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THE RURAL REPORT

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Sunrise
HEIGHTS

of Wauneta

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RHD Staff Directory

Find us online:



www.rhdconsult.com

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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



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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Sunrise Heights of Wau-neta

Things are bustling around Sunrise Heights in preparation of Christmas Day! The halls are decked, the trees are trimmed and it looks pretty festive around here! As part of our celebration, we always have “special days” planned the week before Christmas. Monday the 15th was “Wear It Christmas Day” where everyone was encouraged to wear red and green and/or their most festive Christmas attire. We also passed out Candy Canes for everyone. Jingle Bells, Santa Snacks and Christmas Cookie Swap was held on Tuesday where we all wore jingly bells, brought a finger food to share and those who wanted to, swapped homemade cookies. Wednesday we had a Christmas Potluck and everyone wore their favorite winter jammies! I’m sure we confused some visitors – but by now they know we’re a little bit looney around here! On Thursday, we had a special Farmer’s Café, and then the staff caroled with the residents during their lunch hour. That evening, we had a special Soup Supper and invited family to join their loved ones for chili or potato soup and dessert. We had a great time and great food! Finally, on Friday we wore our best Christmas hats or headpieces (reindeer antlers, etc.)

Next week is the ornament exchange and we will reveal our Secret Santas. From our Sunrise Heights home to yours.... **MERRY CHRISTMAS AND BEST WISHES FOR A WONDERFUL NEW YEAR!**

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.

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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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Vice President &

Regional Manager:

Matt Ross

Director of

Reimbursement:

Janet Lytton

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Consultant:

Jo Fuller

Nursing Consultants:

Sue Booe &

Roz Phillips

Office Manager:

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Marketing Director:

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Special Projects:

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Tory Moghadam

Accountant:

Anna McClain

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Missie Bramhall

Natasha Nesbitt

Home Care Manager:

Barb Elwood

Administrators:

Mary Gross

Peggy Ratzlaff

Megan Mapes

Laurie Lierman

Janice Edwards

Amy Grube

Virginia Clarke

Vicky Hendricks

Stephanie Huffman

Sandra Palmer

Austing Gillard

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

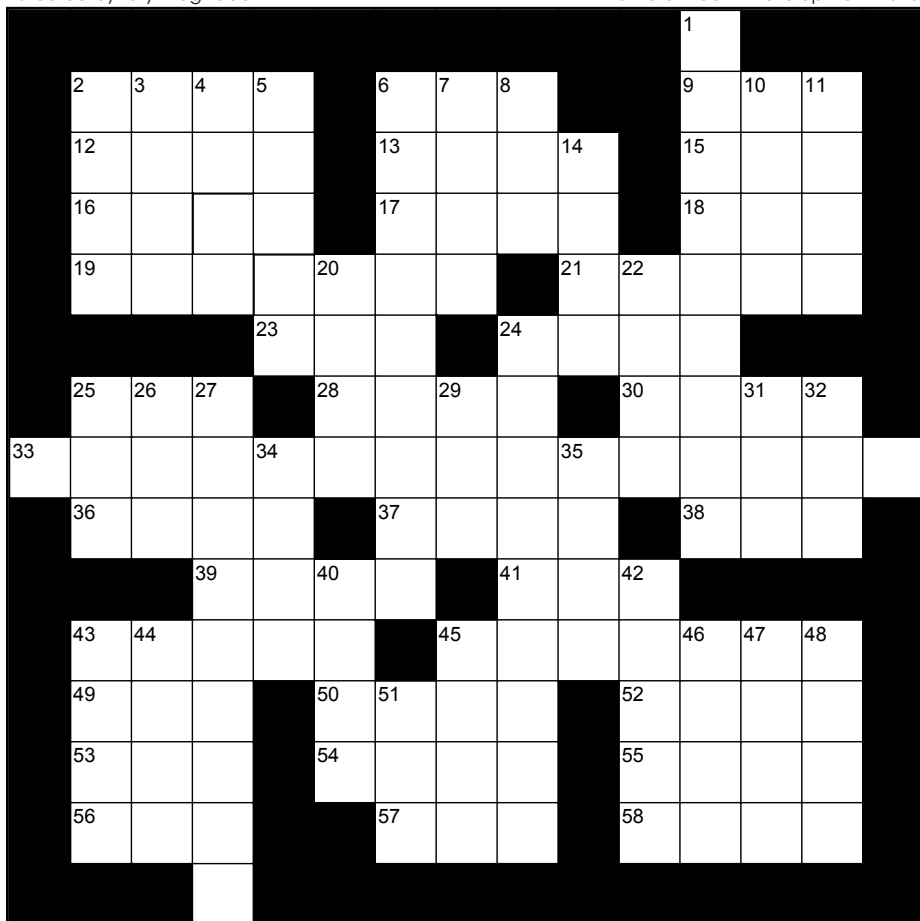
Down

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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