

An all-embracing, all-inclusive senior living organization, providing a continuing care retirement community in a Christian environment, which nurtures the body, mind, and soul, leading to healing and hope for all.

## *Thank you for your support* to our "Leave your troubles in the bubbles" campaign

Aase Haugen staff know a warm bath or shower for our residents is the perfect opportunity to relax to start a fresh day with a positive attitude. This year our Annual Fund focused on enhancing the three spas at Aase Haugen for the benefit of residents and staff.

Through generous gifts from churches, individuals and families, we were able to purchase more than \$16,000 worth of new equipment, including a new lift with a built-in scale, a new bath chair to raise and lower into the tubs, new bariatric shower chairs, towel warmers, wheelchair friendly cozy robes, personal hygiene organizers for each resident, non-slip seating pads, and shower room organizing cabinets and shelves.

"These gifts enhance our spa experience for residents and will help us organize the area to be more efficient," says Kulla Minks,

CMA, (certified medication aide.) "The bariatric chair is amazing and it makes me feel good that the residents will be warm and comfortable with the new towel and robe warming equipment. I'm so thankful because it makes my job more rewarding as well."

Aase Haugen has three spas - two are located in the nursing home and one in the CCDI dementia care unit. Pam Rosendahl, LPN, works mostly in the nursing home and says, "These gifts are heartwarming because the residents know how much people care about their lives and their comfort. It also makes staff feel good because we are able to provide a positive and compassionate spa experience for the residents who are family to us."



Pictured above is Pam Rosendahl, LPN, with one of the new robes delivered to Meadows unit.



When you find a Decorah Rock this fall, it could be one created at Aase Haugen!

Aase Haugen Assisted Living is creating seasonal pieces of art for Decorah Rocks! Pictured at left is Aase Haugen Assisted Living tenant, Karen Tjostem, working her magic on the colorful Halloween rocks.



Pictured above with with one of the new bariatric shower chairs are Danielle Holly, CNA (left) and Kayla Schwade, LPN.

# A message *from our Executive Director*

It has been a wonderful time of the year to celebrate our community and heritage through volunteerism and gracious acts of giving and generosity. Two major events filled our schedules in July including the Winneshiek County Fair representing our youth through the FFA and 4H programs, our families by sharing time together and building memories, and spectacular events for the whole community. We also celebrated our deep heritage at the Nordic Fest, which brought together a fantastic array of long-standing community traditions.

Our congratulations go out to Steve Langland, President of Aase Haugen Homes, for his recognition and awards in volunteerism and community support. The Winneshiek County Fair Board presented Steve the "Lifetime Achievement Award" for his distinguished service and longtime volunteering with Fair activities. Steve was also honored as an Inductee to the State 4-H Hall of Fame for 2022.

Other notable contributions and volunteerism shined through our own Aase Haugen community, which sponsored the first Annual Home-Grown Floral Arrangement Contest at the Winneshiek County Fair. It boasted 13 arrangements submitted by area contestants and was a great success. And the winners were... Syd Stephenson – First place, Grace Blikre – Second place, Julie Buddenburg – Third place, and we were honored to also be joined by 2022 Winneshiek County Fair Princess,

Savannah Solheim.

In reflection of Aase herself, over 100 years ago, it is important to continue her vision of giving selflessly to others in need of family, community, and a sense of belonging. In that spirit I'd like to give very special recognition to the individuals who supported and represented our Aase community through their giving of time and talent. A huge thank you goes out

to our Aase volunteer judges which include:

Betty Storla who worked in the original Aase Haugen home in the countryside and personally enjoyed the experience of the huge flower gardens which

filled the Aase properties in those days. Betty still works for us today at the Vennehjem senior living complex!

Joellen Foels the owner of The Country Garden flower and gift shop in Decorah. Out of a true sense of giving and compassion, without any request for recognition, she has provided and continues to do so, boutonnieres and corsages to Aase Haugen residents every month on their birthdays and delivers them, all at no charge!

Rita Ludwig, a master gardener and Vennehjem community member, whoserves on the Vennehjem Garden Committee and recently spearheaded garden improvements for the campus and continues to beautify our lovely

grounds.

Jodi Kappas who is the H/R Director at Aase Haugen and a flower enthusiast.

Looking forward, Aase Haugen is proud to be sponsoring the memory garden for the Walk to End Alzheimer's in Decorah on Saturday, September 17th.

We provide the area's only CCDI Dementia Unit - which stands for Chronic confusing or Dementing Illness. Our specialized staff care for people who have been diagnosed with intermediate and advanced dementia, such as Alzheimer's. We encourage you to join the walk and donate to help find a cure.

In closing I want to present a challenge to all of us in remembrance of Aase and her commitment to others and Aase Haugen Senior Services mission of giving, support, and community – The next time we feel compelled to make a request in order to receive, that we pause, and instead consider what we may give.



Sam Boeke, MBA,  
COM  
Executive Director

*"It is important to continue Aase's vision of giving selflessly to others in need of family, community, and a sense of belonging."*



Aase Haugen Executive Director, Sam Boeke, congratulates flower contest winners at the fair. From left, Sam Boeke, Grace Bilkre (2nd), Syd Stephenson (1st), and Julie Buddenburg (3rd).

# Resident Spotlight

Meet Marie Hanson, one of the happiest people on earth!

She was raised on a farm near Spring Grove, MN, in the little village of Wilmington. "I was a farm girl," Marie recalls. "I graduated high school and worked in La Crosse and then married Harold "Link" Ellingson." Together they had four children, Sharon, Susan, Randy and Renee. "I'm so proud of my kids and how hard they work and plan for the future," says Marie with a twinkle of pride in her eye. "I moved to Aase Haugen to be closer to my children." She also has 11 grandchildren.

Marie worked in a nursing home and the community schools for several years and after Harold passed from a heart attack, she married Chester Hanson. Marie traveled to every state in the union and at a recent class reunion one member asked, "What was your favorite place, Marie?" To which she answered, "All states were interesting, but you know it's Minnesota! You can't go back on your own home state!" Marie has a true positive outlook on life and finds happiness and humor in most everything. At 97-years-young, she says the secret to a long life is to do all things that make you happy. "Every time I see my grandchildren I say, "I love you, be good, and then you'll be happy." She adds, "I'm happy because I choose to be happy. I'm thankful for what I've had and what I have today."

Marie is an avid card player and says in her younger days she was very active in the church and with the children's school activities. "I loved to dance and I was on the bowling team too," she added.

Raised in a Norwegian home, she says some of her favorite foods are mashed potatoes and gravy and "lefse of course!" She says her favorite hymn is *The Old Rugged Cross* and her favorite Bible verse is *The Apostles' Creed*. She doesn't have a particular flower that is a favorite, but says she always liked red geraniums.

Marie says she likes it at Aase Haugen, "Everyone is so friendly here and even when some things about me are getting weaker and disappearing, my mouth still works and we can laugh together! I like laughter!"



Marie Hanson recently joined the Aase Haugen family and brings happiness to each day!

## Legacy Giving

Legacy giving is often referred to as planned giving, deferred giving, or estate giving. These types of gifts to the Aase Haugen Foundation are planned to be gifted after your passing and donors often plan these gifts years before they are distributed to the designated parties.

Legacy gifts can consist of monetary donations, but could also be real estate or a charitable annuity or trust. Legacy giving can be positive for donors because:

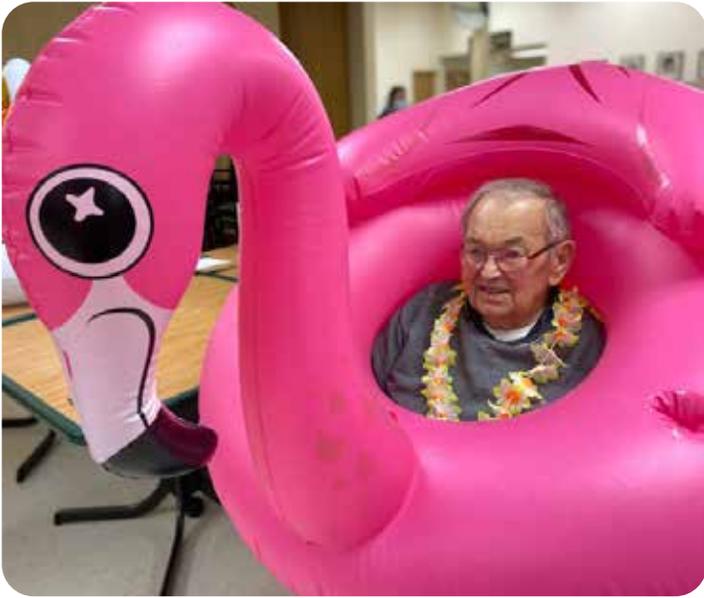
- Legacy giving ensures you will be remembered for your generosity and commitment to our community and Aase Haugen long after passing.
- It can be a way for mid-level donors who may

lack the funds to make a major gift during their lives to make an impact for Aase Haugen.

- Donors may choose a legacy giving program for the numerous tax benefits that participating can bring their families.
- Donors can add stipulations in their wills for how their gift will be spent. This can help donors rest assured that their legacy will be preserved the way they would have wanted.

*Speak with your financial planner to discover how a legacy gift to Aase Haugen can have a positive impact for our community and those who need senior care now and into the future.*

# Now That's Entertainment!



Myles Kupka enjoys the festivities at our Summer Social!



Pastor Richard Simon Hanson, a long-time Aase Haugen volunteer, spent time in the garden with residents and provided an enjoyable message!



Barb Houdek had a great time during Carnival Days!



Don Riha gave a cheer during our Fourth of July Rootbeer Float event!



We are so grateful for entertainment! Thanks to Curt and Linda Gjere and Jon Thompson for the music!



Many thanks to Big Canoe Church for providing the lovely lap quilts for our residents!



Pat Pavlovec enjoyed 'beer day' featuring local brews from Pulpit Rock and Toppling Goliath!

[Visit Aase Haugen Senior Services Facebook page for more photos!](#)

# Our team *achievements*



Brandon  
Wieskamp, CNA

Aase Haugen is pleased to provide continuing education scholarships for staff who are interested in advancing their career. We offer full reimbursement for CNA certifications and we have scholarships for those wanting to move from CNA to LPN or RN, and LPN to RN scholarships.



Kristina  
Burroughs, LPN

We are excited to announce that Brandon Wieskamp and Hannah Suckow have received their CNA certifications. Leah Cullen and Mercedes Christopher have earned their RN license (no photo available), and Kristina Burroughs has earned her nursing LPN. Congratulations!



Hannah  
Suckow, CNA

## What is *Restorative Therapy?*

Restorative nursing programs aim to keep nursing home residents from declining once rehabilitation therapy has ended. This type of therapy helps residents maintain or increase strength and stamina. Restorative nursing therapy enables people to function at a higher capacity and can prevent further deterioration of a condition or prevent new or additional complications. It can also help residents adjust to new problems or limitations, or to improve their

quality of life. Aase Haugen has long been a leader in restorative care. Our Certified Nursing Assistants work with residents individually and in group settings to promote and encourage residents to build their strength and stamina through programming like 'walk to dine' and 'let's get moving' group exercise. To learn more, contact our nursing staff.



## *In loving memory*

Our thoughts and prayers are with the family and friends of Aase Haugen residents who have passed away.

*God Bless their memory.*

Louis Albertson  
Darlene Andera  
Marcella Amundson  
Margaret Arneson  
Ralph Arneson  
Richard Dinger  
Jay Espe  
Renee Hjerleid  
Walter Hoopman  
Marjorie Hove  
Viktor Iudin-Nelson  
John Meyer  
Luella Pavlovec  
Neil Polaschek  
Ruth Reitan  
Debra Ryan  
Charles Shuros



## **Congratulations to Linda Solum**

Aase Haugen Assisted Living held a surprise Retirement party for Linda Solem in August. Linda has worked at Aase for 39 years! She started at age 16, stopped while in college and then returned. Linda says she plans to enjoy her retirement by spending more time with her grandkids, volunteering at her church (including quilt making) and working more in her garden. Linda says she lives by the following quote: "Do all with patience and kindness". Congratulations, Linda! You have been a huge blessing to our Aase team and we all wish you a very happy retirement!



Find the full listing of facility **ACTIVITIES** on our web page at

# Employee Spotlight

Meet Brandon Wieskamp, CNA, from Aase Haugen Assisted Living. Brandon is certified as a nursing assistant and in medical management.

Brandon has had a variety of employment experiences that include working as a butcher in a locker and working with kids and adults with disabilities.

He grew up mostly in southeastern Iowa towns and in West Liberty before moving to Northeast Iowa.

"I earned my CNA and medication management certifications and found that this career is the perfect fit for me," Brandon says. He has worked in Aase Haugen Assisted Living for two years and says, "The tenants here are fabulous. Their stories and experiences are incredible and I learn a lot from them. I think people who are looking for meaningful work and something they can be passionate about should work here. This is a great organization."

*"I think people who are looking for meaningful work and something they can be passionate about should work here."*

*- Brandon Wieskamp, CNA*

In his free time Brandon enjoys fishing, kayaking and riding bike - his longest bike ride to date has been 65 miles!

With the new building in the future for Aase, Brandon says, "I feel confident about the new building. It will be great for the staff who are working really, really hard in this building. It's good we all get along and are willing to help each other out and the new place will be so good for our residents!"



Brandon Wieskamp, CNA, and Assisted Living team member at Aase Haugen Senior Services.

## National Assisted Living Week®

National Assisted Living kicked off Sunday, September 11, and Aase Haugen joined tens of thousands of assisted living communities across the country for the festivities. National Assisted Living Week® honors this year's theme, "Joyful Moments."

Joyful Moments' reflects the strong family connection between residents and staff while providing an opportunity for local communities to celebrate the individuals who live and work in assisted living and learn more about this sector of long term care.

We encourage members of our community to engage with our residents in a covid-safety manner because it can be a rewarding experience and makes a tremendous difference in their lives.



Happy birthday to our residents and staff! Feel free to send a greeting to your friends and loved ones in care of Aase Haugen, 4 Ohio St., Decorah, IA 52101 or send an e-card from [www.aasehaugen.com](http://www.aasehaugen.com) (Staff are indicated with an (S))

### September

- 2 Loretta Bachelder
- 2 Merlin Loyes Zamora (S)
- 3 Karen Norton
- 3 Ruth Grau
- 7 Samuel Donlan (S)
- 12 Barb Houdek
- 14 Lucille Bjerke
- 15 Patricia Potter
- 16 Kevin Lafferty (S)
- 24 Lester Praska
- 25 Ariana AG-Rathbone (S)
- 25 Tashina Meyer (S)
- 28 Phyllis Bjerke

### October

- 1 Hanna Langholz
- 1 Arlyne Seim
- 2 Emma Pichelmann (S)
- 3 Arlene Larson
- 3 Karlene Anfinson (S)
- 4 Jaclyn Zidlicky (S)
- 5 Cortney Ryan (S)
- 6 Sarah Olson (S)
- 10 Cameron Hamilton (S)
- 13 Dorothy Bohach
- 16 John Lilligraven
- 18 Walter McIntosh
- 24 Payton Griffith (S)
- 26 Dawn Tovar (S)
- 27 Barbara Hellen (S)
- 28 Verna Sand

### November

- 8 Dale Putnam
- 9 Norma McIntrye (S)
- 13 Luis Ixen (S)
- 14 Margaret Callahan (S)
- 21 Elaine Schroeder
- 23 Michael Viise
- 24 Marie Hanson
- 24 Colleen Kray (S)
- 25 Kimberly Shelton (S)

# We are thankful for these foundation gifts

**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 and extend gratitude to all donors who support our efforts.** These gifts were given to Aase Haugen from May 11, 2022 through August 22, 2022

Albert & Marilyn Anderson .....	In memory of Wanda Bernatz	Steve Langland .....	Spiritual Care Fund In Memory of Helen Basler
Calvin Anderson .....	General Fund In Memory of Florence Lynch	Steve Langland .....	Spiritual Care Fund In Memory of Linda Root
Anonymous .....	Annual Fund 2022 - Spa Experience In Memory of Bruce Goetsch	Steve Langland .....	Spiritual Care Fund In Memory of Marjorie Hove
Wanda & Lyle Askelson.....	Activities fund in Memory of Marjorie Hove	Anton Larson .....	General Fund In Memory of Marcella Amundson
Wanda & Lyle Askelson.....	Capital Campaign in Memory of Jim Womeldorf	Patricia Lien .....	General Fund In Memory of Renee Hjerleid
Donna Bahr.....	General Fund In Memory of Florence Lynch	Susan Ludeking.....	General Fund In Memory of Virginia Ludeking
Barbara Barth .....	Annual Fund 2022 - Spa Experience	Becky Lyon.....	In-Kind Gifts
Carol Bergan .....	General Fund In Memory of Dean Hagen	Michelle Mann .....	General Fund In Memory of Luella Pavlovec
Joseph Bouska .....	General Fund In Memory of Florence Lynch	Nancy Meyer .....	Annual Fund 2022 - Spa Experience In Memory of Kenneth V. Meyer
Calmar Lutheran Church.....	General Fund	Lavonne Monson.....	In-Kind Gifts
Clayton Engen Estate.....	Grant Bequest	Karen Olson .....	Annual Fund 2022 - Spa Experience
Congregational United Church of Christ.....	General Fund	Roger Reed .....	General Fund In Memory of Linda Root
Jean Domenget.....	General Fund In Memory of Florence Lynch	Richard and Roseann Zahasky .....	General Fund In Memory of Florence Lynch
Mark Donhowe.....	Annual Fund 2022 - Spa Experience In Memory of Nada Donhowe	River Root Farm.....	In-Kind Gifts
Vicki Donhowe.....	General Fund In Memory of Marjorie Hove	Dirk Rosholt .....	General Fund
Endowment Fund		Kari Rude .....	Annual Fund 2022 - Spa Experience
ELCA Foundation .....	Endowment Fund	Marion Rude.....	Annual Fund 2022 - Spa Experience
Family and Friends.....	Annual Fund 2022 - Spa Experience	Marion Rude.....	General Fund In Memory of Renee Hjerleid
First Lutheran Church .....	General Fund	Marion Rude.....	General Fund In Memory of Richard Dinger
Joellen Foels .....	Annual Fund 2022 - Spa Experience	Nancy Ruen .....	General Fund In Memory of Florence Lynch
Shirley Francis.....	General Fund In Memory of Luella Pavlovec	Kevin Sand .....	In-Kind Gifts
Linda Fretheim .....	Annual Fund 2022 - Spa Experience	Barb Sandermon.....	In-Kind Gifts
John Gipp.....	Activities In Memory of Linda Root	Bruce Schuman.....	General Fund
Kim Glock.....	General Fund In Memory of Merlin Sharp	LaVonne Sharp.....	In-Kind Gifts In Memory of Merlin Sharp
Good Shepherd Lutheran Church....	General Fund	Linda Solem .....	General Fund In Memory of Luella Pavlovec
Larry Grimstad.....	General Fund In Memory of Florence Lynch	Bret Swenson.....	Assisted Living in Memory of Luella Pavlovec
Charles Grosser .....	General Fund In Memory of Linda Root	Pauline Thome.....	General Fund In Memory of Luella Pavlovec
Hacker and Nelson and Co. ....	Annual Fund 2022 - Spa Experience	Trial Lawyers for Justice.....	Annual Fund 2022 - Spa Experience
Rebecca Hanna .....	In-Kind Gifts In Memory of Eldora Hanna	Lee Vangsness .....	General Fund In Memory of John Dahle
Rebecca Hanna .....	Capital Campaign in Memory of Marjorie Hove	Lee Vangsness .....	General Fund In Honor of Carol VanVliet
Carol Hasvold.....	In-Kind Gifts	Lee Vangsness .....	General Fund In Memory of Dale Smith
Hauge Lutheran Church WELCA .....	General Fund In Memory of Carla Greibel	Lee Vangsness .....	General Fund In Memory of Dean Hagen
Henrietta Jane Kemp .....	General Fund In Memory of Florence Lynch	H. Allen Vik .....	Annual Fund 2022 - Spa Experience
Andrea Hexom.....	In-Kind Gifts In Memory of Myrtle Barth	Weis Buick GMC .....	Annual Fund 2022 - Spa Experience
Doreen Holstad.....	In-Kind Gifts	Ruth Woldum .....	General Fund In Memory of John Dahle
Hovden Oil.....	Annual Fund 2022 - Spa Experience	Ruth Woldum .....	Annual Fund 2022 - Spa Experience
Charis Hovden .....	Annual Fund 2022 - Spa Experience	Ruth Woldum .....	General Fund In Memory of Florence Lynch
Maureen Hrdlicka .....	In-Kind Gifts	Lilly Womeldorf .....	General Fund In Memory of Renee Hjerleid
Jean Iverson.....	General Fund In Memory of Marjorie Hove	Lilly Womeldorf .....	Annual Fund 2022 - Spa Experience In Memory of Erlin Womeldorf
Jean Iverson.....	General Fund In Memory of Luella Pavlovec	Dennis Zidlicky.....	Annual Fund 2022 - Spa Experience
Jerry Johnson.....	General Fund In Memory of Virginia Ludeking		
Kerndt Bank and Trust .....	Annual Fund 2022 - Spa Experience		
Rebecca Krzyzanowski .....	General Fund In Memory of Virgie Granger		
Ray Kvamme .....	General Fund In Memory of John Dahle		
Ray Kvamme .....	General Fund In Memory of Maynard Hotvedt		
Ray Kvamme .....	General Fund In Memory of Dean Hagen		
Ray Kvamme .....	General Fund In Memory of Helen Basler		
Ray Kvamme .....	General Fund In Memory of Marjorie Hove		

**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.



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**TOGETHER, WE CAN END  
ALZHEIMER'S DISEASE.**



## **Decorah's 2021 Walk to End Alzheimer's • Saturday, September 17**

Aase Haugen is proud to be the memory garden sponsor of the Alzheimer's Association Walk to End Alzheimer's, scheduled for Saturday, September 17, 2022. We provide the largest dedicated memory care home in the area with outstanding staff providing specialized care. Join in this walk and make a donation to our Aase Haugen team to advance the care, support

and research efforts of the Alzheimer's Association.

This year's event Registration begins at 8 a.m., the Ceremony starts at 9 a.m., and the Walk starts at 9:30 a.m. at City Hall in Decorah. Enter this link to donate or to register to walk with us:

[http://act.alz.org/goto/Aase\\_Haugen](http://act.alz.org/goto/Aase_Haugen)