

Monthly
Newsletter

ROTARY SENIOR LIVING
full campus of care

September 2024



PLEASE JOIN US FOR A



PIE & ICE CREAM

SOCIAL

SEPTEMBER 29TH 1-5PM

HOMEMADE PIE | ICE CREAM

VENDORS & VINTAGE CARS

ROTARY SENIOR LIVING

full campus of care

SOUTH CAMPUS | RCF DINING ROOM

HOURS OF OPERATION

BUSINESS OFFICE: 8:00 AM – 5:00 PM

TELEPHONE: (515) 448-5124

MAINTENANCE: 7:00 AM – 3:00 PM

TELEPHONE: (515) 448-5124

EMERGENCY AFTER HOURS:

(515) 851-1596

CONTACTS

ADMINISTRATOR: DIANE CASPERSON RN,
BSN, LNHA

DIRECTOR OF NURSING: SARA-LYNN
PUENTE-MORALES

RCF NURSING SUPERVISOR: DEBRA CARR

BUSINESS/FINANCIAL: LAURA THOMAS

HUMAN RESOURCES OFFICE: TATE
COOPER

HOUSEKEEPING SUPERVISOR: AMANDA
PURCELL

DIETARY: DEBORAH VENNER

SOCIAL SERVICES: TATE COOPER

ACTIVITIES/TRANSPORTATION: JILL HOCH

PROPERTY MANAGER/

ENVIRONMENTAL: KENDRICK GEARHART

THERAPY: MILLENNIUM THERAPY



MEDICARE VS. MEDICARE ADVANTAGE PLANS

I HAVE MENTIONED THIS BEFORE, BUT I CAN'T REITERATE ENOUGH, THE IMPORTANCE OF TRADITIONAL MEDICARE. I CANNOT TELL YOU HOW MANY TIMES I HAVE HEARD THAT PEOPLE FELT THEY WERE TRICKED INTO SIGNING UP FOR A MEDICARE ADVANTAGE PLAN. AND TO BE HONEST, BEING A PENNY-PINCHER MYSELF, SOME OF THE COMPONENTS OF THE MEDICARE ADVANTAGE PLAN MIGHT ENTICE ME AS WELL, SUCH AS FREE OR MINIMAL COST EYE GLASSES. THE THING IS WITH MEDICARE ADVANTAGE PLAN YOU MAY HAVE LESS UPFRONT COST, SUCH AS NO OUT-OF-POCKET CO-PAYS, ETC., BUT YOU PAY MORE MONEY ON THE BIG COSTS SUCH AS HOSPITALIZATION, NURSING HOME CARE, AND THERAPY... IF YOU ARE APPROVED TO USE THEM! IF YOU HAVE A MEDICARE ADVANTAGE PLAN, DID YOU KNOW...

THEY REQUIRE PRE-AUTHORIZATION FOR MOST MEDICAL COVERAGE. ALL NURSING HOME CARE AND THERAPY REQUIRES PRE-APPROVAL.

THE FACILITY OR PHYSICIAN MUST BE IN NETWORK, MEANING YOU DO NOT NECESSARILY GET TO CHOOSE WHAT PHYSICIAN YOU SEE OR WHAT FACILITY YOU GO TO. FREQUENTLY ROTARY SENIOR LIVING IS NOT ON THE "IN-NETWORK" LIST.

IF YOU'RE ALREADY IN A MEDICARE ADVANTAGE PLAN AND YOU WANT TO SWITCH TO TRADITIONAL MEDICARE, YOU SHOULD CONTACT YOUR CURRENT PLAN TO CANCEL YOUR ENROLLMENT AND CALL 1-800-MEDICARE (1-800-633-4227). NOTE THERE ARE SPECIFIC ENROLLMENT PERIODS EACH YEAR TO DO THIS. THE FIRST PERIOD IS IN JUST A FEW WEEKS, WHEN YOU CAN SWITCH FROM YOUR MEDICARE ADVANTAGE PLAN TO TRADITIONAL MEDICARE IS DURING THE MEDICARE OPEN ENROLLMENT PERIOD THAT RUNS OCTOBER 15 TO DECEMBER 7. WHEN YOU MAKE THE SWITCH BACK TO TRADITIONAL MEDICARE DURING THE MEDICARE OPEN ENROLLMENT PERIOD, THE CHANGE WILL TAKE EFFECT ON JANUARY 1 OF THE FOLLOWING YEAR. IF YOU SWITCH TO TRADITIONAL MEDICARE AND YOU WANT PRESCRIPTION DRUG COVERAGE THROUGH MEDICARE, YOU WILL ALSO NEED TO SIGN UP FOR A STAND-ALONE PRESCRIPTION DRUG PLAN (PDP) FOR YOUR DRUG COVERAGE. IF YOU DO NOT, AND YOU DECIDE TO SIGN UP FOR PART D COVERAGE LATER ON, YOU MAY FACE A PENALTY FOR LATE ENROLLMENT.

WHEN YOU SWITCH TO TRADITIONAL MEDICARE, YOU MAY ALSO WANT TO CONSIDER PURCHASING A MEDICARE SUPPLEMENTAL INSURANCE POLICY, KNOWN AS MEDIGAP. MEDIGAP POLICIES HELP TO PAY YOUR COST-SHARING REQUIREMENTS UNDER TRADITIONAL MEDICARE. DEPENDING ON HOW LONG YOU HAVE BEEN ENROLLED IN MEDICARE ADVANTAGE, MEDIGAP INSURERS MAY NOT BE REQUIRED TO SELL YOU A POLICY UNLESS YOU MEET THE MEDICAL UNDERWRITING REQUIREMENTS. YOU MAY WANT TO CONTACT A FEW MEDIGAP INSURERS DIRECTLY TO SEE IF YOU WILL BE ABLE TO PURCHASE A MEDIGAP POLICY WHEN YOU SWITCH TO TRADITIONAL MEDICARE.

BE VERY AWARE OF WHAT YOU ARE SIGNING UP FOR. GOOD LUCK WITH YOUR DECISION!

DIANE CASPERSON, RN, BSN, LNHA

****The Importance of Vaccines in Nursing Homes: Protecting Our Most Vulnerable****

Living in a nursing home offers a supportive environment, but it also brings unique health challenges, particularly for older adults who are more vulnerable to infections. Vaccines are a critical part of safeguarding the health and well-being of residents, helping to prevent serious illnesses like COVID-19, the flu, pneumonia, and shingles.

****COVID-19**** remains a concern, especially in communal living settings like nursing homes. Vaccination reduces the risk of severe illness, hospitalization, and death, and it also helps protect against new variants of the virus. Staying up-to-date with COVID-19 boosters is essential for maintaining strong immunity.

****The Flu**** is another serious threat in nursing homes. Influenza spreads quickly in close quarters, and older adults are at higher risk of complications, including pneumonia. Annual flu vaccines are designed to target the most common strains each season, significantly lowering the risk of severe outcomes.

****Pneumonia**** vaccines, such as the pneumococcal vaccine, protect against a bacterial infection that can be life-threatening, particularly in older adults with weakened immune systems. By preventing pneumonia, these vaccines reduce the chances of hospitalization and long-term health issues.

****Shingles**** is caused by the reactivation of the chickenpox virus and can lead to painful rashes and complications like postherpetic neuralgia, which causes long-lasting pain. The shingles vaccine is highly effective in reducing the risk of this condition and its associated complications.

In nursing homes, where residents often live with chronic health conditions, the stakes are high. Vaccination is one of the most effective ways to prevent illness and maintain a higher quality of life. By staying current with recommended vaccines, residents can enjoy greater peace of mind and better overall health.

Encourage your loved one to get vaccinated in the upcoming weeks when we offer them. It's a simple step that makes a significant difference.

Diane Casperson

ROTARY SENIOR LIVING

full campus of care

FAMILY SUPPORT GROUP

We Understand the Struggle

You Are Not Alone

Sept. Topic
Dementia:
Challenging
Behaviors

WHEN •

Monday, Sept. 16th
4:30-5:30pm
Future meetings:
The 3rd Monday of each month

WHERE •

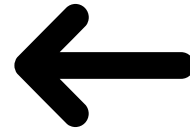
Rotary Senior Living
Rotary Club meeting room
RCF-South building

DETAILS •

Support group for families of
residents in long term care.
Education, conversation & snacks
provided.

For more information contact Diane Casperson 515-448-5124 x247

Please come
join us!
Family Support Group



****Lets Go Green****
Please give us your email address
So that we may email you the
Monthly News Letter.
Thanks

Hi family and friends! Please go to www.HappyGram.org to send a thoughtful note to your loved ones letting them know you are thinking of them. You can even include a picture! We will print and deliver your message for you! Please take advantage of this free card delivery service! It only takes a moment to make your loved one's day!

September Birthdays

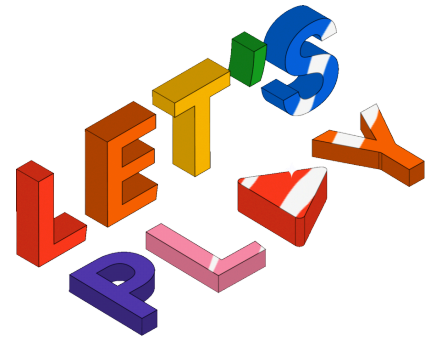
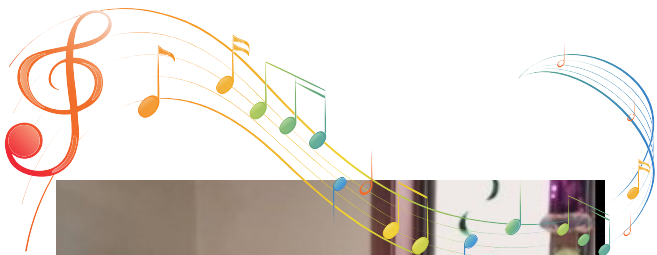
September 11
George Hayden
Carolene Wright

September 14
Dale Kraft
James Middleton

September 16
Paula Laird

September 23
Robert Swanson

September 24
Jim Lothe
Shirley Woodbeck



August Activity Highlights

Activities are subject to change

Residential Care Facility

Church - Sundays at 11:30am
Hymns - Tuesday at 10am
Misc. Games/Crafts/Exercise - Mon, Wed,
Thurs at 3pm
Cooking Class - Thursdays at 2:30pm
Hand Massages - Fridays at 10am
Bingo - Fridays at 2:30pm
Resident Led Activities on Saturdays
Resident Council - Sept 26 at 3pm

Memory Assisted Living

Monday - Friday
Daily Exercise - 11am
Afternoon Games/Videos - 1pm & 2pm
Hand Massages - Friday at 1pm
Saturday & Sunday
Movies - 10 am
Coffee Talk 2pm
Manicures - Mondays 1pm
Bingo - Tuesdays - 2pm

Skilled Nursing Facility

Daily Exercise 10am
Misc. Games/Crafts Starting at 10:30 am
Bingo - Wednesday & Friday 1:45pm
Movie Nights- Tuesday & Friday 6:30pm
Hand Massage Thursday & Friday at 6:30pm
Card Club - Wednesday 6:30pm
Baptist Social Hour - Sept 5 at 3pm
Methodist Social Hour Sept 19 at 3pm
Happy Hour - Sept 20 at 2:00pm
Resident Council - Sept 26 at 10:30am
Sacred Heart Social Hour - Sept 26 at 3pm



Family and Friends please come and join us for any of the activities and social hours!!

Department News

Memory Support Assisted Living/Residential Care Facility

By: Deb Carr, LPN



Resident of the Month
Phyllis Cooper

Phyllis has been a resident of Assisted Living for over 2 years. She is always smiling and happy. She loves spending time with her family. She likes jewelry, lipstick and watching TV in bed.

Her birthday is June 30 and she is as young as she feels! She was born to Elwood and Ruth Gray. She has 2 sisters and 3 brothers and lived on a farm. She graduated from Eagle Grove High School in 1950. She attended Jr. College. Phyllis married CJ Cooper and they had 3 children. She worked as a realtor for many years before her retirement.



Resident of the Month
Duane Riley

Duane has been a loved resident of Eagle Grove for many years.

He is a faithful employee of the Green House and goes to work every Thursday. He attends church each Sunday. Duane enjoys spending time with his family and talks on the phone to his brother, Jerry every evening.

He likes to play Bingo, takes daily walks, and loves cookies. He enjoys going on special outings with his friends, Dave and Kelly.

Duane is the RCF Greeter. He sits in the lobby and welcomes staff and visitors with his friendly Hello and his sunny smile.

Skilled Nursing Facility

By Tate Cooper



Resident of the Month
Betty Okleja

Congrats to Betty Okleja, our resident of the month!

Betty has captured our hearts here at Rotary Senior Living, A devoted Catholic and loving widow, Betty enjoys spending her days in the comfort of her recliner, caring for her precious babies and being pampered by having her nail done. Her spirits shines through her love for knitting and crocheting, hobbies that have brought warmth and beauty to many.

EMPLOYEE SPOT LIGHT

Recognizing Employees of the Month



Employee of the Month

Yairin Ramirez

Yairin displays a calm and caring manner while she cares for our residents in Assisted Living. She was a student at Eagle Grove High School when she started working. She earned her CNA certificate and continued to work for the past year while going to school. She graduated in June and chose to work full time. She was voted by her coworkers as Employee of the Month for September.

Yairin has 2 brothers and 3 sisters. She loves spending time with them. One of her family's favorite times is watching horror movies together. She is starting to learn to crochet. We can't wait to see her first completed project!



Employee Of the Month

Ashley Ramirez

Ashley, a dedicated CNA at Rotary Senior Living, has been recognized as the Employee of the Month. Her compassionate care, strong work ethic, and commitment to the residents have made her a helpful member of the team. Ashley consistently goes above and beyond, guaranteeing that each resident receives personalized attention and feels comfortable and cared for. Her positive attitude and willingness to help both residents and coworkers have earned her the respect and appreciation of everyone at Rotary Senior Living. This well-deserved recognition reflects Ashley's dedication to excellence in providing quality care.



Human Resources:
By: Tate Cooper, HR

New Hires:

Carol Clagett (Dietary)
Juliana Balucynski (Wellness Center)
Mattie Chelleen (Universal Worker)

Welcome to the team! We're really excited to have you here and can't wait to see what you'll bring to Rotary Senior Living. Your work is important to us, and we know you'll make a big difference. We're here to help you out and make sure you have what you need to do a great job. Let's work together to keep providing the best care and service. Welcome!

Wellness Center:

As school starts and fall is on the way, the Wellness Center in Eagle Grove, Iowa, is ready to help you stay healthy. With the season changing, it's a great time to get into new routines, whether you're looking to stay active, relax, or try a new workout. The Wellness Center has lots of activities to keep you feeling good as the weather cools down. Come join us and make the most of this fall at the Wellness Center!

Social Services:

Social Services has a new but familiar face at Rotary! Help us welcome our new Social Service Designee!

Hello! My name is Tate Cooper. I'm originally from Fort Dodge, IA, but I now call Eagle Grove, IA, home. Recently, I've had some exciting life changes, I'm newly engaged, a proud new homeowner, and I just graduated in May with a bachelor's degree in Human Services and Psychology. I'm also transitioning from Human Resources to Social Services at Rotary Senior Living, which I'm really looking forward to. As an animal lover, especially when it comes to cats, my fur babies mean the world to me. In my free time, I love spending quality moments with my family. I'm excited to be part of this community and to continue growing both personally and professionally!

As the weather gets colder, let's all work together to keep our residents safe and healthy at Rotary Senior Living. Please remember to stay home if you're feeling sick, and wear a mask when needed to help prevent the spread of illness. Don't forget to wash your hands regularly, as it's one of the best ways to protect yourself and others. Thank you for your cooperation in keeping our community safe and the Residents and Employees of Rotary Senior Living!

memory Support Assisted Living/Residential Care Facility

By: Deb Carr, LPN

As fall approaches and the start of a new school year changes our schedules, we invite everyone to visit your loved ones at Rotary in the RCF and AL whenever you can. Your presence means so much to them, and they truly cherish each moment you spend together. We understand that it can be challenging, especially if your loved one is dealing with physical or memory issues, but the time you share will create lasting, beautiful memories.

We are excited to welcome our newest resident, Thea Chambers, who recently moved from Hawaii to be closer to her brother. She has brought a cheerful and friendly spirit to our community and has quickly become a beloved member.

At the same time, we must say a heartfelt goodbye to our dear friend, Betty Dyvig. She will be relocating to the North building, and her departure leaves a significant void in our hearts here in AL. We wish her all the best in her new home.

If you have any questions or concerns regarding the Assisted Living or RCF please contact Deb Carr LPN. Office hours are Monday through Friday, 9am to 5pm. You may call or text 512-994-6587 The direct cell phone for the Assisted Living is 515-851-9046. The direct cell phone for the RCF is 515-851-5865.

Skilled Nursing

By: Sara Puente-morales RN, DON

As the summer sun bathes Rotary Senior Living in golden rays, we find ourselves immersed in a season of warmth, joy, and vibrant activities. This is a special time of year when the beauty of nature flourishes, and we embrace the opportunity to enjoy the great outdoors and foster a sense of community among our residents.

One of the highlights of summer is spending more time outside. A simply sitting and enjoying the scenery is one activity that we enjoy while soaking up the beautiful rays. The fresh air and sunshine are invigorating, promoting physical health and mental well-being.

While we encourage outdoor activities, we also prioritize the comfort and safety of our residents. Air-conditioned common areas provide a cool retreat during the hottest parts of the day.

Hydration is an important key to not forget during these hot summer days. Offering water and refreshing drinks to ensure everyone stays well-hydrated is also a priority. Our staff is vigilant in monitoring the health of our residents, especially during heatwaves, to prevent any heat-related illnesses.

Summer also means more visits from family and friends There's no shortage of ways to enjoy this beautiful season.

Summer at Rotary Senior Living is a time of joy, togetherness, and vibrant living. We are committed to creating an environment where our residents can thrive, enjoy the sunshine, and make the most of this wonderful season. Thank you for being a part of our community and sharing in the warmth and happiness that summer brings.

Activities/Transportation

By Jill Hoch

What is an Activity?

The term “activity” is defined as everything a person does in their waking hours that enhances their quality of life. This is the term that was used even before my profession was formally established. Early regulations in the 1970’s needed a term to define the scope of services more broadly than just structured recreation. A standard definition of “activities” in long term care refers to any endeavor other than routine Activities of Daily Living in which the person participates. These activities are intended to enhance a sense of well-being and promote the physical, cognitive and emotional well-being of the person.

Who is the Activity Professional?

The word “professional” can be applied to a job title, as well as skills, knowledge and behavior. There is an assumption that the professional has a level of knowledge and ability related to their given profession. The person knows what they are doing. The professional is also expected to behave in a certain way related to the skills and knowledge associated with the profession. I took the course to become a National Certified Activity Director two years ago. It’s one of the best things I did for my life and career. It was an 8-month course. Not only did I do this for my job but I did it for myself. I want to give my all to my career. I want to be able to give the residents that I work with 100% of Activities. In those two years to present I have to keep up my CUE’s to stay active. This year in December I’m up for renewal. Some of the things I learned was: How to make activities fun for everyone. I love being in the position it helps me use my creative side. Not only do I plan the calendars but I also participate in during some of the activities. I can’t wait to show all the resident’s and family members what I have learned and how I plan making the residents “quality of life” some of their best times ever.

Maintenance

By: Kendrick Gearhart

Well, the months seem to be flying by and it will be fall before we know it. We are still cutting the lawns every week. Thanks to Lyle Larson and Mike Moffitt for helping us mow and anyone else that I didn’t mention. It is very much appreciated. Also a shout out to the board members that helped take down some of our ash trees. Thank you very much.

Laundry/Housekeeping

As many may have noticed we have changed a few ways of organizing residents personal clothing to try to ensure the most efficient redistribution of items, we are always open for ideas and suggestions from families and staff to continue to provide excellent service from our Laundry and Housekeeping crews. They are always working hard and going above and beyond to provide a home-like environment for all.

Please remember that all resident’s personal belongings need to go to Social Services to be labeled prior to placing them in the closet.

Dietary

By Debbie Venner CDM-CFPP

We hope you're having a great start to September! This month our new Fall/Winter menus should be rolling out with some new and exciting recipes for our residents and customers to try and enjoy.

We also have a new breakfast item that was added called a Turkey sausage pancake wrap on a stick. It is absolutely yummy! I would like to thank all the people who donated fresh produce from their gardens, the residents enjoyed cleaning the corn on the cob and of course eating it. We got so much that they were almost getting corned out. Hope you all enjoy the fall weather!

APPLE UPSIDE DOWN CAKE

CAKE

1 ½ cup all-purpose flour
1 cup sugar
tsp salt
1 ½ tsp baking powder
2 large eggs beaten
½ cup milk
1 tsp vanilla extract
1 ½ stick butter melted

APPLES

4 TBS butter
½ cup light brown sugar
Pinch of salt
3 apples peeled, cored,
Cut into ½ inch wedges



GLAZE

¼ cup powdered sugar
1 TBS milk

CAKE BATTER

In large bowl whisk flour, sugar baking powder, and salt. In a small bowl mix egg, milk, and vanilla. Add mixture to dry ingredients along with the melted butter. Whisk until smooth.

APPLES

In a large bowl blend butter, brown sugar and salt. Spread evenly in cake pan. Arrange apples in pan in to concentric circles. Pour cake batter over the apples and spread evenly. Bake until golden and toothpick inserted comes out clean. (350°F approximately 55 minutes) Remove cake from pan and allow cake to cool, drizzle with glazing.



DO YOU HAVE ANY BOOKS YOU NO LONGER WANT AND WOULD LIKE TO DONATE TO UPDATE OUR RESIDENTS LIBRARIES? IF SO, PLEASE CONTACT LAURA IN THE BUSINESS OFFICE AT 515-448-5124 EXT 224.



ROTARY SENIOR LIVING
full campus of care

WE'RE HIRING



DAY OR NIGHT
CHARGE NURSE

Send us your resume if you have:

- RN degree
 - High responsibility
 - Love for the geriatric population
 - Commitment to teamwork
 - Quality standards
 - Weekend Contract...\$50/HR
-

MORE INFO:

Diane.Casperson@rotaryseniorliving.com

ROTARY SENIOR LIVING
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We Are
HIRING!

OPEN POSITIONS

- HOUSEKEEPING/LAUNDRY, DIETARY AIDE
- MEDICATION AIDE FOR RCF/AL-DAYSHIFT/OVERNIGHTS
- ACTIVITIES ASSISTANT
- WEEKEND PACKAGE CONTACT-RN
- STAFF NURSE
- MAINTENANCE TECH
- CNA- EVENING SHIFT/WEEKENDS

SEND YOUR RESUME TO
TATE.COOPER@ROTARYSENIORLIVING.COM

**JOIN
OUR
TEAM**

GET THE OPPORTUNITY TO JOIN OUR TEAM & GAIN
EXPERIENCE & BENEFITS BY WORKING WITH US!