

January 2015

# THE RURAL REPORT

A Rural Health Development Publication

JANUARY 2015

VOLUME 4 ISSUE 1

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## FROM THE PRESIDENT'S DESK

As 2014 comes to a close, we need to give thanks to all the employees at the facilities that RHD manages. We are blessed to work with so many committed and talented team members. I would also like to thank the many RHD employees for their hard work and passion.

It becomes increasingly more difficult to run a nursing home with the many government programs that do not pay their fair share of providing care. The burden falls upon the private pay residents to pay for more than their share. And as the census goes up and down with large variances, it creates a real challenge to monitor and manage the revenue towards expenses.

We are also seeing a large gap in the age of people in rural communities. While the seniors enjoy and want to maintain their affiliation with small towns, the younger people are moving to the cities and this is

creating more of a labor shortage.

2015 will continue to bring opportunities and challenges.

I would like to wish everyone a very Merry Christmas and a Happy New Year!

Best  
Regards,  
Ron Ross,  
President



### Bonus:

Crossword can be  
found on page 5.

# RHD Spotlight: Glen Haven/Linnwood Estates

**Glen Haven and Linnwood Estates**

**302 6th St. Glenwood, IA 51534**



These two facilities in Glenwood, IA, have been providing much needed services to the people of the area for many years. Glen Haven is a nursing home that averages about 65 residents per day. Linnwood Estates is an assisted living facility (on the same campus as Glen Haven) and it averages about 24 residents.

A few years ago, the board members resigned due to financial difficulties of the facility and RHD was brought in to assist with the management and governance. In the begin-

ning, Ron, Roger and Matt and two local residents of Glenwood were the board. Soon, those two local members resigned and they were replaced by two other local dedicated residents of Glenwood (Larry Raabe and Georganne Williams). The facility has grown tremendously over the last several years. With the modest profit that has been accumulated, the facility has replaced a lot of equipment. After Roger retired from RHD, the board appointed another local resident, David Jaskierny, to take his place. Ron and Matt remain on the board

to help the facilities navigate the difficult times. Linnwood Estates is only 10 years old and it remains in excellent condition, however, Glen Haven is showing her age and it will be necessary for the community to build a replacement.

RHD appreciates the support and dedication that the Glen wood staff and community have shown since our arrival. We look forward to continued success in caring for the elderly in Glenwood for many years to come.



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## Christmas Made Extra Special by the Community

This year, the Friendship Home asked the community to have more hands-on involvement to enhance the Christmas spirit for our residents—and the response was amazing.

In November, a “Giving Tree” was put in the front lobby of the Friendship Home. Rather than the Friendship Home purchasing all of our residents’ Christmas gifts, individuals had the opportunity to buy for someone specifically. Ornaments hung on the tree, each of which contained a number (to represent a resident), as well as a list of “wish list” items. All of the ornaments were chosen—with individuals still seeking ornaments after they were all gone!

Beyond the gift donations, the Activity Department created a “25 Days of Christmas” event, with the goal of having every resident receive at least one Christmas card to open through the days of December. Again, the response was immediate.

“We had individuals, businesses, school classes and community organizations all contribute by bringing enough cards for every resident for one day.” Brabham adds, “We never imagined the wonderful participation. Each day, these cards brighten the holidays for our residents. I am so grateful to be a part of such a giving community!”



## How can we improve the health of aging people?

By Tory Moghadam

Though we may be able to keep a person’s heart healthy well into their 70’s, it doesn’t do much to improve the overall health of the person if their joints and bones or brains are affected by illnesses. The goal in the aging health kick is to improve all functions of the body by slowing down the aging process or using regenerative medicine. Most people think that the latter is more difficult and maybe impossible; are they right?

At a TED conference in 2013, Biologist Aubrey de Grey talks about his approach to tackle this matter. He states that there are three major ways scientist have approached improving the health of aging individuals, geriatrics, maintenance, and the regenerative approach.

The geriatrics approach treats aging mostly by treating the symptoms of aging as if it were a virus. The maintenance approach attempts to alter the metabolism in a way to try to slow down the process of aging, though they have found it quite difficult to alter the metabolism without causing other problems or breaking metabolic systems. The regenerative ap-

proach, which Aubrey and his team focuses on, aims to treat aging by tackling the seven deadly things:

Cell loss/cell atrophy, cancer, death resistant cells, mitochondrial mutations, Intracellular junk, extracellular junk and extracellular crosslinks.

Over the last 50 years, nothing has been added to this list, which is good, but what is better is that scientists believe we are well on the way to solving these problems. For example, six years ago Aubrey and his team were focusing on foam cells; junk in the arteries that white blood cells can’t process because they contain contaminants that the white blood cells are not equipped to break down. Aubrey’s team looked at bacteria outside the human body that could break down these “foam cells” without harming the human body, and found the genes being utilized. Their results were conclusive and they will begin trials on mice in the near future with the goal of going on to clinic trials, hopefully sometime in the next 5 years.

**Continued  
on page 4**

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# January 2015 RHD Crossword

## Across

2. Astonished utterances
6. Unit measuring efficiency
9. Step for a rabbit
12. Illness involving fever or shivering
13. Like a desert
15. Halves of a zygote
16. Poker giveaway
17. Record
18. Monochrome sister
19. Spry
21. "No \_\_\_ or reason"
23. What a sponge does
24. Detect
25. Ghost's utterance
28. Followed everyone
30. "Marco" response
33. Unexpected from a politician
36. Debatable
37. Category
38. Digital player (slang)
39. Hill with steep sides
41. Young man
43. These birds are bigger than ducks
45. Increase a house's worth

49. Test for high schoolers
50. Steep ridge
52. Fake bait
53. Denoting something mentioned before
54. Meat substitute
55. Persuasive contraction
56. Browser for anonymity
57. Television network in England (acronym)
58. Area we refer China to be located in

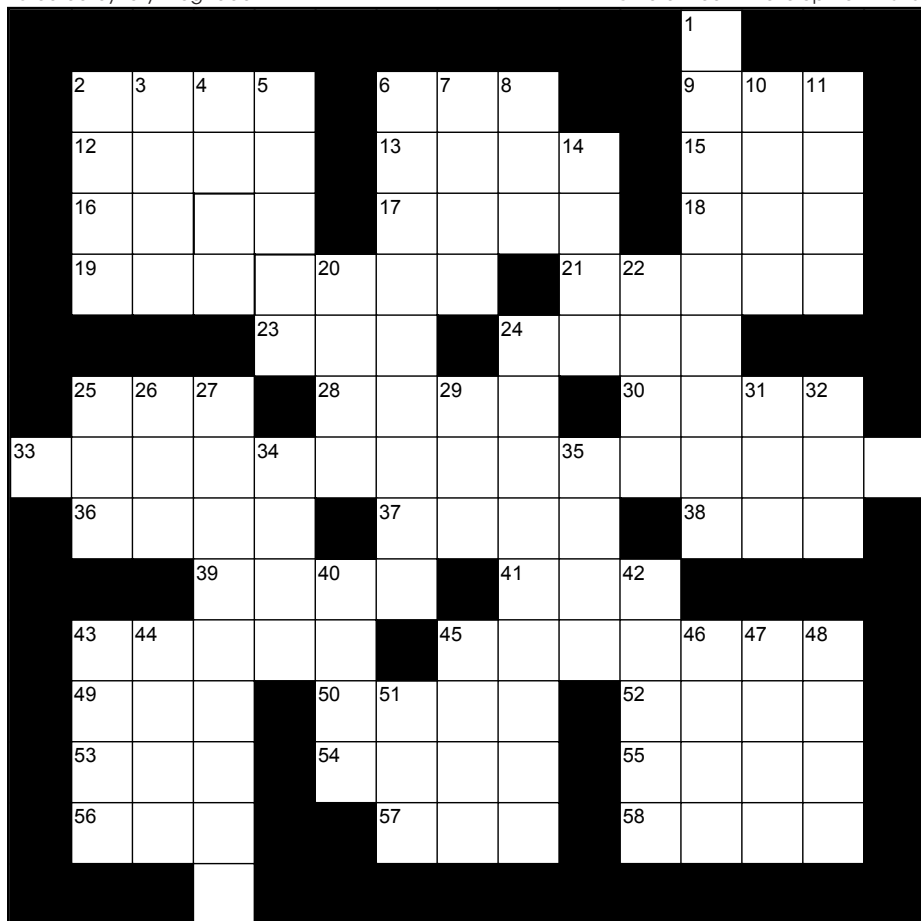
## Down

1. What Beetlejuice was dug out of

2. Pledge
3. An S shaped line
4. Hawaiian Dance
5. Pride of a salesman
6. What people call spaghettiOs after they added numbers
7. That which is hunted
8. Act of cheating
10. Half a zygote
11. Sheet of glass
14. Replacement for meaningless speech
20. Did tattle
22. Aspiration
24. Upholstery aide
25. Explosion onomatopoeia
26. Delicious to a Hawaiian
27. They keep track of distance
29. Pig home
31. August sign
32. 1800's contraction meaning "got it covered"
34. Plural suffix meaning resident of
35. "There is no I in \_\_\_\_"
40. Division of a religion
42. Sweet for an Italian
43. Slang gun
44. Cave sound
45. Buoyant vessel
46. Former USSR legislative body
47. Greek love
48. Precede being returned
51. Parks and Recreation actor \_\_\_ Lowe

Created by Tory Moghadam

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