



Luther Manor Times



BEAUTIFUL MURAL IN SUNSHINE VALLEY SUITES

By Julie Eby, Development Director

As you enter our Memory care unit, Sunshine Valley Suites, what lies before you is a beautiful pastoral mural that was designed and painted by Stefan Baumann, a very talented local artist who has done many murals around Dubuque.

This mural was made possible by an Arts and Culture grant received from Media Com to bring tranquility, relaxation, and beauty to our nursing center and to the Memory Care Residents.

Many of the Residents loved watching Stefan design and paint the mural and now that it is completed, they are enjoying each and every hour sitting and

daydreaming that they are right outside in this beautiful setting.

The scene represents our heritage at Luther Manor Retirement Community as well as in Dubuque. The farm in the right background represents one of the many farms we have in Iowa. The church in the left background represents our faith and our Christian love that is a huge part of everyday life at Luther Manor. The rolling hills, cornfields, hay bales, and fence make you feel like you are outside on a beautiful sunny day at a farm in Iowa. And the beautiful blue skies with rolling clouds bring a sense of serenity as you feel yourself relaxing as you take in every detail of this incredible mural.



It is proven that art and music reduce agitation in residents, medications can be reduced, and that social interaction increases with loved ones, family members, and residents. We are very fortunate to have this beautiful mural right inside our doors at Luther Manor.

A big thank you again to Media Com and to Stefan Baumann for bringing us such beauty and tranquility right inside the doors of Luther Manor. Not only does the mural touch the lives of those we serve, but to everyone who has a chance to see the beautiful creation.

Stop by and visit us anytime! We'd love to show you around our nursing center.





FROM THE CHIEF EXECUTIVE OFFICER

By Mark Noble, CEO

It has been a very busy and exiting late winter and early spring for us here at Luther Manor Retirement Community. It is uplifting to see the green grass and the leaves forming on our trees in our campus and all the beautiful landscaping coming alive once again.

We are very pleased with the results of moving our Care at Home division and our Marketing office back to our existing campus. It is good to have Julie and Bob close by and that makes communication with them much easier. Having our Care at Home division office here makes it easier for our apartment residents as well as our nursing home residents to access these services when they need them. I would encourage you to refer our care at home program to any friends or relatives that may need these services.

Activity is picking up as the weather improves with our Residences at Asbury project. We will be building an additional town-home in the very near future. The Board of Directors as also considered extending the road on this campus to make more units available for people. It is exciting to see this project progress and move forward. Our long range goal is to put Luther Manor in the position to offer the entire continuum of services for people age 55 and older. When that is accomplished we will be the only provider in our area that will be able to offer this package of services. Please stop by our Marketing office, which is located on the actual Residences at Asbury campus and take a look and see what we are offering. I think that you will be impressed.

One of our consultants recently reported to us that there are only 24 nursing homes in the State of Iowa that have a census of 90% or more. The average nursing home

in Iowa has a census of 82%. In the past year the census for Luther Manor was approximately 96%. That had dropped from the previous year, which was 98%, because we are trying to grow our Medicare business. When we take care of Medicare residents they typically go home which causes more turnover and a lower census in general because we are filling rooms more. By hearing that census information it has made me particularly proud of our organization. The amazing thing regarding our nursing facility is that we have had a strong census since our inception in 1969.

Many people in the country are trying to figure out what the new health care reform bill is all about. In this legislation there are substantial events occurring between now and the next ten years. The very immediate parts of this bill will help nursing facilities with reimbursement through Medicare. There appears to be some time to iron out all the different issues associated with health insurance.

I am very excited to announce that Luther Manor will hold its first fund raising event tied in with providing a supper meal. It will be held on September 7th, 2010 at Holy Trinity Lutheran Church. The meal will be served from 5:00-7:00p.m. There will more information coming out regarding this event. Holding this fund raiser on September 7th is something new and we are also considering additional ways to help support our mission. Please join us for this meal and fellowship.

Sincerely,

Mark S. Noble
Chief Executive Officer

Please come join us for the Chamber Business AM on Wednesday, May 12th. We will be hosting it from 8-9AM in the Luther Manor apartment dining room.



Luther Manor
Retirement Community

Luther Manor Times

How May We Help You?

Luther Manor Retirement Community is committed to informing the public about it's programs and services. Persons interested in learning more about Luther Manor Retirement Community may do so by visiting our website at www.luthermanor.com or by contacting the following personnel at 563-588-1413
Care at Home: 588-1145

- Chief Executive Officer* - Mark Noble
- Administrator* - Barbara Barker
- Director of Nursing* - Mary Schmidt
- Chief Financial Officer* - Janet Warren
- Care at Home Director* - Bob Schroeder
- Food Service Director* - Sheri Scheffert
- Pastor/Admissions* - Greg Bjornstad
- Development/Marketing Director* - Julie Eby
- Residences At Asbury* - Joanne Gebauer
- Human Resource Director* - Troy Smith
- Activities Director* - Mary Bettcher
- Environmental Services Director* - Mark Urban
- Resident Services Coordinator* - Cindy Chatfield
- Social Services* - Nicole Makovec
- Business Office Manager* - Jan Mahe

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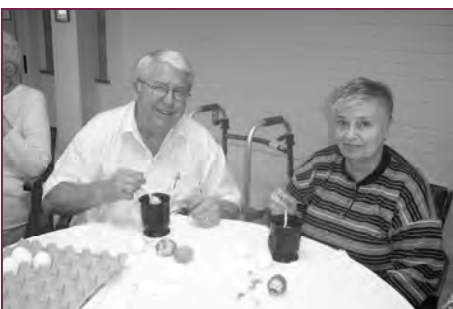


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ings at Luther Manor!**



**RESIDENTS HAVE FUN
DYING EASTER EGGS**



FROM THE ADMINISTRATOR'S DESK

By Barbara Barker, Administrator

HEALTH CARE REFORM – FUTURE OF AGING

The following is information from the American Association of Homes and Services for the Aging (AAHSA), our Trade Association:

After many years of hard work, advocates for seniors and persons with disabilities received a huge win with the passage of the Community Living Assistance services and Supports (CLASS) Act, a measure included in the Senate health reform bill. H.R. 3590 was approved 219 to 212 by the U.S. House of Representatives on Sunday, March 21, 2010.

"This is a victory for the American people, and it's a victory of common sense" President Obama said after the historic vote. "It's not radical reform, but it is major reform," added Obama.

The CLASS provisions would create a national insurance trust to provide modest cash benefits for those in need. The legislation also would expand Medicaid to include

133 percent of federal poverty level (\$29,327 for a family of four), and close the Medicare prescription drug "doughnut hole" by 2020. Starting in 2011, seniors affected by the "hole" would be eligible for a 50 percent discount on brand name drugs.

The CLASS Act provisions included in the legislation will help seniors and people with disabilities obtain the services and supports they need to stay functional and independent, while providing them with choices about community participation, education and employment," said Larry Minnix, AAHSA president. "We look forward to working with Congress and the Obama Administration to implement this new insurance program that will help people take responsibility for their care as they age."

Respectfully submitted,

Barbara Y. Barker

3rd QUARTER 2010 AUXILIARY VOLUNTEER CALENDAR

VISITATION SCHEDULE

Tuesday mornings 10:30 a.m.
Wednesday afternoons 1:30 p.m.

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

AUXILIARY BINGO 1:30 p.m.
Weds: June 9 & 23, July 14, & 28 & Aug 11, & 25

AUXILIARY MEETINGS

On Tuesday, July 13th, the Auxiliary will have a luncheon meeting at 11:30 a.m. at the Garden Room Café. The visiting group will host and anyone interested in joining is welcome to attend.

ICE CREAM SOCIAL: JUNE 1st, 2:00 p.m. AT LUTHER MANOR

"THANK-YOU" TO ALL WHO HELPED IN ANY WAY TO MAKE OUR SPRING BAKE AND BASKET SALE A SUCCESS. EVERYONE AND EVERYTHING WAS APPRECIATED."

UPCOMING EVENT

SEPTEMBER IS AUXILIARY MEMBERSHIP MONTH!

AUXILIARY BIRTHDAY PARTIES 2:00 p.m.
Sundays: June 6, July 11, Aug 1, & 29

GIFT CASE SCHEDULE 1:30—3:00 p.m.
Monday through Friday, (except July 4th)
Open some mornings and weekend afternoons.

SUMMER ICE CREAM TRUCK :Tuesdays, 1:30 p.m.
Join the residents outside for a cool snack!

DONORS/MEMORIALS

Gift List from December 2009-part of March 2010

General Donations/Appeal

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Memorials for Patricia McDonnell

Jim & Grace Burghard
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Mrs. Betty Artus
Ted & Lisa Derry
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Margaret Mullen
Ronald Scooley
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Thank you!

Name

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WHEN YOUR LOVED ONE RESISTS CARE

By Bob Schroeder, Director of Care at Home Services

How many times has your mother refused to change her clothes? Has your father resisted getting out of bed? Has your wife pushed you away when you tried to brush her teeth? At times she can't help but think that the person she cares for "36 hours a day" is going out of his way to make her miserable! The increasing irrationality of individuals with dementia makes it even harder on the caregiver.

Individuals who resist care and assistance are trying to communicate to you. If dementia, stroke, vision loss, hearing loss or other illness limits one's ability to speak and convey information effectively, body language and physical actions take on a greater role in communication. Refusal to accept care, physical contact, or participation in an activity is the individual's way of telling you something.

When your loved one resists care, step back calmly and think:

Are there any environmental factors such as lighting, shadows, noise, commotion, or other external influences that are causing the problem now?

Before you say something, think about what you are going to say. Check your emotions and frustration before you speak. Your increased frustration can contribute to your loved one's agitation.

Put yourself in her shoes. Use your knowledge of her personal background to pinpoint patterns and reasons for her reaction.

Is this confrontation worth escalating? Choose your battles wisely. A head-to-toe bath is not necessary every day or even more than once each week. Similarly, clothes do not have to be changed every day if they are not soiled. Refusal to accept care or engage in once-pleasurable activities is a sign that something is amiss. The caregiver can

assess the situation for specific complicating factor and make adjustments if necessary.

According to Rosalyn Carter, "There are four kinds of people in the world; those who have been caregivers, those who are currently caregivers, those who will become caregivers, and those who need caregivers." In the United States, it is estimated that 50 million people per year are actively involved in care giving, assuming the roles of service provider, companion, advocate, and decision-maker. That number is expected to rise significantly as baby boomers live longer in the community. Of the 50 million people providing care, family Caregivers provide approximately 80% of the required personal care services.

Studies have shown that rewards and satisfaction co-exist with the stresses and strains of caring for a loved one. Care giving can be time-consuming and difficult; it can generate conflicts between family responsibilities, maintaining employment and finding time for pleasurable activities. Constantly trying to handle multiple and often conflicting responsibilities can generate feelings of resentment and "compassion fatigue."

Our caregivers are also available to attend to the needs of a loved one in a nursing home, assisted-living facility and to those that live independently in a retirement community. Our services range from; escorting them to doctor's appointments to socialization.

Call us today at 563/588-1145 for a free consultation on how we can help meet the needs of older adults and provide affordable, comprehensive, non-medical home care in the comforts of your home. You can also visit us on the web at www.luthermanor.com under Care at Home tab.

RESIDENT CARE PLAN SCHEDULE

A letter will be sent a week before the scheduled conference. We invite the resident and or significant other to attend the conference between 9:00-12:00. If you plan to attend, please contact Mary Bettcher, Activity Director, for a 15-minute scheduled time.

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1-1/4" X 7/8" - \$40 2-1/2" X 7/8" - \$70 2- 1/2" X 2 -3/8" - \$125

Please visit www.luthermanor.com for upcoming events at Luther Manor!
Also, please send us your email so you can get updates via the web.
Send to: marketing@luthermanor.com

LUTHER MANOR TIMES

Volume #12, Issue #12



Luther Manor
Retirement Community

3131 Hillcrest Road
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Enriching lives through a continuum of quality services guided by Christian love and compassion

SAVE THE DATE!!

Please plan on attending BBQ Night on Tuesday, September 7th from 5-7pm. It will be held at Holy Trinity Lutheran Church, 1755 Delhi Street, Dubuque, IA

Dinner includes: Pulled pork sandwich, potato salad, fresh fruit salad, baked beans, dessert, & drink. (extra sandwich is \$1)

Cost is \$7.00 for Adults, and \$4.00 for children (12 & under)
You can purchase tickets by calling 588-1413, tickets will also be available at the door.

All proceeds will go towards enhancing our Therapy programs!