

*Reminisce*Remember*Rejoice*

Veteran's Day

Friday, November 11th

On Veteran's Day, F-Troop's Lonnie Milligan and Dave Stoufer presented certificates to United Presbyterian Home veterans and gave a program in their honor. The Main Dining Room was filled with men and women from campus who shared with the group their rank, branch of service and where they had been stationed. Dave Stoufer also gave a reading that touched all in attendance.



Healthy Holiday Cooking Class

Tuesday, November 15th

On Tuesday afternoon, forty people gathered in the Main Dining Room for the fifth annual Healthy Holiday Cooking Class presented by the Wellness and Fitness Center. This year's theme was "turning Thanksgiving leftovers into culinary delights." A customary part of the program is to learn a new craft that can be given as a gift over the holidays. This year, a demonstration was given on how to make chocolate dipped spoons, which were coated in peppermint candy pieces to place in mugs with cocoa, coffee or to use as a stocking stuffer.

Thanksgiving

Thursday, November 24th

On Thanksgiving Day, the Dietary Department opened their kitchen to approximately 109 people in the Main Dining Room, as well as a large

group in the Health Center.

Residents, along with some of their family members, gathered to share roasted turkey with cranberry pear chutney, ham with sage dressing, mashed potatoes with turkey gravy, yams and apples, green bean casserole, pistachio salad, cranberry relish, pumpkin pie with whipped topping, mincemeat tartlets and pecan tartlets. Vicki Job, Food Service Director, said the six twenty-five pound turkeys only took three and half hours to bake in the convection ovens. The staff also made lovely presentations with the carved meat as they served their guests at beautifully decorated tables, complete with place cards. Many compliments were given by residents and their guests regarding the delicious food and exceptional service. Pre-meal entertainment was provided by Olin and Norma Ladwig's son, Peter, and his family from Northern Wisconsin. The music included piano, trumpet and flute. It was a wonderful Thanksgiving celebration for the UP Home family.



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New Year's Celebration

Friday, December 29th

Residents were treated in the Town Center area with New Year's Eve type hors d'oeuvres. Many enjoyed the treats as they shared holiday greetings for a Happy New Year. The New Coffee Shop area has become a regular gathering spot for many friends to meet after exercise or for an afternoon treat.

Outback Bowl

Monday, January 2nd

The UP Home Hawkeye fans held a big party in the Health Center and also down in the Town Center to root on the Iowa Hawkeyes in the Outback bowl. Party favors and a variety of snacks were served as residents encouraged their football team. "We'll get them next year!"



Grumps Gone Wild

Monday, January 23rd

The Grumps met for lunch in the Main Dining Room on January 23rd. To their delight, the Dietary Staff served a delicious meal with choice of French Dip sandwiches with Au Jus or Scalloped Chicken. With all the sides and the wonderful desserts like Almond Joy cake, the men did not walk away hungry. Following the meal, a trip was made to the Marr Park Conservation Center to steal a glimpse of the "wild cats". Several men took their turns with the hands-on displays and enjoyed the new information they received at the center regarding the majestic feline. The winter scene from the center's southern windows was breathtaking.

Chocolate Fest

Thursday, February 9th

Residents from across campus gathered in the Town Center for Chocolate Fest. The entire kitchen staff worked very hard to make the Chocolate Fest a success as they served a wide variety of chocolate delights for all to enjoy. The featured attraction was a chocolate fountain used to dip angel food cake, cherries, strawberries, bananas and pretzels. Other chocolate treats included fudge, cherry fudge, a variety of peanut clusters, cookies, and coffees.



Residents Enjoyed Many Events Together Over The Christmas Season

The Christmas season is a time for family traditions, cherished memories and choirs praising the birth of the blessed child. At the United Presbyterian Home, the residents and employees carry on family traditions and spread joy to one another with holiday cheer. From young to old, Christmas is a truly special time filled with lots of activities.

Early in December, groups gathered in all corners of the campus to trim trees and deck the halls. The young children from the UP With Kids Daycare joined the residents from the Health Center to make Christmas stockings from red and white fun foam. Residents made homemade ornaments for trees in the Activity Center and Health Center Dining Room. Friends in Stewart Hall trimmed trees on the 2nd and 3rd floor lounge areas, while the Daycare and Wellness and Fitness Center did their part to spruce up the basement. Sandy Dunlap and Margaret and Cal Wolf decorated the Parlor, Stewart Hall entrance and with the help of the Maintenance Fellas, fluffed a large tree in the New Dining Room. Kerr Hall also had several beautiful trees and displays for all to admire.

Many carolers filled the UP Home with Christmas cheer and sounds of the season. The Sunrise Singers, comprised of fifty fifth and sixth graders, performed a variety of holiday selections in the Health Center. Boy Scout Troop 242 and the Youth Group from the United Methodist Church of West Chester came on campus caroling. The voices of Faith Baptist Church, as well as Prairie flower Baptist Church, helped get residents in the Christmas Spirit. One of the season's highlights was a performance by the Washington Hi-Fi's. Their half-hour performance was entitled: "Christmas Time is Here."

Residents from across the UP Home campus gathered in the Main Dining Room to sample the overwhelming talent from residents, staff and children in a festive affair during the annual Reindeer Classic. The close to 100 audience members were entertained by reading selections from Kate Robison, Jim Pollock and Esther Bordwell as well as musical selections from Max Smith, Heidi Gillispie, Chris Marshall and Sara Bartlett. The event was made extra special with two songs from the UP With Kids Daycare, followed by the entrance of Santa and Mrs. Claus. The children unwrapped gifts dispersed by the jolly couple as residents sang Christmas carols.

Of course the holidays wouldn't be the same without baking and tasting goodies. The Friendship Club met to create delectable treats of sugar cookie cutouts complete with sprinkles. Several people on campus gathered around the Parlor's fireplace for treats such as popcorn, s'mores and roasted hot dogs. The Home Store volunteers also worked a few extra hours, as special treats prepared by the kitchen and people from the Washington community were offered on Fridays throughout the Holiday season. The First Day of Winter found many residents gathering together in the Dining Room for a Wine and Cheese tasting with featured hors d'oeuvres of shrimp and cheese balls. The week before Christmas was also a time for the traditional Parlor activities complete with wassail, baklava, and other tasty Christmas confections, accompanied by fellowship.



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Spa Day

Monday, February 13th

Throughout the day before Valentine's Day, ladies from across campus enjoyed "Spa Day" appointments in the large exercise area with Heather Leyden and Tiffany Whisler of Simply Spa. The residents were pampered with chair



massages, leg and foot massages, and beautiful manicures. Wilma Larsen and Lee Meeker were the lucky winners of the Spa Day drawing. Wilma received a bright and bold box of chocolates, while Lee walked away with a goodie bag filled with an insulated coffee mug, Columbian coffee, and assorted cookies. Also on Monday afternoon, the Health Center residents were pampered with a "spa day" from several employees. They received shoulder and foot massages, Paraffin hand treatments, and fresh coats of nail polish. The residents were also treated to fruit, chocolates, and sparkling cider. It was a great relaxing day at the UP Home.

Valentine's Day

Tuesday, February 14th

On Tuesday morning, the Health Center residents celebrated Valentine's Day jointly with the UP With Kids Daycare. The children played musical hearts, told the residents what they received for Valentine's Day and presented all residents with personalized Valentine cards.

The Main Dining Room was packed on Tuesday afternoon as friends and neighbors from the UP Campus came together for a wine and cheese tasting. Adding to the special Valentine's Day celebration was musical guest Ned Francis, the one-man band. Ned's upbeat music made toes tap, hands clap and led to several groups of people dancing. The event was a real treat for all in attendance.





Nurse Tedford in Tanta,
Egypt, 1961

Teddy

Growing up in Albia, Iowa, Alberta Tedford didn't know what an experienced world traveler she would become. Missionary work through the United Presbyterian Church of North America in nursing education led her to many different countries and experiences.

The second of five children, Alberta graduated from Albia High School in 1938. She graduated from Albia Junior College in 1940 and from the University of Iowa Nursing School in 1943. During her college days, people were addressed by their surnames, so from "Miss Tedford", Alberta became known as "Teddy", a name that she still goes by today. After graduation, Teddy went to San Francisco, California, to work as an operating room nurse at the Leland Stanford University Hospital.

In 1945, Teddy began her missionary work and traveled by ship across the Atlantic Ocean from New York City to Africa. On the three-week trip on a ship called the Gripsholm, she met Marian Farquhar who is also a current resident at United Presbyterian Home. Teddy went to Egypt and Marian went to Sudan, but the two stayed in contact with each other through their many years of mission work.

In Egypt, Teddy worked at the American Mission Hospital in Tanta. Times were difficult during World War II. "There was no linen in the hospital that was not patched—supplies from overseas were not available as yet." One Middle Eastern Doctor did as many as ten operations per day. Schedules were very hectic for the understaffed nurses as well. As an obstetrics and emergency nurse, Teddy worked many hours and was always on call so she learned to drink lots of Turkish coffee. In the spring of 1946, another missionary couple who are current members of United Presbyterian Home, Jim and Rachel Pollock, came to Tanta. Jim worked as an evangelist in the hospital and the villages in the area. Teddy recalls helping with the delivery of their son, Howard, at the Tanta Hospital.

Teddy came back to the United States for a one-year furlough in 1950. During that time, she attended the University of Minnesota where she worked on her Bachelor of Science Degree in Nursing Education. She returned to Tanta in 1951, and found that more nurses and supplies were available at the hospital. Teddy recalls the time in 1952 when King Farouk, the last reigning monarch of Egypt, was forced to abdicate the throne when the revolution began.

After a six-month leave of absence in 1954 when Teddy finished her Nursing Education degree at the University of Minnesota, she became Director of both Nursing Service and the School of Nursing at Tanta. During that time, Teddy taught many classes and also supervised patient care. She did the teaching in English but the Arabic language was necessary to work with the patients and the non-professional personnel. In 1958 after another one-year furlough, Teddy received her M.A. degree in Nursing Education Administration from the University of Chicago. Her thesis was entitled "The National Nurse in Leader Positions in Selected Hospitals and Schools of Nursing in Near and Far East Countries". For this project, Teddy corresponded with numerous hospitals and schools in the near and far east to obtain information. In May to July of 1964, she made a trip around the world to visit each of these facilities in Pakistan, India, Korea, the Philippines, Thailand, Iran and Lebanon, and wrote a follow-up paper on their progress.

Residents "Get In Step"

The United Presbyterian Home Wellness and Fitness Center's motivational program for 2005 was "Get in Step to Stay Strong". Once again people exercising in the Wellness and Fitness Center 150 or more times during the year were awarded a prize. The box at right acknowledges those individuals who won the 2005 Get in Step T-Shirt. Look for them around the campus and pat the person on the back for achieving an awesome fitness goal!



Super Stars:	Richard Henningfield
Ruth Ahrens	Elsie Huber
Stew Bell	Betty Krueger
Herbert Brunk	Louise Lanphere
Jim Clegg	Louie Larsen
Shirley Clegg	Jeanette Miksch
Betty Colby	Davida Nicholson
Harold Gamon	Don Nicholson
Julia Gamon	Harold Spangler
Dean Garrett	Maurita Stout
Shirley Garrett	Harold Walker
Ray Gordon	Isabelle Walker
Del Henningfield	



Every Day is a FISH Day!

The Fish Philosophy is a part of the philosophy adopted by United Presbyterian Home employees. It is a key part of our commitment to **Quality First and Resident Centered Care**. The Fish! Philosophy started when a group of fishmongers at the Pike Place Fish Market in Seattle, Washington, decided they wanted to become world-famous and inspire people every day. Since they were fishmongers, and their business was fish, they decided to use the fish as their tool to affect people and impact people's lives.

The Fish! Philosophy is about choosing your attitude each day. It is about deep accountability where each of us chooses, moment to moment, what kind of a day we will have and what kind of an organization we will be. Fish is about personal responsibility and

making choices. Fish is about creating a high-energy, high morale workplace. The Fish! Philosophy is based on four complex ideas that are represented by four simple words and phrases.

#1 Choose your attitude: You make a choice each and every day about your attitude.

#2 Play: Makes the job fun, energizes the creativity and problem solving abilities within an individual, it makes boring tasks easier and it makes time pass more quickly.

#3 Be there: When you are with someone, you treat them like they are your best friend. You listen to what they have to say, you don't let yourself become distracted, and you treat the moment as wholly worthwhile.

#4 Make their day: Do what you can to celebrate the people you come across. You will be rewarded.

In the photograph above, Ashley Farrier and Briana Skubal, CNAs, are catching the energy by exercising all four FISH ideas with a few of the residents at the Home.

United Presbyterian Home

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Teddy, continued from page 6

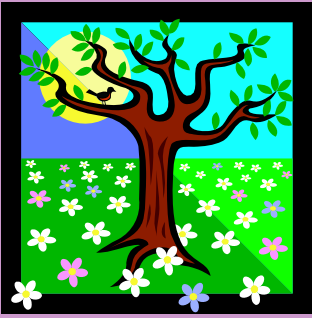
Over the following years, Teddy's workload at Tanta decreased because the mission's goal was for the National personnel to take over the operation of the hospital and School of Nursing. In 1965, she was asked to teach Biology at the American Mission School for kids in Alexandria where she commuted once a week. In the summer of 1966, the World Health Organization invited Teddy to teach obstetrics in their program at the University of Cairo. Three days a week were spent in Cairo and four in Tanta, teaching and supervising nursing. Teddy was surprised with the lack of sterile techniques used by doctors there, especially their lack of cleanliness from one patient to another. She taught nurses about sterile procedures and started making sanitation packs for doctors to use with each patient.

In 1967, Egypt was at war with Israel and all mission people had to leave Egypt. Teddy was under house arrest because of anti-American sentiment in the country. When she finally gained permission to leave the country, she was escorted by police to board a Russian ship that took her to Cypress, an island between Egypt and Italy. After her exit from Egypt, Teddy visited Marian Farquhar in Addis Ababa, Ethiopia, where she helped in a hospital and went on to Kenya to visit friends. Teddy recalls going on a hunting trip together where she and Marian saw a lion and other African wildlife.

In September of 1967, Teddy was asked to go to the American Mission School of Nursing in Tabriz, Iran, to teach obstetrics and ward management. She returned to the United States in 1968 for a year furlough, where she lived in New York City and studied Farsi, the Iranian language, at New York University. Upon returning to Iran in the fall of 1969, she became Assistant Director and then Director of the Mission School of Nursing before it closed and united with the Azarabadegan (government) University School of Nursing. The Chancellor of the Azarabadegan University asked her to stay as Director and develop a B.S.N. course for graduate nurses in the hospital. She agreed to do this for five years.

In 1975, Teddy returned to the United States permanently. She continued in her teaching career, serving as Assistant Professor at the University of Iowa College of Nursing from 1975 to 1981, at Mt. Mercy's Nursing College from 1981 to 1985, and at the Sheldon Jackson College in Sitka, Alaska, from 1985 to 1988. The Sheldon Jackson position was again as a missionary where she volunteered her services. During her time at the University of Iowa, Teddy co-authored a textbook entitled *Pharmacology—A Self-Instructional Approach*, published by McGraw-Hill Company in 1980. The book contained over 900 pages and was developed into a correspondence course as well.

In 1988, Teddy retired to the United Presbyterian Home, where she built a new cottage on Cedar Drive. Her mother had lived at the Home in earlier years and her return to Iowa was welcoming. Teddy has continued to travel during her retirement and enjoys volunteer work in Washington. She has many fine pieces from Egypt and Iran in her home to help her reminisce on her very full life.



United Presbyterian Home

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Senator Grassley visits UP Home

United States Senator Chuck Grassley was in Washington on Thursday, January 19, 2006, to tour the United Presbyterian Home. Due to a delay in Judge Alito's nomination to the following week, Senator Grassley had time available to visit various Iowa healthcare facilities. On Wednesday, he visited a nursing facility in Franklin County and the Mason City Hospital, and on Thursday he continued from Washington to the College of Dentistry at the University of Iowa in Iowa City for a dinner meeting.

Senator Grassley's Regional Director, Mary Day, and his niece from the Cotter area, Gwen Wiegmann, accompanied him on his tour of the Home given by Chris Marshall. The tour began in Fulton Hall, which was the original United Presbyterian Home when it began in 1947. The building, built in 1909, was recently added to the National Historic Register. Senator Grassley was interested in its original owner, U. S. Senator Smith Brookhart, and said he planned to read more about the earlier Senator.



The tour continued throughout the Home campus, where Senator Grassley discussed different levels of care available to people who live in a CCRC (Continuing Care Retirement Community). He spoke to numerous staff members and residents, including Amy Kleese regarding the Wellness and Fitness program and Traci Hora regarding the importance of continuing exercise and therapies for people of all ages and capabilities.

Senator Grassley was open in his conversations with residents, and thanked many who attended his Town Meetings or Listening Posts. Each year he holds at least one town meeting in each of the 99 counties in Iowa. Grassley has been a United States Senator since 1980, and served as a U.S. Representative from 1974 to 1980 and as an Iowa State Legislator from 1958 to 1974. As an added bonus for his visit, Michael Pearson, grandson of United Presbyterian Home cottagers Bob and Kate Ross, came to say hello to Senator Grassley. Pearson served as an Intern to Senator Grassley in Washington, D.C. for six months in 2003, and is currently applying to law schools for the fall 2006 term.

