

United Retirement Center

Alleviating Loneliness in a Vibrant Environment

Avera 

ALIVE

United Retirement Center • Park Place Apartments • Park Place Assisted Living

Spring 2010

Spring Newsletter

by Sally Damm, Administrator

Family and Friends of URC:

Ever since the United Retirement Center was founded we've had an annual board meeting. Usually these were pretty dry events with reports from various officers, budget reviews and maybe coffee and cookies. Well, we're going to change things a little bit now that we've been around for over 50 years. This year's annual meeting will be a night to remember. United Retirement Center will be hosting their first annual fundraising event at the Swiftel Center on April 17th.

"The Decades of Life" Celebration will begin at 5:30 and continue until 10 p.m. (or when the band runs out of songs). The event will include live music from the 50s through today by the well know South Dakota band Mogan's Heroes. We're having a silent auction with great items and services donated by area businesses and individuals, massages by KRAVE, and the celebration of URC's 50 years of existence in "The Decades of Life" an historic timeline featuring vintage cars, movies, music, photos, and more. Even the refreshments will reflect the decades by including popular appetizers created to reflect the tastes over the years.

Tickets are available for presale at URC and participating businesses for \$50 a couple or \$27 for an individual. They are also available at the door for \$60/couple or \$30/individual. So mark your calendars and we'll see you there on April 17th! ■

Why Write a Will?

The planning and writing of a will is both a family obligation and a personal privilege.

We live in a nation of laws. During all of our lifetime, different laws apply to us. When we are born, our birth is registered as required by law. During life, we comply with legal requirements in purchasing a home, in paying taxes, in securing a passport and in many more of life's activities.

When we die, our life's passing is noted in securing a death certificate and in the probate process. In all of life's activities, the law is there.

One of the most important legal opportunities each of us faces pertains to the future ownership of our possessions. Before we die, we can make a will that determines who will receive our estates.

In the event we do not have a will, the court or others will decide for us, often ignoring our important preferences. Deciding not to write a will suggests a lack of civic responsibility and a lost opportunity to demonstrate our love to those whom we cherish.

Every person has the legal right to make a will. Details of your will include the naming of an executor, deciding who will serve as guardians of minor children, providing guidelines concerning how they will be raised, determining the use of accumulated wealth, and expressing gratitude for all of life's blessings by giving to the charity or charities of your choice. Life involves a string of choices, and the most important choices we make involve the use and disposition of what we have. This is called stewardship, the management of our resources.

Our acts during our lifetime become a statement of our faith. Our last act, our will, serves as a final testimony of our faith journey in life. We exercise a spiritual privilege when we plan and write a will.

For additional assistance, you may want to contact your attorney. Or, perhaps you would like to talk with Sally Damm, Administrator. She is assisted by Jerry Soholt, President of Avera Foundation. Sally and Jerry work with a variety of giving opportunities in support of the URC campus. He can provide basic information about wills and bequests, as well as various ways one can include URC in their estate plans. You can reach Sally at 605-692-5351 or Jerry by calling

(continued)

605-322-4750 or by completing and returning the response below. ■



Mail this form to :
United Retirement Center
405 First Avenue
Brookings, SD 57006
www.urcpp.com

(Please complete and return this reply form)

Dear Friends at URC Foundation

- o Please send me free literature about making a will.
- o Please contact me to arrange for a personal visit.
- o I have already provided a bequest for The URC-Foundation in my will.

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

We wish to express our deepest sympathy to the families and friends who have lost a loved one.

- Emma Hellekson 11/18/15 - 12/07/09
- Ava Micheel 03/19/16 - 12/18/09
- Ted Holida 05/14/49- 12/26/09
- Martha Lingle 08/20/41- 01/03/10
- Arlene Kurtz 07/09/31- 01/16/10
- Elsie Hildebrandt 11/03/22 -02/03/10



PASTORAL CARE:

Here are two important ways in which the Brookings area community is involved with URC.

First, there are the Sunday worship services, the monthly communion services, and the regular devotional services conducted by pastors and other leaders and groups from area congregations. These are the churches that are represented: The Wesleyan Church, Bethel Baptist Church, Mt. Calvary Lutheran Church, First Lutheran Church(Volga), Holy Life Tabernacle, St. Thomas More Catholic Church, The United Church of Christ, Ascension Lutheran Church, First Presbyterian Church, Peace Lutheran Church, The Christian Reformed Church, First United Methodist Church, Calvary Presbyterian Church, Sinai Lutheran Church, Olivet United Presbyterian Church, Grace Lutheran Church, University Lutheran Center, St. Paul's Episcopal Church, First

Lutheran Church (Brookings), and Brookings Christian Church.

Second, there are the Men's Lunches and Men's Breakfasts, at which community leaders speak. These are the speakers since last March, when the program began: Arlo Jurens, Officer in the Brookings Police Department; Darrell Hartmann, Chief of the Brookings Fire Department; Gordon Dekkenga, Director of the Brookings Ambulance Service; Cody Clifford, staff member with Aurora Auto Body and Glass; Dick Halstead, owner of a construction business and owner of a horse showing and sales business; Randy Hanson, owner of Mills Construction; and Ken Whaley, owner of Trevor, a service dog.

My part has been to schedule the services and organize the lunches. ■

Pr. George Gehant, Chaplain

HOUSEKEEPING/LAUNDRY DEPARTMENT

By Cindy Dixon, Supervisor

Well, so far we have had a pretty tough winter! I am ready for 'spring' to come!

We ended up the year of 2009 by washing 236,015 pounds of soiled linen. That is an easy number to come up with at the end of the year. A lot of sheets, towels, clothes, etc.!

So far this year we are ahead with our waxing all the tiled floors at URC. Now I sit here thinking about our next big job – washing windows! It seems like there is a ton of them – URC, CDC, PPA. So far no one, other than my staff, has worked on windows. I just don't understand that!

We are starting to set-up dates for spring cleaning the apartments. There just is never a dull moment for us around here. Once everything is done, you turn around and do it all over again. It is nice that we offer these services to the residents at PP Apts. They are so grateful knowing that we do cleaning each year for them.

We have two apartments for rent – one 2-bedroom and one one-bedroom. It is great, all just one big happy family living here.

Hopefully in my next letter to you, I will be able to talk about the warm sun and the bright beautiful flowers and the smell of lilacs. We got a lot to look forward to, don't we. Remember all our doors are open for you on our URC campus. Stop by and have a chat and a cup of coffee with us. Take care and God bless! ■

DIETARY DEPARTMENT

**By Claudia Tofte, CDM-CFPP
Linda Stewart, CDM-CFPP**

So far, it has been a wild winter with strong winds, a lot of snow and ice. (Makes me think of hot chocolate and toast, along with warm soups.)

There are many good recipes for home-made soups. They fill those taste buds during the cold days and nights throughout the winter. Here are a few kinds: Home-made Chili; Home-made Potato Soup; Home-made Vegetable Beef; Home-made Bean/Ham; and don't forget Home-made Chicken & Dumplings.

From the kitchen at URC, we want to welcome you to our home. Stop in and get a hot cup of chocolate to warm your insides! ■

PROJECT ALIVE NEWS

By Kathryn Larson, Coordinator

Hello again everyone! We have had a few changes in the last few months with our pets. As some of you might already know, our little black dog, Krash has retired. She served as a companion to the URC campus for about ten years and now has gone to a quiet home near Brookings. She is doing well in her new home and has even visited her friends at URC. URC without a dog wouldn't be URC, so we have adopted Toby from the humane society in Huron. He is a small black and white mixed breed puppy. At nine months old, he made URC his home. The residents are enjoying having a puppy in their home. He is quite active and a bit silly too. We have given him a birthday of March 17, when he will turn one. I am sure we will have to have a "Puppy Party". Be sure to meet Toby when you come; we are learning that he has some special skills and are very proud of him.

On a sad note, our beloved Copper (the rabbit), passed away in December. He was among our first pets to make URC home and had been loved by many. He will be missed. The residents have voted to find another rabbit and we can only hope that we will find one half as nice as Copper was.

With spring coming soon (I hope!), we are all looking forward to the planting season. We also have a new area for planting now too. On the park side of the building, just outside the activity room, there are some new planting boxes. Wheelchairs should be able to pull up right to them for people to get their hands dirty. Flowers and beans or peas and cherry tomatoes usually do well in the boxes and will look great in our new salad bar.

The pets, the plants, and the kids all help make URC home. Having a variety of other living things is important so that there is something for everyone. If you have any questions or concerns regarding any of the pets, please feel free to ask. Happy Spring! ■

PARK PLACE ASSISTED LIVING **By Diane Stroschein, Manager**

I think that everyone is ready for spring to get here, the sooner the better! This winter has been way too long.

In December, we had our annual Family/Resident Potluck Christmas Party. The weather actually cooperated so we had a good attendance. We also had a Staff/Resident Christmas Party. The staff drew names of the residents so they all received a small gift. We ordered Pizza Hut pizza for everyone. Santa Claus even made an appearance.

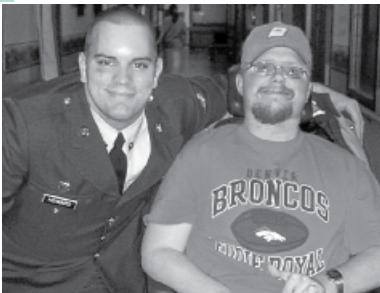
All of the residents and most of the staff received their seasonal flu shots and also their H1N1 shots. Brenda Hieb, the nurse for Park Place Assisted Living, was able to give all of the shots at our facility.

The residents and staff made a red/white/blue quilt. They are selling tickets at PPAL and URC. The quilt may be seen at PPAL or URC. The drawing will be held in May at the Mother's day party.

Last December, we had several college students come and give foot massages to the residents. The residents really enjoyed visiting with the students and having this special attention given to them. They are scheduled to return again in the future.

This fall there was a class of ten students from SDSU that came to visit with ten residents. They made scrapbooks about the lives of the residents. They came once a week to gather information of their life. The scrapbooks that I have seen are amazing. I hope this class will do this again.

As usual, we have had several residents move away or transferred to another facility due to declining health. We have also had many new residents move in.



Former employee, Marcus Howard with resident Doug Black

URC Child Development Center **February 2010 Newsletter** **Submitted by Dawn Kane, Director**

First of all, I would like to thank Larry & Jan Fjeldos for the wonderful collection of Jim Daly framed prints that they donated to the URC Child Development Center. The prints are all beautiful portrayals of children and are right at home here. They have already captured our hearts and will continue to be much enjoyed by all.

As I type this newsletter, the children and residents are busy preparing Valentine's to share with each other. February is always a nice time to talk about friends, families, and caring about others. We also learned about shadows and Groundhog Day and will celebrate Mardi Gras together.

The past three months have been busy as usual. Along with the regular lesson plans and themes we enjoyed taking part in some very special science/magic experiments, Let's Play Music & Me classes, a Veteran's Day program, Thanksgiving and Christmas celebrations, a choir concert, and the Martin Luther King Challenge. At the Martin Luther King Challenge, the SDSU student service learning students gave a brief presentation on the life and work of Dr. Martin Luther King. We also had some special intergenerational dress up days and wore our pajamas, sports clothing, western/farmer clothing, camouflage, and clothes that were fruity (food). To top it all off, the toddler one and preschool two groups joined the residents for the Winter Festival of Tables. We used a cow theme to decorate our table and had a great time at that.

Now that the holiday season has passed, hopefully the cold temperatures will pass soon as spring approaches. With spring just around the corner, spring cleaning may be on your agenda. If you are cleaning out and have items such as toys, equipment, or other things that would be useful to the center we would love to have them. We are very grateful for all of the wonderful donations that we receive.



Child Day Care displaying their decorative "Hostine" table

NURSING DEPARTMENT :
Medications and the Elderly
Lisa Miller, Director of Nursing
Heather Moechnig, Quality Assurance

As people age, the need to take more and different kinds of medications tends to increase. Additionally, approximately 75% of the elderly have at least one chronic illness, such as arthritis, hypertension, congestive heart failure, and osteoporosis. For each chronic illness, at least one medication is taken. 1 When a person has multiple conditions, medications, physicians and pharmacies, polypharmacy occurs. Polypharmacy is the excessive or unnecessary concurrent use of prescription or nonprescription medications.

These changes are especially important to consider when elderly patients are taking multiple medications. Due to polypharmacy and age related changes, drugs may remain in the elderly patient's body longer and create a greater chance of interaction. Elderly patients' risk of hospitalization, as a result of polypharmacy and adverse drug effects, places the risk at 17%, nearly one out of five elders. In the United States, people over 65 make up approximately 13% of the population, but use nearly 30% of all prescriptions written. 2 At any given time, an elderly patient takes, on average, four or five prescription drugs and two over-the counter (OTC) medications.

The risk of adverse drug effects increases dramatically with each additional drug. Taking only two drugs increases the risk of an adverse effect by 6%. However, taking eight medications or more raises the risk by 100%.3 When two or more drugs are mixed in the body, they may interact with each other and produce uncomfortable or even dangerous side effects. For example, antacids can interfere with certain drugs for Parkinson's disease, hypertension, and heart disease. According to the Centers for Education and Research Therapeutics, 100,000 deaths occur yearly due to adverse drug reactions, and are the 4th leading cause of death, ahead of pulmonary disease, diabetes, AIDS, and automobile deaths. ■

Falls and Polypharmacy

At URC, we take many precautions to avoid falls and injuries that may happen to our residents. However, a serious consequence of polypharmacy in the elderly is an increased risk for falls. Many of these falls result in

fractures, the most common of which involve the hip. Even with surgical intervention, these patients seldom fully recover. After suffering a hip fracture, one-third of patients never walk again and nearly half die in the subsequent year. Drugs increase the risk of falling through sedative effects, balance impairment, delayed reaction times, unintentional lowering of blood pressure, and a variety of other mechanisms. Several drug classes have a particularly strong association with impaired mobility and falls, including antidepressants, antipsychotics, antihypertensives, anxiolytics, sedative/hypnotics and benzodiazepines. Large surveys have consistently reported a two-fold increase in risk of falls and hip fractures in elderly persons given hypnotics, especially benzodiazepines. 4

Managing polypharmacy and preventing drug-related falls have become vital concerns for the United Retirement Center, especially as residents tend to accumulate long lists of medications. This is most pronounced when they return to our facility following hospitalizations or visits to specialists. They usually arrive with more medications, not fewer. This puts our residents at an increased risk for related adverse risks, such as confusion, falls, incontinence, gastritis, diarrhea, constipation, urinary retention, metabolic abnormalities, malaise and a wide array of other problems. Many of these effects are often addressed by adding even more medications to the resident's drug regimen.

When educated about potential risks and benefits, most residents and families make good decisions about how aggressively they want clinical issues treated. Most residents will opt for fewer drugs as long as pain, discomfort and dignity are addressed. We would appreciate your support along with our nurses and doctors to help reduce the number of unnecessary medications that your loved one may be taking. ■

References

1. Terrie YC. *Understanding and managing polypharmacy in the elderly. Pharmacy Times Dec. 2004:84-87.*
2. Montamat SC, Cusack B. *Overcoming problems with polypharmacy and drug misuse in the elderly. Clinical Geriatric Medicine 1992;8(1):143-59.*
3. Cumming RG. *Epidemiology of medication-related falls and fractures in the elderly. Drugs Aging 1998;12(1):43-53.*
4. Allain H, Bentue-Ferrer, Polard E, Akwa Y, Patat A. *Postural instability and hip fractures associated with use of hypnotics in the elderly: a comparative review. Drugs Aging 2005;22(9):749-65.*
5. Gahm, Gregory. *Falls and Polypharmacy, Advance for Long-Term Care Management Jan/Feb 2010, Vol 9, Issue 2.*

March 2010

PARK PLACE ASSISTED LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																	
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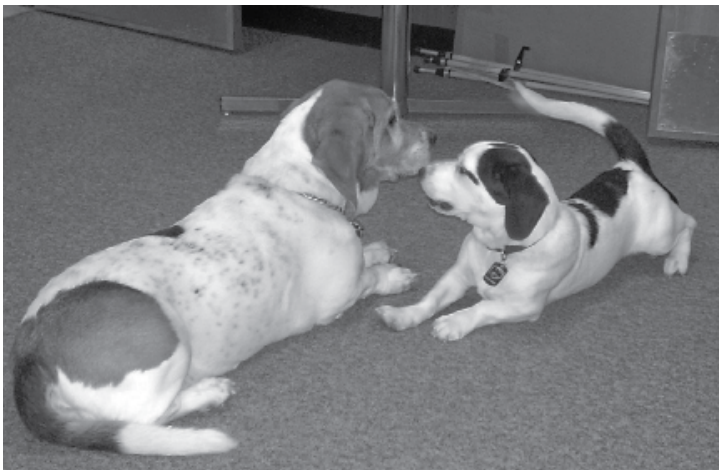
Former employee Marcus Howard with Ady Walburg



Don Sheppard enjoying the company of his two great-grandchildren



Merle Gunsalus with son, Glen



Jake & Toby



Dave & Bonnie with mom, Marie Lucas

Greetings



Avis Husby enjoying the company of her children and husband, Harold



Shirley Lanham with Friend, Patty



Thornton Westbrook with his wife, Maureen



Norman & Doris Koehn



Cindy Pedersen, PP Apts., with her mom & dad, Marilyn & Jim



Elda Mae Vig with her son, John

**SOCIAL SERVICE NEWSLETTER
SPRING 2010
JODI PHELPS, LSW**

We wish to welcome the following residents to the United Retirement Center. They are Maxine Lakeman, Esther Voss, Elda Vig, Martha Lingle, Donna Whaley, Arzella Cashman, Esther Larson, William Kessler, Norman Koehn, Mildred Erickson, and Roger Schmidt.

We have discharged the following residents Esther Voss, Marlys Bailey, and Grace Kurtz.

We enjoyed the holidays at URC. Thanks to everyone for helping to make it a festive season for all. We are now looking forward to spring and some nice weather, hopefully very soon!

Remember if you changed your family members Medicare D plan, we need to have a copy of their new card when you receive it. ■



Congratulations!



At an employee Appreciation Dinner, Eileen Johnson (left), Employee of the Year, recieved a bouquet of roses and a personalized plaque, from Jessica Wilson, Human Resources.

DONATIONS

I/we wish that my/our donation be used at:

- | | |
|-------------------------------|-----------------------------------|
| <input type="checkbox"/> URC | <input type="checkbox"/> URC-CDC |
| <input type="checkbox"/> PPA | <input type="checkbox"/> Memorial |
| <input type="checkbox"/> PPAL | <input type="checkbox"/> Donation |

I/we pledge \$ _____ at this time with the remainder to be remitted as follows:

Name(s) _____

Address: _____

Phone: _____

Please make checks payable to URC Foundation. All contributions are tax deductible to the full extent of the law.

Thank you.

Thank You...

Sarah & Jane Alexander
 Deb Archer & family
 Billie Bach
 Sheri Bosch
 Brookings Lions Club
 Capital Card Services
 Paula Clark
 Country Cousin
 Linda Crowe
 Howard & Barb
 Goodfellow

Kathy Grady
 Nancy Gries
 Don Harvey
 Hillcrest 2nd Grader-
 Ms. Gehring
 Nelda Holden
 Joannie Holm
 Larry Holmes
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 Darwin Husby
 Deloris Intermill

Steve & Paula
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 Michael Linehan
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 Merry Maker Fiddlers
 Midwest Medical
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 Shirley Olson

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 Mary Roe
 Red Schoon
 Linda Stewart
 Anita Swenson
 Thrivent Financial Lutheran Inc.
 VFW Auxiliary & Post #2118
 Elaine Waples
 Dorothy Weisser

FAMILIES:

Thank you to the families of Erma Helleckson, Ava Mitchell, Theodore Holida, Martha Lingle, Arlene Kurtz, and Elsie Hildebrandt.

A SPECIAL THANK YOU

to everyone for the help you do for the URC Campus. We are very thankful to have all you volunteers assisting us in so many ways. We truly appreciate it.

DONATIONS:

Monetary donations from Leona Telkamp family; Mr. Brunello; Robert Brotsky; Chuck & Marcia McMullen in memory of Betty McMullen.

DONATIONS for 50th ANNIVERSARY:

Laura Parker
 Hazel Urevig
 Phillip & Lorraine Ellwein
 Jerry & Mary Fiedler
 Avera/Brookings Medical Clinic

DONATIONS for CHRISTMAS APPEAL:

Doris Alfson
 Susan Bertelson
 Joye Ann Billow
 Rodney & Michele Brandenburger
 Marlynn & Lavonne Broksieck
 Arnold & Doris Brown
 Sally Damm
 Sam & Darlene DeKraai
 Thelma Dittman
 Raymond & Vi Dorn
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 Florence McDaniel
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 Pamela Nelson
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 Elaine Olson
 Gary & Carol Omodt
 Lillian Osvog
 Milo & Caroline Potas
 Ruth Royer
 Guy Russell
 Grace Sanderson
 Stephanie Herset Sandlin
 Dr. Robert & Ruby Swanson
 Janet TeBeest
 Klark Thomsen
 Joyce Ulmer & grandsons
 Hazel Urevig
 Merritt & Pam Warren
 Bud & Dorothy Weisser
 Richard Wenande
 Willert Enterprises PC
 William & Bonnie Zink

LONG TERM CARE

Insurance

**HARRY
MANSHEIM**

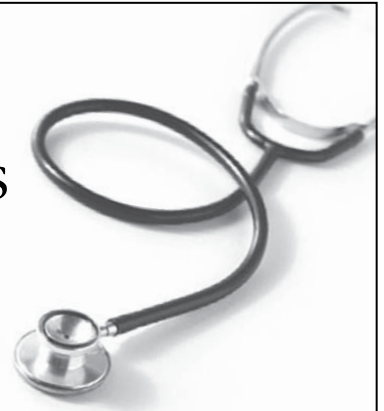


We are the largest mutual company standing behind Long Term Care Insurance

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Brookings, South Dakota



Your Hometown Family & Specialty Care Providers



Family Practice

Richard S. Hieb, MD
Debra Johnston, MD
Sarah Smith, MD
Rebecca Vande Kop, MD
Merritt G. Warren, MD
Rod King, PA-C

Internal Medicine

Daniel P. Cecil, MD
Kishore Elaprolu, MD
Richard P. Holm, MD
Eric Murunga, MD
Caroline Hagberg, CNP
Beth Neimeyer, CNP

Ear, Nose & Throat

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