



# the UPdate

a quarterly newsletter from the United Presbyterian Home

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**UP Home Residents Spend Summers Volunteering in Door County, Wisconsin**

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# Curiosity and Interest Compelled the Koehlers to Spend Their Summers Volunteering in Wisconsin

Many people who live in the Midwest go south for the winter after retirement but not United Presbyterian Home residents Bob and Donna Koehler. They do the opposite. The Koehlers head north each summer to Egg Harbor, Wisconsin, where they spend their summers volunteering at Birch Creek Music Performance Center.

In 1985, prior to retirement, the Koehlers decided to buy a condominium in Egg Harbor. The decision came easy after visiting the Door County area on vacation. The area had little to no humidity, it was by Lake Michigan and they could get there in a day from their home in Iowa.

“We moved to Egg Harbor after we had taken a vacation where we rode a car ferry on Lake Michigan to Door County and we just fell in love,” said Donna about why they chose to buy a condo in Northern Wisconsin.

One of their first nights up there they went to dinner at a restaurant in Bailey’s Harbor which is about eight miles east of Egg Harbor. On their ride home from dinner they drove past this barn where they heard big band music coming from.

“We loved big band music. Our first date was the Nat King Cole Trio in Cedar Rapids, Iowa,” said Bob. The Koehlers were intrigued by the great music so the next day they decided they would go back to that barn to see what it was all about.

“We stopped by to learn more about the music that was coming from the barn the night before, then asked if they needed volunteers and have been involved ever since,” said Donna.

This year will be the Koehler’s thirtieth year volunteering at Birch Creek Music Center. The Birch Creek Music Center is a summer music school located in Door County, Wisconsin, for advanced young



Bob & Donna Koehler are pictured serving popcorn at one of the Birch Creek concerts in August 2001. This was a record-breaking night of popcorn sales of over \$200.

musicians. The Center has a performance emphasis. Students are taught by nationally-known performers and educators during the day and perform alongside them in concerts at night. There are sessions each summer that focus on percussion and steelpan, symphony and big band jazz.

Bob and Donna both laughed when asked about their musical background. Their experience ceases after high school where Bob played the clarinet and Donna played the French horn. Their love for volunteering at Birch Creek started because of their love for big band music and the feeling they got of being ‘useful’ after retirement.

The camps run from mid-June to mid-August. Each summer over 200 students and 100 faculty members study by day, and then at night they perform 30 concerts in the 100-year-old, 500-seat renovated Dutton Concert Barn. “The acoustics in that old barn are just amazing,” Bob said.

The Birch Creek Music Center started in 1975 when Jim and Fran Dutton purchased the A-frame barn

and the 80 acres surrounding it because of the great acoustics. Now, 40 years later the Birch Creek Music Center has a complete campus that continues to thrive and hold concerts in that same barn throughout the summer months.

An important part of Birch Creek’s success has been their dedicated volunteer group, The Associates. This group of volunteers is thriving with over 100 members who help with the day-to-day operations on campus.

“When we first started [volunteering], I would clean the dorms, mow and do grounds work. Donna would help in the office and register students,” said Bob. “Now they are open year round and have more personnel to do some of those things.”

The volunteers provide more than 3,500 hours of service each year. On concert nights during the summer season they are ushers for the concert guests, they run the concession stand and gift shop, they do gardening around the campus and help with all special events.

“Volunteers are extremely important to Birch Creek,” said Lyn Huber the President of the Associate Volunteer Group at Birch Creek. “Personally, I think the world of Bob and Donna, they are such a special couple and it has been my joy to know them both.”

In 2014, the Koehlers won the Joan Guasta Distinguished Service Award for their years of dedicated volunteer work at Birch Creek. (The Koehlers are pictured on the front cover with their plaque for this award.) During the year the members submit names to the Executive Committee of persons who they think are deserving of having their dedication and contributions to Birch Creek recognized.

“Bob and Donna were the unanimous choice last year by the members for their continued support of Birch Creek with their time, talent and monetary gifts over the years,” said Lyn in regards to the Joan Guasta Award.

One of the Koehlers fond memories at Birch Creek is helping sell popcorn on concert nights. “At one of the concerts a guy suggested we serve popcorn during the concerts. We thought this was a great idea but we couldn’t afford to buy a popcorn machine at that time,” said Bob. “Then, one day a popcorn machine got delivered. The guy who had suggested it had gone out, purchased one and had it delivered.”

From there the Associates started making popcorn for a free-will donation at concerts. Now people love the popcorn and it is a staple at all the concerts.

“The popcorn stand has been Bob’s special project for as long as I can remember. The donations and funds raised by selling popcorn are used for student scholarships. I think we estimated that over time the popcorn sales have raised over \$40,000 in scholarship money,” said Lyn, who has known the couple for 13 years.

**“Personally, I think the world of Bob and Donna, they are such a special couple and it has been my joy to know them both.”**

Lyn Huber  
President of the Associates  
Volunteer Group at Birch Creek

Their curiosity and interest compelled them 30 years ago to check out this ‘Big Barn’ and they keep going back to Egg Harbor in the summer to volunteer and help

out where they can at Birch Creek.

An excerpt from a letter the Koehler’s received from a student at Birch Creek says it best, “Thank you for your generous support. Your gift enabled me to participate. During the two week Symphony Session, I studied the viola, performed with a chamber quintet and played in an ensemble. My experience was outstanding and my favorite part was performing at the evening concerts. It expanded my musical education and helped me improve. I personally appreciate your support.” Sincerely, Meagan Barnett, Birch Creek viola student.

“It means a lot to us to be a part of a place like this, we can’t do as much as we used to but we do what we can,” said Bob.

The Koehlers will celebrate their 65th Wedding Anniversary in November of this year.



## Raising Money and Awareness for the Alzheimer's Association

The United Presbyterian Home residents are at it again, raising money and awareness for Alzheimer's, in association with The Longest Day event. This event is held from sunrise to sunset to raise awareness and funds for the care, support and research efforts of the Alzheimer's Association.

In 2014, the UP Home NuStepping Team raised \$5,054. The team had the second highest amount and the UP Home was awarded a NuStep for the Fitness Center. This year the team captains Amy Kleese, Pat Jenkins, Dorothy White, Lois Swank, Melva Mineart and Phyllis Ladehoff have set a goal of reaching over \$7,000 for this cause that has directly affected their lives.

In addition to The Longest Day event, the team captains have organized other events to help raise money and awareness for Alzheimer's.

The Old Fashioned Lunch Box Social was held on April 1 raising \$898. Two of our residents, Darwin Widmer and Brad Goff, auctioned off all 25 of the brightly decorated boxed lunches. While the contents of the lunch or who made it was not revealed, the fashionable containers said they were each made with love and care. These lunches were made and donated by individual residents and staff members as well as Morrison Senior Dining, Subway, JP's 207 and Sweet Blessings Bakery with individual bids ranging between \$16 and \$80. Following the auction, everyone ate together revealing the contents of their delicious lunches.



(Left) Residents Darwin Widmer and Brad Goff auction off boxed lunches at the Old Fashioned Lunch Box Social. (Right) Spelling Bee winner, Pat Jenkins, pictured with Guest Pronouncer, Jolisa Weidner, from the Washington Public Library.

Then the Senior Spelling Bee was a big hit in May with twelve participants finishing eleven rounds and spelling sixty-one words before Pat Jenkins was declared the winner with Pat Dusenbery as a runner-up. Jolisa Weidner from the Washington Public Library served as the Guest Pronouncer. Jolisa was dressed appropriately as a bee in yellow shirt with black stripes and antennas.

The Longest Day Event will be held in the Large Exercise Room on June 19, 2015. There will be six NuSteps for people to ride and the goal is to have them busy from sunrise to sunset.

If you are interested in participating by giving a donation or signing up to ride the NuStep, please contact Amy Kleese at 319.653.5473.

## BLAST *from the* PAST

Sikke and Beulah Temple recently celebrated their 70th wedding anniversary at the United Presbyterian Home, the same place they were married on March 24, 1945.

Beulah Stewart and Sikke Temple were married in the Parlor of the family home which is now known as the Fulton Hall. Sikke was in the Military and was expected to arrive by train at 4:00 p.m. for an 8:30 p.m. ceremony. Hours before the ceremony there was no word from the groom, so back up plans were made to serve the guests cake and punch until the groom to arrived. Sikke reached Washington a little before 5:00 p.m., just in time to go with Beulah to the Court House to buy a marriage license. They did not take a witness along and so the funeral director across the street stepped in.



Beulah Stewart and Sikke Temple were married on March 24, 1945 in the Parlor of the family home now known as the United Presbyterian Home

Sikke had made preparations of his own by asking a cousin to retrieve three rings from the local jeweler, all sized for Beulah's finger, and she would pick one out at the service. Plans finally came together and the bride entered the Parlor from atop of the marble steps to her groom and the Rev. George Kerr standing in front of the brick fireplace. Esther Bordwell was reading from the thirteenth chapter of Corinthians when the lights went out due to an over-loaded electrical circuit. Esther's dad quickly fixed the problem but in the meantime, Esther continued with her Bible selection, reading from memory and the pianist was able to play with the aid of two, seven-branch candelabras. Such was the beginning of a marriage that has lasted seventy years.

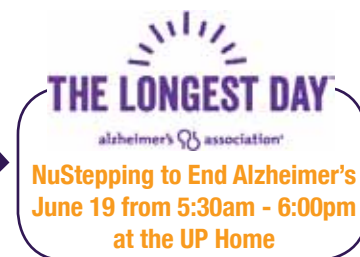
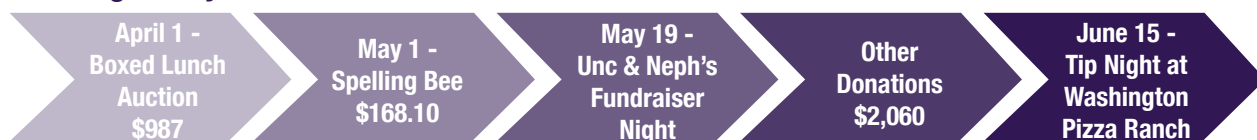


Some of the United Presbyterian Home Staff posed for a picture during National Nursing Home Week. To celebrate all that the employees do we catered in Authentic Mexican Food and had an employee Cheese Dip Contest as part of our 'Bring on the Fiesta' theme for the week. Each employee also received a UP Home t-shirt.

## Nursing Home Week 2015

Residents and Employees Celebrated Nursing Home Week May 11-15. This years theme was 'Bring on the Fiesta.' Throughout the week there were a variety of activities including a Mother's Day Tea, Sunrise Singers performed as did Gwen Ying and Martha Chalupa and volunteers from the Washington Middle School worked on campus, just to name a few. Check out photos from our festivities at [facebook.com/UnitedPresbyterianHome](https://www.facebook.com/UnitedPresbyterianHome).

### The Longest Day Fundraiser Timeline of Events





## Jennifer Greiner Promoted to Director of Nursing at UP Home



The United Presbyterian Home has named Jennifer Greiner, RN, as the new Director of Nursing following the retirement of Janice Yotty, BSN. Janice retired on Friday, May 15th after 29 years of dedicated service at the UP Home.

Jennifer and Janice spent the last several months working together to ensure a smooth transition.

“In my new position I look forward to working with our dedicated and compassionate staff while maintaining and improving quality of care for our residents,” Jennifer said.

In 2008, Jennifer joined the United Presbyterian Home team as a CNA before completing her Licensed Practical Nursing Degree in 2010 and

her Nursing Degree at Kirkwood Community College in 2011. As the Director of Nursing, Jennifer will assume authority, responsibility and accountability for the delivery of nursing services in our 52-bed, dually licensed nursing facility.

“The most rewarding part of my job is providing support to residents and their families who need extended care as they deal with chronic illnesses, progressive illnesses and disabilities,” said Jennifer. “Putting a smile on a resident’s face is priceless.”

As Jennifer adjusts to her new role, she would like everyone to know that her door is always open.

Jennifer enjoys spending time with her family, reading, gardening and crafting rustic decor. She has four kids: Kaleb, Kylie, Ava and Joslyn. Jennifer and her husband, Josh, reside in Washington.



### Kitch’s Korner Spiritual Wellness with Rev. Kitch



In the Biblical book of John, Chapter 17, Jesus prays for his Disciples. One of the main requests he makes of God is that they be one, just as he and the Father are one. This is an intercessory prayer, one that asks on behalf of another.

It illustrates the depth of thought we should put into our own prayers for each other.

God is one, and yet three—solitary and at the same time communal. One of the ways we can recognize that we are made in God’s image is that we, too, are both solitary and made for community. It’s easy to see this carried out in life at the United Presbyterian

Home. Most of our residents enjoy their private time, to follow their own interests, tend to their own needs, to meditate and learn, and many other pursuits. But unless one chooses, no one needs to live in isolation here with our many opportunities for getting together with others. Whether it’s a potluck, a cup of coffee in the Town Center, an art class, fitness activity or even worship together as a family formed out of our shared residence, no one needs to feel alone. We even have a group that meets specifically for intercessory prayer, just as Jesus modelled for us.

Our recent speaker on Spirituality and Aging, Dr. Georgine Buckwalter, emphasized the need for drawing seniors out of isolation into community. Even though it seems to be almost ready-made here at the UP Home, it’s good to make the effort to reach out and allow the spirit of community to grow deeper.

## New Class Offered to Help Manage Concerns About Falling

The United Presbyterian Home was recently picked as A Matter of Balance Master Trainer location for Washington County. Wellness Director Amy Kleese submitted an application, and the UP Home was selected.

Amy spent two days training to become a certified Master Trainer. She finished her first Matter of Balance class which graduated on April 30th and started her second group on May 4th. The classes consist of 8-12 participants, and the class meets eight times for two hours each.

A Matter of Balance is specifically designed to reduce the fear of falling, stop the fear of falling cycle, and improve activity levels among community-dwelling older adults. Often times people who are concerned about falling will turn down chances to go out with family or friends or even cut down on a favorite activity in fear that they might fall.

“The group discussion is the most important part of the class because that is where the real problem solving happens-when the participants are sharing practical solutions,” said Amy.

The fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends. A Matter of Balance can help people improve their quality of life and remain independent.



The Matter of Balance Group meets eight times for two hours each. Wellness and Fitness Director Amy Kleese is a Master Trainer and will soon begin training new coaches in the Washington Community.

“We want all of the older adults on campus and in the Washington community to know falls or declines in health are not a natural part of aging,”

said Amy. “We want them to learn to view falls and fear of falling as controllable, to set realistic goals for increasing activity, to change their environment to reduce fall risk factors and to use exercise to increase strength and balance.”

If you are interested in taking the ‘A Matter of Balance: Managing Concerns About Falls’ class, please contact Amy Kleese at 319-653-5473 or [akleese@uphome.org](mailto:akleese@uphome.org) to find out how you can get signed up for the next

Matter of Balance class.

#### By The Numbers

**1** in **3** adults age **65** and older fall each year

Of those who fall, **20% to 30%** suffer moderate to severe injuries that make it hard for them to walk or live independently and increase their risk of early death

Older adults are hospitalized for fall-related injuries **5** times more than for injuries from other causes

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University. A Matter of Balance Lay Leader Model - Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).



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### Cottages

Cottage living combines the independence of living in one's own home with the security and privileges of the resources and fellowship of the Home.

#### 37 Locust Lane

- Two-bedroom, one full bathroom cottage with new roof
- 1,134 sq. ft. of living space
- One-car attached garage



### Condominium-Style Apartments (Kerr Hall)

Living in Kerr Hall also offers an independent lifestyle without any worries of home maintenance. Popular amenities include a balcony, underground parking and a skywalk connecting to the Main Building.

#### Kerr Hall Apartment #351

- Three-bedroom apartment on the third floor with two full bathrooms
- Vaulted ceilings, lots of great storage space and separate utility room
- 1,377 sq. ft. of living space with one garage space



### Main Building Apartments

We also have apartment openings available in our Main Building. These apartments range in size from 232-525 sq. ft and are available for monthly rent or through endowment.



### Interested in Moving to the United Presbyterian Home?

If you are interested in membership into the Home or being added to our waiting list, please call or email us to request an application. There is no cost or obligation when submitting an application. When vacancies become available, applications for that type of accommodation are considered in order of seniority. When you are notified of a vacancy, you may accept or reject the offer without jeopardizing your seniority in any way. You will be eligible for future vacancies with the same priority and without prejudice.