

Providing senior living options for everyone

Aase Haugen celebrates National Centenarians Day

September 22, 2021 is National Centenarians Day! "These individuals have lived through life experiences that most of us have only read about in books or seen in movies; their strength, endurance and collective wisdom inspires us all and they deserve to be recognized in a safe way," said a press release from the Iowa Department on Aging.

A centenarian is any adult who will be 100 or older by Dec. 31, 2021, and whose primary residence is Iowa. This year, Aase Haugen is celebrating two residents, Marion "Jo" Brannan and Richard Dinger – both are age 102! "We are so happy to recognize Jo and Richard again this year," says Orson Bauder, Aase Haugen administrator. "They are wonderful members of our Aase Haugen family and we enjoy the opportunity to be enriched by their friendship."

Those who achieved their centenarian-hood this year were born in the 1920s – an era of change, struggle, and growth. Here are a few important events from 100 years ago: women's suffrage, prohibition, beginning

of public radio, aviation, jazz and flappers, and the great depression.

"By listening to the stories of our centenarians, we learn new perspectives you won't find in history books," says Andrea Hexom, Aase Haugen activities supervisor. "We all benefit by their wisdom and some days we are amazed by the life experiences they share."

Aase Haugen will celebrate with the Centenarians on Wednesday, September 22 with visits with their family (if COVID-19 testing permits). Please feel free to send greetings to Jo and Richard via our website greeting card or send to 4 Ohio Street., Decorah, IA 52101.

Pictured at right from top are Aase Haugen Centenarians, Richard Dinger and Marion "Jo" Brannan. Aase Haugen will celebrate National Centenarian's Day with Jo and Richard, both age 102, on September 22, 2021.



A message from the Administrator

Dear residents, families, friends and staff,

September is here, the kids are back in school and soon the days will be getting much shorter. We can expect the weather to be cooler and the leaves on the trees will begin changing. In fact, I have seen trees around town starting to change color.

COVID-19 Boosters and Flu Shots

We will be sending out consent forms very shortly for the COVID-19 booster shot and for flu shots. We would love to be able to do both at the same time and have found out that could happen. We will be using our local pharmacies or our hospital for these clinics. We are waiting to get the approval of the booster vaccines from the FDA which should come sometime around September 20th.

I am sure many are wondering about the mandate to have all staff members of nursing facilities vaccinated. What we know is that they are trying to tie the mandate to Medicare and Medicaid funding. If that is the case, it could mean all healthcare could be mandated, from doctor's offices, to dentists to chiropractors, not just nursing facilities. Right now, they are looking at this mandate happening in October. However, it still has religion and health being reasons to decline getting vaccinated at this point.

Medicare Supplement Policies

Medicare Supplement Policies are important to keep, whether you pay privately or if Medicaid helps you pay the bill. By discontinuing these policies if you are a private payor it exposes you to the 20% of the costs if you are on Medicare Part A or Medicare Part B for therapies or medical supplies. For Medicare Part A that is \$185.50 per day out of pocket if you are a private payor.

If you have Medicaid, the Department of Human Services (DHS) will allow you to keep your supplemental policy and give you an allowance to keep it. It helps reduce the cost the State pays when you use Medicare A or B. I am keeping this short, but keeping supplemental insurance is a good idea. Advantage plans in general are not as good as your regular and faithful Medicare. I know they can sound really good in commercials, however, in practice and when needing care, Advantage plans can be a disadvantage because the insurance carrier decides what your needs are, not the doctor or therapist.

Valuables

Nothing has happened, but please take items of great value home. Our residents do not need money, their checkbook, or credit cards in their possession. What can they buy here other than a haircut or something from the vending machines? We do have a resident trust account if they need money, and it should be used for all

purposes. We ask that families bring in soda or other items a resident could want. Jewelry and sentimental items should be taken home or put into a bank box. We do background checks, and we check references on all of our employees, but this is no guarantee of future actions. An ounce of prevention is worth more than a pound of cure.

Resident Laundry

Resident Laundry is very important to us and when done correctly, brings satisfaction and pride to our residents. Please make sure all clothing items brought to our home are permanently marked with the residents last name and first initial. If the garment has a tag that's generally the best spot to mark it. We do have a label maker so laundry staff are able to print and apply each name label appropriately, without the smudging or smearing of a marker. We consistently find laundry with no name or initials at all. This is confusing and slows down laundering time because we don't know who it belongs to. We try very hard to have all laundry returned in two days so you can tell right away if there is a problem.

As always, we hope everything is going well for all our residents. Our staff works hard to ensure all our residents are well cared for, comfortable, and as happy as possible. However, if you do have a concern please let us know about it as soon as possible. We cannot fix something if we do not know about it. Once we know of the concern we will address it immediately and make every effort to correct it.

Thank you for your continued confidence in Aase Haugen. We hope that if you are happy with our service you will tell a friend.

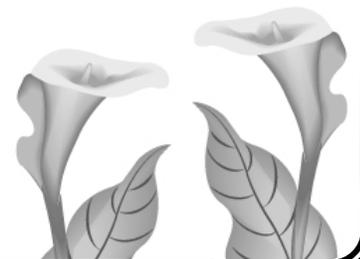
Have a Happy and Safe September!

Orson Bauder, Administrator



Orson Bauder
Aase Haugen Senior
Services Administrator

Our deepest sympathy to
the family and
friends of Clifford
Schroeder and
Elaine Frana
who recently
passed away.



Senior Spotlight

Marcy Amundson

Marcy grew up in Minnesota near the town of Adrian. In 1941, when she was a junior in high school, her parents bought her grandmother Thorson's farm located just east of Big Canoe Church in Winneshiek County. Marcy lived with her aunt and uncle to finish high school in Hopkins, MN, before moving home. Her family attended Big Canoe and that is where she met her husband, Lester. They were married when Marcy was 21 years old, and they lived on the Amundson family farm near the church. "The farm has been in our family for five generations and my grandson lives there now with his family," she said with a smile.

Marcy and Lester had three children, Sandra, Loren, and Marilyn. Today she has 10 grandchildren and 18 great-grandchildren. "We were farmers," she said. "We raised crops and had beef cattle." Marcy says she kept busy raising her family along with sewing, cooking, and baking. "I made a lot of lefse," she says. "I was the only one in the family that made it, so I supplied everyone!"

In later years, Marcy worked at Luther College, MG Jewelry store and at Decorah Furniture. When asked

about her favorite things, she admitted that she does have a sweet tooth and her favorite flower is the rose. "I'm doing well at Aase Haugen," she says. "The staff here is very helpful to me and I would recommend to anyone to come here for care."

Thank you for your positive attitude and friendship, Marcy! We're so happy you are part of our Aase Haugen family!



Games - Socializing



Staff Spotlight

Jodi Kappes, Personnel Director

We are pleased to welcome Jodi Kappes to the Aase Haugen family. Jodi has more than twelve years of experience in human resources and recently joined us as our Personnel Director. She's hit the ground running and has been successful tackling everything from Union negotiations to payroll to staff education and events! "I enjoy meeting people and helping train them and provide the best tools they need to succeed on the job," says Jodi. "I love to work out issues and help the business run seamlessly."

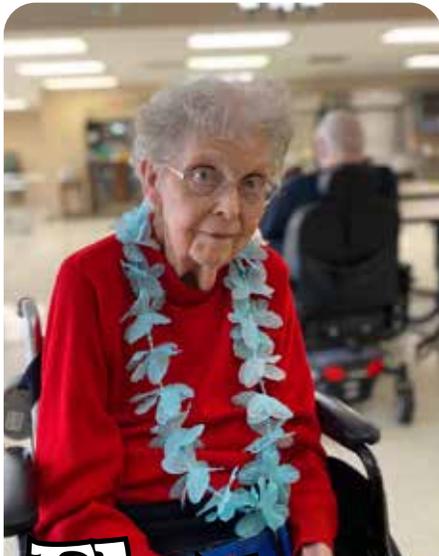
She grew up in Cresco, has been married for 24 years, and her son got married in 2020 during the pandemic. "I'm so excited because I just learned that I will become a grandma in 2021!" she shared with sparkling smile.

In their free time Jodi and her husband like to camp as much as possible. She says their favorite vacation spot is New Orleans, "They have so much history that I enjoy," added Jodi. "And the culture is so laidback."

Jodi says in her free time she's teaching herself how to quilt as well, adding, "I inherited a bunch of material so I've started quilting by making lap quilts and baby quilts to use it up." When asked about her favorite

music she shared that her grandparents were active in the Baptist church and, "My favorite song is 'Oh Holy Night' because I loved to listen to my uncle sing it in church." In addition, she chooses calla lilies as her favorite flower and says as far as favorite foods go, "I'm not a picky eater and there's very few things I haven't tried!"

We're so happy you've joined us at Aase Haugen, Jodi! Sounds like you better get busy on that baby quilt!



Flowers • Fun • Friendship



Due to demand for our high quality care, we are adding staff and offering terrific sign-on bonuses to join our full time team!

\$5,000 for RN/LPN

\$3,000 for CNA/CMA

\$1,000 for Dietary/Cooks

\$1,000 for Houskeeping

\$1,000 for Activites

Apply online at

www.aasehaugen.com/careers

or call us at 563-382-3603

Pandemic Visiting Rules

Aase Haugen allows visits in compliance with state and federal regulations.

- Family and friends are encouraged to contact Aase Haugen Activities Department to arrange any visit or outing. Contact andrea.hexom@aasehaugen.com or 563-382-3603.
- If allowed, family members may visit in resident rooms if requested, but we have to limit the number of family visits in the building at one time. If you are not feeling well or if you have any symptoms, please contact us to cancel and reschedule.
- Masks still need to be worn in the halls at all times and unvaccinated visitors must wear a mask at all times.
- All visitors will continue to be screened in and out.
- No wandering in hallways is allowed. If you need something, please use the call light to get assistance.

Floral deliveries and the delivery of items such as food from certified kitchen and clothing dropped off by families are welcome. Thank you for your continued confidence in Aase Haugen.



*Thank
you
for
these
gifts*

Given July 1 through August 31, 2021

Vi Bohr General Fund in memory of Phyllis Maroushek
 Vi Bohr General Fund in memory of Keith Lawrence
 Jack Christensen General Fund in memory of Pastor Phillip Olson
 Calmar Lutheran Church... General Fund
 John Dahle General Fund in memory of Amy Rue
 Cathy Decker..... General Fund in memory of Amy Rue
 Jean Dickman..... General Fund in memory of Amy Rue
 Sunnye Dinger..... General Fund in memory of David Levy
 Suzanne Ernst In-Kind Gifts in memory of Clifford Schroeder and in honor of Elaine Schroeder
 Glenwood Lutheran Church General Fund
 Larry Grimstad General Fund in memory of Pastor Gary Lee
 Henrietta Jane Kemp General Fund in memory of Amy Rue
 Jodee Kratz General Fund in memory of Amy Rue
 Patricia Kratz..... General Fund in memory of Amy Rue
 Ray Kvamme General Fund in memory of Walter Teslow
 Lou Ann Meyer General Fund in memory of Amy Rue
 Kari Rude Capital Campaign in memory of Dodi Bernatz
 Judy Vopava..... General Fund in memory of Amy Rue

As a social ministry of the Evangelical Lutheran Church of America, and governed by 23 local Christian congregations, we thank you for your continued prayers and support.

Please keep us in your thoughts and prayers.

A bequest to Aase Haugen Senior Services takes very little time to establish, but can mean a lifetime of comfort and compassion for those in need of our services.

September Activities Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			1 9:30 a.m. Let's Get Moving! 10:30 a.m. Hymns and Devotions 2:30 p.m. Courtyard Visits 5:30 p.m. Brain Games
5 9:30 a.m. Let's Get Moving! 10:30 a.m. Courtyard Visits 2:00 p.m. First Luth. Service on Channel 37 3:00 p.m. Holy Mass Channel 37	6 Labor Day 9:30 a.m. Let's Get Moving! 10:30 a.m. Courtyard Visits 3:30 p.m. Decorah Lutheran Service	7 9:30 a.m. Let's Get Moving! 10:15 a.m. Pr. Hanson 2:30 p.m. BINGO	8 9:30 a.m. Let's Get Moving! 10:30 a.m. Communion: Good Shepherd 2:30 p.m. Ice Cream Sundae 4:00 p.m. Bible Study with Ar 5:30 p.m. Brain Games
12 9:30 a.m. Let's Get Moving! 2:00 p.m. First Luth. Service on Channel 37 2:30 p.m. Keep the Faith with Casey 3:00 p.m. Holy Mass Ch. 37	13 9:30 a.m. Let's Get Moving! 10:15 a.m. Courtyard Visits 3:00 p.m. Classic Car Trivia 3:30 p.m. Decorah Lutheran Service	14 9:30 a.m. Let's Get Moving! 10:15 a.m. Pastor Hanson 1:30 p.m. Resident Council 2:30 p.m. BINGO	15 Patricia Potter 9:30 a.m. Let's Get Moving! 10:30 a.m. Communion: Calm Lutheran 2:30 p.m. Courtyard Visits 3:00 p.m. Bible Study with Ar 5:30 p.m. Brain Games
19 9:30 a.m. Let's Get Moving! 2:00 p.m. First Luth. Service on Channel 37 2:30 p.m. Get Crafty 3:00 p.m. Holy Mass Channel 37	20 9:30 a.m. Let's Get Moving! 10:15 a.m. Courtyard Visits 3:30 p.m. Decorah Lutheran Service	21 9:30 a.m. Let's Get Moving! 10:15 a.m. Pastor Hanson 2:30 p.m. BINGO 3:00 p.m. Music with Mike McAbee	22 Centenarian Day 9:30 a.m. Let's Get Moving! 11:00 a.m. Centenarian Progr 3:00 p.m. Communion Washi Prairie 5:30 p.m. Brain Games
26 9:30 a.m. Let's Get Moving! 2:00 p.m. First Luth. Service on Channel 37 2:30 p.m. Keep the Faith with Casey 3:00 p.m. Holy Mass Channel 37	27 9:30 a.m. Let's Get Moving! 10:15 a.m. Music with Curt and Linda 3:30 p.m. Decorah Lutheran Service	28 9:30 a.m. Let's Get Moving! 10:15 a.m. Pastor Hanson 2:30 p.m. BINGO	29 9:30 a.m. Let's Get Moving! 10:15 a.m. Courtyard Visits 2:30 p.m. Root Beer Floats 4:00 p.m. Bible Study with A 5:30 p.m. Brain Games

We're looking for volunteers to join our team!

Do you have a couple hours a week to spare? We'd love to talk with you about how you can volunteer to help make a difference at Aase Haugen. Call us today! 563-382-3603



All group activities take place in the Chapel unless otherwise noted. All Activities are Subject to Change, Check Whiteboards Daily. Alternate indoor activity if Courtyard Visits are not possible. Trivia, music, reminiscing and games during Courtyard Visits. Gather in the chapel and watch nature or music videos one half hour before noon meal. ACTIVITY LOCATION KEY: AR = Activity Room MDR= Main Dining Room

THURSDAY	FRIDAY	SATURDAY
<p>2 Loretta Bachelder 9:30 a.m. Let's Get Moving! 10:15 a.m. Pr. Hanson 2:00 p.m. Courtyard Visits 3:00 p.m. The Rosary 5:30 p.m. Current Events</p>	<p>3 Karen Norton 9:30 a.m. Let's Get Moving! 10:15 a.m. Courtyard Visits 2:30 p.m. Music with Jon Thompson</p>	<p>4 9:30 a.m. Let's Get Moving! 10:30 a.m. Courtyard Visits 2:30 p.m. Movie</p>
<p>9 9:30 a.m. Let's Get Moving! 10:15 a.m. Pr. Hanson 2:00 p.m. Courtyard Visits 3:00 p.m. The Rosary And Communion With Patty 5:30 p.m. Current Events</p>	<p>10 Richard Stuckman 9:30 a.m. Let's Get Moving! 10:15 a.m. Hunting and Fishing Trivia 3:30 p.m. Polka Kickball</p>	<p>11 9:30 a.m. Let's Get Moving! 2:30 p.m. Movie</p>
<p>16 9:30 a.m. Let's Get Moving! 10:15 a.m. Pr. Hanson 2:00 p.m. Courtyard Visits 3:00 p.m. The Rosary And Communion With Patty 5:30 p.m. Current Events</p>	<p>17 9:30 a.m. Let's Get Moving! 10:15 Courtyard Visits 3:30 p.m. Polka Kickball</p>	<p>18 Bernard Larson 9:30 a.m. Let's Get Moving! 2:30 p.m. Movie</p>
<p>23 Lester Praska 9:30 a.m. Let's Get Moving! 10:15 a.m. Pastor Hanson 1:30 p.m. Courtyard Visits 3:00 p.m. Mass with Fr. Gross 5:30 p.m. Current Events</p>	<p>24 9:30 a.m. Let's Get Moving! 10:15 a.m. Movie Trivia 3:00 p.m. Larry Reis Fall fruits & Berries</p>	<p>25 9:30 a.m. Let's Get Moving! 2:30 p.m. Movie</p>
<p>30 9:30 a.m. Let's Get Moving! 10:15 a.m. Pastor Hanson 2:00 p.m. Courtyard Visits 3:00 p.m. The Rosary And Communion With Patty 5:30 p.m. Current Events</p>	<p><i>September Staff Birthdays: 12nd – Merlin Loyes Zamora, 7th – Samuel Donlan, 8th – Jesse Desselle, 16th – Kevin Lafferty</i></p>	



**TOGETHER, WE CAN END
ALZHEIMER'S DISEASE.**



Decorah's 2021 Walk to End Alzheimer's • Saturday, September 18

Aase Haugen is proud to be a major local sponsor of the Alzheimer's Association Walk to End Alzheimer's, scheduled for Saturday, September 18, 2021. We provide the largest dedicated memory care home in the area with outstanding staff providing specialized care. Join in this walk and make a donation to our Aase Haugen team to advance the care, support and research

efforts of the Alzheimer's Association.

This year's event Registration begins at 8 a.m., the Ceremony starts at 9 a.m., and the Walk starts at 9:30 a.m. at City Hall in Decorah. Click this link to donate or to register to walk with us:

http://act.alz.org/goto/Aase_Haugen