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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.

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!

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

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**



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.

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

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.



# 2

## Colonial Acres Nursing Home

Fall was a busy time for the residents of Colonial Acres Nursing Home and Assisted Living in Humboldt. Our residents enjoy all sorts of outdoor activities and for our last fall bus ride we took a trip to Coryell Park, in Johnson, Nebraska where the beautiful fall foliage was at its peak.

Our facility participated in the Humboldt Chamber of Commerce Activities for Halloween and approximately 75 'Trick or Treaters' came to visit our residents for treats on Halloween night.

During November, the residents were thankful for a visit from their "adopted" fifth graders from HTRS school. They came to play bingo on Friday afternoon in November. The also residents enjoyed the Head Start youngsters who came to sing their favorite songs including Itsy Bitsy Spider and Wheels on the Bus.

November's theme of thankfulness continued with a full schedule of spiritual events including church each Sunday and a group of dedicated pianists who came to play hymns during the week. We celebrated Veteran's Day with a special ceremony that recognized each of our veterans with patriotic songs and poetry.

Karen Richardson, Activity Assistant  
Colonial Acres

# 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 contamonites 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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# Double Puzzle

Below are scrambled words. Unscramble them and use the circled letters to finish the sentence below.

GIINKV

PISSOLBY

NEWORN

GINNEE

REAPSH

GIGHTINNL

TIQUE

People might think I'm a bit of a square, but that just means I'm exactly...

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

Though Aubrey is just a biologist, funding, attention, and more scientists are needed to push research like his into the next stage. It is my opinion that we can improve the health of aging people simply by spreading the word about research such as this.

### RHD STAFF:

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Deborah Clark

Mary Kent

Dean Dragon

Heather Eagle

Stephanie Hahn

Donna Schellenberger

Cindy Tapphorn

Lucas Kaup

Hannah Elliott

Brian Vacok

Lisa Kisinger

Shane Filipi

Barb Dreyer

## Dementia & Activities

By Roz Phillips



Games, hobbies or routines from someone's younger years can help recall long-term memories and enrich lives. Some of these activities may include:

- A traditional brush and shaving soap to shave with;
- Vintage clothing and hats to start conversations about memories;
- Vintage football or other sports programs, shirts or hats of a favorite team, baseball cards, books about teams' histories;
- Jigsaw pictures (age appropriateness)
- Reminisce about learning to drive, first car, day trips by car or looking about cars over the years;
- Stamp collecting—dig out old albums or start new ones
- Write a traditional letter or share ideas for a letter to a family member or friend. Walk to the mailbox together.

# 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

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

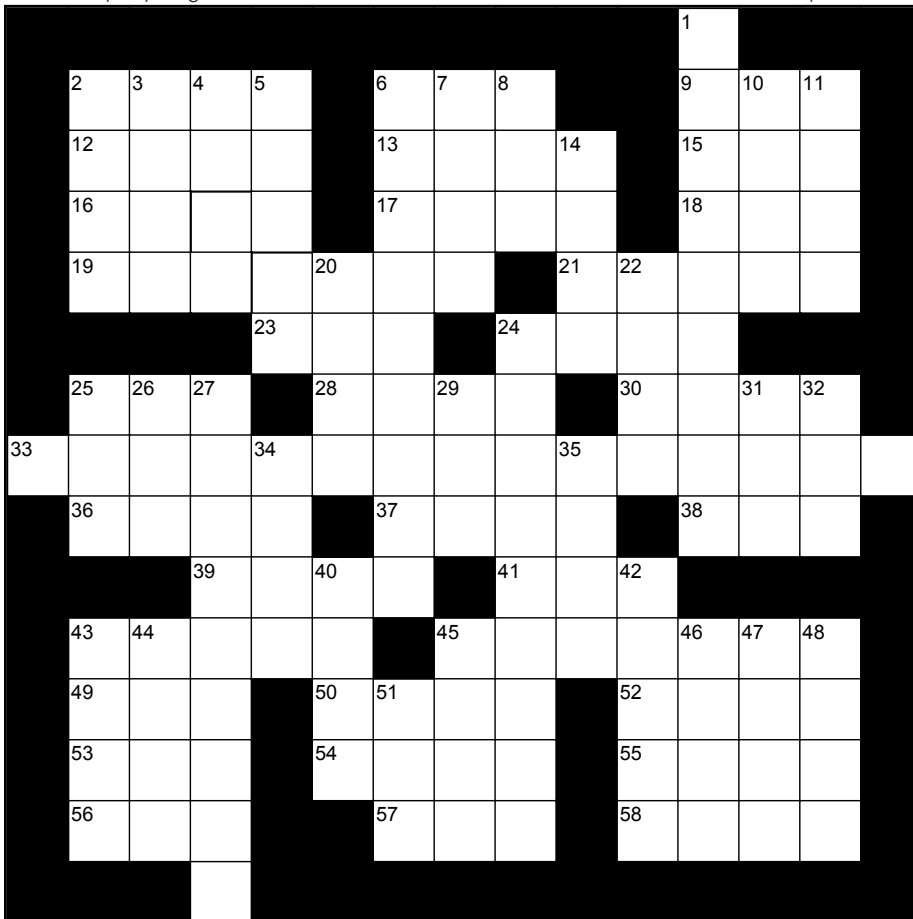
## Down

1. What Beetlejuice was dug out of

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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