



AMANA RETIREMENT COMMUNITY

Independent Living | Assisted Living | Skilled Nursing | Outpatient Therapy Center
September 2018 Edition

Family Newsletter

Hello,

Once again, the summer has flown by. Kids are back in school and fall will be here soon.

Please note that you will find your invitation to our Fall Family Picnic enclosed in this envelope. We ask that you RSVP by September 11th so we know how much food to order. There was a wonderful turnout last year, and hope to have all of you join us again this year.

If you are unable to attend the picnic, we will make sure that your family member is assigned either a staff member or volunteer to sit with them during the event.

Tanya Powell
Administrator



Please join us again this year as our residents, staff, students from Clear Creek Elementary and families walk to support Alzheimer's research. Our walk will be held on September 20th from 1:30-2:30.

The residents will walk or ride in their wheelchairs on the bike trail and conclude with a balloon release. Refreshments will be served.

Everyone is welcome to join us in hopes of finding a cure for this disease that affects so many.



Grandparents Day

Sunday September 9th is Grandparents Day. We will have a get together in the dining room from 2:30-4. Please feel free to stop by with the grandkids, great grandkids, family, and friends.

Catholic Services

Catholic services will now be held the 1st Wednesday of the month at 11:00am instead of Friday mornings.

New Medicare Cards

Many of you have brought us the new Medicare card. Thank you. Please remember to send us a copy or bring it down and we can copy it for you.

Wheelchair and walker policy

Those residents that are private pay and not under skilled nursing care are required to provide their own wheelchair/walker.

Many residents that come to the facility are initially receiving skilled care which is covered by Medicare. While receiving skilled care, Colonial Manor will provide the resident with a wheelchair/walker. Once the resident is no longer receiving skilled services, then the resident will be responsible for providing their own wheelchair/walker.

Unfortunately, Medicare does not cover the cost of a wheelchair when a resident is in a nursing facility. So, if you have a wheelchair at home or can borrow a chair from someone that is perfectly ok. Otherwise, our therapy staff can also assist the resident with a wheelchair fitting and ordering of a new wheelchair.

Meet Our Nurses (more with be highlighted next month)



Brianne Becker Day Shift LPN

Brianne started working at Colonial Manor as a C.N.A. when she was 17 years old. She later went on to nursing school at Kirkwood and Hamilton College.

Brianne lives in Blirstown with her husband and two kids, Bella, age 10, and Roman, age 6. She also has an 11 year old rescue dog named Peanut.

When she's not working at Colonial Manor she enjoys hanging out with her family and friends, and visiting local wineries.

Brianne says "I love working at CMA and have a passion for working in geriatrics and hope to further my career one day.



Kristan Bevins Day Shift LPN

Kristan starting working at Colonial Manor 3 years ago. She received her nurse training from Kirkwood Community College. Kristan has been a nurse for 21 years and has worked in other nursing home in Cedar Rapids and

Hiawatha.

Kristan lives in Cedar Rapids and is a mom to 3 boys, Zach age 20, Matt age 19, and Austan age 16. She is also a dog mom to Herky, a lab mix, King James, a German Shephard, and Baby, a lhasa apso.

During football season, you can find Kristan decked out in her Hawkeye gear, as she is a huge Hawkeye fan. She also enjoys spending time with her kids, going to their sporting events, and doing crafts.



Natalie Demmel 2nd Shift LPN

Natalie started at Colonial Manor as a C.N.A. and worked here while obtaining her nursing degree from Kirkwood.

Natalie lives with her fiancé Blake and any day now will be welcoming her son, Elliot in to the world.

Natalie enjoys spending time with her family when she isn't working.



Colonial Manor Health & Welfare Foundation

The Colonial Manor Health and Welfare Foundation was started in 2001 after numerous requests from community members and families to provide a means of donating items and funds that would benefit Amana Retirement Community and the elderly population, but also provide a tax deduction for their donations. So, the Board of Directors at Colonial Manor started the non-profit 501(c)3 Colonial Manor Health and Welfare Foundation

The mission of the Foundation is to benefit the elderly in the community as well as those living here at Colonial Manor and Lakeview Village.

We are working on revitalizing the Foundation and making people aware that this entity exists in order to promote the Foundation's mission of helping the elderly. The Foundation Board will be working on fundraising opportunities and projects these funds will be utilized for in order to make the lives of our senior citizens the best they can be.

If you or someone you know has been touched by the care provided at Colonial Manor or Lakeview Village, donations and memorials can be made to the Foundation. All donations will receive a receipt for tax purposes.

If you would like more information on the Foundation and our mission, please contact Tanya Powell at 319-622-3131. Information will also be added to our website shortly.

Additional Services & Events at Amana Retirement Community

Massage Therapy

Provided by Tanya Strong

At Colonial Manor massage therapy is available to our resident's. This service can be provided to them in the comfort of their own room or if they are able they can go to the massage therapy room to receive the service. They can choose if they want a one-time service or a continuous regularly scheduled service.

If you are interested please let a staff person know and we will get it scheduled.

10 min - \$7

15 min - \$12

30 min - \$25

60 min - \$40

Essence of Life Hospice Grief Support & Education Group

When: 2nd Friday of every month

Time 1:00-2:00 pm

Where: Conference Room at Amana Retirement Community

This group is for anyone that has suffered a loss and would like to attend. For more information contact Sara at 319-622-3195 or sara@essencehospice.com

Alzheimer's and Dementia Support & Education Group

When: 2nd Monday of every month

Time: 10:00-11:00am

Where: Conference Room at Amana Retirement Community

For more information contact Erin at 622-3131 or erinf@southslope.net

Birthdays

Residents

Carolyn Duffy 9/14

Jim Jacobi 9/16

Irmtraud Moeller 9/9

Florence Schuerer 9/8

Alberta Volz 9/28

Staff

Kristan Bevins 9/29

Zach Bevins 9/25

Maren Campbell 9/18

Lori Dailey 9/21

Eli Douglas 9/6

Becky Flaten 9/21

Jess Schulte 9/15

Mike VanEtten 9/19D

Diane Williams 9/16



Employee Anniversaries

Thank you for all you do!

Kelsie Ballard, RN 12 yrs

Angelika Bryson, Lakeview Aide 21 yrs

Callie Weisskopf, Dietary aide 3 yrs

Emergency System

Steps to sign up for the Iowa County Emergency Information System

1. Log on to https://entry.inspironlogistics.com/iowaco_ia/wens.cfm
2. Enter your first and last name
3. Enter cell phone number. Click the button for text.
4. You can enter an email if you wish, but it is not necessary.
5. If you would like to receive weather alerts sent to your cell phone you can check the boxes listed.
6. If you would like to receive school alerts you can choose from the list. This is not required.
7. You will need to check the box for Colonial Manor in order to receive our messages. It is not necessary to check other facilities as their message will be specific only to their facility.
8. Your address is required.
9. Click the sign up now button.

This should be everything to get you entered into the system to receive emergency messages from our facility. Anyone is welcome to sign up for these messages, so if you have other family members that would like the information, please let them know. Hopefully we will never have to use the system, but it is comforting to know that it is available if needed.
10. Log on to https://entry.inspironlogistics.com/iowaco_ia/wens.cfm
11. Enter your first and last name
12. Enter cell phone number. Click the button for text.
13. You can enter an email if you wish, but it is not necessary.
14. If you would like to receive weather alerts sent to your cell phone you can check the boxes listed.
15. If you would like to receive school alerts you can choose from the list. This is not required.
16. You will need to check the box for Colonial Manor in order to receive our messages. It is not necessary to check other facilities as their message will be specific only to their facility.
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Veterans Benefits

Do you have a family member that is a veteran or spouse of a veteran? Do you have less than \$80,000 in assets? You could possibly qualify for Veteran's benefits that can assist with paying for your nursing home stay. To learn more about Veteran's benefits or to see if you would qualify please contact Erin Folkmann, social worker, at erinf@southslope.net or 319-622-3131.

Monthly charge for incontinence products

It is Colonial Manor's policy to supply the incontinence products to the residents for a monthly charge. This policy was changed several years ago because it became too difficult for families to provide them on a timely basis. We also ran into issues with resident's using their roommate's products making it difficult for families to manage the supply. This is the reason we changed the policy to only Colonial Manor supplying the incontinent products.

The monthly charge is \$75. This charge not only includes the briefs, liners, and chux, but also wipes. Our staff has recently updated the list of those resident's using incontinence products so you may start seeing this charge where you haven't before. You won't starting seeing this charge until your June statement for the products used in May. We thank you for your cooperation.

Dining with the Residents

Friends and family members are always welcome to dine with the residents during the lunch or supper meal. There is a \$6.00 charge per meal. If at all possible, advance notice is appreciated to ensure we make enough meals for everyone. Payment for these meals should be made to the kitchen staff at the time of the meal.

Staff Directory

Tanya Powell , Administrator tanyap@southslope.net
Chrisse Volesky, RN, Director of Nursing chrissev@southslope.net
Kim Ballard, Assistant Director of Nursing kimballard@southslope.net
Kandi Rose, Office Manager kandir@southslope.net
Erin Folkmann, Social Worker erinf@southslopee.net
Mike VanEtten, Director of Maintenance
Linda Haack, Dietary Supervisor
Joey Glass, Activity Director joeyg@southslope.net
Dr. Ronald Dose, Medical Director 319-622-3231