

Providing senior living options for everyone

Annual Fund exceeds goal to provide for dementia care

Aase Haugen introduced Decorah’s only Chronic Confusion or Dementing Illness (CCDI) unit in 2016 to provide care for people with intermediate and advanced dementia. Earlier this year, the Aase Haugen Foundation kicked off their annual fund to provide new vinyl-covered lift recliners and a big screen smart TV to the CCDI unit. The goal of the campaign was \$9,000. “We were blessed to receive so much support from community individuals, churches, and the Winneshiek County Community Foundation,” says Paul Hexom, Aase Haugen Foundation president. “Gifts to the fund actually totaled more than \$16,000 and this means we can do even more for the residents in the CCDI unit.”

In addition to adding seven lift recliners and the 70-inch big screen smart TV, the foundation provided the residents with

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Pictured at right is Kulla Mincks, CNA, dancing with David Judge to the music being streamed on the new smart TV which was a gift from an anonymous donor to the Aase Haugen Foundation’s Annual Fund to provide recliners and more to the CCDI unit.

Pictured at lower left is Florence Lynch with Kristina Burroughs, CNA, enjoying the new life-like baby doll which is also a gift from the Aase Haugen Foundation’s Annual Fund. Roy Nelson is pictured lower right with fidget/ activity lap quilt and bubble snapper provided by gifts to the Annual Fund.



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Tickling the ivories

By Jutta Anderson

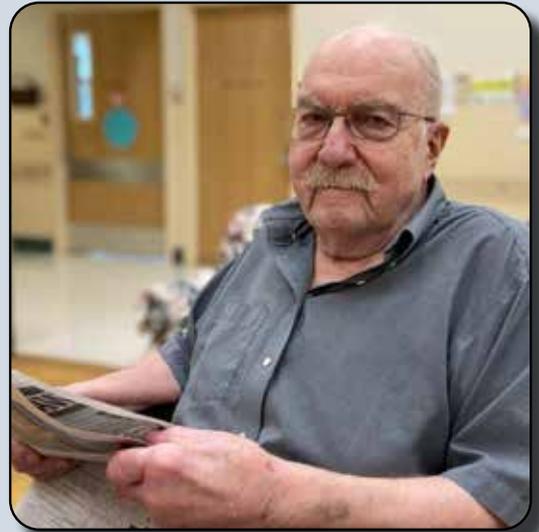
When the Aase Haugen nursing facility was donated a beautiful grand piano by Donovan Hommen, Assisted Living got the upright piano which was no longer in use in the big gathering place over there. It stands now by the entrance to our dining room. Some of us remembered what we learned in piano lessons many, many years ago and tried to play tunes with one finger. 92-year old Bernie was seen trying out "At the Waltz," an old Czech tune, with two fingers. After finding sheet music in the piano bench, still others used two hands, and you could hear "Yankee Doodle" or "On Top of Old Smoky" with lots of stops and corrections. Then Bev Nelson, one-time church organist, sat down at the ivories. She used to play for services in various Methodist churches. Growing up in Iowa, southwest of Spencer, she had several piano teachers over the years, "two of them were really outstanding ones," she stressed. When Bev found an old hymnal in the bench, she felt at home. She started practicing, and the doors of nearby apartments opened slightly so the tenants could listen to her playing. Others, down the hall hummed along while working on a challenging jigsaw puzzle. There is more familiar sheet music in Bev's house here in Decorah. We all hope that her own material gets to Aase soon.

Bev does not claim to be an artist when it comes to playing the piano or being involved in any other form of art, but, she explains, "I have the soul of an artist." Just look at how she puts simple clothing together, and you know that she has an aesthetic spirit. In pre-COVID days you could see her attend concerts, poetry and visual art lectures at Luther College in buildings that her husband, a former structural engineer, had helped the late architect, Don Gray, to design.

Bev's husband resides at Aase Haugen, too. Roy lives in the Aase Haugen Memory Unit.

Senior Spotlight

Merlin Sharp



Merlin Sharp grew up in the Decorah area and was the middle child of five siblings. Early in his career he taught German and English at North Winneshiek School before joining the management team at DECO products in Decorah. Recently, Merlin experienced a fall and came to Aase Haugen for skilled care to build his strength to go home again. "This is the third time I've come to Aase over the years for skilled care," says Merlin. "I get excellent care here and I would recommend Aase to anyone."

Merlin's family has a history with Aase Haugen as well. Three generations of his family have lived here and he says, "It's almost like my family to me being here."

Claiming to be half Norwegian, Merlin says his favorite food is lasagna and his favorite hymn is "Lead kindly Light." Merlin's hobbies include gardening, reading and watching the History Channel. He says he's always liked to be active, including biking and walking/hiking as hobbies as well. "Building a new Aase Haugen is an excellent idea," he says. "It would be a welcomed thing for residents and a place where staff would be happy to continue to provide excellent care."

We're glad we can serve your health care needs, Merlin, and we're happy you're part of our Aase Haugen family.

Staff Spotlight

Leah Bremer, RN



Leah Bremer, RN, started her career at Aase Haugen working as a CNA back in the 90's. She went on to earn her degree as a registered nurse from Northeast Iowa Community College and continued caring for people at Aase Haugen. "There's just something that keeps me coming back to Aase Haugen," says Leah. "My great grandparents and my grandmother lived here and I remember visiting them for coffee time as a child...so I have this strong connection and it just keeps pulling me back, like this is where I'm supposed to be."

"Plus, my co-workers here are fun and the residents make my day with their stories and conversations," she added.

Leah, and her identical twin sister, grew up in Decorah. Today she enjoys spending her free time with her two children, her stepson and five grandchildren.

Leah suggests anyone interested in nursing should take advantage of the local opportunities at NICC and Aase Haugen. "Aase offers scholarships that can really help save money on schooling," she says. "We are so fortunate to have NICC so close, the instructors are wonderful and they provide the best education for nursing."

Leah and her co-workers are looking forward to the new facility that will be built near Vennehjem. "It will be nice to give our residents a new place to call home and our employees a new environment that is more efficient and modern." Thank you for your dedication, Leah, we're proud you're part of the Aase family!

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two dementia baby dolls (which can decrease stress and agitation), new waterproof card games, fidget/activity tools, a U-shaped table to set up activities with several residents at one time, a large cedar raised garden along with garden tools and equipment, and three years of streaming subscription to the customized Memory Lane streaming TV channel.

Memory Lane programming is comforting and reassuring as it provides customized morning, afternoon and evening programming specifically designed to work well with people living with dementia and their distinctive cognitive needs. According to developers, the goals of Memory-Lane are to provide a useful, personalized intervention to lessen the neuropsychological symptoms of dementia, such as wandering, calling out, decreased alertness, anxiety, and agitation. Memory-Lane has been shown to relieve stress levels and in so doing, helps to create positive, cooperative interactions with caregivers as well.

Aase Haugen's CCDI unit can care for up to 23 people as they journey through dementia with their families. "Caring for folks in this unit can be particularly challenging as their needs are different than our general nursing home population," says Orson Bauder, Aase Haugen administrator. "We are grateful for our outstanding staff who focus on individual needs as well as the needs of the group to provide meaningful activities each day and the 24-hour quality care and attention they need. These generous gifts from donors are going to enhance and enrich the lives of people who live here, and from the bottom of our hearts, we are so grateful for the support."



Send an e-Card to a resident!

Did you know you can send an electronic greeting card to anyone at Aase Haugen? Just visit our website at:

<https://www.aasehaugen.com/send-an-e-card>

You pick the image, tell us who it's from, who it's going to, and write a message. We will deliver a hard copy of it directly to your loved one. Imagine the smile they will have when they see your message!

A message from the Administrator

Dear Residents, Families, Friends and Staff,

Let the summer begin, get the sunglasses out along with the sunscreen. Be ready for sitting in our courtyard, picnics, and cold drinks in the shade. Take in a baseball game, get the golf clubs out, or whatever you like, just enjoy the weather. Remember, on hot days that the elderly, small children, and pets cannot tolerate the heat well. The sun is inviting but it has burning rays. Just ten minutes in the sun can cause a harmful burn. Be sure to use sunscreen with an SPF of at least 30 and reapply if you are in the sun more than an hour. Our home uses a sunscreen with an SPF of 50.

I want to Thank everyone that came out to help us celebrate National Nursing Home Week with our daily parades. We had some real fun and we got to see many family and friends. Our luck ran out a bit on Friday when the weather was not as nice but instead, we may have had some of the cutest participants ever with their cars. Board member Kari Rude brought her granddaughters over for a spin. It was certainly the participates favorite day as they were headed for French Fry Friday with both grandparents after their parade.

Many things can change in a year. Last year at this time we were talking about getting enough tests to be able to test everyone on a consistent basis, we were still months away from that actually happening. This year we are continuing to test but now we are only testing staff that have not received the vaccination.

Attention All Families... Visiting Changes are happening.

If any family members are interested in feeding their loved one, please let us know. We are looking for consistent assistance at our lunch meal. If interested, please contact our Activities Department to make these arrangements. We may open this up farther in the future but at this time we are limiting this to the lunch meal. Meals for this will be served in the resident room. We only ask visitors to stay in their loved one's room.

Young Children. We have had multiple requests to have children come to visits. If the child will wear a mask the entire time of the visit and will pass our health screen, we will allow children under ten years of age. Adults are responsible for appropriate child behavior as they will need to stay in the visit area the entire time. Babies will

also be allowed at this time as well. Covers over babies will be requested until they are in the visiting space.

Although we have not been given any guidance on pets, we have received many requests. If the pet is in your family and has not recently been intermixed with other pets and if the pet has all its shots, we will allow a visit. You will still need to vouch for the pet's health. The pet must remain with you at all times in the same visit space. If these conditions can be met, we will allow the pet to visit.

Reminder...to all families when in the visiting, we ask that you stay in your loved one's room or visiting room. If you need assistance, please use the call light. Thank you for your cooperation.

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 do have a concern, please let us know as soon as possible. We cannot fix something we do not know about. 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 service, please tell a friend.

Have a Happy Father's Day!

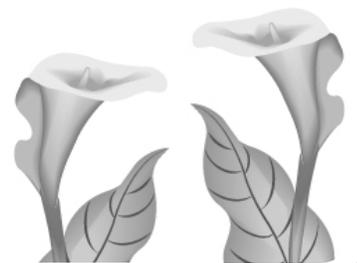
Sincerely,

Orson Bauder
Administrator



Orson Bauder
Aase Haugen Senior
Services Administrator

Our deepest sympathy to the family and friends of Clayton Engen and Lawrence (Larry) Schmidt who recently passed away.



Time in the garden is good for the soul



Walter and Allen enjoy a nice day planting in the garden. Thank you for all you do to spruce up our Aase Haugen home, fellas!

Pandemic Visiting Rules

In compliance with state and federal regulations, we may allow indoor visits and residents may schedule to meet their families for car outings.

- Family and friends are encouraged to contact Aase Haugen Activities Department to arrange any visit or outing. Contact andrea.hexom@asehaugen.com or 563-382-3603.
- Family members may visits in resident rooms if requested, but we have to limit the number of family visits in the building at one time. If you are not feeling well or if you have any symptoms, please contact us to cancel and reschedule.
- Masks still need to be worn in the halls at all times and unvaccinated visitors must wear a mask at all times.
- All visitors will continue to be scanned in and out.
- All visitors must be over the age of ten.
- No food or drinks are allowed during the visit.
- No pets are allowed.
- No wandering in hallways is allowed. If you need something, please use the call light to get assistance.

Floral deliveries and the delivery of items such as food from certified kitchen and clothing dropped off by families are welcome. Thank you for your continued confidence in Aase Haugen.



Given May 1 through May 25, 2021

Carol Bergan.....In memory of Mary Lou Lensch

Calmar Lutheran Church

Craig CuttingStaff Recognition

Decorah Lutheran

Church WomenIn-Kind Gifts

Rebecca HannaStaff Recognition

Willard HansonIn memory of Mary Lou Lensch

Guy Johnson Charitable Trust

Ray Kvamme.....In memory of Davis Johnson

Rhonda Lawrence ...Annual Fund benefiting CCDI

Wanda Lillegraven...In memory of Mary Lou Lensch

Madison Lutheran Church

Holly ReillyStaff Recognition

St. John's Lutheran

Church.....Annual Fund benefiting CCDI

Ruth Woldum.....In memory of Viola Palmer

Ruth Woldum.....In memory of Mary Lou Lensch

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.

Please keep us in your thoughts and prayers.

A bequest to Aase Haugen Senior Services takes very little time to establish, but can mean a lifetime of comfort and compassion for those in need of our services.

Thank you for your caring and support.

June Activities Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>Gather in the Chapel, listen to music and watch the eagle cam one half hour before meals</p>	<p>Unscheduled time dedicated to 1-1 <u>visits, outdoor visits and Family Visits.</u></p> <p>More group activities will be added on when family visits no longer need to be scheduled.</p> <p>Eagle Camera daily on Channel 37</p> <p>Following Let's Get Moving... until they fledge</p>	<p>1</p> <p>9:30 a.m. Let's Get Moving!</p> <p>10:15 a.m. Pastor Hanson's Stories</p> <p>2:30 p.m. BINGO in MDR</p> <p>3:15 p.m. Family Feud</p> <p>5:30 p.m. Brain Games With Izzy</p>	<p>2</p> <p>9:30 a.m. Let's Get Moving!</p> <p>10:30 a.m. Communion With First Lutheran Church</p> <p>2:30 p.m. Root Beer Floats</p> <p>5:30 p.m. Good Ole Days - Cars</p>
<p>6</p> <p>9:30 a.m. Let's Get Moving!</p> <p>2:00 p.m. First Luth. Service on Channel 37</p> <p>3:00 p.m. Holy Mass On Channel 37</p>	<p>7</p> <p>9:30 a.m. Let's Get Moving!</p> <p>10:15 a.m. Kick Ball</p> <p>3:00 p.m. Decorah Lutheran Service</p>	<p>8</p> <p>9:30 a.m. Let's Get Moving!</p> <p>10:15 a.m. Pr. Hanson's Stories</p> <p>2:30 p.m. BINGO in MDR</p> <p>3:15 p.m. Family Feud</p> <p>5:30 p.m. Brain Games With Izzy</p>	<p>9</p> <p>9:30 a.m. Let's Get Moving!</p> <p>10:30 a.m. Communion: Glenwood/Canoe Ridge</p> <p>2:30 p.m. Competitive Games</p>
<p>13</p> <p>9:30 a.m. Let's Get Moving!</p> <p>2:00 p.m. First Luth. Service on Channel 37</p> <p>3:00 p.m. Holy Mass On Channel 37</p>	<p>14 Flag Day</p> <p>9:30 a.m. Let's Get Moving!</p> <p>10:15 a.m. Soccer with Aaron</p> <p>3:00 p.m. Decorah Lutheran Service</p>	<p>15</p> <p>9:30 a.m. Let's Get Moving!</p> <p>10:15 a.m. Pastor Hanson's Stories</p> <p>1:30 p.m. Resident Council in MDR</p> <p>2:30 p.m. BINGO MDR</p> <p>3:15 p.m. Family Feud</p> <p>5:30 p.m. Brain Games With Izzy</p>	<p>16</p> <p>9:30 a.m. Let's Get Moving!</p> <p>10:30 a.m. Communion Calmar Lutheran</p> <p>3:00 p.m. Kick Ball</p> <p>5:30 p.m. Good Ole Days -Pets</p>
<p>20 Father's Day</p> <p>9:30 a.m. Let's Get Moving!</p> <p>2:00 p.m. First Luth. Service on Channel 37</p> <p>3:00 p.m. Holy Mass On Channel 37</p>	<p>21</p> <p>9:30 a.m. Let's Get Moving!</p> <p>10:15 a.m. Kick Ball</p> <p>3:00 p.m. Decorah Lutheran Service</p>	<p>22</p> <p>9:30 a.m. Let's Get Moving!</p> <p>10:15 a.m. Pastor Hanson's Stories</p> <p>2:30 p.m. BINGO</p> <p>3:15 p.m. Larry Reis: Wonderful Wasps</p> <p>5:30 p.m. Brain Games With Izzy</p>	<p>23</p> <p>9:30 a.m. Let's Get Moving!</p> <p>10:30 a.m. Cake Walk</p> <p>3:00 p.m. Communion: Washington Prairie</p>
<p>27</p> <p>9:30 a.m. Let's Get Moving!</p> <p>2:00 p.m. First Luth. Service on Channel 37</p> <p>3:00 p.m. Holy Mass On Channel 37</p>	<p>28</p> <p>9:30 a.m. Let's Get Moving!</p> <p>10:15 a.m. Kick Ball</p> <p>3:00 p.m. Decorah Lutheran Service</p>	<p>29</p> <p>9:30 a.m. Let's Get Moving!</p> <p>10:15 a.m. Pastor Hanson's Stories</p> <p>2:30 p.m. BINGO: MDR</p> <p>3:15 p.m. Family Feud</p> <p>5:30 p.m. Brain Games With Izzy</p>	<p>30</p> <p>9:30 a.m. Let's Get Moving!</p> <p>10:15 a.m. Pool Noodle Hockey</p> <p>2:30 p.m. Ice Cream Sundaes</p> <p>5:30 p.m. Good Ole Days -Gardening</p>
<p>Schedule a one to one visits, outdoor visits, indoor visits, compassionate visits, window visits and video calls throughout the day with your Activities Team members Andrea, Christina, Isabel or Liz 563-382-3603. ACTIVITIES ARE SUBJECT TO CHANGE, ALL PROGRAMMING ON IN-HOUSE TV CHANNEL 37</p>			

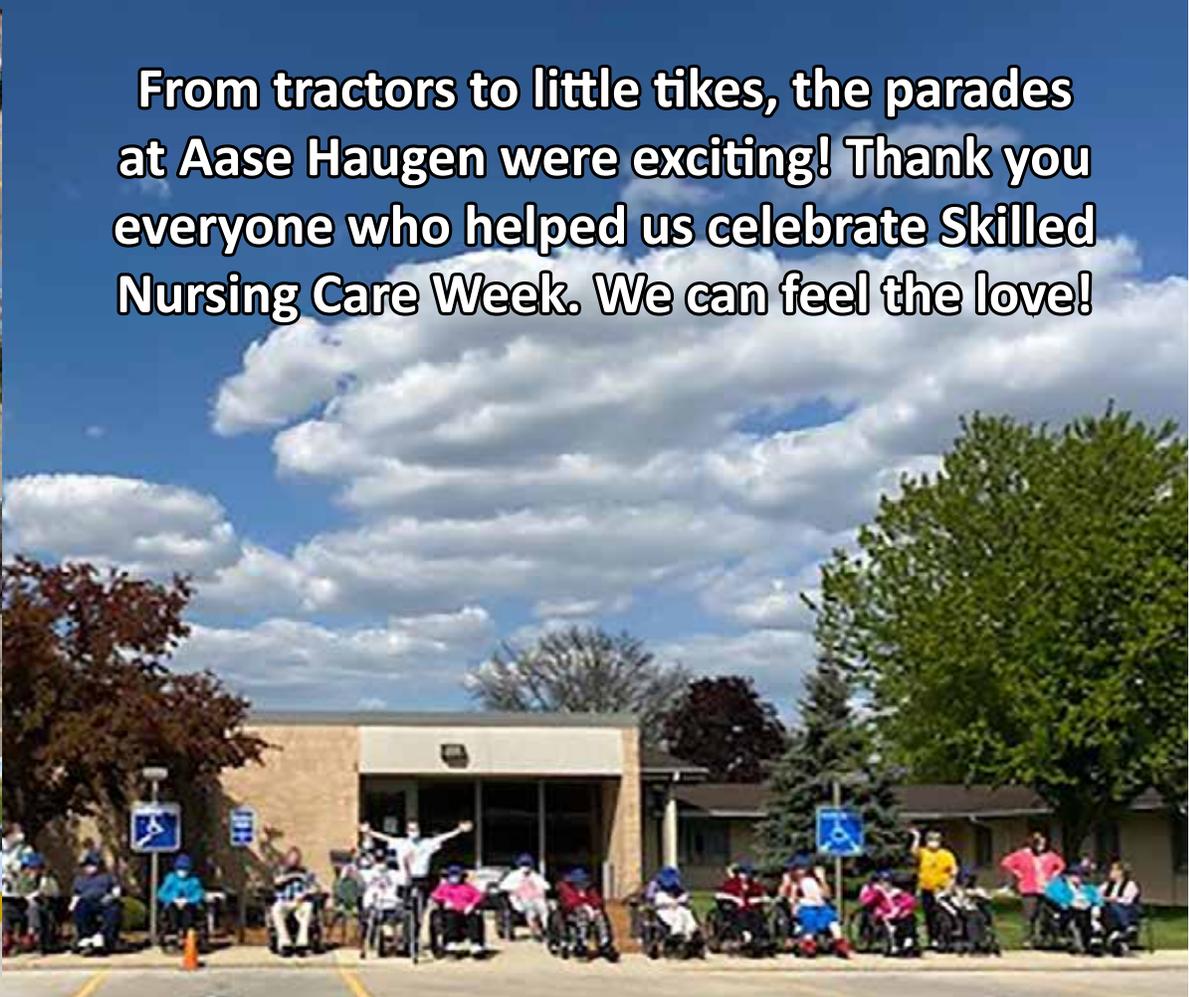
June Staff Birthdays: 1st – Didrik Lundtvedt, Meghan Park, 11th – Sally Bacon and Christopher Paris, 12th – Samantha Thompson, 15th – Kristina Burroughs, Ravon Thornton.

June Activities Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>Gather in the Chapel, listen to music and watch the eagle cam one half hour before meals</p>	<p>Unscheduled time dedicated to 1-1 visits, outdoor visits and Family Visits. More group activities will be added on when family visits no longer need to be scheduled. Eagle Camera daily on Channel 37 Following Let's Get Moving... until they fledge</p>	<p>1 9:30 a.m. Let's Get Moving! 10:15 a.m. Pastor Hanson's Stories 2:30 p.m. BINGO in MDR 3:15 p.m. Family Feud 5:30 p.m. Brain Games With Izzy</p>	<p>2 9:30 a.m. Let's Get Moving! 10:30 a.m. Communion With First Lutheran Church 2:30 p.m. Root Beer Floats 5:30 p.m. Good Ole Days - Cars</p>
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**We're looking for volunteers
to join our team!**

Do you have a couple hours a week to spare to help make beds, distribute water, answer phones, or coordinate visits? We'd love to talk with you about how you can help make a difference at Aase Haugen. Call us today! 563-382-3603



**From tractors to little tikes, the parades
at Aase Haugen were exciting! Thank you
everyone who helped us celebrate Skilled
Nursing Care Week. We can feel the love!**