



Vol. 25 No. 1

January | February | March 2020

Eventide Events

Published for the residents, families, friends and employees of the Eventide Community.

Welcome

Thank you for choosing the Eventide Campus to be your home!

Eventide:

Arthur Bailey
Charles Evers
Arlene Fink
Ellen Henningsen
Beverlie Kuker
Moselle Loeschen
Loren Nelson
Joe Remmes
Irene Stark

Silveridge:

Harold Segebart

Heritage Heights:

Amy Rose
Zita Kotz
Janice Christiansen

Graduates

Our graduates were on the Eventide campus for a short stay and have returned home. It was a pleasure to serve you!

Eventide:

Lois Duncan
Carole Eller
Ruth Frazier
Gerald Greenwald
Jackie Kohnekamp
Carol Neilsen
Lyle Schultz
Bernie Skarin
Delores Sonksen
Marion Thomas

In Memoriam

Our thoughts and prayers remain with the families and friends of those who have made their final journey.

Eventide:

Darlene Boyens
Shirley Hopp
Alvina Lanz
Macel Schneider
Wilma Walde
Bonnie Segebart
Gordon Weller

Silveridge:

UnaBell Frehse

From the Desk of the CEO

By Mindi Baker, CEO

The year 2020...certainly seems we have been talking about this for a very long time. Many have been analyzing for years what things will look like in the year 2020. Or, perhaps what goals they should have accomplished by the year 2020. Well gang, ready or not, the year 2020 is here.

I for one, am definitely ready for 2020 because this is finally the year we anticipate to break ground on our new nursing facility on the Eventide Campus! It has been a big dream for many of our staff to see this project become a reality. As of the writing of this article, we have \$8,500 left to raise to reach our \$3 million capital campaign goal. (Of course, we are still accepting donations!) We anticipate to break ground in April of 2020 and the building would be completed around July of 2021. Residents would move into their new households and then the current facility would be removed to make way for additional parking and green space. Once that is complete, we will determine the appropriate timing for the memory support assisted living addition to Silveridge which could start as early as 2022.

As I talked to different groups about our building projects, a common pattern I heard with some laughter was "I hope I never need the nursing home." I get it... nothing is like being in your own home and I agree. My reply to their comment usually was "but we want to ensure we are here for you and your family should the need ever arise; and, we want to provide a great environment if that occurs." Considering industry projections of 1 in 3 people age 65+ will need a nursing home at some point in their life, the

stakes are a little high.

On that note, bear with me as I share a few statistics on the people we serve at the nursing facility. The average age of our current nursing home residents is about 86 years young. Keep in mind we have at least 5 residents in their 100's with one being 107 and actively involved in activities! Since my tenure at Eventide, the youngest nursing home resident had not even celebrated their 40

birthday yet... but what a creative spirit it. Now, let us include the countless staff who work side by side with these residents who range from 16 to the upper 70's in age. Think of all the intergenerational conversations that occur on a daily basis at Eventide and yes, we are ALL learning from each other. In the last 10 years, the average length of stay for a nursing home resident at Eventide was about eleven months, and those with a short

rehab stay returned to their home within one month. In 2019, we had about 100 admissions to the nursing facility and 87 discharges, with an average daily census of 89 residents. We employ over 100 team members. Let us add the many family members, visitors, college students doing preceptors, and you can get a feel of the number of people in Crawford County who will benefit from this new building for years to come.

In closing, I wish all those reading the Eventide Events a healthy and happy year ahead. And, I encourage you to step out of your comfort zone and take some risk, or you lose the chance. Never give up on trying something new. As a Heritage Heights tenant just reminded me, find time to do something you have always wanted to do and if you are scared, do it anyway!



SAVE THE DATE

Relay for Life & Walk to End Alzheimer's

»»» **FUNDRAISER** «««

Team Eventide CHICKEN DINNER

TUESDAY, MARCH 24TH at Our Savior Lutheran Church



Eventide Staff News

by Human Resource Coordinator,
Pat Schechinger

ANNIVERSARIES

"Congratulations" to the following Eventide Campus Staff for working one year or more:

JANUARY

Doreen Adams, Director of Nursing, 13 years
Karen Beam, Environmental Supervisor, 6 years
Jean Carey, Laundry Assistant, 43 years
Connie Ellis, Activity Assistant, 3 years
Perla Gallegos, Certified Nursing Assistant, 1 year
Tracee Gettys, Nurse Manager, 2 years
Ivy Lamaak, Cook, 1 year
Tammy Langholdt, Restorative Aide, 26 years
Mark Bilsten, Medication Manager, 9 years
Gayla Hargens, Licensed Practical Nurse, 6 years
Yuliana Rivas, Medication Manager, 1 year

FEBRUARY

Angela Aldana, Licensed Practical Nurse, 15 years
Alejandra Arroyo, Certified Nursing Assistant, 1 year
Mindi Baker, CEO, 19 years
Kelsey Boger, Certified Nursing Assistant, 9 years
Jackie Boggs, Registered Nurse, 2 years
Polycarp Forba, Certified Nursing Assistant, 2 years

Jenelle Higginbottom, Cook, 41 years
Jennifer Lara, Certified Nursing Assistant, 1 year
Leeann Livermore, Cook, 1 year
Alejandra Nieto, Certified Nursing Assistant, 2 years
Annette Sands, Certified Nursing Assistant, 24 years
Marilyn Velasquez, Licensed Practical Nurse, 3 years
Angeles Villegas, Certified Nursing Assistant, 3 years
Bianka Hernandez, Tenant Companion, 4 years
Kim Korwes, Tenant Relations Coordinator, 9 years
Mary Ann Neppi, Registered Nurse, 6 years
Diana Wiges, Cook, 9 years

MARCH

Tony Ernsperger, Certified Nursing Assistant, 3 years
Blenda Gossage, Laundry Assistant, 16 years
Lori Magnuson, Nurse Manager, 3 years
Denise Malcom, Certified Nursing Assistant, 5 years
Roxie Neumann, Dietary Assistant, 27 years
Arielle Pedersen, Certified Nursing Assistant, 3 years
Keli Remmick, Laundry Assistant, 23 years

NEW STAFF

We welcome the following new staff members.

ADMINISTRATIVE DEPARTMENT:

Stephanie Cavalier, Social Worker
Shannon Cose, Heritage Heights and Realife Cooperative Resident Services Manager

DIETARY DEPARTMENT:

Angela Adams, Dietary Assistant

ENVIRONMENTAL DEPARTMENT

Bethany Gonzalez, Homemaker
Mayrovis Prieto, Housekeeper

NURSING DEPARTMENT:

Susie Chieng, Certified Nursing Assistant
Larissa Hollinger, Certified Nursing Assistant
Helen Kroll, Certified Nursing Assistant
Laurie Meyer, Certified Nursing Assistant
Joan Voegel, Licensed Practical Nurse

Welcome Shannon Cose & Stephanie Cavalier!



Shannon Cose

Please help us welcome two new employees to the leadership team on the Eventide Campus! We would like to welcome Shannon Cose (pictured left) as the Resident Services Manager at Heritage Heights and Realife Cooperative! "I look forward to continuing the success of both Heritage Heights & Realife. They are great assets to our community and have so much to offer. I have enjoyed getting to know everyone and am excited about what the future holds for both Heritage Heights & Realife," said Shannon. She comes to the campus with a variety of work experience from owning a bridal boutique, managing Boulders Inn

& Suites, as well as the Schleswig Golf Course.

We would also like to welcome the new Social Worker at the nursing facility, Stephanie Cavalier (pictured right). She comes to us from Nebraska, where she worked as a social worker in Lincoln. She has also worked as a traveling respiratory therapist and probation officer. "I have really been enjoying getting to know all of the wonderful residents and friendly staff here at Eventide. Everyone has been so welcoming," exclaimed Stephanie.

Make sure to stop to introduce yourselves and give these ladies a warm welcome!



Stephanie Cavalier

Gift buying Guide for Seniors

Submitted by Kara Webb, RN, Director of Assisted Living

One of the things I seem to be asked frequently, especially throughout the holidays, is "Any gift ideas for mom/dad/grandma/grandpa?" Families often seem to struggle on what to buy for someone in an assisted living or long-term care setting. I cannot say that I blame them though. How do we shop for someone who grew up in a generation where people maintained a rather frugal existence and practically coined the phrase 'less is more'?

After spending nearly the last 10 years working in long-term care, I have had the opportunity to hear first-hand what some of the items may be on a person's wish-list. Some of the items may surprise you, others not so much, but I do hope it offers some insight and helps a little when that next birthday or holiday approaches.



- | | |
|---|---|
| 1. Taxi tickets | aid in safe mobility |
| 2. Beauty shop gift certificate | 8. Reed scent diffusers |
| 3. Pharmacy gift certificate | 9. Lotions and other toiletries |
| 4. Seasonal décor | 10. Smart devices such as a "Echo Dot"; smart outlets that can turn on lamps, etc. by voice command |
| 5. Seasonal arrangements - discuss with your local flower shop to have an arrangement made each season for a year | 11. Magazine subscription |
| 6. Gripper socks | 12. Seasonal fresh fruit |
| 7. Slippers with soles and backs to | 13. Deep cleaning service for apartment or room monthly or quarterly |

14. Bed linens
15. Bath robe
16. Reading lamp
17. Large print or audio clocks
18. Lift chair
19. Books
20. Digital photo frames full of family photos
21. Comfortable yet stylish clothing
22. Puzzles/word finds/etc.
23. Flashlight
24. Offering to pay a phone or cable bill
25. TIME – the most important gift we can give is our time. Offer to take a senior to:
 - a. Church
 - b. Movie
 - c. Community plays or performances
 - d. Birthday parties
 - e. Restaurants
 - f. Shopping
 - g. Scenic drives
 - h. Funerals



Spreading Christmas Cheer for all to Hear!

Happy New Year! Believe Gala & Holiday Concert

Submitted by Robin Schiltz,
Eventide Activity Director

Thank you to everyone who helped make our Christmas bright at Eventide. A big shout out to all those who provided gifts – especially to the Eventide and CCMH employees. We are so blessed to live in such a giving community. Thank you to all the carolers, the school kids from Zion, St. Rose, and Denison Community School, and to everyone else who provided musical entertainment for the residents. God's blessing to you all! Thank you to our volunteers who give throughout the year; your assistance, treats and kind hearts are very special gifts that are precious to all.

As always, we do our best, to provide a person-centered activity program that incorporates the Resident's interests, hobbies, and cultural preferences. We keep a well-balanced calendar, which is integral to maintaining and/or improving a resident's physical, mental, and psychosocial well-being and independence. We also encourage interaction with the community. Some highlights we have coming up soon are as follows:

Upcoming Events

Here are a few things in the works for the next 3 months, with many more to come! Have a super New Year and God's blessings!

January:

- 1/9: Jena Nahnsen & Friends' Clarinet Quartet, 2:30pm
- 1/18: Mike's Piano Tunes, 2:30pm
- 1/27: Eventide Auxiliary Meeting, 2:30pm
- 1/30: Terri Orr Entertainment, 2:30pm

February:

- 2/6: Larry Heschke Performance, 2:30pm
- 2/14: Valentine's Day Parties
- 2/20: Pineapple & Company, 2:30pm
- 2/26: Ash Wednesday Service, 2:30pm

March:

- 3/13: Generations Performance, 2:30pm
- 3/17: St. Patrick's Day Celebrations, 2:30pm
- 3/21: Mike's Piano Tunes, 2:30pm
- 3/25: Music with the Piano Man, 2:30pm

Don't forget to check our website for full monthly calendars. All activities subject to change.



The Eventide Campus would like to express our sincere gratitude for the outpouring of support from our donors, sponsors, and volunteers at the Believe Gala, on December 15th at the Stables of Copper Ridge. The event was a success thanks to our generous community! We are excited to announce that the gala raised \$90,000 for the Grow Bold With Us campaign and building projects!

It was an extraordinary event and further proof that we are indeed surrounded by a genuinely supportive community. We had such an exciting night filled with great food, music and fellowship! Once again, on behalf of everyone at Eventide, we thank you for your support of and belief in our mission. Here is a closer look at the night's celebration!

Gold Sponsors: Bedrock Gravel & Concrete, Denison Drywall, Reliance Construction of Iowa – Todd & Tara Jepsen and Ronald & Henry Vannier
Silver Sponsors: Don & Holly Beermann, Edward Jones – Joe Ferguson and Stables of Copper Ridge
Bronze Sponsors: Denny & Cheryl Neppl and Staley's Food Service

Are You A Thrivent Member With Choice Dollars® To Direct? Consider Our Organization



By directing Choice Dollars, eligible Thrivent members can recommend which nonprofit organizations they feel should receive charitable grant funding from Thrivent. If you have Choice Dollars available to direct, please consider directing them to the Eventide Foundation. If you have Choice Dollars from the past year that have not been designated, you have until March 31st to do so! Thrivent Choice can have a tremendous impact on our organization. Your gift fills a need that is present and growing and can make a great deal of difference in the comfort and

quality of care delivered to our residents. We plan to use the Thrivent Choice grant funding to meet the needs of our seniors and provide the loving care our residents so rightly deserve.

Directing Choice Dollars is an easy way to show your support for our organization and mission. Simply go to Thrivent.com/thrivent-choice to learn more. Or call 800-847-4836 and say "Thrivent Choice" after the prompt. Together, we can do even more to help strengthen communities and change lives. Give thanks. Direct Thrivent Choice Dollars®.

Upcoming Silverridge Events

January

- 1/2: Motivation & Inspiration Day, 1:30pm
- 1/13: Rubber Ducky Day, 2:00pm
- 1/20: Cheese & Wine Social, 2:00pm
- 1/31: Inspire your Heart with Art, 1:30pm

February

- 2/2: Superbowl Sunday
- 2/12: Aaron Shoemaker, 3:45pm
- 2/14: Valentine's Day Lunch, 11:00am
- 2/28: Design a Floral Arrangement, 2:00pm

March

- 3/6: Shamrock Shakes, 2:00pm
- 3/13: Entertainment by 'Generations', 12:30pm
- 3/13: The Hall Sister at Donna Reed Theatre, 7:30pm
- 3/17: Corned Beef, Cabbage & Green Beer!

Every Tuesday Rosary 2:00 pm
Every Thursday Bible Study 2:00 pm



FUNdraising

Both Eventide employees and residents get in on the fun while raising funds for the building projects. Of them all, the t-shirt sales may have raised the most funds, but the Pie in the Face fundraiser had the most laughs!

Nurtured by Nature

Silverridge Tenants visited the Yellow Smoke Nature Center to check out the animals and even feed them!

Ambiguous Loss in Dementia and Alzheimer's

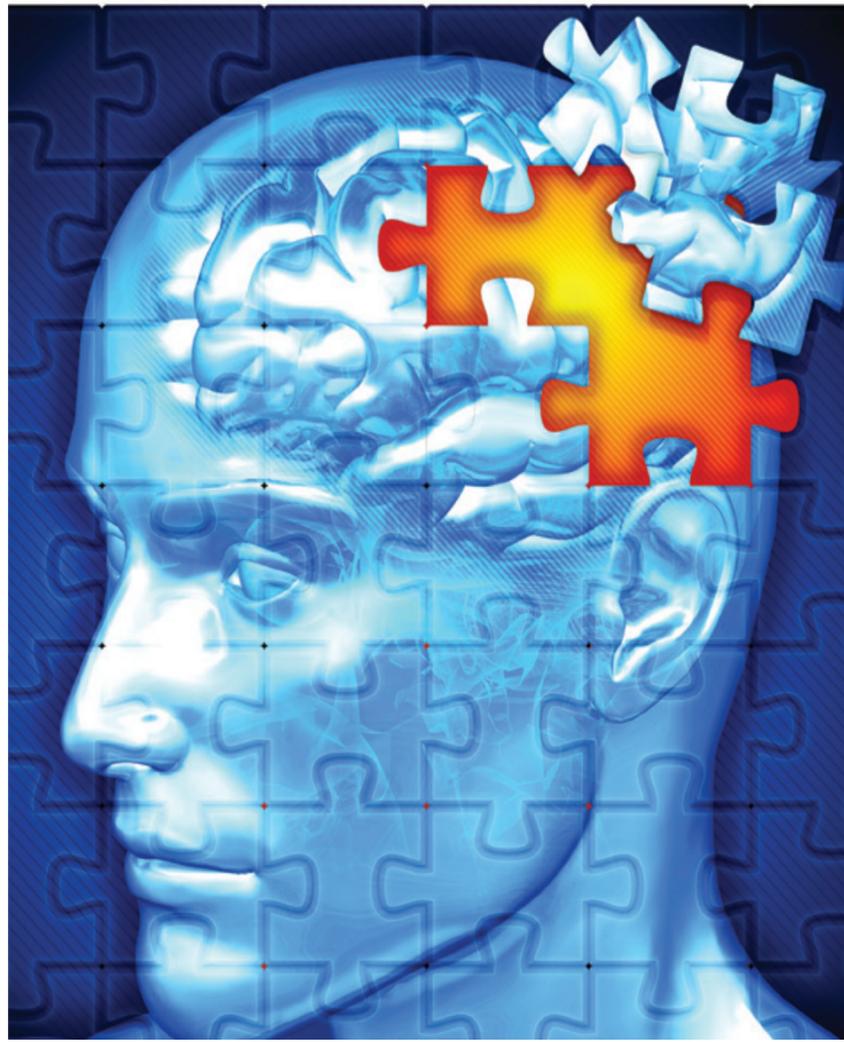
by Social Worker, Stephanie Cavalier

When you have a loved one diagnosed with Dementia or Alzheimer's it can be overwhelming. Doctors and others will tell you about changes your loved one will start experiencing and what you can do to support them through the different stages. An area covered less is how this new diagnosis will affect you, the loved one of the person with the diagnosis. Ambiguous loss is one of those areas that people struggle with when a loved one has Dementia or Alzheimer's.

Ambiguous loss is a loss that occurs without closure or clear understanding. This kind of loss leaves a person searching for answers, and thus complicates and delays the process of grieving, and often results in unresolved grief. Some examples are infertility, disappearance of a family member, death of an ex-spouse, or a family member being physically alive but in a state of cognitive decline due to Alzheimer's disease or dementia.

Ambiguous loss complicates grief, confuses relationships and can prevent moving on. With no sudden event such as a death, friends and family may not realize that you are grieving for the person you knew but who is no longer really there. You may question what your obligations are to your loved one who is still physically present but has no memory of who you are or how often you come to visit. As the abilities of your loved one changes with the progression of the disease, your roles and responsibilities change as well.

Learning to live with these ambiguities is a balancing act. It is important to realize that both you and your loved one have needs. As you continue to work through your new relationship with your loved one make sure to take time for yourself. Take a step back from your relationship and think about yourself for just a moment. Are you getting the support you need in dealing with your ambiguous loss? You may need to take some time and talk to a family member about your feelings. They might be feeling the same way but just not know how to talk about it or even how they are feeling. You can also talk to friends or you may want to consider talking to



a mental health professional. Just know you are not alone.

Eventide offers a Dementia and Alzheimer's Support Group on the 1st Tuesday of each month at 1:30pm. The meetings are held in the Heritage Heights Dining Room located at 118 South 20th in Denison. The support group is open to the public.

DONATIONS

EVENTIDE FOUNDATION

The Eventide Foundation is a non-profit, tax exempt charitable corporation formed to collect gifts of money and assets to help off-set the expenses of caring for the elderly. Funds collected by the Foundation are used to supplement the increasing costs of personal care and to provide amenities to residents that would not otherwise be available. As you plan your estate and gift endowments, we ask that you consider a gift to the Eventide Foundation. A contribution to the Foundation allows us to provide a fuller quality of life to our residents. The Foundation needs your help to continue the work of Eventide and to ensure that each of the residents can live out their life without loss of dignity or respect. We sincerely appreciated all the gifts that have been designated to the Eventide Foundation! The following list reflects gifts received during the period of September 21, 2019 through December 27, 2019. In publishing a list of so many names, it is possible that we may have misspelled, omitted or otherwise listed your name incorrectly. If so, please notify the Foundation office at (712) 263-3114 so that we can make the necessary corrections. Thank you.

CHRISTMAS APPEAL:

IN MEMORY OF: Clifford H. Reimers by Loretta M. Reimers | Emil Petersen by Don & Norma Hanrahan | Paul Sr. & Norma Briggie by Paul & Drene Briggie | Ed & Phyllis Baak by Paul & Drene Briggie | Wilbur Gloede by Paul & Drene Briggie | Cole Schneider by Paul & Drene Briggie | Mrs. Ruth Tuller by Lynn Carlson | My mother, Betty Johannsen by Leisha Kragel

IN HONOR OF: Lula Baker by Marge Overhue | Wayne Baker by Marge Overhue | Sophia and William Evers by Robert & Evelyn Rank | Arthur & Edaline Boettger by Janice Gierstorf | Marie L. Kuhlmann by Wayne & Lou Wonne Kuhlmann | John P. Lawler by Sharyl Lawler | Beverly Christiansen by Bernard Christiansen | Mr. & Mrs. Wilbert Johannsen by Dr. & Mrs. K.M. Johannsen | Mr. & Mrs. Carl Leidholdt by Dr. & Mrs. K.M. Johannsen | Larry Carstensen by Darlene Carstensen | Rudie & Henrietta Koch by Gary & Judy Koch | J. Henry & Anna Schroeder by Gary & Judy Koch | Theo & Leona Aldag by Janice Winsor & Family | Family Members by Marie Peterson | Genevieve Baker by Darrel & Jacquleen Baker | Robert Jacoby by Betty Jo Jacoby | Burdell Friedrichsen by Betty Jo Jacoby | Fred & Ione Hollrah by Jolene O'Connor | Harry & Doretta Wellendorf by Dorothy Enslin | Betty Johannsen by Murlin Johannsen | Charlene Pedersen by Daryl & Barb Pedersen | Darline Walsh by Aloha & Calvin Byl | Katherine Ferry by Larry & Marla Crane | Charles & Emmogene Evers by The Dillon Family | Leona Deiber by Lloyd & Janice Deiber | Mary & Joyce Thies by Larry Thies | LaVerna Ewoldt by Diane Edgar | Claus & Martha Claussen by Laurene Meeves | Eunice McCollough by Jan Bell | Scott Beam & Mildred Beam by Sheila Beam

GENERAL: by David & Susan Dozark | Berniece Segebart | Zion Lutheran Ladies Aid | Della Peters | Neva Beymer

STAFF PAYROLL DEDUCTION:

Jaqueline Acosta | Bob Adams | Doreen Adams | Rebecca Angulo | Alejandra Arroyo | Jorge Avilez | Mindi Baker | Tamara Baker | Karen Beam | Kelsey Boger | Mary Burhoop | Deb Burk | Jean Carey | Amy Cortez | Lynette Croghan | Jennifer Curry | Connie Ellis | Krystal Ferguson | Tasha Fink | Antonia Flores | Maria Flores | Polycarp Forba | Brooke French | Jazmin Garcia | Tracee Gettys | Jose Godinez | Blenda Gossage | Seth Guzman | Sara Hansen | Sarah Hardiman | Jamie Henningsen | Bianka Hernandez | Jenelle Higginbottom | Kelsey Hotze | Deborah Huisinga | David Hulsebus | Makayla Irlbeck | Michael Johnson | Jaci Klunder | Kim Korwes | Christine Kragel | Ivy Lamaak | Jennifer Lara | Deanna Laubscher | Leeann Livermore | Fernanda Lopez | Miriam Lorenzo | Lori Magnuson | Victoria Martinez | Billie McCartney | Pam McKee | Billie Mead | Adriana Mendoza | Kaydee Meseck | Yurida Montalvo | Ethan Muck | Bruce Namanny | Roxie Neumann | Alejandra Nieto | Susana Nieto | Yuriana Nieto | Julia Nollen | Arielle Pedersen | Amber Perry | Carol Quail | Homeaicala Quintana | Amy Rasmussen | Keli Remmick | Yuliana Rivas | Maryam Rodriguez | Carlos Salazar | Annette Sands | Pat Schechinger | Robin Schiltz | Davin Schon | Amy Schultz | Kris Schultz | Erin Staley | Deb Steinkuehler | Kathy Tech | Tina Thompson | Melody Vazquez | Val Villa | Angeles Villegas | Cynthia Villegas | Kara Webb | Robyn Wilson | Mary Yang

THRIVENT CHOICE

By directing Choice Dollars through Thrivent Choice, eligible members recommend where Thrivent Financial distributes some of its charitable outreach grant dollars among participating non-profit organizations such as Eventide Senior Living Community. The following list reflects gifts received during the period of September 21, 2019 through December 27, 2019. If we have misspelled, omitted, or otherwise listed your name incorrectly, please notify the Business Office at (712) 263-3114 so that we can make the necessary corrections.

Jared Koch
Richard Hull

EVENTIDE FOUNDATION ENDOWMENT FUND

When you donate to a permanently endowed fund at a qualified community foundation, you are not only helping your neighbors today — you are building a stronger community tomorrow. And while that in itself is rewarding, with Endow Iowa, you will also get back for giving. You will be eligible to receive a 25% tax credit for each donation, in addition to any federal tax benefits you may qualify for. Contact the Omaha Community Foundation at (800) 794-3458 for more information on how Endow Iowa is helping donors do good works within the community, forever. If you are interested in donating, please make checks payable to the Eventide Foundation Endowment Fund and send them to The Omaha Community Foundation at 302 South 36th Street, Suite 100 in Omaha.

Resident Rights

Advance Directives:

- Information will be provided to inform and provide written information to all adult residents concerning the right to accept or refuse medical or surgical treatment and, at the resident's option, formulate an advance directive.
- This includes a written description of the facility's policies to implement advance directives and applicable State law.
- Facilities are permitted to contract with other entities to furnish this information but are still legally responsible for ensuring that the requirements are met.
- If an adult individual is incapacitated at the time of admission and is unable to receive information or articulate whether he or she has executed an advance directive, the facility may give advance directive information to the individual's resident representative in accordance with State law.
- The facility is not relieved of its obligation to provide this information to the individual once he or she is able to receive such information. Follow-up procedures must be in place to provide the information to the individual directly at the appropriate time.

Eventide Board of Directors

Mark Gray, President
Danyel Jepsen, Vice President
Tonya Eller, Secretary/Treasurer
Brad Bonner
Coleen Bruhn
Deryl Hennings
Mark Spiegel

Community Contacts

Mindi Baker, CEO
Amy Schultz, Eventide Administrator
Christine Kragel, Community Relations & Foundation Director
Kara Webb, RN, Silveridge Director of Assisted Living
Shannon Cose, Heritage Heights and Realife Resident Services Manager

Facilities

Eventide Lutheran Home: 712-263-3114
Realife Cooperative: 712-263-8169

Heritage Heights: 712-263-6631
Silveridge: 712-263-2639

From the Staff...

The staff at Eventide is here to assist our residents and their families in any way possible. If you have any questions or concerns, please do not hesitate to ask. We are always looking for ways to improve the delivery of our services and programs. Your input will only help us succeed in delivering quality care. Thank you for your continued support!

Eventide A Senior Living Community



visit our web site: eventidehome.com

ELECTRONIC NEWSLETTER

Keep updated on Eventide activities and events by signing up for our electronic newsletter. Call Christine in the Business Office at (712) 263-3114 or email ckragel@eventidehome.com to be added to the list.