corrie, Jax, Sally and Lucas Ramige. The Ramige family currently resides in Shell Rock.



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