

THE LUTHERMANOR TIMES

WINTER 2015

THANK YOU LADIES AUXILIARY

by Janet Warren, Executive Director

This fall the Ladies Auxiliary held a memorable meeting as it concluded their formal organization. Their long running support of Luther Manor has spanned since the move to the Hillcrest campus in 1969 and even earlier at its original site, at Martin Luther Home on Wartburg Place. Many of the members have faithfully been involved for well over 20 years, and a few members have been devoted to the auxiliary for as long as 35 years. Their rich history supporting Luther Manor Communities will continue but in a different capacity. The formal organization of the auxiliary under the leadership of its Executive Officers will disband allowing the approximately 30 members to focus on the work they enjoy most, volunteering their time with the residents.

The Board room may be a little quiet, but the affection for Luther Manor will continue and the support for Luther Manor will be in a different capacity.

What will change is their fundraising efforts. The semi-



annual Bake & Basket sale and staff lunch will surely be missed but the changing face of volunteers has made it increasingly difficult to organize these events. Being employed full time does not afford the time to volunteer in the same capacity as yesterday's Auxiliary members. The volunteers of today are donors.

It is ever more important for you to be involved and become a donor to help support our mission at Luther Manor. Each year, the

Auxiliary had made a significant contribution to the Appeal. As this year's Appeal comes to a conclusion, your financial support for the new Air Conditioning/ Heating units is needed. Become a new type of Auxiliary member and become a donor! Please consider a gift to Luther Manor and help us reach our goal.



WELCOME

Welcome Laura Nissen!

Laura joins Luther Manor as the Marketing and Sales Director at the Residences. Laura brings over 30 years of sales and marketing leadership and experience with large organizations which includes Johnson and Johnson and L'Oreal. In addition she has been a faculty member in the Dept. of Laboratory Medicine and Pathology at the Mayo Clinic and the Administrative Director of Sales for Mayo Medical Laboratories. Laura is also active with the Alzheimer's Association and is currently the Dubuque Support Group leader for their organization.

Laura currently lives in Galena with her husband. She has two sons, a daughter in law, and two treasured granddaughters. In her spare time, Laura and her husband enjoy spending time with their family and home based pursuits. Together they enjoy nature, all creatures big and small, gardening, cooking, reading, photography, antiques, and spirituality.



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Wellness Coordinator
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Billing Coordinator
Corey Root
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Chaplain
Burton Everist
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Asbury Sales Coordinator
Laura Nissen
laura.nissen@luthermanor.com

CHAPLAIN'S NOOK

Call me Chaplain.

"Hello, Father."

"Hello Pastor"

"Err, what should we call you?"

My stock response is "Call me anything, just call me when you need me."

When I was a student pastor back at my home church I wore a clerical collar although that had not been the practice of my home church pastor. A Marine Major in the congregation urged me to keep wearing it. He said, "That is the reason we wear the uniform, so people know we are ready to serve."

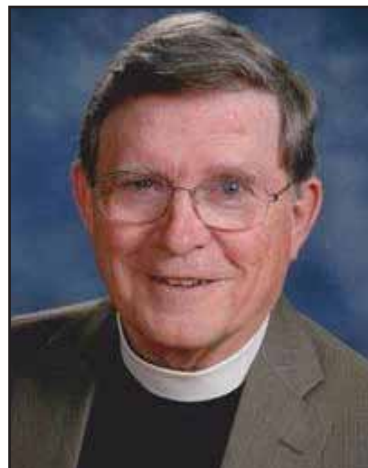
Recently one of our board members noted that residents to whom he spoke were pleased that Luther Manor had a full-time chaplain. He said wearing the clerical collar let people know the Chaplain was there to serve them.

Besides residents, family members have also sought me out to support them in their care for their loved ones.

Staff members have also begun to get in touch both to support their ministry to our residents and to help them with personal issues.

Ministering to the residents, staff, and families is at the heart of the call Luther Manor extended to me.

So, call me Chaplain, or Father, or Pastor, or Burton, but please feel free to call upon me. That is why I am here.



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EVENTS AT NURSING CENTER

WELCOME BACK!

Barbara Y. Barker has rejoined the Luther Manor Communities team. Barbara was the nursing home administrator from 2008 to 2014 when she retired. With Cris Kirsch, the former administrator leaving for a new position, Barbara graciously agreed to come back as our interim administrator till a permanent administrator is hired. Barbara said, "Everyone has been so nice and I have thoroughly enjoyed reconnecting with the residents and staff. All have been very welcoming!"

ROTARY GRANT RECIPIENT

Each year, Rotary Club of Dubuque distributes grant monies to well deserving not-for-profit organizations in Dubuque. This year, Luther Manor Communities is a proud recipient of a \$1000 grant. The grant request was for a Microsoft Surface Pro tablet with a keyboard to enhance resident programming. The tablet allows a resident to connect with his or her own family via email or instant messaging. For residents that live geographically far away from families, the computer-based communication will provide emotional aid, information and a sense of belonging. Feeling connected to one's family and friends will alleviate loneliness and alienation. Skype will also be available so a resident can see that new grandchild or visit with a loved one, just as if he or she were in the same room. We sincerely thank the Rotary Club of Dubuque for their generosity in awarding Luther Manor Communities with this grant that will impact many of our Dubuque residents and their families.

Barbara Barker, Administrator

Keep Calm and Walk to End Alzheimer's!

Once again, the Walk to End Alzheimer's has taken place and Luther Manor comprised one of the over 70 teams who participated on September 12th, 2015. This year's walk took place at the Bergfeld Recreation Area and featured two walking routes. With over 20 members of the Luther Manor team signed up, we were able to raise over \$1,600. These funds were raised through a Burger Night at the Asbury Eagle's Club, a donation jar at the front desk, and t-shirt sales. Once again, Luther Manor offered a basket with a purple theme to the individual who raised the most amount of funds. This year's basket went to Chaplin Burton Everist. The Dubuque Area Walk to End Alzheimer's surpassed its \$85,000 goal and raised nearly \$90,000!



Proceeds from the Walk to End Alzheimer's go directly into funding of research programs, local support groups and educational programming and towards raising awareness of this growing epidemic. We are already looking forward to next year and hope that we can continue to support such an important cause that is so near to all of our hearts.

MAINTENANCE

The weather outside is frightful and we have come to the end of our miraculous summer/fall weather. The maintenance team is working on getting things ready for the (we hate to say it) winter weather.

We have prepared the building and have turned up the boilers. A new heater has been ordered for the hall between the new front entrance doors and this should be installed very soon. Air conditioner covers have been put on the apartment units and the nursing home covers will be done soon. All mini splits are installed and we will be testing the heat output as the weather gets colder. Salt has been ordered and delivered, and as a reminder, we will not be able to use any salt on the new concrete for the first year that was poured for the new construction for the front entrance. We will be using sand instead. Please be careful.

We would like to extend a thank you to all families for their help and understanding of having to use the temporary doors during our construction process. We know it was inconvenient at times and confusing but the end result was well worth it.

The maintenance team will strive to keep the parking lot and sidewalks safe during the winter months, but do understand that black ice can occur so remember to wear sensible shoes and walk slowly if things look questionable.

The holidays are soon approaching and we wish our wonderful residents and their families a safe and happy holiday season.

Tim Ede, Environmental Services Director

GIVING FRIENDS OF LUTHER MANOR

Donations:

Eppstein Uhen: Architects
Luther Manor Auxiliary
Fraternal Order of Eagles
James & Melita McDonough
Foundation
Maxine Kowalski
Harold Otto Estate
Phyllis Cooper
Thrivent Funds
Michael & Mary Pat Ament
Lahey Funeral & Cremation Services
Marty & Kathy Sullivan
Henry Family Foundation
Richard & Carol Lorenz
Midwest Business Products
Klauer Family Charitable
Foundation
Richard & Sandra Hyman
Roger F. Klauer Trust
Tom Greenawalt
Morse Electric Inc.
Premier Bank
Donald & Margaret Lakin
John & Jeanette Hess
St. Peter Lutheran Church
James & Jane Schroeder
Theisen's Home, Farm, Auto
John Sturm
Richardson Motors Corp
Dr. Norma Cook Everist
Conlon Construction
St. John's Evangelical Lutheran
Church
Lord of Life Lutheran Church
St. Matthew Lutheran Church
St. John's Evangelical Lutheran
Church
Dubuque Bank & Trust
Roger Riechmann
Margaret Buhr
Pat Friedman

Community Foundation
Burton Everist

Memorials:

In Memory of Gloria Lipper

Fred & Ardrith Meeker

In Memory of Dorothy Furda

Betty Artus
James & Judith Bailey
Keith Cook & Sharon Kress
Dorothy Furda
Daniel & Esther Pastoor
Lois TeBrink
David & Ruth Katt
Marjorie Mae Nauman
Alan & Susan Hattel
C.R. Janet Jenner
Daniel & Mary Beth Baker
Robert & Juanita Brissey
Ernie & Louis Mareske

In Memory of Marie Reichmann

Elizabeth Berndt

In Memory of Carole Olson

Marsha Harrison

In Memory of Bruce Klein

D.T. & Barbara Kula

In Memory of Norman

Middleman

Ernest & Lois Mareske

In Memory of Alan Bottoms

Carolyn Schmidt
Joyce Bottoms
Wava Terry
Don & Fran Hademan
Lois Ellwanger
Dorothy Bogart

Dee & Gene Cliff
Ann Koch
Barb Hackbarth
Elliott Parker II

In Memory of Harold Lindstrom

Carolyn Schmidt
Linda Lunde
Janet Warren
Larry & Barbara Croghan

In Memory of Janette Stanton

Linda & John Vandermeulen
Friedman Insurance

In Memory of Barb Schick

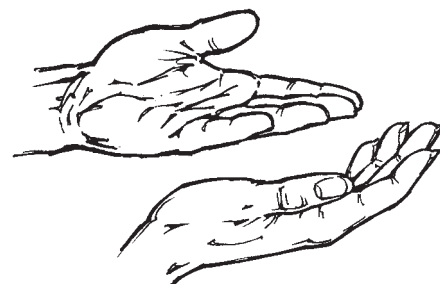
Roberta Meyer
Lou Ann Meyer
Robert Lehmann

In Memory of Don Woods

Fred & Ardrith Meeker

In Memory of Helen Czipar

Roberta Volkman
Martin McNamer
James & Janice Brock
Maureen & Joseph McDonage
Nancy Klauer
Tom & Ann Kearney
D. & S. Rajtora



Avoiding Slip and Fall Injuries in Winter

It is important for people to use caution when walking and be alert for icy patches. Snow and ice on sidewalks, roads, and other areas such as parking lots increase the number of slip and fall accidents during the winter months. Falls are one of the leading causes of accidental deaths in home and community settings. In the winter, many falls can be attributed to property owners failing to keep their properties free of potential hazards to visitors and guests. Prevention is the key to avoid being injured in a slip and fall accident. Knowing the risks and taking steps to keep yourself and those you love out of harm's way is one of the most effective ways you can avoid the risk of suffering a slip and fall injury in the winter.

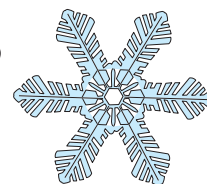
Here are some simple tips to help you and your family stay safe:



- Never walk around outside with your hands in your pockets, particularly during cold winter months. Wear gloves if you want to keep your hands warm. By keeping your hands free, you will be able to help brace yourself or break your fall if you should suddenly slip on a wet or frozen surface.
- Wear proper shoes. Wearing leather-soled shoes or heels is dangerous, and these shoes can lead to an injury if you are trying to navigate on icy sidewalk or parking lot. Boots with rubber soles improve traction. Shoe grippers can be worn over shoes and provide traction for snow and ice. Carry your more fashionable shoes with you and put them on when you arrive to your destination.
- If the footing is questionable, test the ground in front of you before venturing ahead. Ice and slippery surfaces are not necessarily easy to identify. If you think an area may be slippery, check the walking surface before you step on it. Testing the area without using the full weight of your body is a good way to determine if the area is unsafe for walking due to ice under snow.
- Try to avoid carrying heavy loads when traveling over areas packed with snow or ice. These areas are slippery, and you increase your risk of injury if you are trying to balance heavy packages, bags, or other items.
- Never run across wet, icy or snow filled surfaces. Choose your steps carefully and proceed slowly with caution.
- Use handrails, walls, door handles, and other secure objects to brace yourself when stepping onto an icy or snowy surface. This can help you avoid the risk of having your feet slide out from you.



The National Safety Council reports that falls account for an estimated 8.9 million emergency room visits each year. Make sure, you are not one of these statistics.



AUXILIARY



VISITATION SCHEDULE

Tuesday mornings.....10:30 a.m.

Wednesday afternoons..... 1:30 p.m.

Or any time, other than meal times, that fits your schedule, including evenings/weekends.

AUXILIARY BINGO 1:30 p.m.

Wednesdays: Jan 13 and 27

Wednesdays: Feb 10 and 24

Wednesdays: March 9 and 23

AUXILIARY BIRTHDAY PARTIES 2:00 p.m.

Sundays January 10, February 7, March 6

GIFT CASE SCHEDULE 1:30 - 3:00 p.m.

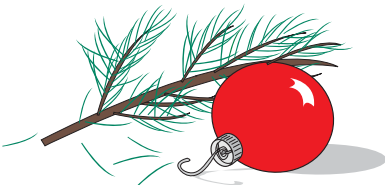
Monday-Saturday

THANK YOU

A special “Thank You” from the Luther Manor Auxiliary to all who helped support our Fall Bake and Basket Sale on October 17. Thank you to those who donated items for our baskets, baked goods to be sold at our bake sale and thank you to all who donated their time to help with this fund raiser.

LUTHER MANOR AUXILIARY RECAP 2015

As in the past years, the Luther Manor Auxiliary has been busy. We had our usual three general meetings and our usual three luncheon meetings at the Pizza Ranch. The first Sunday of each month, we celebrate the residents’ whose birthdays are in that particular month. We furnish entertainment, cake and punch. Since Valentine’s Day is in February, we had a Valentine’s Day party for the residents. In January, April and September, we had staff luncheons for the staff of Luther Manor. The Auxiliary assisted with the Resident Carnival in May, we helped with the Resident Ice Cream Social in June. Our two big fund raisers were the Spring Bake & Basket Sale held on March 21 and our Fall Bake & Basket Sale held on October 17. For the Auxiliary’s continued work and support, Luther Manor recognizes and honors the Auxiliary with an Ambassador’s Day luncheon in September at the Shalom Center for all volunteers.



THE RESIDENCES

With strong interest and growth in our townhomes, The Residences is an active and thriving community. Because our residents “live like they mean it”, we are offering a new program for 2016. It is called “Thrive”. Thrive is a dynamic personal enrichment program focused on change and growth.

We all want to live our best life! Life is a gift and we want to enjoy every moment. As we get older we become better at editing. Editing what we love to do and what we don't enjoy doing anymore. The trick is to always, optimize how we spend our time. It is perhaps best said by Phillip Stanhope the 4th, Earl of Chesterfield, “**Know the true value of time; snatch, seize and enjoy every moment of it!**”

Because we support our resident's, “Live like we mean it” attitude, we are offering “Thrive” for 2016. We have identified 8 dimensions of wellness. These include: Health, Relationships, Purpose, Home environment, Spiritual, Life Long Learning, Financial, and Leisure. We will begin our program on January 4th with a self-assessment to be completed by the resident. Then, throughout the entire year we will be offering workshops to assist them in sharpening their focus and optimizing the life they have designed. Our residents will be designing their best life and learning the skills, ideas and inspiration to optimize it! We expect 2016 to be an exciting year and full of many more blessings! Stay tuned for more program details...



*Laura Nissen, The Residences
Marketing and Sales Coordinator*

Celebrating One Year of Wellness!

Tasia Guiter, Wellness Coordinator

On November 17, 2014, the Club House Wellness Center officially opened its doors, much to the excitement of the Luther Manor Community! It has been an eventful and exciting first year! During the winter and spring, strength training classes were offered & well attended. In the summer our fantastic outdoor pool was open for use, and residents & employees alike took part in both classes and the open swim times.

Now that cooler weather is descending upon us, it's time once again for classes in the Wellness Center. Due to popularity, strength training sessions will again be offered; this year a third day has been added to the schedule and includes the use of resistance tubing. Future plans include both balance and yoga classes.

There have also been some recent additions to the Wellness Center. A hydrocollator and VHI kits were both purchased in September. The hydrocollator is a machine filled with water and heated to roughly 160 degrees. It contains clay filled packs, providing moist heat to penetrate deeper into muscle tissue than a rice pack or heating pad would. This is a great benefit for those suffering from aches and pains due to arthritis, fibromyalgia, etc. VHI, or Visual Health Information, is a computer program that contains hundreds of exercises to target any part of the body. All exercises are accompanied with pictures to ensure of proper form and execution. The VHI program allows the Wellness Coordinator to design detailed exercise routines for residents.

All in all, it has been a wonderful first year! The Wellness Center is excited to continue to grow and develop to meet the needs of our ever expanding Asbury campus community. We all look forward to see what the next year and beyond brings us!



LUTHERMANOR
COMMUNITIES

HILLCREST CAMPUS
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Board of Directors



Pictured From Left to Right: Dick Kokemiller, Dick Lorenz, Marv Cocayne, Dan Avenarius, Larry Croghan, Burnell Smith, Justin Mills, Bill Posey and Tom Greenawalt. Not pictured are Jan Hess, Linda McKeag, Jim Schroeder and Alan Stache.

