



Aase Haugen
Senior Services

November 2020

HERALD

Serving the senior living needs of our community since 1915

Spooktacular Fun with Residents



Aase staff went all out for halloween and dressed up for a costume contest voted on by residents! Staff toured the halls in costume and entertained the residents while begging for their vote! There were clowns, cows, ducks, pirates, dolls, devils, scarecrows, goblins and many more... and they came with loads of smiles and lots of fun throughout the day for everyone in the nursing home and assisted living.



VISITING TIPS

In compliance with state and federal regulations, outdoor and indoor visits, and beautician services must be suspended at this time. We are hopeful that we'll be able to schedule visits again in mid-November. Family and friends are encouraged to contact Aase Haugen Activities Department to connect with residents by using window visits, video chat, and calling, phone 563-382-3603. Floral deliveries and the delivery of items such as food and clothing dropped off by families are still being accepted at this time. All resident windows are labeled with room numbers for easy location. Windows may NOT be opened in order to prevent the transmission of the COVID-19 virus. If you need staff to help with a phone call/window visit, afternoons between 1:30 and 4 p.m. are the best times to make these happen. Thank you for your cooperation.

The new indoor visiting room is set up with intercoms and a plexiglass door. Family members can enter from an outside entrance off Valley Drive and residents can see and hear them in the comfort of an indoor area. Pictured to the right are Amy and her daughters enjoying a visit. Pictured below Heidi and Al enjoy a visit with Shirley in the new visiting room.



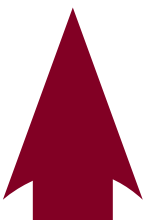
**Cozy and warm and made with love!
Thank you to Big Canoe Church for the donation of
beautiful lap quilts for our residents.**



Check out Aase Haugen's new website!

We've introduced a new website that will help keep you up-to-date on activities, menus and variety of other

information. We're adding new items everyday, and we invite you to virtually visit us at: www.aasehaugen.com



A message from our Administrator



Orson Bauder
Aase Haugen Senior
Services Administrator

November is a time to reflect on the many things we are blessed with. This year you may feel challenged to find as many things, but in our lives there are always things to be thankful for and we need to look for the small joys and moments to celebrate. With this year being so challenging with all the COVID19 concerns and restrictions, along with an election year being very politically charged, let us not

forget by just living in the United States we have so many freedoms and reasons to be thankful. Please remember the elders of our society in giving thanks. This year most of all we have been given the charge of keeping those in our home safe and at the same time it feels like we have had to change the day to day lives of every resident. We are challenged to find ways to keep socialization in the lives of everyone here yet meet the restrictions posed to us, that will hopefully keep us safe. It is our elders in our family who have brought us into the world and nurtured us through our growing years. In pursuit of one's ambitions, the blessings from elders always help us grow taller and stronger and at the same time keep us grounded. These blessings and lessons cannot be bought with any amount of money one may possess and we are thankful for them.

The newsletter is an important tool for communication, and I try to use it as such. This is why we have it come out monthly now. We do have another tool that we can use and that is our Aase Haugen web site. As we speak our web site is being redone for its new launch in November. We hope you are as excited as we are. Please visit us virtually at www.aasehaugen.com.

Window visits, face time visits, phone calls and letters have become the new normal. This summer we were able to have many outside visits which was good. I apologize now for our facility as it continues to go from one outbreak to another outbreak. I do not want to have our privileges reduced however we have no choice but to follow the guidelines provided for us to use when COVID19 shows up. We do have a wonderful visiting room and system to use when our outbreak ends. Located on our G-Wing there is an office that was used

for both our marketing personnel and HR personnel. This office has its own outside entrance and sidewalk which we will be using for inside visits when we can have them again. This area will be marked "Visit Room" on a yard sign to help you locate the correct door from Valley Drive.

I am sorry to say that with the Thanksgiving holiday fast approaching we unfortunately will not be able to have family joining us in house this year. With the percentage of COVID19 rising in our state we have to maintain our restrictions for our visitors but try to keep the holiday spirit and focus on the blessings we do have. I want to thank all our families for your understanding and support, what an awesome community we have. This is not what I want, but what we have to do. If we are able to have inside visits on this day, we will not have them because it would not be fair for everyone. Some families would get visits and other families would not, so to be fair to everyone we will not have any inside visits on Thanksgiving day. However, all other forms of visitation will be available. We have not heard of any other information regarding Christmas from the state.

As always, we hope everything is going well for all our residents. Our staff work hard to ensure all our residents are well cared for, comfortable and as happy as possible. However, if you do have a concern, please let our interim director of nursing, Diana, or me know about it as soon as possible. We cannot fix something if we do not know about it. Once we are aware of the concern, we will address it immediately and make every effort to correct it.

Enjoy the start of the Holiday Season, I hope you are blessed with health and faith.

Sincerely,

Orson Bauder

Our deepest sympathy to the families and friends of our dear residents who have recently passed away, including:

Julia Tallman

Robert "Gene" Medberry



Staff Spotlight



Pam Larson

Working with a heart of gold, Pam says, "I love what I do!" She grew up near Waterville, IA, and has a son, daughter, grandson and a granddaughter. She joined Aase Haugen dietary about two years ago and has been an invaluable addition to our staff. She says, "I've always enjoyed working with the elderly,

and people who need more love." Pam says she strives to relate by listening. "Residents will talk with their eyes and one day a non-verbal resident all of a sudden talked to me by spelling out her husband's name on my arm... that was an amazing feeling!" Pam has a knack for bringing positive energy to work, her smile, her attitude and her skills are top-notch. In her free time, Pam loves to decorate and spend time with her family. Thank you, Pam, for all you do for all of us at Aase Haugen!

CHARGE NURSE

Full time, PM shifts

CNA

Full time or Part time, AM or PM shift

CNA Weekend Package

Work any shift & 24 hours on weekend & get paid for extra 8 hours. Eligible for full time benefits.

Housekeeping Aide

Part time

Dietary Aide

Part time

Activities Aide

Full time, every other weekend.

We're Hiring!

Visit us online to download an application:
<https://www.aasehaugen.com/employment> or
email HR@aasehaugen.com or
call HR Director, Kristie Austin, at: 563-382-3603

Thank you for these gifts

Gifts given Sept. 30 through November 1, 2020

Wanda Askelson..... Capital Campaign
Vi BohrIn memory of Darlene Larson
Roger Buhr Capital Campaign
Patricia Casterton In honor of Bob and Sharon Lillie
LeEtta Choi..... In memory of Dorothy Halverson
Joann Cole.....In memory of Darlene Larson
Kerbie Dahlen..... Capital Campaign
James Dale Capital Campaign
Mary Ellingson In memory of Olive Sims
Family and Friends Capital Campaign In memory of
Dorothy Halverson
First Lutheran Church
John Gipp..... In memory of Olive Sims
Cosette Goetsch In memory of Bruce Goetsch
Krista Holland In memory of Olive Sims
Inez Holstad Capital Campaign
Barbara Horns In memory of Dorothy Halverson
Mindy Jones In memory of Juila Tallman CCDI
Dementia Care
Debra Larson Capital Campaign
Patricia Lien In memori of Olive Sims
Wanda Lillegraven In memory of Olive Sims
Wanda Lillegraven Capital Campaign
Sheila Mracek Holiday decorations
R.A. Murray Capital Campaign
Darlene Rosholt In memory of Olive Sims
Marion Rude..... In memory of Connie Bolson
Marion Rude..... In memory of Olive Sims
Bruce Schuman..... Capital Campaign
Luann Smith Im memory of Olive Sims
Ardith Steine Capital Campaign
Gwen Van Gerpen.... Holiday decorations
Lee Vangsness..... In memory of Olive Sims
Darlene Vine..... In memory of Harlan Vine
Darlene Vine..... In memory of Paul "Dick" Headington
Joann Voltmer Capital Campaign
Washington Prairie Lutheran Church
Washington Prairie Lutheran Church
Pamela K. Wicks In memory of Darlene Larson
Janice Witzke..... In memory of Ethel Ellingson
Ruth Woldum In memory of Wilma Morse
Ruth Woldum In memory of Olive Sims

As a social ministry of the Evangelical Lutheran Church of America, and governed by 23 local Christian congregations, we thank you for your continued prayers and support.

November Activities Calendar

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY |
|--|--|--|---|
| <p>1 All Saints Day 9:30 a.m. Let's Get Moving!</p> <p>2:15 p.m. Hymns</p> <p>2:30 p.m. Good Shepherd Lutheran Worship Service</p> <p>3:30 p.m. Holy Mass</p> | <p>2 9:30 a.m. Let's Get Moving! 10:00 a.m. 60's Car Commercials 11:00 a.m. Lawrence Welk 1:00 p.m. The Spruce Goose (First Flight Nov.2, 1947) 2:00p.m. Ed Sullivan Performances 1960 3:00 p.m. Hymns 3:30 p.m. Decorah Lutheran Worship</p> | <p>3 9:30 a.m. Let's Get Moving! 10:00 a.m. Pr. Hanson's Stories 10:30 a.m. Dinah Shore Chevy Show 11:30 a.m. The Temptations Concert 1:10 p.m. The Secrets of Nature: Hyenas 2:00 p.m. Dean Martin Show 3:00 p.m. Grand Ole Opry Show 4:00 p.m. The Rosary Visits with Andrea after supper</p> | <p>4 9:30 a.m. Let's Get Moving! 10:00 a.m. Classic Movie Songs and Dances 11:00 a.m. Lawrence Welk 12:30 p.m. Tutenkhamun and the Golden age of Pharaohs (Kings Tomb discovered 11/4/22) 2:00p.m. The Red Skelton Show 3:00 p.m. Glen Campbell Concert</p> |
| <p>8 Dale Putnam 9:30 a.m. Let's Get Moving 2:15 p.m. Hymns 2:30 p.m. Good Shepherd Lutheran Worship Service 3:30 p.m. Holy Mass</p> | <p>9 9:30 a.m. Let's Get Moving! 10:05 a.m. Paul Anka 11:30 a.m. Lawrence Welk 1:00 p.m. The Secrets of Nature Balkans 2:00 p.m. Ed Sullivan Performances 1961 3:00 p.m. Hymns 3:30 p.m. Decorah Lutheran Worship</p> | <p>10 9:30 a.m. Let's Get Moving! 10:00 a.m. Pr. Hanson's Stories 10:30 a.m. Dinah Shore Chevy Show 11:00 a.m. Lawrence Welk 12:30 p.m. Classic Cars and Music of the 50's 1:30 p.m. Resident Council 2:00 p.m. Dean Martin Show 3:00 p.m. Grand Ole Opry Show 4:00 p.m. The Rosary Visits with Andrea after supper</p> | <p>11 9:30 a.m. Let's Get Moving! 10:00 a.m. Veterans Day Tribute Followed by Bald Eagle Documentary 11:30 a.m. Lawrence Welk a Salute to the Armed Forces 12:30 p.m. National Veterans Day Concert 2:30 p.m. Veterans Day Tribute Repeat Followed by Veterans Day Concert</p> |
| <p>15 9:30 a.m. Let's Get Moving! 2:15 p.m. Hymns 2:30 p.m. First Lutheran Worship Service 3:30p.m. Holy Mass</p> | <p>16 9:30 a.m. Let's Get Moving! 10:00 a.m. The Secrets of Nature Wildest Asia 11:00 a.m. Lawrence Welk 12:30 p.m. Hee Haw 2:00 p.m. Ed Sullivan Performances 1962 3:00 p.m. Hymns 3:30 p.m. Decorah Lutheran Church Service</p> | <p>17 9:30 a.m. Let's Get Moving! 10:00 a.m. Pr. Hanson's Stories 10:30 a.m. Dinah Shore Chevy Show 11:10 a.m. Flying Over Costa Rica 1:05 p.m. The Secrets of Nature 2:00 p.m. Dean Martin Show 3:00 p.m. Grand Ole Opry Show 4:05 p.m. The Rosary Visits with Andrea after supper</p> | <p>18 Arla Ruffridge 9:30 a.m. Let's Get Moving! 10:00 a.m. The Secrets of Nature The Green Stadium 11:10 Lawrence Welk 1:00 p.m. An evening with Glen Campbell 2:00 p.m. Travel Club 3:00 p.m. Jay Leno's Garage</p> |
| <p>22 9:30 a.m. Let's Get Moving! 2:15 p.m. Hymns 2:30 p.m. First Lutheran Worship Service 3:30 p.m. Holy Mass</p> | <p>23 Michael Viise 9:30 a.m. Let's Get Moving! 10:00 a.m. Lawrence Welk 11:00 a.m. Secrets of Nature Iron Forest 12:00 p.m. Perry Como Show 1:00 p.m. Travel Club 2:00 p.m. Ed Sullivan Performances 1963 3:30 p.m. Decorah Lutheran Worship</p> | <p>24 9:30 a.m. Let's Get Moving! 10:00 a.m. Pr. Hanson's Stories 10:30 a.m. Dinah Shore Chevy Show 11:10 a.m. Lawrence Welk 1:00 p.m. The Secrets of Nature 2:00 p.m. Dean Martin Show 3:00 p.m. Grand Ole Opry Show 4:05 p.m. The Rosary Visits with Andrea after supper</p> | <p>25 9:30 a.m. Let's Get Moving! 10:00 a.m. Secrets of Nature Vienna Woods 11:00 a.m. Small town, Big Deal 12:30 p.m. To Tell the Truth 1:30 Perry Como Show 3:30 p.m. Travel Club</p> |
| <p>29 9:30 a.m. Let's Get Moving! 2:15 p.m. Hymns 2:30 p.m. Good Shepherd Worship Service 3:30 p.m. Holy Mass</p> | <p>30 9:30 a.m. Let's Get Moving! 10:00 a.m. The Secrets of Nature The Otter's Trail 12:10 p.m. Lawrence Welk 1:10 p.m. Perry Como Show 2:00 p.m. Ed Sullivan Performances 1964 3:30 p.m. Decorah Lutheran Rebroadcast</p> |  |  |

November Activities Calendar

| THURSDAY | FRIDAY | SATURDAY |
|---|---|---|
| <p>5</p> <p>9:30 a.m. Let's Get Moving! 10:00 a.m. Elvis Movie Songs 10:30 a.m. Dinah Shore Chevy Show 11:00 a.m. Swing Dancing 1:10 pm. The Secrets of Nature Appalachia 2:05 p.m. College Football Highlights 3:30 p.m. Hymns 4:00 p.m. The Rosary</p> | <p>6 National Saxophone Day</p> <p>9:30 a.m. Let's Get Moving! 10:00 a.m. Current Events 10:30 a.m. Top Saxophone Cover songs 11:00 a.m. Perry Como Show 12:00 p.m. Lawrence Welk Show 1:10 p.m. The Secrets of Nature Hedgehogs 2:00 p.m. Ed Sullivan Performances 1957 3:00 p.m. Molly B 4:00 p.m. Mike McAbee</p> | <p>7</p> <p>9:30 a.m. Let's Get Moving! 10:05 a.m. The Secrets of Nature Baja – the other California 11:00 a.m. Andy Williams Show 12:00 p.m. Lawrence Welk 1:00 p.m. The Secret of Nature 2:00 p.m.. Grand Ole Opry Show 3:00 p.m. Movie</p> |
| <p>12</p> <p>9:30 a.m. Let's Get Moving! 10:05 a.m. Willie Nelson 11:00 p.m. The American Dream – Cruising the 50's 12:30 p.m. Swing Dancing Playlist 1:30 p.m. The Secrets of Nature Drakensberg – Africa's Dragon Mountains 3:35 p.m. Hymns 4:05 p.m. The Rosary</p> | <p>13 World Kindness Day</p> <p>9:30 a.m. Let's Get Moving! 10:05 a.m. Current Events 10:30 a.m. Dinah Shore Chevy Show 11:30 a.m. Lawrence Welk 12:30 p.m. Travel club: Greece 2:00 p.m. Ed Sullivan Performances 1958 3:30 p.m. Tractor Videos</p> | <p>14</p> <p>9:30 a.m. Let's Get Moving! 10:05 a.m. The Secrets of Nature – Pielach –The Enchanted Valley 11:00 p.m. Flying Over Italy 12:00p.m. Lawrence Welk 1:00 p.m. Johnny Carson Show 2:00 p.m. Grand Ole Opry Show 3:00 p.m. Movie</p> |
| <p>19</p> <p>9:30 a.m. Let's Get Moving! 10:05 a.m. The Secrets of Nature Lake Worhersee 11:00 a.m. Lawrence Welk 12:10 p.m. Small town, Big Deal 1:10p.m. Johnny Carson Show 2:10p.m. Swing Dancing 3:30 p.m. Hymns 4:05 p.m. The Rosary</p> | <p>20 James Dougherty</p> <p>9:30 a.m. Let's Get Moving! 10:05 a.m. Current Events 10:30 a.m. John Denver Concert 11:00 p.m. Lawrence Welk 1:10 p.m. Perry Como Show 2:00 p.m. Ed Sullivan Performances 1959 3:30 p.m. Tractor Videos</p> | <p>21 Elaine Schroeder</p> <p>9:30 a.m. Let's Get Moving! 10:00 a.m. The Secrets of Nature Wildest Australia 11:00 a.m. Cirque du Soleil 12:30 p.m. Hauser and Friends 2:00 p.m. Grand Ole Opry Show 3:30 p.m. Movie</p> |
| <p>26 THANKSGIVING</p> <p>9:30 a.m. Let's Get Moving! 10:00 a.m. Macy's Thanksgiving Day Parade 11:00 a.m. Growing Thanksgiving Food 12:00 a.m. Lawrence Welk Thanksgiving 2:30 p.m. Thanksgiving: Pilgrims Beyond the Myth 3:30 p.m. Hymns 4:05 p.m. The Rosary</p> | <p>27</p> <p>9:30 a.m. Let's Get Moving! 10:05 a.m. Current Events 10:30 a.m. Perry Como Show 11:30 a.m. Lawrence Welk 1:05 p.m. Travel Club – Rick Steves Bavarian Alps 2:30 p.m. Small Town, Big Deal 3:30 p.m. Molly B X mas</p> | <p>28 Elaine Frana</p> <p>9:30 a.m. Let's Get Moving! 10:05 a.m. The Secrets of Nature Greek Garden of The Gods 11:00 a.m. Lawrence Welk 12:30 p.m. Travel Club – Russia 2:10 p.m. An Old-time Christmas 3:00 p.m. Movie</p> |
| <p>All activities are subject to change Check Whiteboards daily. One to one visits and Video calls throughout the day with your Activities Team members Andrea, Christina and Isabel. Scheduled indoor family visits take place Monday-Friday afternoons. All programming found on Channel 37</p> |  | <p>NOVEMBER STAFF BIRTHDAYS: 8th Alexander Kleppart, Kaylee O'Connell, Kristy Kimber 4th Sheyenne Cornelison 17th Eidi Jimenez 20th Domingo Jaramillo 24th Colleen Kray 25th Kimberly Shelton</p> |

We're all Steamed Up in Dietary!



Our new electric food steamer has arrived in the Aase Haugen Dietary department! Our last steamer simply wore out and we invested in this hot beauty, which can also be transferred to our new building. If there is one thing that contributes a lot to the quality of life for those living in senior living, it's the food.

Our dietary staff go above and beyond to provide tasty and nutritious food to our residents. Steamers preserve the nutritive value and flavors of food, thanks to the heating caused by steam instead of submerging food in a boiling water bath, butter or oils. Using steam also allows us to provide food that looks pleasing, not mushy or over cooked. Cooking vegetables using a vegetable steamer retains their vitamin and flavonoid contents. So aside from eating them uncooked, steaming veggies is the second best way to enjoy their health benefits. In addition, the folic acid content of food is reduced by 35% when boiled and only 15% is wasted when steamed and Vitamin C, on the other hand, is reduced by 15% when food is steamed and by 25% when boiled.



A little something extra on your birthday?!

You bet! Our dietary department delivers extra special individualized birthday cakes to all our residents on their birthday. Celebrate!



Thank you for your generous support to the Aase Haugen Walk to End Alzheimer's

Team! Aase was proud to once again sponsor the memory garden for the local event. Our Aase's Angels team goal was \$1,500 and we raised \$3,170! A special thank you to Brecka Putnam for her outstanding support.

Aase Haugen is pleased to provide our community with a specialized dementia care unit where we can serve people with more advanced stages of dementia, and those who are more independent and earlier in the disease process.



Salute to our Veterans

Veterans Day pays tribute to all American veterans who served their county honorably during war or peacetime. Veterans Day occurs on November 11th every year in the United States in honor of the "eleventh hour of the eleventh day of the eleventh month" of 1918 that signaled the end of World War I, known as Armistice Day.

"Aase Haugen is proud to be a home to many veterans," says Andrea Hexom, activities supervisor at the nursing home. "Their stories fill us with awe as we learn from their experiences, and we want them to know how grateful we all are for the sacrifices they have given for our freedom. They are true American heroes."



Norvin Anderson
Army



Richard Dinger
Army Air Corp



James Dougherty
Army



Keith Lawrence
Navy



Walter McIntosh
Army



Robert Teslow
Navy



Leland Volden
Army Air Force



Roy Nelson
Army



Donald Riha
Army



Robert Rosholt
Army