



COVID19 vaccines are complete!

HERALD

Providing senior living options for everyone



Deer hunting was a 'hit'



Dietary department has iBots ready for deployment around the 14th!

Cheerful handmade snowmen!



- Nabotunet - Luxury 50+ Premiere Neighborhood
- Vennehjem - 55+ Exclusive Living Community
- Assisted Living
- Respite Care
- Dementia Care
- Skilled Care/Rehabilitation
- Long-term Nursing Care

Sage marriage advice from Aase Haugen couples



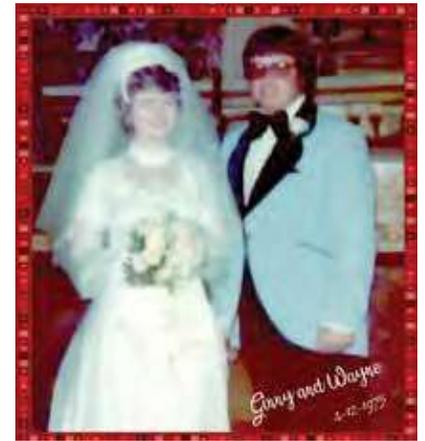
Cliff and Elaine Schroeder

According to the couple, compared to the demands of a country at war, the requirements of life are not all that different for young couples today. The important values are still empathy, putting yourself in your spouses' shoes, trust, motivation and determination. The couple suggests a cartoon from years ago which said, "Life is like an ice cream cone. You have to know how to lick it."



Lester and Ruth Praska

If you love each other, you will get through it and work it out. Couples need to try and work hard and have fun! The best advice we can give is to love everybody, have a good relationship with no secrets, always talk things over, and don't compete with your neighbors.



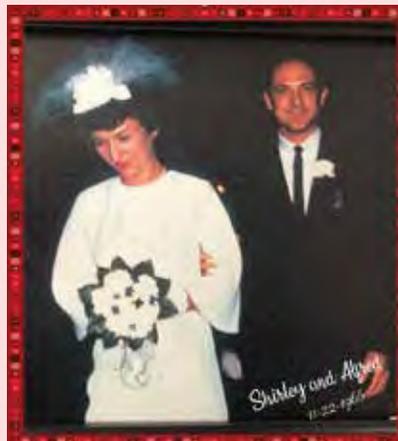
Wayne and Ginny Clement

It's hard for both spouses work and try to raise a family. Their advice is to be true to your spouse. Sit down and talk out issues, don't give up on the first argument, and don't immediately run for a divorce. We learned to love each other more through the years.



James and Lavonne Dougherty

Communication is important for couples and their advice to couples is to listen closely to each other. The best advice they got was to take time out and relax.



Alfred and Shirley Ludeking

The couple agrees that one of the biggest challenges young people face these days is determination. Alfred says some of the worst advice he ever received was when he was told he couldn't do something. We believe you should make your goals and keep up your determination to achieve them.



Dale and Sara Putnam

Spend time together. Talk. Share. Laugh. Hug. Recognize which issues are small and which are big, and learn to let go of the ones that really won't matter in a week or two. Don't take one another for granted because you never know what the next day will bring. Do little things for your partner without being asked. Say thank you—and mean it. Listen to and learn from one another because change is inevitable over time.

Read their full stories at www.aasehaugen.com/news

Resident Spotlight

Mildred A. Jacobson (Millie)

Millie has been a lifelong resident of Winneshiek County and very active in areas of the community, making her a familiar face in many ways. She worked 44 years for the Department of Human Services (DHS). She began her career with DHS at the Court-house in Decorah and stayed with the department when the office moved to several other locations. Millie is a friend to all and a stranger to none. Millie was honored to be named the Grand Marshal of Nordic Fest in 2009. "I was just so shocked when they told me," she recalls. "Nordic Fest made a big name for Decorah and I was proud to be part of it."

She grew up on a farm near Decorah with five brothers. She and her husband, Carsten, were married for more than 40 years and lived on a farm just north of Decorah. They belong to Washington Prairie Lutheran Church where she volunteered for more than 26 years. In later years, Millie went back to attending the Methodist Church in Decorah where she volunteered as well.

She says her secret to a happy life is to keep yourself busy and keep your mind active, and she's good at

it. She is well known for her famous homemade angel food cakes and for the enormous amount of time she has volunteered in the community – including volunteering at Aase Haugen. "This is a great place," she says. Millie moved to Aase Haugen assisted living several years ago and recently moved to the nursing home. "Things have just fallen into place for me here," she commented. "I enjoyed assisted living and now I enjoy living here in the nursing home. They do everything for me, like laundry and cooking and cleaning," she says with a smile. "It's just the best place for me and we are all well taken care of. I enjoy my life here." We enjoy you at Aase Haugen, too, Millie. We are blessed to have you as part of our Aase Haugen family; you make our days bright!



Staff Spotlight

Karen Berg, LPN



Karen Berg, LPN, has been serving at Aase Haugen for 26 years. She says, "I worked at Ossian Senior Hospice in many departments, from dietary, laundry, housekeeping then CNA, before earning my degree from NICC and starting at Aase Haugen." She lives near Castalia with her husband Larry and

between the two, they have one son, one daughter and two grandsons. When asked about her favorites, Karen says she likes pizza and traveling. Her favorite travel destinations are Mexico, Costa Rica and Aruba.

"To some of the residents, we are their family and I feel likewise" says Karen. "it is so rewarding to help them and see how we can make a difference in their lives. I try to be a positive coach and nurse and we do the best we can every day here at Aase – I love this work."

Our staff work from the heart

Millie had fond memories of a particular blanket that reminded her of her brother, Dick. Aase Haugen staff member, Deb Miller re-created a new blanket exactly like the old one to cheer her up. Now that is compassionate care.



A message from our Administrator

Dear Friends, Family and Staff

It's hard to believe, but the first month of 2021 has already passed. I would like to provide everyone with an update regarding our vaccinations. Currently the nursing home has gone through two rounds of vaccinations and we still have at least one more round to go for those who did not get vaccinated the first time. We have vaccinated 85% of our staff. For residents it is easier to state who did not get vaccinated. We have six residents that did not get vaccinated. We have had a few side effects with staff on the first round of vaccinations but very minor and a few more on the second round along with a few residents, again very minor. Regarding our Assisted Living, they did great! We had our first round of vaccinations given on January 23, 2021, with 100% of our assisted living residents and staff getting vaccinated. That is outstanding! Good Job!

Walgreens has been our partner for the COVID vaccines, and we will be having our second round with Assisted Living on February 13th. This day will also be our first round with our Vennehjem and Nabotunet community members. Again, we want to strongly encourage everyone to get the vaccine so we can open our doors. Hopefully our new president can come through getting one million people vaccinated each day, so we will get to heard immunity in September. So, when you get your chance to get vaccinated please do so. We realize that there is lots of misinformation out there, but we want to open our doors so please help us by getting vaccinated. We do however have to follow the rules. I am sure we will be told when we can open. Now at this point we are wanting to be able to deliver more visiting and more hair services, so we are lining it up as we speak, and Linda is back in the salon.

The question has come up about those staff that did not get vaccinated. How will that work? We are a long way from opening our doors, but I will try to answer. When it comes to our staff, they will have to wear PPE continuously if they did not get vaccinated. Meaning they will have to wear a N95 masks and goggles or a face shield, so they do not spread the virus or get the virus from others. All staff will continue to be scanned in with temperature checks and scanned out with temperature checks. New resident admissions will still need to be

screened and isolated for 14 days unless they can provide prove of vaccination. Everyone here who received both shots has a vaccination card to prove that the vaccinations have been given to anyone who may require proof, such as an airline.

Reminder... it will soon be tax time again. Payment to the nursing facility for any private pay residents should be used for tax purposes. Significantly reducing any chance that tax might have to be paid.

As always, we hope everything is going well for all our residents. Our staff works hard to ensure all of our residents are well cared for comfortable and as happy as possible. However, if you have a concern, please let us our co-directors of nursing, Diana or Stephanie, or me know about it. Once we know of the concern, we will address it immediately and make every effort to correct it.

Thank you for your continued confidence in Aase Haugen. If you are satisfied with our services, please tell a friend.

Sincerely,
Orson Bauder, Administrator



Orson Bauder
Aase Haugen Senior
Services Administrator

Thank you for these gifts

Gifts given January 1 through January 31, 2021

Rhonda Lawrence..... CCDI In honor of Keith Lawrence

Wanita Fischer..... In memory of Carl Fischer

Congregational United Church of Christ

Calmar Lutheran Church

Decorah Community Schools FFA

Network for Good

Good Shepherd WELCA

Peace Lutheran Church

Ellen and Craig Cutting..... Annual Fund

Lee and Shirley Vangness....In memory of Dennis Frana

and Alan Hovden

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.

Our deepest sympathy to the family and friends of Sandra Bruening, who recently passed away.



Snakker du Norsk??

Two native Norwegians found home in Aase Haugen Assisted Living

Haldis Kaasa moved into Aase Haugen Assisted Living in 2017. Born in Aure, coastal Norway, north of Kristiansund, in 1931, she was nine years old when her family moved further inland to Tynset close to the Swedish border. After finishing high school she moved to Oslo and attended a Business School. She took a job at the State Archives in the capital where she met Harris Kaasa who was doing family research at that institute. The two got married and when her husband was invited to teach in the Religion Department at Luther College, the couple moved to the United States in 1953. In Decorah, Haldis took art courses with the late Orville Running. Harris died in 1983 and Haldis remained in Decorah where she has been a member of Good Shepherd Lutheran Church, just a few blocks away Aase Haugen. Note the year of her birth. She has a special birthday coming up in May!

Carol Flessland joined new neighbors in Assisted Living last summer. She was born in Stjordal, Norway, just north east of Trondheim, and she has an American mother who was married to a Norwegian Air Force pilot. She lived in Norway for only 2 1/2 years before her family moved to Park Forest in suburban Chicago. After high school Carol had her eye on Luther College and beautiful Decorah in order to learn her native language and her heritage on her father's side. She graduated from college with a double major in Scandinavian Studies and Psychology. She drew on her first specialty when becoming Director of the Norwegian Village summer camp in Bemidji, Minnesota. And she benefitted from her other study focus when she worked with special needs women and when she worked in nursing homes.



Two Aase Haugen Assisted Living neighbors, Haldis Kaasa (left) and Carol Flessland (above) are both natives of Norway and speak the language fluently.

Carol is the mother of four adult children. She lost a daughter at the age of 7 to a brain tumor and another daughter in 2002. She loves her computer, plays games and stays in touch with friends via facebook.

When Carol and Haldis meet in the dining or gathering room or in the hall, you don't understand a word!

WE'RE HIRING
LET'S TALK!

HOUSEKEEPER: FT AM shift
CNA: FT or PT, AM or PM
CNA WEEKEND PKG: work less, make more
RN or LPN: Am or PM shift
Assisted Living Aide: AM shift
Activity Aide: AM shift

Great benefits, plus we will pay for your CNA course and certification. We offer CNA to RN Scholarships, LPN to RN Scholarships, Health, Life, Dental, 401K, and disability

AASE HAUGEN SENIOR SERVICES

Print application online: www.aasehaugen.com or apply in person at 4 Ohio St., Decorah, IA 52101 563-382-3603
Aase Haugen is Veteran friendly and EOE

**Check out
Aase Haugen's
new website!**
You'll find the
activity calendar,
job postings, news
stories and a simple
donate button
to support our
Foundation.
www.aasehaugen.com



We celebrated inaguration day with red, white and blue desserts!

February Activities Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1 9:30 a.m. Let's Get Moving! 10:05 a.m. Secrets of Nature 10:30 a.m. Lawrence Welk 11:30 p.m. The Andy Griffith Show 12:30 p.m. Travel Club – Cuba 3:30 p.m. Hymns 3:30 p.m. Decorah Lutheran Worship Service	2 Groundhog Day Marion Brannan 9:30 a.m. Let's Get Moving! 10:00 a.m. Pr. Hanson's Stories 10:30 a.m. First Snow into The Woods 11:30 a.m. Lawrence Welk 12:30 p.m. Johnny Cash 1:30 p.m. Red Skelton Show 3:15 p.m. Oneota Valley Community Orchestra – Music for Seniors 4:00 p.m. The Rosary	3 9:30 a.m. Let's Get Moving! 10:00 a.m. Secrets of Nature 11:30 a.m. Phyllis Diller 12:30 p.m. Dean Martin Show 1:30 p.m. Hauser Live in Zagreb 3:00 p.m. The Waltons Visits with Andrea after supper
7 Super Bowl Sunday 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	8 9:30 a.m. Let's Get Moving! 10:05 a.m. Secrets of Nature 11:45 a.m. Lawrence Welk 1:00 p.m. The Waltons 2:30 p.m. Best of Jack Benny 3:10 p.m. Hymns 3:30 p.m. Decorah Lutheran Worship Service	9 Travis Tritt's Birthday 9:30 a.m. Let's Get Moving! 10:00 a.m. Pr. Hanson's Stories 10:30 a.m. Travis Tritt Concert 11:30 a.m. Lawrence Welk 12:30 p.m. Secrets of 1:30 p.m. Resident Council 2:00 p.m. Small Town, Big Deal 3:30 p.m. Hymns 4:00 p.m. The Rosary	10 Jimmy Durante's Birthday 9:30 a.m. Let's Get Moving! 10:00 a.m. The Great Schozzola 11:00 a.m. The Jimmy Durante Show 11:30 p.m. Lawrence Welk 1:00 p.m. Dean Martin Show 2:00 p.m. 007 – Thunderball Visits with Andrea after supper
14 Valentine's Day 9:30 a.m. Let's Get Moving! 2:15 p.m. Hymns 2:30 p.m. Good Shepherd Worship Service 3:30p.m. Holy Mass	15 President's Day 9:30 a.m. Let's Get Moving! 10:00 a.m. NBC Presents – Ronald Reagan 10:40 a.m. Fascinating facts about every president 11:30 p.m. American Eagle Documentary 1:30 p.m. Lawrence Welk – a Tribute to God and Country 3:00 p.m. Hymns 3:30 p.m. Decorah Lutheran Church	16 Mardi Gras 9:30 a.m. Let's Get Moving! 10:00 a.m. Pr. Hanson's Stories 10:30 a.m. Mardi Gras 11:30 a.m. Lawrence Welk – Mardi Gras 1:00 p.m. Marshall's Dixieland Jazz Band 2:00 p.m. The United States Coast Guard Dixieland Jazz Band 1 2:30 p.m. Mardi Gras Parade in Halls 3:00 p.m. The Big Chris Barber Band 4:05 p.m. The Rosary	17 Ash Wednesday 9:30 a.m. Let's Get Moving! 10:00 a.m. Secrets of Nature – 11:30 a.m. Lawrence Welk 1:30 p.m. Flying Over Italy 2:30 p.m. Ash Wednesday Service Good Shepherd Lutheran 3:30 p.m. Ash Wednesday Catholic Service
21 9:30 a.m. Let's Get Moving! 2:15 p.m. Hymns 2:30 p.m. First Lutheran Worship 3:30 p.m. Holy Mass <hr/> 28 9:30 a.m. Let's Get Moving! 2:15 p.m. Hymns 2:30 p.m. Good Shepherd Worship 3:30 p.m. Holy Mass	22 Washington's Birthday 9:30 a.m. Let's Get Moving! 10:00 a.m. George Washington Documentary 11:30 a.m. Lawrence Welk 1:30 p.m. Secrets of Nature Lake 3:00 p.m. Hymns 3:30 p.m. Decorah Lutheran Worship Service	23 9:30 a.m. Let's Get Moving! 10:00 a.m. Pr. Hanson's Stories 10:30 a.m. Secrets of Nature 12:00 p.m. Hee Haw 1:30 p.m. I Love Lucy 3:40 p.m. Hymns 4:05 p.m. The Rosary	24 9:30 a.m. Let's Get Moving! 10:00 a.m. Secrets of Nature 11:30 a.m. Lawrence Welk 12:30 p.m. The Waltons 2:00 p.m. Movie – The Help

FEBRUARY STAFF BIRTHDAYS: 2nd – Linda Fretheim and Elizabeth Gjere, 3rd – Janet Zimmerman, 7th – Lyndsey Vondal, 9th – Mary Lee Cullen, Jenifer Mtisi, 28 +1 – Norma Cahalan

THURSDAY	FRIDAY	SATURDAY
<p>4 Mary Quandahl 9:30 a.m. Let's Get Moving! 10:05 a.m. Danny O'Donnell 11:30 p.m. Hee Haw 1:00 p.m. BBC Nature Documentary 3:30 p.m. Hymns 4: p.m. The Rosary</p>	<p>5 9:30 a.m. Let's Get Moving! 10:00 a.m. Current Events 10:30 a.m. Fishing Videos 11:30 a.m. Lawrence Welk 1:30 p.m. Mike McAbee 2:00 p.m. Tractor Videos 3:00 p.m. Polka Videos</p>	<p>6 Eileen Nordheim 9:30 a.m. Let's Get Moving! 10:05 a.m. Island of the Penguins 10:55 50's Cars and Music 12:00 p.m. Lawrence Welk 1:00 p.m. Danny O'Donnell 2:15 p.m. Movie: The Inheritance</p>
<p>11 National Guitar Day 9:30 a.m. Let's Get Moving! 10:05 a.m. Les Paul 11:00p.m. Hee Haw two episodes 12:30 p.m. Mike McAbee 1:00 p.m. Gary Froiland 2:00 p.m. Famous Guitar Players 3:30 p.m. Hymns 4: p.m. The Rosary</p>	<p>12 Chinese New Year (Ox) Lincoln's Birthday 9:30 a.m. Let's Get Moving! 10:05 a.m. Current Events 10:30 a.m. Chinese New Year 11:45 a.m. Masterpieces of Chinese Music – The MET 12:30 p.m. Travel Club China 2:00 p.m. Abraham Lincoln 3:00 p.m. Polka videos</p>	<p>13 Jack Benny's Birthday 9:30 a.m. Let's Get Moving! 10:05 a.m. The Best of Jack Benny 11:30 p.m. Lawrence Welk 1:15 p.m. The Temptations 2:15 p.m. Movie: My Big Fat Greek Wedding 2</p>
<p>18 Donald Riha 9:30 a.m. Let's Get Moving! 10:05 a.m. Andy Williams 11:00 a.m. Lawrence Welk 12:30 p.m. Secrets of Nature - 2:00 p.m. Movie – Where the Red Fern Grows 3:30 p.m. Hymns 4:00 p.m. The Rosary</p>	<p>19 9:30 a.m. Let's Get Moving! 10:05 a.m. Current Events 10:30 a.m. Gary Froiland 1:30 p.m. Travel Club - Egypt 3:00 p.m. Tractor Videos</p>	<p>20 9:30 a.m. Let's Get Moving! 10:00 a.m. Beverly Hillbillies 11:30 a.m. Lawrence welk 1:00 p.m. Paul Anka DVD 2:15 p.m. Movie: Milo and Otis</p>
<p>25 9:30 a.m. Let's Get Moving! 10:00 a.m. Secrets of 11:30 a.m. Lawrence Welk 12:30 p.m. Hee Haw 1:30 p.m. Small Town, Big Deal 2:30 p.m. Travel Club Brazil 4:05 p.m. The Rosary</p>	<p>26 Jackie Gleason's Birthday 9:30 a.m. Let's Get Moving! 10:05 a.m. Current Events 10:30 a.m. Secrets of Nature 12:00 p.m. Dinah Shore Chevy Show 1:00 p.m. Meerkat Manor 2:00 p.m. The Honeymooners 3:00 p.m. Polka Videos</p>	<p>27 Polar Bear Day Elizabeth Taylor's Birthday 9:30 a.m. Let's Get Moving! 10:05 a.m. Polar Bears 11:00 a.m. Elizabeth Taylor Interview 11:50 a.m. Elizabeth Taylor Biography 1:00 p.m. Lawrence Welk's Big Band 2:15 p.m. Movie: A Farewell to Arms</p>

Schedule a one to one visits, window visits and video calls throughout the day with your Activities Team members Andrea, Christina and Isabel.

ACTIVITIES ARE SUBJECT TO CHANGE, ALL PROGRAMMING ON IN-HOUSE TV CHANNEL 37

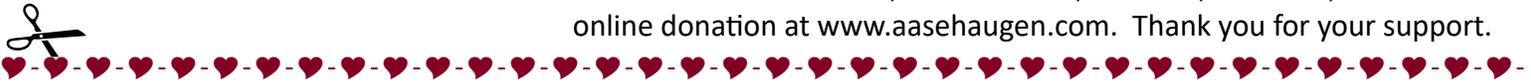


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Listen to your heart channel your love

This Valentine's Day, would you look into your heart and help us channel the love to our Aase Haugen dementia unit residents by making a tax-deductible gift to purchase seven vinyl covered lift recliners and install a new big screen smart TV for them to enjoy? Aase Haugen is proud to be the home for Decorah's only Chronically Confused Dementing Illness (CCDI) unit which provides care for people with intermediate and advanced dementia. We are reaching out to our community to help us raise \$9,500 to support this project. Please send your gift to Aase Haugen Foundation Annual Fund, 4 Ohio Street, Decorah, IA 52101, or make an online donation at www.aasehaugen.com. Thank you for your support.



YES, I/We would like to make a donation to Aase Haugen Homes Annual Fund

Gift Amount: \$25 \$50 \$100 \$250 \$500 \$1,000 Other \$:_____

In Memory or in Honor of _____

Your Name: _____

Address: _____

E-mail: _____ Phone: _____

Please return your gift in the enclosed envelope to: Aase Haugen Foundation/Annual Fund, 4 Ohio Street, Decorah, IA 52101. Aase Haugen Senior Services is a registered not-for-profit, 501(c)3 organization. Donations are tax-deductible to the full extent provided by law.
Please accept our heartfelt thank you for your support.