

**Music &
Memory News**
p.2

GrandPALS p.3

**Aase
Eliminates
Barriers** p.5

Receiving his quilt of valor brings comfort to Robert Jensen, a Navy veteran and resident of Aase Haugen Senior Services. The honor of receiving a homemade Quilt of Valor was bestowed on several veterans during the Feb. 20th presentation at Aase Haugen. Pictured are the Quilt of Valor recipients (front l-r) Kermit Anfinson, Kenneth Anfinson, Bob Jensen, Willard Holthaus and William Utke, (back l-r) Norbert Bullerman, Wayne Wiest, Reg Sampson, and our own Director of Nursing Services, Brenda Johnson, RN, BSN!

Many thanks to all our veterans for their service and sacrifice!



Music and Memory News

Aase Haugen Senior Services is the only Music & Memory Certified Facility in Northeast Iowa! Andrea Hexom and her Activity staff and volunteers have been working hard on getting playlists for all the residents, based on priority of need. Thanks to hours of volunteer assistance and a concerted effort of all staff to help implement the music for the residents with playlists, we currently have all of our Hospice Residents as well as the majority of Dementia unit and a few others (14 total) who have playlists and iPods now.

We are always grateful for iPod Donations so we can have more residents involved with the program!

And iTunes gift cards are a great donation as well!

As an extension of the program, we will be participating in Music & Memory Therapy Applications training and helping those we serve achieve positive outcomes from rehabilitation therapy.

Our Certified Therapists from WMC will be attending training in May. The training covers how to use personalized music playlists to improve resident outcomes for real-life challenges, including lack of engagement, unmanaged behaviors, multiple medical complexities and extensive pain needs. We are excited for this new expansion of the program!



Apples for Elders!

We will accept ANY Apple brand MP3 player for the Music & Memory Program—drop them off at Aase Haugen Senior Services and get a tax receipt for your donation! Dig through your drawers and old backpacks, we use iPods!

Valley Suites Rehabilitation

There's nothing more comforting when you are in pain than to have peace and quiet, with all your favorite things around you to make you feel better. That's exactly what you get with Valley Suites Rehabilitation at Aase Haugen! Large, private rooms with your own shower and bathroom. Off-street entrance means visitors can come any time and get to your room quickly!

Each room has a small refrigerator with freezer to keep all your comfort foods and beverages cold and super handy. There's even a cupboard for your own snacks as well. Of course quality care and assistance is only a call light away, but you don't hear alarms and buzzers in the quiet of Valley Suites.

Having a great therapy team helps too! Aase Haugen Senior Services has established a

community health care partnership with Winneshiek Medical Center to provide patient-centered, on-site rehabilitation staff who adhere to the highest standards of professionalism to deliver specialized physical therapy, occupational therapy, speech therapy and dementia therapy for our residents.

Want to see more? Check out our Valley Suites video on Facebook or on our website! Thinking Valley Suites may be right for you? Talk to your doctor about discharge options. Tell them you want to go to Valley Suites at Aase Haugen for rehab following your three day hospital stay after joint-replacement surgery! It may even be Medicare eligible!



The Aase Haugen Herald is published quarterly in the interest of its many friends and family by Aase Haugen Senior Services, Inc. 4 Ohio St., Decorah, Iowa 52101. Aase Haugen Senior Services is a 501(c)3 not-for-profit, faith-based corporation and Continuing Care Retirement Community.

To subscribe to this free publication, available in print or email version, write to the above address, call (563)382-3603, or email kate.klimesh@aasehaugen.com.

Aase Haugen Senior Services, Inc., under the auspices of the Evangelical Lutheran Church in America and governed by the leadership of 23 local corporate congregations, was founded to provide a ministry of Christian service to fulfill the physical, spiritual and social needs of the residents. The entire staff recognizes the value of personal dignity and individual rights as they endeavor to furnish quality care and services based on love and compassion for those residents who must depend on others to care for them.

In accordance with Federal Law and the U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of age, race, color, sex, religion, national origin, marital or family status or disability. Aase Haugen Senior Services is veteran friendly and an Equal Opportunity Provider/ Employer.



Luther College GrandPALS

GrandPALS, a new student organization at Luther College, hopes to connect students from the Luther community with residents at the local nursing and assisted living homes here in Decorah, starting with Aase Haugen Senior Services. This organization stems from my desire to form relationships with elderly people and my personal experience in volunteering with the geriatric population. To start this organization, I connected with Emily Green '18 and Emily Osborne '18, both of whom share my vision to ensure there are no residents at Aase Haugen and the other homes in town who do not receive visitors frequently. Despite our very

recent approval on February 16th which allowed us to become an official student organization, we have nearly 25 students signed up with interest from many other students as well!

Luther students will be expected to visit with their assigned resident(s) at least every other week for about an hour. Examples of activities that students can do with their 'grandpal' include playing cards, coloring, listening to music, or simply chatting. GrandPALS is gaining interest on campus, and we hope the number of volunteers continues to rise. In addition to one-on-one visiting, our organization plans to schedule larger



events (such as bingo night or game night) allowing many students and residents to participate. Our desire to connect the various communities in Decorah leave us excited to start fostering positive intergenerational relationships with the residents at Aase Haugen.

-Alex Carpenter '18

GrandPALS Founding President
Aase Haugen Senior Services, CNA
**Luther College GrandPALS is also on Facebook! Check them out!



Volunteer Social



We appreciate all the hours of volunteer assistance from our generous group of volunteers. In order to properly show them how much they mean to us, Andrea Hexom, Activity Supervisor, held a Volunteer Appreciation Social Wed., March 29. With Music by Steve Belay (pictured above), wonderful treats (Who doesn't like popcorn!) and even better company, the volunteers were treated to an afternoon of fun as we expressed our thanks for their dedication, time and talents that they share with us so often at Aase Haugen Senior Services.

We simply could not provide the quality of care to our residents without our tireless volunteers. They assist with 1-on-1 resident interactions, assisting with the Music & Memory Program, leading many educational and expressive activities and sessions, assisting with BINGO, Monthly

Birthday Parties, the Aase Mercantile, and so much more! We love all our volunteers! Thank you all for your commitment! To volunteer at Aase Haugen, contact Activity Supervisor, Andrea Hexom, at 563-382-3603.

AHH Leadership

Board of Directors, Officers

President:, Steve Langland
Vice-president: Kari Rude
Secretary: Wanda Askelson
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Wanda Askelson, Glenwood Lutheran
Lashelle Evans, Lutheran Church
Rebecca Hanna, Glenwood Lutheran Church
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Carolyn Sexton, RN, Asst. Living Nurse Manager
Rose Beardmore, Office Manager
Tiffany Ackerman, Personnel Director
Andrea Hexom, Activity Supervisor
Jason White, Environmental Services Supervisor
Kacey Wedo, Dietary Supervisor
Kate Klimesh, Business Development
David Larson, Environmental Services Supervisor;
Vennehjem Campus

Join us in praise!

Sun, 4:00pm Worship or
Devotions & Hymns
Tues, 10:30am Bible Stories –
Ecumenical study
1st Wed each month, 2pm,
First Lutheran communion
2nd Wed. each month Good
Shepherd, Glenwood &
Canoe Ridge Church
communion
3rd Wed each month, 2pm,
Decorah Lutheran
communion
Thurs, 10:30am Worship
1st & 4th Thurs, 3:30pm Rosary
2nd Thurs, 3:30pm Mass
2nd Fri each month, 10:30am
Washington Prairie
communion

Mission, Vision and Values

Our Mission: Aase Haugen Senior Services is an ecumenical adult community providing a continuum of care in a Christian environment which nurtures the body, mind and soul, leading to healing and hope for all we serve.

Vision: Aase Haugen Senior Services, sensitive to the future of our community, will respond with creative exceptional care that inspires independence, hope and compassion. In harmony with the vision of our benevolent founder, Aase Haugen, we will always be here to serve, thanks to the nurturing and dedication of our caring community.

We Believe: Everyone in the Aase Haugen Community is FAMILY; including those we serve directly, their families, our staff, benefactors and volunteers.

People who are in need because of illness, injury or frailty of body, mind and spirit are especially DESERVING of CARE.

All God's people are deserving of care, love, compassion and RESPECT regardless of their resources.

Our Christian identity and heritage create a calling to maximize all resources to ensure that those entrusted to us are provided ministries of HEALING and HOPE.

Upcoming Events

Be sure to check out the calendar of events on www.aasehaugen.com or like our Facebook page to keep current with happenings and events!

April 17— Two Rivers Dementia Network 10 am—
Aase Haugen Board Room—All are welcome to attend, free and confidential educational and networking session.

Annie's Dancers 6 pm

April 23—Washington Prairie Adult Choir 2 pm

May 19—Senior Wellness Fair 1-3:30pm

Aase Haugen Chapel. Join us for an afternoon of Wellness options to enhance your life as a senior! Age is just a number, and the wide variety of vendors and information can help you enjoy every day to its fullest! Free and open to the public! Part of National Nursing Home Week and Older American Month Events!

Thank you so much for the flowers and plants shared with us for worship, especially for special worship days. The flowers and plants have been gifts from residents, family and friends of residents as well as gifts "in memorial" and "in honor" of residents. Our Sincere Thank You for each flower and plant.

Closer Together—More Than Ever

Aase Haugen is tearing down Nurses Stations to bring our staff and residents closer together. Thanks to a grant from the Winneshiek County Community Foundation, we have been tearing out our nursing stations on Woodlands and Meadows neighborhoods to eliminate barriers between our nursing staff and the residents they care for.

Removing the nurses station can effectively help create a more home-like setting for residents to live in, and offer more interaction between residents and staff each and every day. It allows not only nurses and CNAs more direct view and proximity to residents, but allows physicians and allied health professionals the same opportunity, allowing for full person-centered care with resident participation.

Increased participation in care and more time spent with each resident emphasizes the concept that we are all human beings, caring for other human beings.

In creating a space that includes the large table and home-like furniture, it instantly becomes more comfortable for not only residents, but visitors and family members as well.

Just another exciting new development in care at Aase Haugen Senior Services!

In the picture below and above right you

can see the new Mobile Vitals Machine and Mobile Nursing Carts that staff utilize now to be out on the floor more now that the Nurses Stations are out. The Environmental Crew and nursing staff worked together to find a more home-like option for the Neighborhoods. Furniture will be arriving in the next couple of weeks to make the new central areas a comfortable, homey, get-away where folks are all part of the Aase Haugen Family!

(1) Director of Nursing Services and Environmental Supervisor plan for wall removal on Meadows. The end result is shown below!

L, Bottom: Tammy Rema, RN, shows off the COWS—Carts on wheels and ROSIEs for vitals on Woodlands!!



Grants and Projects

Aase Haugen Senior Services is so grateful to all our supporters for their dedicated assistance in upholding our mission. We have recently been awarded grants from local and affiliated grantors, and cannot express how much their support means to our operations!

Our Nurse station removal project, called “Emerge”, was funded in part by the Winneshiek County Community Foundation, we received a check for \$4,315.92 to help offset costs and support resident-centered care!

The Northeast Iowa Synod of the ELCA recently funded a portion of our Nursing Scholarship Program for 2017 with a grant of \$4,000. What a wonderful support for our investment in the staff who are responsible for our success!

We also received a \$500 grant from the First United Methodist Church to help cover the cost of non-reimbursed costs of care as we serve the seniors in our area.

Thank you to all our generous grantors!



Annual Appeal Donations

Dec. 21 to Mar. 21, 2017

Memorials/Honorariums

Michael and Steven Bruening Memorial

Duane & Eileen Bruening †
Keith & Amy Bruening ∞

Audrey Erdman Memorial

Lindsay & Karla Erdman ■

Marjorie Forde Memorial

Arlan Forde ■

Carol Hammel Memorial

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Joe & Connie Becker ■

Robert Phillips Memorial

Mary Phillips ■

George Rovang Jr. Memorial

Marian Rovang-Rude & William Rude ♦

Thelma Schroeder Memorial

Nola Schroeder †

Otilia Herold, Marcella Kovarik Memorial

Anna Finley ■

In Honor of the staff of First Lutheran Church

Elliott & Bev Christen ■

In Honor of the Krumm Christ- mas

Wanda & Lyle Askelson †

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Dennis & Doris Barnaal ■

Howard Bernatz †

Mark & Vicki Donhowe ■

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Leon's Auto Truck & Repair †

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Dennis Magnuson †

Robert & Mary Philips ■

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Marilyn Wahlberg †

Capital Campaign Donations

Dec. 21 to Mar. 21, 2017

Peggy Wright, in memory of
Ilola Keefe ♦

Peggy Wright, in memory of
Vernon 'Bud' Bahr ♦

General Donations

Dec. 21 through Mar. 21, 2017

Vernon 'Bud' Bahr Memorial, to Music Fund

Richard & Barbara Amundson ♦

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Joann Gardner *

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Bernie & Carol Gluth *

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Joann Voltmer ♦

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Roger & Gale Buhr * M

Daniel & Kay Burns ♦ M

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children of Helen Vick † A
Judy Bruening & Stacey Vick,
children of Helen Vick +

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Lee & Shirley Vangsness ♦ M

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Peace Lutheran Church †
Gregg & Kari Rude ■
Washington Prairie Lutheran
Church ∞
Ruth Woldum *

**We apologize if we
have missed anyone.
All donations are very
important to us!**

**The Lord's Will
Make a
bequest to
Aase Haugen Senior
Services
In Your Will**

*up to \$10 ♦ up to \$25 ■ up to \$50 ■ up to \$100
‡ up to \$250 † Up to \$350 ∞ Up to \$500
▼ Up to \$1,000 +Up to \$2,500 † Over \$2,500
B Beauty Shop M Music/Activities Fund
SC Spiritual Care G Garden Fund DC Dementia Care

In-Kind Donations

Donna Bahr, Duane and Eileen Bruening, Good Shepherd Lutheran Church, Kathy Davis, Donlon HealthMart Pharmacy, Colleen Frederichs-Knight, Florence Gehling, Charles and Ranae Gipp, Leanne and Dale Goettelman, Hazel Grotegut, Janelle Halverson, Andrea Hexom, Pam Huffman, Ron Ludeking, John Schlumbohm, Diane Sondrol, Shirley Vine, Harriet Wangness.

**Many thanks to all
who donated items to
the Aase Mercantile,
our on-site store.**



Holiday Meal Reservations

Just a reminder for families wishing to enjoy a meal with their loved ones for a holiday, please call to reserve your place at least one week ahead of time to ensure we have enough food for everyone.

Just a reminder that each resident can have up to 2 guests for Holiday meals, or families are welcome to cater a meal in and use a private space at Aase Haugen Senior Services as we have them available for their holiday meal with their loved one. Please call Food Service Supervisor, Kacey Wedo, at (563)382-3603 to make your holiday or special event reservations. Reservations are taken on a first-come, first-served basis.

Holiday Hijinks!

Loads of fun at Aase for holidays! Where's Elsa?? This snowman was a pure joy during an unseasonably mild January!



The Hot Chocolate bar held in January was a wonderful success! What a fantastic treat with so many options for flavors!



And we wouldn't want to leave out Valentine's Day—with great Valentine's cards from local student and youth groups, it certainly made the day more fun! In between holidays we enjoy many talented gifts

from many musical groups!

We wouldn't have near as much fun if we didn't have so many wonderful volunteer groups and such enthusiastic staff in Activities and Dietary to put so many extra special touches on all our Holidays!

563-382-3603 TDD: 1-800-735-2942
info@aasehaugen.com www.aasehaugen.com



This gnome in our courtyard says it all, patiently waiting for spring to be sprung so the gardening can get started! The residents are patiently waiting to get their hands in the dirt! But they are enjoying the daffodils peeking through by the dining room!

You can make a difference!

The Aase Haugen Foundation exists to raise and manage funds donated to Aase Haugen Senior Services for the continuation of the line of care in years to come. Members of the board approved establishing an Endowment Fund in 2012 to assure funding sources to support our ministry of care from interest gained on the endowment over time—to support care for future generations and support the vision for the future. To date, we have raised \$21,610 towards the Endowment through our Annual Appeal.

The Aase Haugen Foundation board is recognizing the continued need for Aase Haugen services and funding of those services for not only the next generation, but for many generations to come.

They are looking at the return in not only dollars and cents, but in the terms of the people who will depend upon the services provided within the Aase Haugen continuum of care to assure that we will be there for our friends and neighbors in the community. In this day and age, investment in ministering to people is where you'll find the biggest returns and make the biggest impact.

If you are interested in investing in the future of Aase Haugen and the people it serves by donating to the Endowment Fund, please use the form on this page and donate what you can to truly make a difference and see a "return" in the quality of life for the residents and tenants at Aase Haugen Senior Services now and into the future!

Yes, I can!

I would like to make a donation to Aase Haugen to further enhance quality care for our elders!

Enclosed is \$ _____

In Memory of _____

Special Purpose _____

Donor Name: _____

Address: _____

E-mail: _____

*Optional, check circle

In an effort to save paper, please send me the Herald via Email to the address listed above.

Please mail or drop off donations to:

Aase Haugen Senior Services, Inc.

4 Ohio St.,
Decorah, IA 52101