Celebrating a Spirit for Living

Exceptional Experience Comes From Unexpected Injury

Expanding Independence and Well-Being

Redefining Home in Pella

2013 Annual Report
Dear friends,

The ties binding us as a mission-driven WesleyLife Family are incredibly strong—together we achieved some wonderful things in 2013. With your support, our ministry expanded to enhance the quality of life not only for those whom we serve, but also our team members. We are truly grateful for your confidence in our services, the time and talents you volunteered, and your financial support.

In 2013, we were bestowed with two big reasons to celebrate: First, our team members voted WesleyLife as a Des Moines Register Top 100 Workplace in the state of Iowa—our first time being named to the prestigious list. Second, our core belief that the power of health and well-being, starting with our own team members, earned us the Platinum Well Workplace by the Wellness Council of America. WesleyLife is the first senior living organization in the state to earn this recognition. How cool is that?!

Wesleylife Board of Directors

Bob Ruch, Chair
Chad Rasmussen, Vice Chair
Jody Lorence, Secretary and Treasurer
Tom Mahoney, Board Member
John Moenck, Board Member

WesleyLife Annual Report 2013

LEGACY SOCIETY MEMBERS We are deeply moved by the decisions of our Legacy Society members to leave their legacy with WesleyLife. They know their future investments will help others in the decades to come, but they may never know the full extent and impact their gift may have. The Legacy Society represents individuals who have named WesleyLife, and one of our communities or programs, in their will or through another planned giving instrument. If you have named a WesleyLife community or program in your will or estate plan, please let us know so we may recognize you. The following people were Legacy Society members prior to Dec. 31, 2013: Anonymous (5) • Duane and Shirley Acker • Doris Anderson • Ramona Benedict • Alice Beermann • Gordon E. Bivens • John and Jeanne Bloodgood • Natalie Brenton* • Everett* and Ione Burham • James Morrison Collier • Thora C. Collins • Christine E. Cox • Richard and Ruth Davitt • Mary DeWitt • Helen Diehl • Everett* and Mary Jean Faust • Elizabeth Frink • Eileen P. Gardner • Virginia M. Ginder • Jim and Evelyn Gore • Marylin Gorham • Mary Greffe • John and Joan Hartung • Donald and Ethel Hendrickson • Mary Jane Herbert • Dwight and Patricia Hilics • Betty Jean Holthoff • William Hugent • Lorrie Hunt • Joyce L. Jordan • Shelly L. Jordan • Burt and Alberta Kading • Margaret Keckesser • Gary Klapprod • Everett Lanning • Laurens* and Helen Lang • Edward and Nancy Laue • Mary Ludeman • Arthur Dean Marnet <• Margaret Taylor McEwan • John and Jan MacKenzie • Jean Milford • Mary Lou Neumann • Louis H. Norris • Pat Noyce • Karen Olsman • Rev. Richard Pfaltzgraff • Daphne and Lois Pinkard • A.H. and Phyllis Richter • Robert* and Dorothy Riddle • Roger L and Corinna* Ries • William Sally • John and Barbara Sayre • Maxine Schwartz • Eugene and Eleanor Smith • Lynne and Elise* Smith • Robert V. Smith • Dan and Margaret Staliff • Charles Strout • Hazel Sutton • Florence P. Walker • Jack Watson and Josephine Barnes Watson • Vivian Wells • Dessa White • Dale and LaVonne Williams •
Transforming Highlights

**Excelling in Quality**

- Aree Baker, RN, WesleyLife Hospice, was honored as one of the Top 100 Great Iowa Nurses by the Iowa Nurses Foundation. The Top 100 Great Iowa Nurses program annually recognizes 100 outstanding nurses in Iowa “whose courage, competence and commitment to patients and the nursing profession stand out above all others.”
- Halcyon House and The Village earned the highest rating possible—five stars—for skilled nursing care from the U.S. Centers for Medicare and Medicaid Services for overall performance in health inspections, nurse staffing and quality of medical care.
- WesleyLife joined the UnityPoint Health accountable care organization, a voluntary health care provider collaboration aiming to improve health and the patient experience while also slowing the growth of health care expenditures. Given the unique network of well-being services offered and its broad reach statewide, WesleyLife was uniquely positioned to add value to the partnership.

**Leading the Transformation of Aging**

- Jefferson Place and Heritage House earned the Excellence in Action award from National Research Corporation’s My InnerView program—an honor recognizing skilled nursing communities that achieve scores in the top 10 percent nationwide for resident and family satisfaction. Only 10 communities in the state of Iowa received this recognition in 2013.
- Halcyon House and The Village earned the highest rating possible—five stars—for skilled nursing care from the U.S. Centers for Medicare and Medicaid Services for overall performance in health inspections, nurse staffing and quality of medical care.
- The first “Outstanding Service Award” was presented to Nondas Beswick at Wesley Acres. She was recognized for providing creative leadership and support to residents, volunteers and fellow team members as well as her commitment to going “above and beyond” in all aspects of her profession for her more than 17-year tenure at Wesley Acres.
- All WesleyLife Home Health patients with Congestive Heart Failure, Chronic Obstructive Pulmonary Disease or recovering from joint replacement surgery remained in their homes, and avoiding being readmitted to the hospital for complications related to their illness.

**Recognition from Our Communities**

- WesleyLife was named a Platinum Well Workplace award recipient from the Wellness Council of America. WesleyLife is the first Continuing Care Retirement Community organization in Iowa to receive the award.
- WesleyLife was named one of the Des Moines Register’s Top 100 Workplaces—a ranking based solely on employee surveys about the workplace.
- Rockin’ and Rollin’ for Meals on Wheels, a ’50’s themed event held in September, raised more than $90,000. These funds provided more than 15,000 free or reduced meals to older persons in the greater Des Moines area to support their independence and well-being.
- The Village was named the Best Senior Independent Living, Best Assisted Living and Best Senior Care Center in the Best of Warren County 2013, as voted by the readers of The Indianola Record-Herald.
- Halcyon House was named the Best Health Care Center and as having the Best Nurse, Connie Jarr, in 2013 as voted by the readers of The Washington Evening Journal.
- WesleyLife was named A Top Place to Work in Iowa by iHeartRadio – a workplace recognition program based solely on employee surveys about the workplace.
Connecting the “newly” bereaved with “veteran” bereaved is the goal of a new program launched by WesleyLife Hospice in 2013. The RememBEARance program creates customized clothing or accessories for a teddy bear as a way to bring a bear hug to the grief journey.

The RememBEARance program uses volunteers who have a passion and talent for sewing – and have also experienced the loss of a loved one – to people who recently lost a loved one. Together, the “veteran” bereaved works with the “newly” bereaved to choose a shirt, dress, pants or even a special tie or piece of jewelry, which captures the essence of their loved one. Commemorative bears are available to the family of WesleyLife Hospice patients.

In the fall of 2013, the program connected Shirley Frus, WesleyLife Hospice volunteer—and a widow herself—to the family of Robert Bowers, a retired John Deere employee and loving husband to Ruth for nearly 55 years. Robert died at his Madrid home with care from WesleyLife Hospice.

“My bear has meant a lot to me because it’s a little piece of grandpa that I will always have with me,” says Kendra Graham, granddaughter of Robert Bowers. “I will be able to tell my children all the stories about grandpa and what a wonderful, loving, caring and kind-hearted man he was,” Kendra says. “When I am feeling sad and just want to talk to grandpa, the RememBEAR is something I can go to – it always puts a smile on my face. It has helped me to stay close to grandpa even though he is no longer physically here. That’s what grandpa would have wanted.”

“I know the bears will bring a smile to someone. It’s a way to remember the loved one,” says Shirley, who lost her husband, Don, in early 2010. For her, the program brings healing to her journey.

What makes the program truly unique is that volunteers know what is means to grieve. They bring a unique perspective to the program and prove to be a valuable support to the newly bereaved. How involved the loved ones are in the process is dependent upon their comfort levels. Volunteers stand willing and ready to adjust the process to meet the needs of each person.

“The program is about more than a stuff animal—it’s about connecting families and providing resources to those who recently experienced a loss,” says Char Gustafson, WesleyLife Hospice Bereavement Coordinator. “Using volunteers who have been through the grief journey is essential as it is just as therapeutic for the newly bereaved as it is for the volunteer. It brings healing, hope and empowerment.”
Rookie vacuumers from Hearthstone joined experienced vacationers from Heritage House in June for a three-day, two-night vacation to Decorah...reminding team members, residents and their families that getting older doesn’t mean you have to give up the adventure of—and passion for—traveling.

The trips started in 2011 when Jon Jordan, Heritage House Wellness and Lifestyle Director, and at the time the Executive Director, accepted the challenge to take residents on a vacation. Jon, a Luther College alum, decided on Decorah given the number of events and activities the small college town offers.

In 2013, five Hearthstone residents and four team members were joined on the trip by five residents and five team members from Heritage House.

Some of the Hearthstone residents decided to make the trip despite some initial concerns about how easily they could travel. By the time they returned from Decorah, the residents realized that even as they grow older, these enriching experiences are still possible and enjoyable.

“A three-day trip like this is almost unheard of in our field,” says Jon Jordan, Lifestyle and Wellness Director at Heritage House. “It’s important to offer opportunities like this trip to our residents because we’re focusing on abilities and encouraging them to live life to the fullest.”

One of the highlights of the trip for Edna Ozinga of Hearthstone was the Seed Savers Exchange, where she picked out a few heirloom tomato plants that she brought home with her. With the help of team members, the plants were added to the courtyard at Jefferson Place, where they thrived during the summer.

Health Center residents enjoy the vacation at no extra cost to them. If you are interested in making a donation to support the resident vacation, please contact WesleyLife Philanthropy at (515) 271-6719.
Marguerit, a Park Centre resident, was resigned to missing the 35th wedding anniversary celebration for her son and daughter-in-law in Colo, Iowa. Except for her, the entire family was planning to be present. Adding to the specialness of the occasion, Marguerit’s son was battling some health issues.

Marguerit was recovering from a recent broken leg and was unable to walk. Traveling with her children to the party wasn’t an option as they didn’t have a vehicle that would accommodate their mom comfortably. Helping her in and out of the car was outside their comfort zone. “We knew mom had to attend, and it was an event she wanted to attend,” says Jean Bellinghausen, Marguerit’s daughter. “We just didn’t know how we could make it happen.”

Jennifer Flake, RN, Park Centre Health Center nurse, learned of the predicament and instantly took the initiative to reach out to Marguerit’s daughter. The story—and the possible solution—made its way to Margot Voshell, the Director of Private Duty and Willowbrook Adult Day Center. “I knew Wesley Wheels would be able to provide safe and reliable transportation for Marguerit to attend this special family occasion,” says Margot. “I also knew we had to find a way to connect Marguerit to her family.”

Once Jean and her family were put in touch with Kevin Conroy, WesleyLife Director of Transportation, their minds were at ease. Jean and Margot talked about transportation for Marguerit to attend this special family occasion, “I also knew we had to find a way to connect Marguerit to her family.”

Infusing the story with the benefit of having a WesleyLife Home Care aide accompany Marguerit for the day—as it would allow the family to focus on creating memories. “The day couldn’t have gone any better. From beginning to end, the Wesley Wheels driver, Jamie, knew how we could make it happen.”

“The experience of Marguerit and her family is what we are all about at Wesley Wheels—it’s not just about connecting our passengers to appointments and social activities, it’s connecting them to what’s important and meaningful to each individual person. In this case, a 35th anniversary celebration,” says Kevin Conroy. “Together with the Park Centre team, our focus was on what matters the most, the experience of the family and enhancing quality of life.”

The WesleyLife Home Care aide, Mary Probst, went above and beyond to make the day special for mom, and all of us,” says Jean. “Having Mom there was priceless, and the best part of the weekend. I know it meant the world to Mom.”

“The experience was so great, in fact, that the family again used Wesley Wheels to transport Marguerit to her granddaughter’s wedding. “We’re so thankful Wesley Wheels was available to make the memories we created celebrating my brother’s anniversary,” says Jean. “Having Wesley Wheels has made mom’s life happier and given her something to look forward to instead of us always telling her we’ll have to see if someone can take her.”

Marjorie E. Ramsey • Ramsey Auto & Truck Center • Deborah Rapp • Kevin and Becky Rossee • Diana Routier • James and Priscilla Ruff • Duane Sandage • Edwin Schellhase • Ralph and Charlotte Schlenker • Dan and Margaret Stauffer • Todd and Michelle Tanner • The Village Gift Shop • Craig and Bo Thomas • Thelma Tierney • Philip and Margaret Troyke

Marjorie E. Ramsey • Ramsey Auto & Truck Center • Deborah Rapp • Kevin and Becky Rossee • Diana Routier • James and Priscilla Ruff • Duane Sandage • Edwin Schellhase • Ralph and Charlotte Schlenker • Dan and Margaret Stauffer • Todd and Michelle Tanner • The Village Gift Shop • Craig and Bo Thomas • Thelma Tierney • Philip and Margaret Troyke
Her daughter called 9-1-1 and Beth was transported via ambulance to a hospital in West Des Moines. The next day, Beth had surgery on her wrist and shoulder. Given family responsibilities, her orthopedic surgeon, Dr. Jeff Davig of Des Moines Orthopedic Surgeons, recommended short-term rehabilitation and nursing therapy.

The Monday following her accident, Beth transitioned from Methodist West Hospital to Edgewater, a WesleyLife Community, which is set in the scenic prairie landscape overlooking the Raccoon River Valley in West Des Moines. Living and working close to Edgewater, Beth was familiar with the location of the community, which on a daily basis offers rehab therapy and nursing services to about 20 short-term guests focusing on their safe transition home.

At Edgewater, Beth and fellow short-term nursing and rehab guests benefit from the purposeful design of Edgewater—which encourages continued healing and recovery. Health Services at Edgewater is comprised of four households which include 10 private suites in each household. A dedicated gym for physical, occupational and speech therapy is located just steps from each suite.

Within each household, the hub of activity happens in the hearth area which includes an eat-in kitchen—with meals are prepared daily in the kitchen. Meals are usually enjoyed family-style around the table or occasionally within a private nursing suite if the guest prefers.

While at first glance it may not appear so, the physical design was planned to promote relationship building and encourage team members to get to know each guest. It’s a philosophy which has made a big difference for both guests and team members, as being fully informed leads to being fully engaged and committed to success.

For Beth, the attention on creating relationships didn’t go unnoticed. “The nursing services were great. Rose and Melissa were two of my favorites. They were both concentrated on my safe transition home, extremely professional and truly cared about me as a person,” says Beth. Melissa and Beth’s physical and occupational therapy colleagues delivered the same superb experience. “Amy and Jeanne were awesome. They made me get up and be active. They were focused on my positive outcome and what I needed to relearn in order to be successful and comfortable once I safely transitioned home. You never expect something like this to happen,” says Beth. “If I hadn’t received services at Edgewater, I can’t even imagine where I’d be with my rehabilitation. I’m so much better today after receiving the nursing and rehabilitation services at Edgewater.”

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Beth and Rose enjoy the sunshine and catch up on Beth’s progress since transitioning home.

Known for a sleepwalking habit, Beth Burnett of West Des Moines took her mid-slumber activity to a new level. From the pieces Beth can put together, she took a fall one night while sleepwalking, fracturing her left wrist and shattering her right shoulder. “I knew immediately my wrist was broken as it looked like something on TV. Then I tried using my right side to get up, but I couldn’t as my shoulder was shattered.”

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Get Well, Go Home with Edgewater

Exceptional Edgewater Experience

Comes From Unexpected Injury

Beth and Rose enjoy the sunshine and catch up on Beth’s progress since transitioning home.
Enhance Quality of Life in Pella

Redefining Home to Enhance Quality of Life

It’s a sunny Sunday afternoon as a car pulls into the garage at 1746 Main St. in Pella. As soon as the driver and passenger exit the vehicle and enter the door to the household, they’re greeted with laughter and the aroma of apple pie lingering in the air. Four residents are gathered at the kitchen table reminiscing of previous years’ plentiful—and not so plentiful—crop and the aroma of apple pie lingering in the air. Four

Team Members

The expansion of the Hearthstone ministry through The Cottages not only nearly doubled the number of residents impacted; it also doubled the size of the workforce.

Team member roles were carefully designed to maximize the home setting and relationships among teams, residents and families. As part of the WesleyLife person-directed approach, team member roles are blended and are self-directed teams. Similar to the roles most adults have in their own homes, team members function in different parts, pitching in where needed and keeping residents at the center, which emphasizes the importance of creating a home and encouraging friendships among residents and team members.

In total, The Cottages added almost 100 to the Hearthstone team. “Working at Hearthstone is more than I could have ever imagined,” says Chris Thomas, The Cottages Lifestyle Coordinator. “I feel as though I’m valued as a team member, and I’m making a difference.”

The first community of its kind in Iowa, The Cottages consists of:

- Friesland, an Assisted Living cottage with 21 apartments
- Zeeland, an Assisted Living Memory Support cottage with 16 suites
- Noord Holland, a Household Living Memory Support cottage with 16 suites
- Zuid Holland, Groningen and Gelderland, three Household Living cottages with a total of 48 suites

Five of the six households are centered around an open hearth area—the hub of the household. An open kitchen and a family style dining table invite residents—and even family members and team members—to linger over a cup of coffee and visit with their neighbors. With abundant natural light, each individual cottage has access to ample green space, including a courtyard and sunroom. Residents enjoy privacy in their own personal suite, including a private bathroom.

It’s a slice of a pretty normal Sunday afternoon in Pella—friends, family and coffee time. The only thing that’s a bit out of the ordinary is it’s not happening in the preconceived image of “home”; rather, it’s happening at The Cottages, an innovative community of small households dedicated to older persons.

Unlike traditional nursing homes with long corridors and rigid schedules, residents at The Cottages are encouraged to continue the lifestyles they’ve always known, in a beautiful, yet comfortable house that is the polar opposite of an institution.

In addition to healthy and independent living for all residents, the community offers unique programming for those who have mid- to late-stage memory loss, focusing on them as individuals and celebrating their abilities.

Although the environment is welcoming and its beauty stunning, it’s what happens inside the walls that truly makes it home. Residents of each household, together with team members, shape the culture. They are the decision makers for how they live their lives—including how they decorate their rooms, what they want for breakfast—and what time they want it—and in what meaningful programs they want to participate. Perhaps it’s a movie night on Friday night with pizza and popcorn, a Sunday post-church potluck, or a vacation trip to Decorah. Family member participation isn’t only welcomed—but encouraged.

“Historically as a profession, we’ve asked residents to give up home—exactly when they need it the most. The Cottages is a great example of stopping that trend,” says Nancy Hamilton, Executive Director of Hearthstone. “Since residents have transitioned to The Cottages, we’ve seen this phenomenon of ‘waking up.’ They are taking part in social programming. They are gaining weight due to developing stronger appetites, which we attribute to the aroma from meals prepared right in their own households. Most of all, we’re witnessing our elders blossoming, which exactly reinforces why we’ve been called to this sacred work.”

In recognition of what’s meaningful to residents and Pella’s strong Dutch heritage, households are named after provinces in the Netherlands. Continuing local pride, beautiful pictures of Holland adorn The Cottages households and hallways. These pictures were part of a community campaign to encourage local Pella residents or natives to share pictures of their heritage, families, or travels.

It’s with the same local pride which raised more than $4 million as part of a capital campaign, to shift the community from visionary to reality, which welcomed its first residents in December with the remaining residents transitioning in early 2014.

Dr. Byron* and Betty Augsburger • Betty and Byron Augsburger • Louise Antell • Howard and Rosanne Bachman • Wendell and Emma Bachman • John and Cindy Badger • Robert and Judith Cambria • Krystle Campa • John and Linda Carlson • Cathy Carney • Carolyn S. Buckbaurn • Revocable Trust • Gail and Lois Casey • Casey’s General Store, Inc. • Central States Numismatics Society • David and Barbara Chase • Hal and Anni Chase • John Chestick • Judy Chown • Charles and Joyce Chopping • City State Bank • Claudia Clark • Sandra C. Clark • Willard and Corrynne Clasen • David and Karen Cole • Richard and Jolene Colf • David Collier and Karen Beckman Collier • Constangy, Brooks & Smith, LLP • William and Suzanne Conyers • Keith Coiz • Wilma and Jim Cord • Mark Cook • Wilma J. Cook • Bob and Pam Cord • Mary Cox • Reynolds Cramer • Doris E. Cresap • Everet and Theresa Crist • Bruce and Ben Crist • Richard and Ruth Davitt • John C. Dawber • Thomas and Cynthia Dayton • Mark and Kay DeVries • John C. Davison • Thomas and Cynthia Dayton • Mark and Kay DeVries • John G. Devries and Connie DeGeeter • Howard and Betty Jean Devore • Clarence* and Lee Dickson • Michael and Elizabeth DiSilvestro • Arthur and Norma Diersma • Ruth Dotters • Mary Dunlap •
Connecting generations, building friendships with

WesleyLife

Learning Leaps from
Text Book to Real Life

A high school student’s questions about Bill Hansen’s heritage led to...cheesecake.

“Oh, it was delicious,” says Bill Hansen, a resident of The Village and retired career-educator, regarding the ostakaka, a traditional Swedish treat, made by Carlisle High School student, Marissa Johnson, and her mother, Susan.

The Swedish custard recipe came up in conversation when Bill, Marissa and McKenna Haase, a classmate of Marissa’s, met as part of the LifeBio® program, an engaging program being offered at The Village. The Village wellness director, Julie Schrader, initiated the program at the community located in Indianola based on a successful program offered at The Village. During the next week’s visit, Bill provided an ostakaka recipe belonging to his wife, Leatha, and gave it to the students. The last week the students came to visit The Village, they brought ostakaka. With the help of her mom, Marissa Johnson was able to define and prepare ostakaka—something technology couldn’t.

The students also asked questions regarding Bill’s younger years, which included ancestry. The initial question was followed up with questions the students asked Bill was regarding his ancestry. The initial question was followed up with asking if his family enjoyed any traditional foods. “I replied ostakaka, which is a cheesecake,” Bill said. Next, one of the students took out her cellphone and asked Siri to “define ostakaka.” Siri wasn’t able to provide an answer.

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Creating Best in Class
Memory Support Services to
Enhance Quality of Life

As a leader in health and well-being services for older persons throughout the state of Iowa, WesleyLife launched an initiative to define, develop and implement a best-in-class memory support program in late 2012. “We knew even before starting, the passion and dedication of team members working with memory support residents was amazing,” says Nancy VanWyk, RN, and Certified Dementia Practitioner at Hearthstone.

One important result of the initiative was a commitment to finding new ways to ease distress for residents experiencing dementia. While psychoactive medications are widely used in the U.S. to manage these behaviors, research shows these drugs can have major side effects, including drowsiness and decreased alertness. For many, drugs may set off a domino effect. People who sleep more tend to have less physical activity and fewer social interactions, which leads to a loss of independence and human contact. Drug-related dizziness and confusion also can create distress for residents experiencing dementia. While psychoactive medications are widely used in the U.S. to manage these behaviors, research shows these drugs can have major side effects, including drowsiness and decreased alertness. For many, drugs may set off a domino effect. People who sleep more tend to have less physical activity and fewer social interactions, which leads to a loss of independence and human contact. Drug-related dizziness and confusion also can create distress for residents experiencing dementia.

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One important result of the initiative was a commitment to finding new ways to ease distress for residents experiencing dementia. While psychoactive medications are widely used in the U.S. to manage these behaviors, research shows these drugs can have major side effects, including drowsiness and decreased alertness. For many, drugs may set off a domino effect. People who sleep more tend to have less physical activity and fewer social interactions, which leads to a loss of independence and human contact. Drug-related dizziness and confusion also can create distress for residents experiencing dementia.
Life took a twist the day David Haraldson had a stroke. After visiting with a neurologist, David, his wife Shirley, and their three daughters believed there was no reason David wouldn’t fully recover. In fact, the Haraldsons were planning a vacation and the doctor encouraged the couple to travel. This was perfect, as they both enjoyed being active and on-the-go. During their vacation, however, it became clear that David wasn’t going to recover fully. When the couple returned home to Des Moines, Shirley became a full-time caregiver and it was draining—for both of them. They had been married 55 years and were each other’s best friends, which made it difficult for Shirley to come to terms with the fact she couldn’t do it all. “To be very honest, in the beginning it was very hard and I struggled with the decision to reach out for help,” says Shirley. “Once I realized I couldn’t be the caregiver I wanted to be for my husband, I knew it was time to find assistance.”

That’s when Shirley found Dahl Adult Day Center. “From the moment I visited the program and interacted with the staff, I knew we were in the right place. They’ve been such a blessing for our family,” says Shirley. “Because of Dahl Adult Day Center, we both get to be individuals and do our own things throughout the day. The time apart refreshes both of us and makes us better people so we can enjoy the activities we do together. Today, I can proudly say I made a good choice for both us and our three daughters.”

Dahl Adult Day Center now serves as many as 60 adults daily. The additional space is combined with further enhancements, including a dedicated art room, library and open kitchen that is used for meals, as well as healthy cooking demonstrations. A rooftop garden completes the center, which is an aesthetically pleasing space for all Wesley Acres residents. All amenities and spaces strengthen the continuum of wellness designed to support the independence, health and well-being of older adults.

“Our goal is to support the independence of older adults as long as possible and encourage continued quality experiences in their lives” says Maria Jordan, Director of Dahl Adult Day Center. Adult day services provide social and recreational activities for persons who benefit from daytime programming in a non-residential setting. Acting as an alternative to care in the home or in a long-term care setting, adult day centers provide assistance with daily activities such as bathing, medications and other health care needs and a full-time RN is on site to provide health services.

Adult day services provide social and recreational activities for persons who benefit from daytime supervision in a non-residential setting.

As the only adult day center in Des Moines, the enhancements made possible by donors fill an important need. More people are choosing to remain in their own homes and adult day centers provide an economical choice for the necessary services and peace of mind that families need to continue in their caregiver role. Participants and their caregivers enjoy flexible scheduling which could be as little as one day a week or as much as five. Multiple funding sources make adult day an economical choice for supporting independence at home.

Thanks to the generosity of donors, the expansion of Dahl Adult Day Center became a reality in 2013. The support of the greater Des Moines community—especially the W.T. and Edna M. Dahl Trust which provided a gift of $500,000—made the enhanced and inviting center a reality.
Finances

Our strategic plan helps align and direct our activities and manage our financial resources to ensure long-term sustainability. We are proud to present our 2013 financial report.

Percentage of Operating Revenue and Number of People Served

The sources of our operating receipts and number of people served reflect diversity of services.

*Many people experience more than one WesleyLife service. For example, an independent living resident who also received home care would be counted both an independent living resident and a home care client in 2013.

Expanding our Mission and Operating Revenue

Our expanding mission is reflected in the growth of both our communities for healthy living and our home-based services.

<table>
<thead>
<tr>
<th>Year</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
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<tr>
<td>2013</td>
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</table>

Percentage of Operating Expenses

Our dedication to providing the best experience is represented by a significant investment in staffing and training.

2013 Giving

The impact of our donors reaches far beyond the homes of clients and residents. These gifts expand our ministry to enhance the independence, health and well-being of older persons in Iowa.

Capital Reinvestment

We take great pride in growing and improving our campus communities for this generation and those to come. Capital reinvestment in 2013 included the completion of The Cottages in Pella.
Committed to Our Communities
Our positive impact on our greater communities

Nurturing Tomorrow’s Leaders
We welcomed 164 future nurses, doctors and wellness professionals as interns and students, providing 4,295 hours of hands-on, real-life learning experiences with residents, clients, team members and leadership.

Our team members educated 18 groups throughout the year on health and well-being, including presentations to 291 local students throughout the year about nutrition and healthy eating.

Volunteer opportunities were provided to 2,765 members of our shared communities, with 25,463 hours of service logged. Volunteers are not only essential to achieving community well-being for our residents, clients and participants, but volunteering also provides health and well-being benefits to the volunteers themselves.

Team members also helped shape the future of health and wellness in the community through programming or service on the board of directors.

Improving Quality of Life
More than 1,270 children or students visited residents and participants to create multi-generational relationships.

We welcomed 4,725 people from the greater community to attend performances, activities, presentations, religious gatherings from the greater community to attend performances, activities, presentations, religious gatherings. We welcomed 4,725 people from the greater community to attend performances, activities, presentations, religious gatherings.

More than 1,270 children or students visited residents and participants to create multi-generational relationships.

Improving Health and Well-being of All
WesleyLife Meals on Wheels delivered 228,001 meals to 1,652 older adults in 2013 to fulfill the nutritional needs of older persons in Polk County and prevent food deprivation. WesleyLife Meals on Wheels clients are never turned away for inability to pay and 85 percent of meals are provided to clients at low or no cost.

More than 500 community members participated in our various support groups including Alzheimer’s and Parkinson’s groups and for those who are grieving or who are blind. In addition, 25 caregiver support meetings were provided to 146 community members who act as the caregiver for an older adult.

Contributing to Economic Growth
Even as a nonprofit, we respect our role in supporting the economic health of surrounding communities. During calendar year 2013, we invested in local economies by providing more than $45 million in payroll and spending statewide.

Blood pressure screenings were provided to 460 community members.

Offered 55 educational sessions in which 234 community members attended.

We welcomed 565 community members to participate in wellness classes and activities.

2013 Economic Growth Figures

<table>
<thead>
<tr>
<th>Team members</th>
<th>1,720</th>
</tr>
</thead>
<tbody>
<tr>
<td>Payroll</td>
<td>$33,737,038</td>
</tr>
<tr>
<td>Benefits and taxes</td>
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<tr>
<td>Supplies</td>
<td>$2,445,622</td>
</tr>
<tr>
<td>Property taxes</td>
<td>$1,182,150</td>
</tr>
</tbody>
</table>

Improving Access to Needed Services
Our three Adult Day Centers provided a vibrant and engaging environment for 218 older adults while their caregivers enjoyed a renewed and refreshed return to responsibilities.

Provided mobile dental clinic services to 148 community members in southwest Iowa through the Miles of Smiles program.

Ensuring Health and Wellness to All
We provided $1,001,564 in charity care to our residents, participants and clients. Residents received $596,938 worth of charitable care as supported through the Good Samaritan and Good Shepherd funds to ensure each person could thrive in their home.

Clients and participants of home and community based services received $296,358 worth of charitable care as supported through scholarships to help support their independence, health and well-being at home.

WesleyLife protected 1,659 community members against influenza with no- or reduced-cost vaccines.

Our doors are opened each year to many government entities, religious groups and other nonprofits for meetings, educational presentations and neighborhood meetings. We provided meeting space to 373 groups, attended by 4,273 community members.

Jeff Sonnenburg • Robert Spielman • Steven and Jenny Spiker • Audrey Stark • Mary A. Statler • Henry and Mary Lou Staubus • Julie and James Staud • Michael and Jean Sted • Christopher and Leah Stein • Carroll and Evelyn Steinbeck • John and Michelle Stevens • Katie and Derek Stocking • Larry and Martha Stolzer • Steve and Linda Stoll • Max and Virginia Stover • Marc and Linda Strohschein • Charles Stroup • Linda Sturdevan • Darryl and Vivian Sullivan • John and Linda Sullivan • Shelly Sobotta • John Swan • Mary Swantek • Sunni Swarbrick • John Swatta • Margaret and John Synhorst • John and Linda Syverson • Rob and Christine Taylor • The William R. Higgins Stoll • Max and Virginia Stover • Marc and Linda Strohschein • Charles Stroup • Linda Sturdevan • Darryl and Vivian Sullivan • Shelly Sobotta • John Swan • Mary Swantek • Sunni Swarbrick • John Swatta • Margaret and John Synhorst • John and Linda Syverson • Rob and Christine Taylor • The William R. Higgins Jr. Foundation • Chandler and Delis Thomas • Wilma Antell Thompson • Barbara Thomason • Lowell and Norma Titus • Jeannine Towne • Carol and Betty Trees • Edgar and Geneva Troost • Emra Tunstall • Steve Trew • Jim Underwood • Ray and Joan Underwood • United Methodist Church-Washington • Karl and Gloria Valster • Values Based Holding Corporation • Waylan Bryce Van Sic • Dorothy Vande Voet • Jim and Susan Vandenbergh • Chuck and Marla Vander Wiel • Dale VanderWilt • Vandervoort Family Foundation • Former Salix I&I Service, Inc. • 301 Wallahow • Max and Mary von Schrader • Amy Voegle • 9 B S Appliance, Inc. • Carol J. Wagner • Gary and Pat Walker • Irene Wallbaum • Kat and Janet Walser • Sean and Betty Ward • Richard and Ann Ward • Washington Rotary • Carol Watters and Trisha Scaro • Melani L. Weiler • Patricia Weickenand • Jim and Marian Wells • Gloria and Leon Welty • West Chester Savings Bank • Kate Westercamp • Donna Whaley • Marian White • Carl and Marilyn White • Leigh Wichern • Lilian M. Wilcox • John and Janet Williams • Wilma Williams • Joan Wilson • Sid and Sharon Winchell • James and Sandy Windsor, IL • Brian and Donnell Wilcox • Roger and Darlene Witter • Leigh Wolf • Michael and Barbara Wood • Paul Woodard • Karen Yackle • Amy Young *Deceased

2013 Economic Growth Figures

| Payroll          | $33,737,038 |
| Benefits and taxes | $7,569,928 |
| Supplies         | $2,445,622 |
| Property taxes   | $1,182,150 |

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WesleyLife Today

Providing a network of health and well-being services for older persons throughout Iowa, WesleyLife includes:

**Communities for Healthy Living**
- Edgewater: West Des Moines
- Heritage House: Atlantic
- Park Centre: Newton
- The Village: Indianola
- Wesley Acres: Des Moines

**WesleyLife health and wellness services**
- Services may include adult day, home-delivered meals, home care, hospice, and transportation

**Our Mission**
Guided by Christian compassion, we support the independence, health and well-being of older adults wherever they call home.

**Our Vision**
To transform the aging experience with the creation of a continuum of wellness designed to engage and empower others to live longer, healthier lives.