

Summer 2024

A “DOOR” ABLE DECORATIONS

Dorothy Irons moved to our Mill Pond Community in June of 2022. Prior to moving here, Dorothy had lived in the same home for over 65 years with her husband Charlie. Dorothy toured our facility back in 2022, first with her sister and then again with her daughter, Diane. Dorothy was not ready to leave her home in Runnels but agreed to finally make the move to Mill Pond and we are so happy she did!

Dorothy has a very unique apartment that has drawn a lot of attention since she moved to Mill Pond. Her daughter Diane and her grand-daughter Amber have been decorating her door and entrance to her apartment since the first month she moved into Terrace One. Dorothy never knows what to expect, and Diane and Amber keep everyone in suspense as to what theme each month will bring. Many staff, visitors, and residents, look forward to stopping by Dorothy’s floor so they can see what new and creative theme her family has chosen!

Written by: Rhonda Danner, Housing Counselor



Mill Pond Times

LIFE OF A ONE HUNDRED YEAR OLD... Neva Eggiman

Neva Eggimann, a Mill Pond Commons resident, turned the big 100 on February 18 of this year. Born and raised in Elkader, IA, Neva graduated and went on to Los Angeles, California to pursue cadet nursing training during World War II. She had known several women whose husbands had been lost to the war. With her boyfriend being in the Marines, she wanted something to fall back on if she lost him as well. Elmer Eggiman was his name and they wrote to each other every day. When the war was over and Elmer came home, they got married. She was ready for the home life which lasted from 1945 until Elmer's death in 2012. Neva and Elmer had two children, a son, Steven, and a daughter, Kathy.



When asked how it feels being 100, Neva said she never thought she would make it this far. She was very pleased when she realized she would. She celebrated with 40 to 50 friends and family right here in the Mill Pond Clubroom. So many, in fact, that they were spilling out of the room. She sat with her bright pink blouse and took photos, laughed and had cake.

Neva says as a girl they had birthday parties for every birthday, even in the winter. They always played Pin the Tail on the Donkey and London Bridge is Falling Down. They ate hot dogs for supper with some potato salad (potato chips weren't a thing yet.) Of course, the parties always had cake and ice cream as well. Neva's favorite gift as a girl was a red tricycle with white detailing, although her cousin probably used it more than her. Her favorite gift as a 100-year-old woman was an African Violet plant, given by a neighbor.



When asked for her advice on how to stay healthy at 100, Neva said she's been very blessed with good health for most of her life, excluding childhood diseases before all the new vaccines. To keep that health up, she tries to exercise at least four times a week. Neva also attends music events, birthday parties and holiday parties regularly. Her faith is also a major part of her life. Growing up, she attended Sunday school and was confirmed in the Evangelical and Reformed church.

What we can all probably gather is being healthy and 100 works when you're active, having fun and trusting in the Lord.

LATELY AT MILL POND—



Our *prayers* and *sympathies* to the families of...



Pat Brenda

Les Greaves

Marlene Wiener

Clara Banks

Marge Wieseler

Mick Pickard

Walter Boe

Randall Boyd



Mill Pond Times

TIPS FROM THE WELLNESS CENTER

The screenshot shows the Live2B Healthy website interface. At the top left is the logo "Live2B HEALTHY". Below it are navigation tabs for "All", "Images", and "Videos", with "All" selected. A search bar contains the text "Tips to Improve Mental Health". Below the search bar is a list of six tips, each preceded by a checkmark. At the bottom left, there is a call to action to reflect on mental health and find a class, with the website URL. At the bottom right, there is a graphic for "MAY Mental Health Awareness Month".

Live2B HEALTHY

All Images Videos

Search

🔍 Tips to Improve Mental Health

- ✓ Spend time outside
- ✓ Smile and have fun
- ✓ Practice forgiveness
- ✓ 15 Minutes daily meditation
- ✓ 1 New healthy habit per week
- ✓ Exercise 3 times per week

Take some time to reflect on your mental health this month and find a Live 2 B Healthy exercise class near you!
www.live2bhealthy.com

MAY
Mental Health Awareness Month.

CHAPLAIN'S CORNER — Starting Conversations About Care Planning

Who would speak for you about your health care options if you are unable speak for yourself? How do you open a conversation about what matters to you and have a say in your health care?

While we can't plan for everything, we can talk about what is most important with those who matter most, in our life and in our health care.

In an era of increasingly complex medical care, we can't afford to ignore life's end, or to separate our medical decisions from our spiritual values. Even amid the sophistication of health care technology, "God is our refuge and strength, a very present help in trouble" (Ps. 46:1).

PHS is dedicated to helping you open this conversation about your wishes for care with your chosen family, health care providers and with us. Our approach, "Honoring Choices," offers encouragement and guidance for you to give clear instructions through a health care directive.

A health care directive is a written document that informs others of your wishes about your health care. It allows you to name a person ("agent") who will assure that your choices are honored. It also allows you to name an agent if you want someone else to decide for you if you are unable to make decisions for yourself. You must be at least 18 years old to make a health care directive.

This document has legal authority and tells your doctor, family and others your values and wishes about health care. Physicians, health care providers and hospital staff are bound by law to follow your directives.

Advance care planning has even deeper value for those who are Christians. It offers us spiritual preparation, to lay up for ourselves treasures in heaven (Matt. 6:20). It reminds us that We needn't fear death. Even as our lives draw to a close, we cherish the promise of new life.

Advance care planning is not an easy subject to open. Honoring Choices helps you and your loved ones navigate these conversations focusing on your health goals, spirituality, and what it means to live fully while remaining realistic about the end of life. Talking with the important people in our life can bring us closer together. It also helps us create the foundation of a care plan that's right for us — a plan that will be available when the need arises.

Reach out to your campus pastor who can help you take it step by step and get the conversation started.

Mill Pond Times

Human Resources Corner

Employee Anniversaries

May

Ly Foster , Cook	18 years
Katelin Rice , Clinical Coordinator	9 years
Sonia Ogbonah , Resident Assistant	6 years
Tiffany Poppe , Resident Assistant	3 years
Ruth Stec , Trained Medication Assistant	3 years
Milena Krstajic , Resident Assistant	2 years
Mabel Saab , Housekeeping	2 years
Kim Plourde , Resident Assistant	2 years
Allison Kenney , Resident Assistant	2 years
Brooklyn Christensen , Server	1 year
Mae Dennis , Resident Assistant	1 year
Lucy Mutambuki , Resident Assistant	1 year

June

Laura Jacobs , Licensed Practical Nurse	23 years
Katie Jones , Resident Assistant	19 years
Lara Welter , Server	6 years
Joeffe Willy , Registered Nurse	5 years
Kayla Franks , Housekeeping	3 years
Isabelle Rutledge , Resident Assistant	3 years
Shelly Christy , Housekeeping	3 years
Madelyn Hansen , Resident Assistant	2 years
Rylie Connolly , Server	2 years
Erin Hayertz , Server	2 years

July

Al Fey-Awan , Engineer Technician	20 years
Ali Hoyt , Clinical Administrator	19 years
Amanda Tompson , Trained Medication Assistant	16 years
Lorraine Bauer , Resident Assistant	9 years
Alisa Marak , Speech Therapist	3 years
Jacob Moore , Server	2 years
Ophelia Zoaryan , Housekeeping	2 years
Cheena Badival , Registered Nurse	2 years
Kathleen Bonwell , Resident Assistant	2 years

Welcome To Our Team

A'Kvaira Sisk	Resident Assistant
Raleigh McClure	Server
Sami Swihart	Resident Assistant
Vanessa Fisher	Server
Haylee Greenwood	Server

HAPPY BIRTHDAY TO YOU!

Assisted Living Resident Birthdays

Doris B.	May 14
Everette C.	May 15
Della M.	May 25
Diane P.	June 1
Marjorie J.	June 17
Helen N.	June 19
Janet G.	July 18
Harriett N.	July 28

Independent Living Resident Birthdays

Dorothy L.	May 3	Diane R.	June 24
Marvin L.	May 3	Lois F.	June 25
Ronald C.	May 7	Shirley K.	June 29
Lois P.	May 8	Susan L.	July 1
David S.	May 9	Arnie B.	July 2
Marjorie J.	May 14	Jim H.	July 2
Deb R.	May 15	Jim Y.	July 2
Jeanne B.	May 15	Charles F.	July 4
Don T.	May 17	Betty B.	July 5
Bill D.	May 29	Jan D.	July 8
Linda H.	May 29	Judy G.	July 11
Ragna F.	May 30	Verna E.	July 16
Kathryn B.	May 31	Irma Z.	July 17
Mary T.	June 2	Bev H.	July 18
Linda C.	June 7	Anita P.	July 20
Steve N.	June 15	Max G.	July 22
Herschel W.	June 22		

Hoping that **YOUR DAY** will be as
SPECIAL as you are.

Care Center Resident Birthdays

Clif R.	May 21	Jerry B.	June 30	Norman S.	July 25
Joann B.	May 25	Ruth B.	July 6		
Anna B.	May 29	Patricia P.	July 9		
Bonnie B.	June 5	Barbara L.	July 13		
Duane A.	June 16	Carolyn R.	July 25		



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Presbyterian Homes & Services is a nonprofit organization and an equal opportunity employer serving older adults through community services, housing, and health care.

We are thrilled to announce the brand-new website!

The Presbyterian Homes & Services website is new and improved. Designed specifically with YOU in mind, the redesigned website is easy to use with simple navigation, abundant resources and a fresh look.

- Get news, stories and updates on PHS communities, residents and employees, plus resourceful information on living well!
- Access your community's newsletter, social calendar and dining menus all in one place.
- Explore the many different types of support PHS offers including rehabilitative services, home meal delivery and more.



Visit PresHomes.org today!