

POSITIVE OUTCOMES

Winter 2016

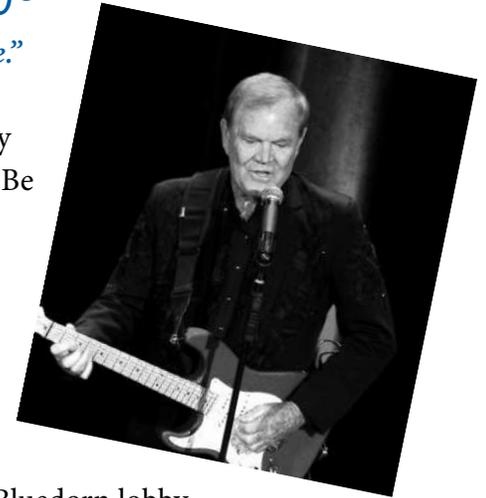


“I’ll Be Me” Event Delivers Inspiring Message

“Life doesn’t end when dementia begins. There is hope. Discover you’re not alone.”

That’s the message that North Star, along with several sponsors, wanted to share with caregivers and people living with Alzheimer’s disease and other dementias, by bringing a screening of American music icon, Glen Campbell’s documentary, “I’ll Be Me,” to the Gallagher Bluedorn Performing Arts Center on September 15, 2015.

Nearly 1,000 attendees laughed and cried along with Glen and his family, as they embarked on a 151-show “Goodbye Tour,” across the country in the wake of his 2011 Alzheimer’s disease diagnosis. Using love, humor, and music they hoped to raise awareness and ease the stigma still attached to Alzheimer’s disease by bringing humanity to it, as they shared their experiences with the world.



Prior to the film, many community organizations were available in the Gallagher Bluedorn lobby to offer information about the support services available for people with Alzheimer’s, and after the film, Campbell’s wife of 33 years, Kim, was present for a question and answer session. Attendees were invited to sign a “wall of memories” in honor of loved ones living with dementia, as well as take part in activities designed to simulate age- and dementia-related decline.

Amidst a standing ovation, Kim Campbell took the stage to speak of the challenges of being a caregiver. She was lovely, calm, and self-assured, and answered every question directly and honestly. She related that the diagnosis of Glen’s disease was devastating, and that she suffers with episodes of severe depression. Kim explained, “Alzheimer’s is like a roller coaster ride. You constantly have to adjust your life to the disease. It doesn’t adjust to yours.”



At the time of the movie screening, the Campbell’s had brought Glen home after he had been living in a Nashville memory support community.* Kim told the audience that Glen’s Alzheimer’s has progressed to stage six out of seven stages, so he needs help with everything, his communication has diminished, and he has, as many Alzheimer’s patients do, become prone to physical outbursts. Kim calmly related that, “he punched me, and I got a black eye. I was trying to change him, and he doesn’t like that. I have been dodging punches for two years. I don’t take it personally, but it’s frustrating.”

Kim said, “You often become isolated by this disease. Many times people are embarrassed by it, so they don’t share anything about what they’re going through, and if they do, friends feel awkward and don’t know what to do or say. That’s why what Glen did with this movie is so important. Being honest and open gives others permission to talk about it.”

(continued on page 4)

Quality Assurance:

NOUN: qual-i-ty as-sur-ance: \kwä-lə-tē\ | \ə-'shür-ən(t)s\

1. a program for the systematic monitoring and evaluation of the various aspects of a project, service, or facility to ensure that standards of quality are being met.

Quality assurance is not the responsibility of only a few people. It takes the whole team working together to achieve the high standard of services that North Star provides every day, while working within the mandates spelled out in the Iowa Administrative Code (IAC). It is the support staff working together to assist program participants plan their lives, and clarify their visions for the future; it is the staff that provides the services that help each person to reach their individual goals, and then writes the case notes surrounding those services; and it is the Quality Assurance team that ensures the documentation is complete, consistent, and accurate.

Meet your review team:



MARILYN STAVER joined North Star in March 2010, bringing with her a wide range of work experiences. She spent her first year employed as direct service staff in Employment Services, followed by a four-year stint as a Service Coordinator, before accepting the position of Quality Assurance Coordinator in 2015. Marilyn relates that the goal she has set for herself is to build on, and secure high quality documentation of services provided by North Star Community Services.

Marilyn hobby farms with her husband, Jon, and enjoys spending time with her children and three grandchildren. Family time at the Staver's often consists of fun games, silly happenings and making memories. Besides working in her garden and raising chickens, Marilyn also makes time for her writing. Her third story, "The Hat Pin Lady" has recently been made available through Amazon.

Most important to Marilyn is working with the staff to help them achieve their work goals. She says, "Confident staff makes for a happy environment for the people we serve here, and my door is always open. I enjoy my work at North Star, and am very appreciative for the opportunities that I have had by working here."



PAULA BRUNS began at North Star as an Administrative Assistant-Quality Assurance in July 2014. She comes to North Star with 34 years of experience in the mortgage business field.

Paula was raised on a dairy farm near Frederika, Iowa. After getting married to Jon, her husband of 36½ years, they made their home in the country for 10 years, but then moved to the town of Tripoli, where they lived for 17 years. A country girl at heart, Paula returned to the rural life in in 2007 when they moved to an acreage located between Sumner and Tripoli. She is the proud mom to three grown children, Andrew, Alicia, and Jeremy; and four grandchildren, Austin (13), Tyler (9), Jocelyn (8), and Jordan (5). Paula enjoys collecting antiques, making crafts, watching old western movies, boating, and watching the grandkid's various sporting and honor band events; including Junior Blackhawks hockey for the youngest two.

Paula says, "I really enjoy working at North Star, and being able to work on a wide variety of different projects. It is has been rewarding to start in a whole career field at this point in my life. There is a purpose to change, and it is called fulfillment!"



No Halloween
would be
complete without
a trip to the
Pumpkin Patch!



Thank you VGM! ♥

The 19th Annual VGM-North Star Golf Outing took place on August 7, 2015 at Irv Warren Golf Course, located in Byrnes Park, Waterloo. It was a lovely, sunny 85° day for the 118 golfers, and many volunteers who came together to raise funds for North Star and enjoy a day of golf, fellowship, and fun! Several North Star participants were on hand to greet the golfers and help kick off the day. Congratulations to Mr. Glenn Stech who was the over-all winner with a score of 73, and the four-person best shot winning team of Dick Pilcher, Joel Kasparek, Kelly Lind, and Tim Raymer with a team score of 55.

Following the afternoon of golf, several North Star participants and staff members joined the golfers to help hand out awards, congratulate the winners, and enjoy a delicious meal. Thank you to everyone who came out to support North Star!



(l - r): Doug, Ben, Michael, Rosemary, John, Russell, Mike

Looking forward:

July 29, 2016 is the date for the 2016 **Van G. Miller Memorial Golf Outing** to benefit North Star Community Services. The location will be Gates Park Golf Course with a 1:00 p.m. shotgun start. Mark your calendars!

Looking back:

Van G. Miller, one of North Star's "shining stars" and best friends, passed away on October 18, 2015. Van was a caring, generous man and philanthropist who made a huge impact in the lives of countless people, not only here at North Star, but for many, many others, both locally and across the nation. Van will truly be missed!

Pictured (left) is Van Miller with Kelly Turner, North Star board member and VGM employee, at last summer's Golf Outing.



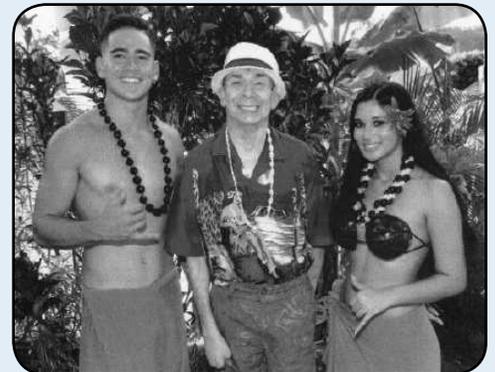
Moe'uhane (Dream) Come True!

Randy Cross, who has participated in day programming at North Star since 2010, was able to take the trip of a lifetime! On August 12th, following a van ride to the Minneapolis International Airport, and a flight that took nearly all night, he was able to look out of the airplane window and see the ocean and his destination: the Hawaiian Islands!

Randy explained that he had been saving money for a long time, but wanted to go to Hawaii "to see what they do there." After arriving on Maui, his group got to stay in a lodge. There were a lot of beautiful things to see, but Randy really enjoyed the birds, "We saw large turkey birds and small bitty doves (about 170 of them!). A lot of them came to me to peck the ground and eat the bird feed. And they had peacocks! I'll tell you, it was a beautiful sight when they opened up their tails. There were a lot of seagulls eating the floating fish, too."

After a few days on Maui, Randy got on a small Delta jet and flew to the island of Hawaii. While there he got to take a boat trip to see the volcano, Kilauea, and was lucky enough to see it erupt, he said that it was "shooting out fireworks and smoke."

(continued on page 5)



"The Music Lives On" – A celebration of Rock 'N Roll

On October 13, 2015, more than 200 friends, family, and community members enjoyed the Waverly Center's annual program, held at St. Mary Church, just north of downtown Waverly. This year's show titled "The Music Lives On," was intended as a musical celebration of rock 'n roll in the 1960's. The program was loosely based on Don McLean's 1971 song, "American Pie," in which he symbolically wrote about the end of 50's innocence and the turbulent 60's; and, what is still true today, although things change or come to an end, the music will always live on.



Travis F.

Nick Jentz and Joel Brase introduced the musical extravaganza, which kicked off with Travis Folkerts and Lynn Taylor's rendition of "American Pie," featuring Haleigh Swick "driving the Chevy to the levee!" Other highlights from the show included: Jeremy Kluter performing his version of the Big Bopper's "Chantilly Lace," and Chad Olson singing the 1961 Beach Boys song, "Barbara Ann." Alice McGovern made an appearance as Little Eva, performing "The Loco-Motion" from 1962, which included a train that wound its way around the audience, and featured Tim Gallmeyer as the locomotive,



Sierra, Alison, Heather

Travis Folkerts, Sierra Pleas, Lucas Dicks, Courtney Tharp, Lynn Taylor, Janet Schwerin, and Jay Billington bringing up the rear, as the caboose.

Cody Adams performed Neil Diamond's "Sweet Caroline," from 1969, and 1970 had the audience enjoying Tony Orlando's (Lynn Taylor) "Knock Three Times" with Jerry Thorp and volunteer, Ehmud Ashrif playing the pipes. The show's finale was a heartfelt version of Ray Stevens' "Everything is Beautiful," and included Lucas Dicks signing the



Haleigh & Cody

song's lyrics. Lending his vocal talents to the number was staff member, Ray Dixon.

Also contributing their musical and dancing talents to the show were Duane "Slim" Scoles, Janet Schwerin, Alison Cusick, Heather Hendricks, Holly Forest, Danielle Jensen, Dawn Smith, and Doug Weeber. Also featured: Dean Shonka, Jill Meyer, Russell Lalk, and Travis Moeller. Support roles were filled by Archie Pratt, Brent Westmeyer, Ben Smith, Grant Tietz, several dedicated volunteers, and staff.

Special thanks to Bremer County Community Foundation/Waverly Community Fund (affiliates of the Community Foundation of Northeast Iowa) for help in funding this production. Additional thanks go to St. Mary Church and Janesville United Methodist Church-Rebecca Circle.

(continued from page 1)

One of the ways that Kim has found her purpose, is by advocating for those with Alzheimer's disease and their caregivers. And, that advocacy has extended to forming the "I'll Be Me Alzheimer's Fund." The foundation's goals are to raise awareness, find ways to restore the spirit of caregivers, and fund research (especially young scientists who rarely receive grants to explore new discoveries).

"The word acceptance comes to my mind; we just love Glen for who he is today." Kim explained. "We choose every day to find the joy. It's the only way to survive. You've got to laugh a little. It helps!"

If you know someone living with dementia, Alzheimer's, or other age-related difficulty, Newel Post Adult Day Services and Respite is available to help you. Call us at (319)234-1391.

Update: Recently, according to People magazine's website, Kim was forced to make the heartbreaking decision to move Glen back into a memory care facility.



Ringling bells for the Salvation Army: a North Star holiday tradition! Pictured: Sandra & Kayla (staff).

IA Health Link



Mark Witmer
Executive Director

Early last year, Iowa began pursuing the privatization of most of the state's Medicaid programs. This is a very large program serving 560,000 Iowans, and up until this point, most of Medicaid has been administered through a state agency known as Iowa Medicaid Enterprise (IME). Going forward, perhaps as soon as March 1st, most of the Medicaid programs will be joined together into a single, managed program that is called **IA Health Link**. This will give current

Iowa Medicaid participants access to care coverage through a Managed Care Organization or MCO.

The state has chosen three MCOs to manage Iowa's Medicaid program, and include: Amerigroup, AmeriHealth Caritas, and United Healthcare (a fourth, WellCare, was terminated by the state). People now receiving Medicaid will be assigned to one of these three MCOs, but do have the option to switch to a health plan of their choosing. The individuals who receive their Medicaid services through a family member's private health insurance will stay with IME.

The majority of North Star's funding comes from Medicaid, and while we anticipate that there will be some significant changes, especially to our administrative processes, North Star remains committed to providing the best services that we possibly can for the nearly 600 people we serve each year.

What you can expect from North Star:

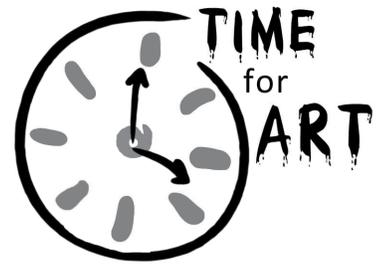
- North Star Community Services has contracted with each of the MCOs, which means that you will be able to choose any MCO that you want.
- North Star staff members will be here to be a resource to you, and help with questions, thoughts, or concerns.
- North Star will continue to provide the same menu of services (and perhaps more) unless we are specifically required to change by a law, rule, or regulation.
- North Star will continue, as we always have, to keep the needs, wants, and desires of our consumers at the forefront of service delivery, and
- North Star's mission to empower each person to "realize potential, pursue dreams, and enjoy life" will remain at the core of what we do every day.

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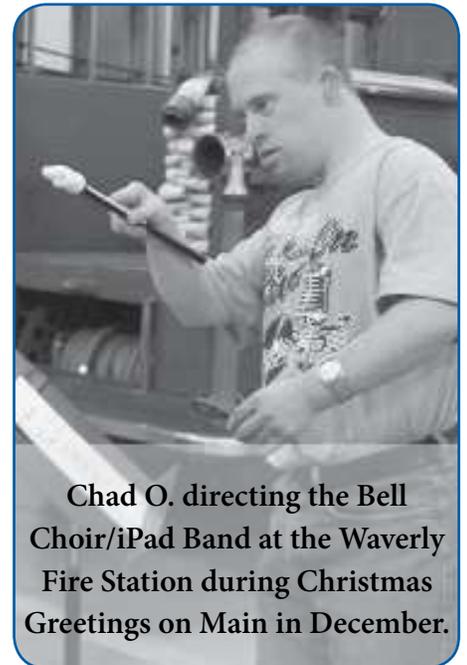
A few other trip highlights from Randy's vacation included "visiting a sugarcane farm, where everyone got a stick of sugarcane to see if they had a sweet tooth." He saw a beautiful red and yellow sunset on the beach and went to a luau, which he particularly enjoyed. Randy said, "They had everything to eat; meat, cake, pineapples, crabs with big claws, and buffalo. I liked the fire on top of the theater at the luau, and the crowning of the king ceremony was good!"

Randy related that while visiting Maui he got to see three dolphins, and all three said "Aloha! Aloha! Aloha!" to him in their high little voices. He said, "We had fun! It was exciting, I can tell you that!" Randy is already saving up for his next adventure; a trip to Alaska, "to see what they do there."

SAVE THE DATE



- **ART SHOW**
- Date: Tuesday, June 14th
- Time: 7:00-8:30 p.m.
- Place: North Star, 3420 University Ave. Waterloo (east entrance)
- Free admission
- **SILENT AUCTION**
- Live Jazz Music



Chad O. directing the Bell Choir/iPad Band at the Waverly Fire Station during Christmas Greetings on Main in December.

Collaboration Counts!

In response to the growing need for qualified therapists to serve the health care needs of rural Iowa, Allen College recently developed a Master of Science Program in Occupational Therapy (OT), which opened its doors this past fall to 14 students. Through the efforts of Dr. Cindy Hahn, MA, OTD, OTR/L, FAOTA, CBIS, the program's director, and Margo Kreger, MS, OTR/L, Academic Fieldwork Coordinator, the OT Program recently began working with North Star to build a collaborative community relationship, and develop fieldwork options for OT students. What initially began with a small group of five students engaging in activities with the participants in the Day Habilitation program in Waterloo for one week has now grown to engage all 14 students in planning activities and offering support one day each week.



The students planned a really fun day at Christmas, complete with stockings for everyone and a visit from Santa Claus! All of the students are pictured here.

Dr. Hahn reports that, "This has been an amazing opportunity for our students to develop their therapeutic skills, and I hope, just as beneficial for the facility and the consumers. Mondays have become our favorite day of the week; a special day for collaboration and community. We are so grateful to North Star, the staff, and the consumers."

According to student, Michala Lensing, "It's been fun. I have enjoyed learning each person's personality and helping each person to work towards his or her goals." Dan Larscheid added this about his experience, "It has been a lot of fun engaging with the people at North Star; learning each individual and his capabilities. It makes the visits interesting, and also exciting. You never know what to expect!"

The project has truly been a win-win for everyone involved. The Allen students gain experience, North Star gets to take advantage of the student's skills and energy, and the North Star participants LOVE the interaction with the students. According to Day Habilitation Services Manager, Haley Krall, "We are very thankful for the weekly visits from the Allen Students. Our consumers look forward to them coming, and ask 'when are the students visiting again?' nearly every day." The students this year are: Kayla Brown, Allison Corbin, Tarissa Hagenow, Kallee Haynes, Dan Larscheid, Michala Lensing, Stephanie Mercil, Sara McAleer, Eric Newsom, Haley Rohret, Rachel Splinter, Jessica Sevcik, Lauren Twait, Ryan Weisnicht, and they will continue to visit until the end of the semester.

A new friend at Newel Post

Newel Post Senior Adult Day Services has a new mascot. Meet Chloe, the parakeet. Chloe came with her best friend, Linda J., who recently started coming to Newel Post from another agency. Every morning, Linda greets the bird, telling her "Good Morning," and each day before leaving, she covers Chloe's cage with a blue blanket, tucking her in safely for the evening. Chloe sings, often adding her voice to any of the musical activities. Did you know that in Australia a parakeet is called a budgerigar or "budgie" for short?



Linda and Chloe