



Vol. 29 No. 4

October | November | December 2024

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!

Gracewell:

- Benita Boger
- Neal Carstens
- Dan Clark
- Diane Edgar
- Donna Giermann
- Etta Peterson
- Gaylon Reetz
- Karl Sandberg
- Don Schmidt
- Liz Swanson

Silveridge Assisted

Living:

- Idamae Fake
- Pauline Meeves
- Greg Miller
- Viola Milow
- Denise Wieland

From the CEO

Submitted by Mindi Baker, Eventide Campus CEO

Strategic planning is vital for a company's long-term success. It involves defining the company's vision, mission, and goals, and developing strategies to achieve them. This process is essential for aligning the company's resources and efforts toward a common purpose and ensuring its long-term success and sustainability. We recently brought members of Eventide's Leadership Team together to discuss updates to our organization's strategic plan. The first step was to define the company's vision and mission. The vision statement outlines what the company aspires to achieve in the long run, while the mission statement defines its purpose, target customers, and the value it aims to provide. These statements serve as a guide for decision-making and goal setting throughout the organization. After much discussion, the team felt our mission statement should remain unchanged, but we are releasing a new vision statement as we look to the future.

Eventide Mission: We strive to be the Health Care Provider of Choice and the Employer of Choice by understanding and exceeding the expectations of our Residents, Families, and Employees.

Eventide Vision: To be a thriving, compassionate, inclusive community committed to well-being and service excellence.

These statements encompass several key drivers to lead us now and, in the years to come, with each holding a powerful meaning. At a time when several post-acute and long-term care or-

ganizations are struggling to overcome financial and/or staffing shortfalls, Eventide remains strong because of the hard work and dedication of our team members.

Our goals:

- Create an engaging employee culture that supports team member needs while expanding the pipeline of quality and diverse talent to meet the expectations of those we serve.
- Advocate and enhance the overall perception of our field and support the aging population.
- Create a community of service excellence while enhancing resource utilization in the most effective and efficient manner.
- Improve upon and maintain a strong financial foundation to fuel diverse offerings and improve access to services for the aging population.

We will work through several strategies and action plans to help accomplish each set of goals. With an ambitious 3-year plan, Eventide will look for the continued support of our community and team members to reach these accomplishments. At a time when several post-acute and long-term care organizations are struggling to overcome financial and/or staffing shortfalls with increased regulatory requirements, Eventide remains strong because of the hard work and dedication of our team members and our community support. And for this, we are forever grateful and blessed.

Graduates

Our graduates were on the Eventide campus for a short stay for rehabilitation. It was a pleasure to serve you!

Gracewell:

- Pat Chapman
- Richard Healy
- Jim Streck
- Rae Zimmerman

In Memoriam

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

Gracewell:

- Jean Ellis
- Adam Gosch
- Shirley Olsen
- Jeraldine Pautsch
- Elnora Sump

Silveridge:

- Janice Carlyle
- Lorraine Christiansen
- Dennis Fineran

Have a moment?

We are always looking to provide and enhance the information consumers can find online during their search for senior living & care. If you or your family have utilized our services, please take a moment to share your opinion of us on google. Simply scan the QR Codes below with your smart phone to review the building(s) to which you could share your experience.



GRACEWELL



SILVERIDGE



HERITAGE HEIGHTS



REALIFE

Thank you for your assistance!

Resource Reminder: Alzheimer's Caregiver Support Group

As our community's trusted dementia care provider, Gracewell provides education and support for those families dealing with dementia. We acknowledge that caring for your loved ones with Alzheimer's can be hard and we want you to know you are not alone. This group will support each other by exchanging practical information and solutions and encouraging each other while working through the emotions and struggles of caregiving. If you or someone you know could benefit from this, we invite you to attend our Alzheimer's Support Group to connect with other caregivers. The Alzheimer's support group is held on the first Tuesday of each month at 1:30pm, located in the Gracewell Conference Room, 114 South 20th Street in Denison. All are welcome to attend this support group.

Upcoming Support Group Meetings:
 November 5th at 1:30pm
 December 3rd at 1:30pm
 January 7th at 1:30pm

Eventide Campus Staff News

by Human Resource Coordinator,
Pat Schechinger

ANNIVERSARIES

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

October:

Rebecca Angulo, Memory Lane Extra Eyes, 18 years
Shannon Cose, Heritage Heights & Realife
Cooperative Resident Services Manager, 5 years
Sara Hansen, Registered Nurse, 6 years
Jamie Heffernan, Dietary Manager, 1 year
Karrie Kropf, Certified Nursing Assistant, 13 years
Carlos Salazar, Certified Nursing Assistant,
6 years
Pat Schechinger, Human Resource Coordinator,
7 years
Hawa Sesay, Licensed Practical Nurse, 10 years
Katie Utech, Certified Nursing Assistant, 2 years

November:

Connie Chavez, Registered Nurse, 2 years
Susie Chieng, Licensed Practical Nurse, 5 years
Amanda Dirks, Certified Nursing Assistant, 1 year
Maria Flores, Licensed Practical Nurse, 20 years
Sarah Hillhouse, Tenant Companion, 2 years
Neva Summerfield, Registered Nurse, 4 years

December:

Abigail Friedrichsen, Tenant Companion, 5 years
Mary Jo Pfeifer, Nurse Manager, 3 years
Amy Rasmussen, Registered Nurse, 19 years
Annette Sands, Certified Nursing Assistant, 1 year
Flor Velazquez, Certified Nursing Assistant, 1 year

NEW STAFF

We welcome the following new staff members to the Gracewell Nursing Home:

Nursing Department:

Beyonce Carrasco, Certified Nursing Assistant
Richard Cruz-Nieto, Certified Nursing Assistant

Dietary Department:

Adot Aruair, Dietary Assistant
Sara Barnhart, Cook and Kitchen Assistant
Maria Espinoza, Dietary Assistant

Medicare Open Enrollment for 2024

Submitted by Tina Thompson, Business Office Manager

Medicare open enrollment – also known as Medicare's annual election period – runs from October 15 through December 7 each year. During this open enrollment period those with Medicare and Medicare Advantage can make changes to their Medicare health plans or their prescription drug coverage for the following year to better meet their needs. All changes made during the open enrollment period will be effective January 1st. There are some special circumstances in which Medicare recipients can change coverage at anytime for example if you enter or live in a nursing facility, but for many people, the Open Enrollment Period is the only time that changes can be made.

During the Medicare open enrollment period, you can:

- Switch from Original Medicare to Medicare Advantage (if you're enrolled in both Medicare Part A and Part B, and you live in the Medicare Advantage plan's service area).
- Switch from Medicare Advantage to Original Medicare (plus a Medicare Part D plan, and possibly a Medigap plan).
- Switch from one Medicare Advantage plan to another.
- Switch from one Medicare Part D prescription drug plan to another.
- Enroll in a Medicare Part D plan if you didn't enroll when you were first eligible for Medicare. If you haven't maintained other creditable coverage, a late-enrollment penalty may apply.

How do people know if they need to make changes?

Medicare health and drug plans can make changes to their coverage each year. They can make changes to cost, coverage, and the providers or pharmacies that are in network with their plan. People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. If they are satisfied that their current plans will meet their needs for next year and it is still being offered, they don't need to do anything.

You can find Medicare plan information or compare plans or request assistance by contacting the local SHIIP (Seniors' Health Insurance Information Program) Counselor at 712.265.2509, by contacting Medicare at 1-800-MEDICARE or online at Medicare.gov.

REF: CMS.gov

What is Skilled Nursing Care?

Submitted by Morgan Saunders, Gracewell Social Worker

It is common when you are in the middle of a health crisis that a lot of words and jargon are thrown at you in a short amount of time. By the time the medical staff leave the room you are wondering what exactly they just told you. People typically use the words 'skilled nursing', 'assisted living' and 'nursing home' interchangeably, but they are all different terms. So, what is skilled care exactly and how can the Eventide Community help you with that?

The need for skilled care generally comes after an acute hospital stay. You are required to have a three night stay in a hospital setting where you have been receiving acute care before you can be approved for skilled care by Medicare guidelines. Hospital Acute care is "a level of health care in which a patient is treated for a brief but severe episode of illness, for conditions that are the result of disease or trauma, and during recovery from surgery." Examples of this could include (but not limited to): hospitalization for pneumonia, broken bones, brain injuries, or bowel obstructions. It is best to consult with your doctor while in the hospital to see if you qualify for skilled stay.

If your doctor determines a need for skilled nursing care, that is when the hospital will reach out to Eventide Community with a referral. Gracewell is the nursing facility on the Eventide campus that provides skilled care. Skilled care is covered by Medicare for up to 100 days with the intention of getting your loved one back to their baseline prior to hospital stay and safe to return to previous living arrangements. The resident has to be actively working towards meeting therapy goals and progressing in their therapies in order to remain on skilled care. We do this by utilizing Physical Therapy, Occupational Therapy, Speech Therapy, and intensive nursing care collaboratively working together to improve your overall strength. It is also important to note that we involve the resident and the family to help set goals so that everyone is on the same page. It is a team approach! Together we work with you to achieve your goals and get you stronger.

When in doubt, please feel free to reach out to us at Gracewell with any questions. We are here to discuss options by calling 712-263-3114 and ask for Gracewell Social Worker, Morgan Saunders.

Silveridge Awarded for New Program

Kara Webb, Director of Assisted Living at Silveridge, accepted the LeadingEdge Care & Services Award behalf of the Silveridge team and tenants at the recent Leading Age Iowa Fall Conference. This award strives to recognize a program that improves the quality of service and life for residents and utilizes creative problem solving. From a large statewide pool of nominees, this award is bestowed upon a member organization that has implemented a creative and innovative program to address new opportunities or serve a new function for tenants.

The newly implemented Pretti Green Couch initiative was created at Silveridge Assisted Living to provide mental health support and a safe environment for tenants to discuss their worries, fears or struggles. "With the rise of mental health in our society and with the growing need to create awareness of the 'Make it Okay' program, Kara sought an innovative approach." stated Mindi Baker, CEO, in her nomination. "Kara continues to devote the time and energy to listen attentively to each member of the group."

So what exactly is Pretti Green Couch?

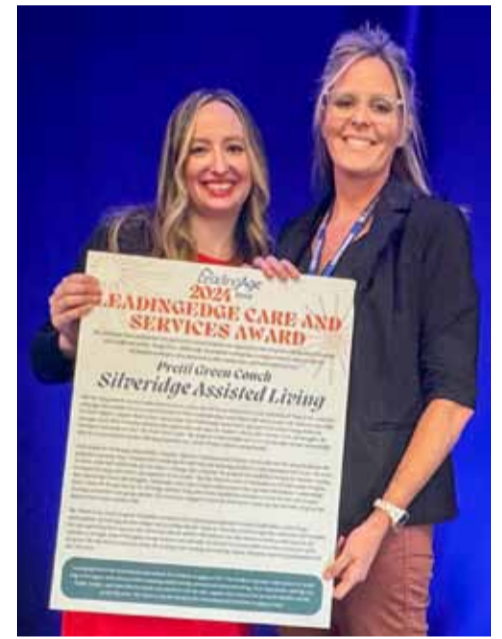
Pretti stands for Pardoning, Responsibility, Empathy, Tolerance, Tactfulness and Inclusion.

Green is the color for mental health but also symbolizes harmony, hope, relaxation and revitalizing the mind and soul, balancing emotions to make us feel secure.

The **Couch**, of course, is the safe comfortable spot we relate to recharge after a long day.

The Pretti Green Couch meets monthly, and has already increased tenant awareness, enabled support and encouragement for others, and even identified similarities among staff and tenants which further strengthened their bond. This program has helped tenants identify and solve issues they have been facing but perhaps previously were afraid to admit.

Awareness for mental health is growing on campus and beyond, and we are excited that the Pretti Green Couch is already making improvements in quality of life and will continue to do so for years to come. We are proud to celebrate Silveridge Assisted Living and the Pretti Green Couch for its creativity, vision, success!



Realife Cooperative tenants enjoyed an End of Summer Celebration Under The Sea! They were treated to Dairy Queen Ice Cream Cake and had some summer themed fun!

Silveridge Assisted Living receives funds for Stairlift



Silveridge Assisted Living has received \$12,000 in financial support from the Eventide Foundation, the Crawford County Community Foundation and SFM Mutual Insurance Company to purchase and install a stairlift in the building. Silveridge saw a need to improve accessibility and safety for tenants to navigate the facility.

The stairlift will provide safety and accessibility for the tenants and equip the team with the best resources to handle emergency situations. The battery back up will play a critical role in safely evacuating individuals as quick as possible. According to the American Healthcare Association, mechanical lifts can significantly reduce the physical strain on healthcare workers during patient transfers. Occupational Safety and Health Administration (OSHA) has indicated that mechanical lifting equipment reduces exposure to manual lifting injuries by up to 95% among health care workers.

“Purchasing the stairlift is just one example of how Silveridge is focused on the safety of our tenants and team members,” said Kara Webb, RN, Director of Assisted Living, “We are thankful for the grant opportunities and support from multiple partners, and the consideration they give to our needs.”

According to the Centers for Disease Control and Prevention (CDC) data, one in four (26%) adults in the United States have a disability, about 61 million. Furthermore, about 14% of those have a mobility disability with problems walking or climbing stairs, and that number will continue to grow. In the event the elevator is inoperable, tenants and their visitors have another tool in order to move about the community and continue to participate in the day-to-day activities in a manner that is safer for all involved.

The purchase of this new equipment has been made in part possible by the Eventide Foundation. Funds collected by the Eventide Foundation are used to provide amenities to residents that would not otherwise be available. To learn more about the Eventide Foundation, give Community Relations & Foundation Director, Christine Kragel, a call at (712) 263-3114.

Successful Golf Tournament Raises over \$10,000



We cannot say thank you enough to everyone that took part in our sixth annual golf tournament - the participants, the sponsors, the donors, and the employees. What a fun and beautiful day to spend raising money for

a great cause. With all the generosity received, we raised over \$10,000 to benefit the Eventide Foundation! None of this could be possible without the help of the Schleswig Golf Course and our volunteers Tamara Baker, Lila Bubke, Shannon Cose, Paul Outhouse and Kris Schultz.

A special thanks to our sponsors! Those include: Ameriprise Financial, Anatomy IT, Aspinwall Cooperative, Bank Iowa, Bedrock Concrete & Gravel, Beeck Family, Blue Stone Therapy, Boeck Construction, Dennis & Coleen Bruhn, Community Living Solutions, Crawford County Memorial Hospital, Crawford County Trust & Savings Bank, Denison Do It Best, Denison Drywall, Drees Co., Feld Security, Heiden Concrete, Nursing On Call, Penner Bath, Professional Computer Solutions, Schultz Family, St. Croix Hospice, Teut Family, Thrifty White Pharmacy, Verlin's Plumbing & Heating, Vision Care Clinic, PC, Wesco Industries, Webb Family, Weiss Family and Williams & Company, P.C.

Additionally, thank you to those who donated funds, food, supplies and items for prizes! Those include:

Bob & Doreen Adams, Troy & Mindi Baker, Bomgaars, Carroll Cleaning Supply, Shannon Cose, Dairy Queen, Farner Bocken Company, Hair It Is, Terri Webb, ID Apparel, Steve & Dara Jorgensen, Adam & Christine Kragel, Patty's Stitches, Quality Truck Service, Brian & Pat Schechinger, Robin Schiltz, Jason & Amy Schultz, Todd & Kris Schultz, Thrivent Financial, United Bank of Iowa, Schleswig, Wal-Mart, Kara Webb and Wise Monkey Quilting.

13 Years After Opening, Silveridge Gets a Facelift



Submitted by Kara Webb, Assisted Living Director

Silveridge Assisted Living opened its doors to tenants in January of 2011. The warm brown, burgundy and green hues that accented our walls and common areas were comforting, inviting and made tenants feel at home. Like anything else, however, after 13 years it was time for some updates.

Silveridge began the process of remodeling in February 2023 with a gradual approach so as not to disrupt day-to-day operations for tenants and staff. As of current, the updates are mostly complete! Silveridge common areas have seen new paint schemes, flooring, furniture and décor. Apartments have been updated with new flooring and paint. The public restrooms also have lovely new tile floors. These updates have been such a beautiful and refreshing change and the tenants, their families and the staff love them.

We do anticipate a few more improvements in the near future, such as lighting enhancements and modernizing a few built-ins, and as always, we continue to look for additional ways to improve. If you have not had an opportunity to stop by and see the new look, it is definitely worth the time to do so! We look forward to enjoying this new look for many years to come.

Covid-19 Update

Submitted by Amy Schultz, Gracewell Administrator

It's the time of year again for respiratory illnesses to abound, including flu, RSV and COVID-19. According to the CDC, an estimated 3 to 11 percent of the U.S. population gets infected and develops flu symptoms each year. Influenza, or the flu, is a contagious respiratory illness spread mainly by droplets when people with the flu sneeze, cough or talk. To prevent influenza, it is recommended to receive a flu vaccine each year. The vaccines for the 2024-2025 influenza season should be available now. The flu vaccine is designed to protect against three different flu viruses.

Respiratory syncytial virus (RSV) shows similar symptoms and is transmitted in the same manner as influenza. RSV is dangerous for older adults with chronic conditions or who are elderly or frail. It is estimated to cause 60,000-160,000 hospitalizations in older adults with 6,000-10,000 of those dying due to RSV infection. The RSV vaccine is available for adults 60 years and older and the best time to get the vaccine is late summer or early fall.

COVID-19 spreads via airborne particles and droplets as well. The CDC has recently updated their recommendations for the COVID-19 vaccine, to help protect everyone. The CDC recommends that people receive all recommended COVID 19 vaccine doses. Vaccination is especially important for people at high risk of severe COVID-19 including people ages 65 years and older, people with underlying medical conditions, including immune compromise; people living in long term care facilities and pregnant people to protect themselves and their infants. These vaccines target currently circulating variants and provide better protection against serious consequences of COVID-19, including hospitalization and death:

- Pfizer-BioNTech and Moderna COVID-19 vaccines include a monovalent (single) component that corresponds to the Omicron variant KP.2 strain of SARS-CoV-2

- Novavax COVID-19 Vaccine, Adjuvanted includes a monovalent (single) component that corresponds to the Omicron variant JN.1 strain of SARS-CoV-2

Vaccines are important because they can protect you and your loved ones from severe illness and hospitalizations. They can help the body build defenses to fight off illness, since protection from being previously vaccinated may weaken over time. They provide additional protection for people, including those with chronic health conditions, like diabetes and heart disease.

The Eventide campus will have influenza and COVID vaccines available for residents and tenants around the beginning of October



Team Eventide participated in the West Central Iowa Walk to End Alzheimer's. With the help of our loyal families, friends and team members, we were able to raise over \$1,700 for the cause. Together we can End Alzheimer's!

Gracewell Laundry Policy

All resident clothing items brought into Gracewell nursing facility are to be given to the team member at the reception desk or after hours to the household nurse. This policy is to help ensure clothing items are kept safe and secure

Resident Rights

Privacy and Confidentiality

- Residents have the right to personal privacy and secure, confidential personal and medical records.
- You have the right to refuse the release of your personal and medical records except as provided at §483.70(i)(2) or other applicable federal or state laws.

Eventide Board of Directors

- Mark Gray, President
- Danyl Jepsen, Vice President
- Tonya Eller, Secretary/Treasurer
- Coleen Bruhn
- Mark Spiegel
- Deryl Hennings
- Rachel Desy

Community Contacts

- Mindi Baker, CEO
- Amy Schultz, Gracewell 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

- Gracewell: 712-263-3114
- Heritage Heights: 712-263-6631
- Realife Cooperative: 712-263-8169
- Silveridge Assisted Living: 712-263-2639

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 the Eventide Campus and to ensure that each of the residents can live out their life without loss of dignity or respect. We sincerely appreciate all the gifts that have been designated to the Eventide Foundation! The following list reflects gifts received during the period of June 25, 2024 through September 25, 2024

SPRING APPEAL:

Tim & Lila Bubke | Carol Lamaak in Honor of Orville Lamaak

ENDOWMENT FUND:

Gaylord Boeck Estate | KM Johannsen in Memory of Wilbert & Irene Johannsen | Rick & Marla Franck in Memory of Ray & Milrae Franck and Loys & Marjorie Rowen

STAFF PAYROLL DEDUCTION:

Bob Adams | Doreen Adams | Liz Alcazar | Adot Arvai | Rebecca Angulo | Mindi Baker | Tamara Baker | Mary Burhoop | Beyonce Carrasco | Mona Chajon | Connie Chavez | Jennifer Cisneros | Lynette Croghan | Analuisa Cruz-Nieto | Richard Cruz-Nieto | Andrea Ehlers | Connie Ellis | Maria Espinoza | Nadia Figueroa | Antonia Flores | Maria Flores | Abigail Friedrichsen | Karen Galindo | Lynette Gaskill | Catalina Gibbons | Blenda Gossage | Penni Hansen | Sara Hansen | Jamie Heffernan | Katie Hennings | Jenelle Higginbottom | Sarah Hillhouse | Steve Jorgensen | Kim Korwes | Christine Kragel | Carol Lamaak | Genesis Lopez | Vanessa Lara | Genesis Lopez | Lori Magnuson | Amy McManigal | Billie Mead | Kayla Neddermeyer | Roxie Neumann | Alejandra Nieto | Susana Nieto | Yuriana Nieto | Daniela Oropeza | Denny Pantoja | Carol Quail | Olga Ramos | Amy Rasmussen | Emily Reiser | Keli Remmick | Katerin Rodriguez | Carlos Salazar | Annette Sands | Pat Schechinger | Robin Schiltz | Amy Schultz | Kris Schultz | Kiana Schulz | Kathy Segebart | Kathy Tech | Krystal Terwilliger | Tina Thompson | Kelsey Tippery | Flor Velasquez | Angeles Villegas | Yicel Vrieze | Kara Webb | BreeAnna Whitenack | Paige Whitenack | Nancy Woodard | Jennifer Woodbeck | 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 June 25, 2024 through September 25, 2024.

Marilyn Yokaum

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 the Endow Iowa Tax Credit Program, 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. Eligible gifts will qualify for credits on a first-come, first-served basis until the yearly appropriated limit is reached. 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 1120 S 101st Street, Suite 320, Omaha, NE 68124.

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, ext. 240 so that we can make the necessary corrections. Thank you.

From the Staff...

The employees on the Eventide Campus are here to assist our residents, tenants and their families in any way possible. If you have questions or concerns, please do not hesitate to reach out. 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

Find us on Instagram: eventidedenison

Keep updated on Campus activities and events by visiting our webpage, www.eventidehome.com.