

## Staff Spotlight: Gale Mast, Registered Nurse

For nearly 50 years, Gale and her husband, Jonathan, have built a life centered around family. Together they have four children and ten grandchildren, and nothing makes Gale happier than spending time with them all together. Whether it's a holiday gathering or a special occasion, her favorite tradition is simply having everyone together as "one big happy family."



Before beginning her nursing career, Gale worked a variety of odd jobs over the years, including babysitting, churning butter, and making Ertl farm toys. In her 40's, she decided she wanted more than living paycheck to paycheck — she wanted a career. That decision led her to nursing school, where she became the oldest student in her class. Technology was a challenge at first, and she laughs that her children had to help her learn how to use a computer, but she persevered and achieved her goal of becoming a nurse.

Today, Gale says she is most proud of two things: her children and her nursing career. She takes great pride in seeing her children grow into successful, happy adults with fulfilling careers of their own.

Outside of work, Gale enjoys visiting her grandchildren, bargain shopping, sewing, embroidery, reading books, and relaxing with television.

Gale has been part of the Kennybrook Village team for a little over a year. When asked why she loves working there, she immediately points to the culture. She appreciates the kindness of her coworkers, the smiling faces throughout the building, and the relationships built with long-term residents. She says Kennybrook Village has a warm, welcoming atmosphere that feels different from anywhere else she has worked — and having a work cat adds a little extra charm to the environment.



## Happy Anniversary!

Rabby Jelagat, RN - 7 Years

Rochelle Noble, Activities Assistant - 5 Years

Emma Smith, CNA - 5 Years

Benjamin Holman, Care Partner - 4 Years

Lucy Jasso, Life Services Coordinator - 4 Years

Kendall Eischen, CNA - 4 Years

Rose Jesang, Housekeeper - 3 Years

Regina Jebet, Culinary Aide - 2 Years

Sandra Hansen, CMA - 2 Years

Kathy Blythe, Activities Assistant - 2 Years

Saymu Zarway, Life Services Coordinator - 2 Years

Latoya Leothi, Life Services Coordinator - 1 Year

Jocelyn Manock, CNA - 1 Year

## Happy Birthday!

Amanda Lee, Life Services Coordinator - June 5

Sandra Gaddis, Life Services Coordinator - June 7

Kendall Eischen, CNA - June 11

Paige Voshell, CNA - June 16

Larry Deskin, Transportation - June 17

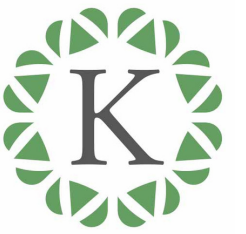
Jodi Coons, RN - June 18

Winnie Omwa, CNA - June 20

Rose Jesang, Housekeeper - June 22

Joni Perschall, CNA - June 23

# The Villager



OFFICIAL NEWSLETTER OF KENNYBROOK VILLAGE

June 2026

## Understanding Power of Attorney (POA)

A Power of Attorney (POA) is a legal document that allows a trusted person (called an "agent") to make decisions on behalf of another individual (the "principal"). These decisions may relate to finances, healthcare, or other important matters depending on the type of POA in place.

One important detail families are often surprised to learn is that a POA is not always active immediately. In many cases —especially with healthcare POAs—the document must be formally "activated" before the agent has legal authority to make decisions.

Activation typically occurs when a physician determines that the individual is no longer able to safely make their own decisions, or when specific conditions outlined in the legal document are met.

Until that point, the person named in the POA may not yet have decision-making authority, even though they are listed in the document.

What families should keep in mind:

- Review POA documents regularly to ensure they are up to date
- Understand whether the POA is currently active or needs activation
- Be prepared to provide documentation when activation has occurred
- Ask questions if anything in the document is unclear

Having clear and current POA documentation helps ensure care decisions are made smoothly, respectfully, and in alignment with your loved one's wishes.

## Events

Beanbag Baseball World Series

June 3

Ice Cream Bar Social

June 5

Senior Skip Day – Outing to The Cellar Winery

June 10

Alzheimer's Support Group Meeting

June 10

Summer Concert Series: Music with Neil Hewitt

June 11

Music Recital in AL

June 12

Baking Demonstration with Matt

June 16

Kennybrook Luau + Father's Day Celebration

+ Music with Jesse & the Medicine Men

June 19

Casino Outing

June 23

# Senior Spotlight: Norma Thierman

If you've spent any time at Kennybrook over the last year, chances are you've seen Norma Thierman walking the halls with a bright smile and cheerful spirit. Norma is always on the go- whether she's exercising, visiting with friends, or helping welcome new residents as one of Kennybrook's wonderful ambassadors.



Norma truly lives by the motto: "Live, Laugh, and Love." Her vibrant personality and friendly nature makes her someone people naturally gravitate toward. She loves meeting new people, hearing their stories, and sharing stories of her own.

Helping others has been the center of Norma's life for many years. She spent an incredible 62 years teaching elementary school students in Des Moines, dedicating her life to encouraging and caring for children. Teaching wasn't just her profession- it was who she was. Her love for helping children extended beyond the classroom and into her church community, where she participated in several mission trips to places including Chile, Costa Rica, and Mexico.

Norma also has a love for travel and adventure. Over the years, she has visited Rome, Israel, and the Holy Lands, creating memories and experiences she still enjoys talking about. In 1964, Norma married her college sweetheart, Chuck who was also a teacher. Together they built a beautiful life and raised one daughter. Today, she is proud to be a grandmother to two grandchildren who mean the world to her.

When asked about her hobbies, Norma quickly says volunteering- because serving others has always brought her joy. Norma loves the activity and friendships she has found at Kennybrook, and her energy and positivity brighten the community every day. Because of Norma's kindness, smile and welcoming spirit Kennybrook is a better place, and we are so thankful to have her as part of the family.

