

Resident Spotlight: Gladys Johnson, nurse extraordinaire

After tending to others' needs as a nurse during World War II, the Korean War, the Vietnam War and at Walter Reed General Hospital, Gladys Johnson is appreciative of the care she receives today at St. Luke Lutheran Home.

Johnson, who celebrated her 92nd birthday Aug. 1, grew up on a Pocahontas County farm near the unincorporated community of Ware. She graduated as a registered nurse in 1941. After working at Iowa Methodist Hospital in Des Moines, Johnson joined the U.S. Army through the American Red Cross.

World War II was underway at the time.

"My first assignment was at a little station hospital at Fort Leavenworth, Kansas," she recalled. "I was only there a few months. In December 1942, I was sent to Alabama to join a station hospital that was going overseas."

After staging in Alabama, members of the 313th Station Hospital unit found themselves amidst a New Year's Day 1943 convoy. Its three ships carrying hospital personnel landed in northern England. Their assignment was to ser-

vice an American assault training center and a British bomber base.

"We had opened the hospital and were awaiting D-Day. It finally came," Johnson said. "For all we knew, there were a tremendous number of casualties. But we didn't receive any casualties because they made our area, a former British polo grounds, into a recuperation and recreation center for the troops."

Next, she transferred to the 67th General Hospital in Birmingham. At the time, the industrial English city was a prime target of enemies.

After being moved to another station hospital, Johnson was promoted to first lieutenant and sent back to the states for a vacation.

"We reorganized again in Illinois and went to the West Coast, awaiting shipment to the China-Burma-India Theatre. But before we got out of the United States, the war was over in Japan," she said.

From 1946 through 1950, Johnson served in the U.S. Army Reserve. She was promoted to captain and went back on active duty during the Korean War, being sent overseas for a two-year tour of Japan.

After being sent to Fort Bragg in North Carolina, where she worked in a pediatrics unit, Johnson earned a master's degree. She was then assigned to work in the Surgeon General of the Army's department in Washington, D.C.

After four years, Johnson was assigned to the Assistant Chief of the Army Nurse Corps.

"At that time, we were reviewing information on the ranks of the nurses," she said.

Johnson then served as the Director of Nursing Activities at Walter Reed.

Today, Johnson has fond memories of being in contact with President Dwight Eisenhower, as a patient, and with his wife, Mamie.

"The planning also began for the new hospital when I was at Walter Reed, which was during the Vietnam War," said Johnson, who officially retired as a colonel in 1971.

Johnson returned to Laurens in 1991. In February 2011, she moved to Hillside Terrace Assisted Living before transferring in October to St. Luke Lutheran Home. The nurse who is now being cared for by others smiled as she

said she still appreciates "real good caregivers."

"They all take care of me the best," Johnson said of the staff currently tending to her. "They are thorough, pleasant and do so many things to make me comfortable."



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2012 Board of Directors

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Mark Nothwehr....V.P.
Kaylan Abel..Secretary**

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Denise Kramer Tolzmann
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Resident Advocates

The following are volunteers from our community who are on the Resident Advocate Committee at St. Luke Lutheran Home. They are not employed by nor affiliated with the facility. Their "job" is to visit with residents and families, and to work toward resolving issues of concern.

**Earl Angell.....Chair
Inez Rossiter.....Sec.
William Green
Roselyn Holmberg**

If you have questions about this committee or are interested in becoming a member, please call Chairman Earl Angell at 712.262.3008.

Try out the aquatic center at a savings

A deal benefiting individuals who enjoy - or could enjoy - the St. Luke Homes & Services, Inc. indoor aquatic center is available.

This just-approved package features 50 tickets for \$150, which translates into a \$50 savings for use of the campus' pool and spa, which are located between St. Luke Lutheran Home and The Highlands.

Tickets, which may be purchased at the St. Luke Lutheran Home front desk between 8 a.m. and 4:30 p.m. Monday through Friday, may be used Monday through Friday, 5 - 9 p.m.; Saturday 1 - 9 p.m.; and Sunday 2 - 9 p.m.



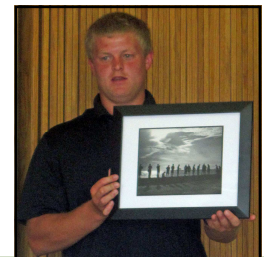
Kacmarynski highlights recent trip to Cuba

Tyler Kacmarynski offered a slideshow presentation to St. Luke residents highlighting his May 25 through June 2 trip to Cuba. The 22-year-old traveled to Havana and Trinidad, Cuba, to study the Cuban culture. "Cuba is a wonderful

place. I recommend if anyone has the opportunity to visit Cuba to not pass it up," he said.

The 2009 Spencer High School alumnus is currently pursuing a Business Administration major at Morningside College in Sioux City. His mother, Mary, marked

her 30th year serving as a certified nursing assistant at St. Luke Lutheran Home in March.



Thank You notes

A simple thank you does not seem big enough to let you know how much your donation means. This is the 22nd year Classroom Collections has helped needy families in the area purchase school supplies.

- Kathy Anderson & Sheli Cheevers Southpark Mall



Your participation in the 2012 Community Health Fair is greatly appreciated.

- Christi Gabhart Spencer Area Activity Center

Top to Bottom:

Claire Christensen and Kennedy Runkle (pictured) receive assistance from St. Luke resident Roseann Barger as the Clay Raiders 4H members mark their third year of a community service planting project in the courtyard.

Claire Christensen, Emma Holst, Ellyse Knaak and Kennedy Runkle, of Impulse Dance, visit with residents after tapping to "Boogie Woogie Bugle Boy."

Robert Stoeber (left) has fun with a prop brought by Cowboy Jim, who spent time following his June 7 interactive presentation (center) visiting with Norma Anderson and Madora Peterson.

Joanne Schar shows animals made by African craftsmen to a St. Luke audience.

Querida Decker delights in a kitten brought by Humane Society of Northwest Iowa volunteers.

Gospel singers Harlow and Jarene Rudolph, known as the SONrise Singers, hold their audience spellbound.

The June 22 Clay County Relay For Life event featured Team Jody members.

St. Luke residents pet Edward, a miniature horse owned by Brad Smith of Cabin Fever Miniatures.



View the St. Luke Homes & Services, Inc. Facebook page to see more photos!

Hill Side Terrace Assisted Living



Miss Rodeo Iowa visits and signs autographs for HST tenants Betty Pothast and Maxine Thompson.



HST tenants, staff and friends ride in the parade at Bully Bullhead Weekend in Ruthven.



Our HST men enjoy the fellowship at a Father's Day celebration.

July & August Birthdays:

- 7/14 Lloyd Ahrenstroff
- 7/27 Kerri Kofoot, RN
- 7/28 Beulah Ahrenstroff
- 8/10 Laura Conner

Upcoming Events:

July 27 - Summer Drive

August Adventures:

- Aug. 17 - Queen II Ride
- Aug. 29 - Movie at the Library



When the doors opened in 2005, Laura Conner chose to make Hillside Terrace her new home. On Aug. 10, she will celebrate her 102nd birthday.



Frankie Weier has been employed with our campus since November 2004. When the doors opened at Hillside Terrace, she joined the staff as Activity & Services Coordinator.

She is married and has a daughter, Kazi, and a son, Jesse, who recently left for the Marines. She has a bachelor's degree in healthcare distribution.

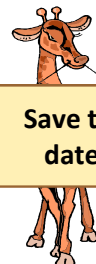
"I love my job and I love hearing the old-time stories from the elderly. Every day is an adventure and the learning never ends," Weier said.



Carol Albers and Jo Ann Kemp enjoy the fresh air while picnicking at the Grotto in West Bend.

Laura was a junior high teacher for 45 years. She received her master's degree from Tempe, Ariz. She has one daughter, Valerie, who lives in northern Minnesota.

"I accept life as it is," Conner said.



Save the date:

Fourth Annual Tenant & Family BBQ will be the evening of Thursday, August 23!



Hillside Terrace is located at: 1209 12th St. SE, Spencer IA 51301
Call 712.262.5934 to schedule a tour or obtain further information.
We value your questions, comments and concerns.
Check out our webpage and Facebook page at: www.stlukelh.com

Marti Rosacker, Director, marti.rosacker@stlukelh.com
Kerri Kofoot, RN, kerri.kofoot@stlukelh.com
Frankie Weier, Service/Activity Coordinator, act.coord@stlukelh.com

Hillside Terrace is a division of St. Luke Homes & Services, Inc.

Riverview Terrace Assisted Living

A division of St. Luke Homes & Services, Inc.

July / August 2012

RVT Staff Highlight

The Bakers Rack



Marleen Pearson has worked at Riverview Terrace since the beginning of 1999. She is a personal service assistant on the 6 a.m. - 2 p.m. shift. Marleen has a knack for decorating, setting up tables at the Clay County Fair and more recently setting up the bakers rack at Riverview Terrace. The bakers rack was donated by Nancy Ketcham, which was from her sister who died of cancer. This has become a monthly project for Marleen since she enjoys showing her talents and wares on it. RVT tenants, staff, families and visitors look forward to its new theme each month. For July, Marleen featured a patriotic theme honoring her U.S. Marine grandson, Ezra Layman, who is currently serving in Afghanistan.

Marleen lives on a farm near Everly. She keeps busy with her farmstead, gardening, her three children, seven grandchildren and three great-grandchildren. We can't wait to see what August will bring. Come out anytime to see for yourself. You can find the bakers rack outside the kitchen doors of Riverview Terrace.

Activity Highlights



Ralph Day, Dick Kirksey and Jared Fairchild enjoy Bon Bon yogurt at a recent RVT men's outing.



The RVT Bell Choir is still on the move! Lois Maurer and Ruth Fieselmann (front), Betty Brown and Dick Kirksey are shown having a great time entertaining residents of The Highlands.



Bob Peterson works diligently every day ripping T-shirts for rug making.

Upcoming Events	
Aug. 14	Bells to Ruthven
Aug. 21	Bells to St. Luke
Aug. 24	Picnic Outing



*Our Sympathy
to the family of
Vera Nelson*



Birthdays & Anniversaries

Aug. 4	Dorothy Casperson
Aug. 5	Marleen Pearson, PSA
Aug. 8	Phyllis Parr Paola Camacho, PSA
Aug. 20	Cleo Garrod Ashleigh Belless, PSA
Aug. 23	Betty Brown
Aug. 25	Nancy Ketcham, Director
Aug. 29	Rex & Roberta Travis, 66 years

We may have an apartment for you or your loved one. If you need to find a place to call home with caring, dedicated staff to provide services and tender loving care, just give our staff a call at 712.262.5932 or send an email to nancy.ketcham@stlukelh.com.

Nancy Ketcham.....Director
 Lisa Small.....Registered Nurse
 Cathy Kirschbaum.....Health Care Coordinator
 Kim Robinson.....Service Coordinator
 Lisa Hansen.....Activity Coordinator

HIGHLIGHTS FROM



THE HIGHLANDS

Realize Your Master Plan at The Highlands

A master plan for your retirement should include a time to downsize. What are the things you really need and desire to have when you retire?

There is nothing wrong with looking at your options when you are 65. Remember, the competition will be looking at its. Doing this in advance will help you formulate your master plan so you can put things in perspective and be proactive!

Moving from your current home to a condominium can free up that time you want to use to travel or catch up on hobbies. Scooping snow from sidewalks and mowing lawns are usually included in those condo fees; but who maintains the building, grounds and appliances? Consider what the condo has to offer. It may just be a stopping point until you need to move again.

The ideal situation would be to choose a

place with the amenities attractive to you now, but services that can grow with you in the future.

Some amenities to consider may include a secured entry, indoor parking, extra storage and large elevators. Home security is comforting if you plan to travel or stay at home. Other luxuries in northwest Iowa are not having to deal with inclement weather and having plenty of room for those things you just can't part with. Having space to enjoy hobbies such as gardening, woodworking, entertaining or reading is important too.

We all like those extras in life. What about a pool and spa a short walk from your front door? Or a beauty salon and fitness center right down the hall.? After reaching those "golden years," an emergency medical response system (cordmate) could be a lifesaver. Everyone likes to be pampered

and have conveniences such as these at their fingertips.

When you are first looking for that care-free life as a younger retiree, optional services such as cordmate, a meal plan, beauty salon and housekeeping may not interest you. But, keep in mind you are being proactive in seeking out your new lifestyle. These are optional services at The Highlands that could be implemented at any time you feel the need.

A perfect place will be hard to find, but having a master plan in place will make all the difference - and give you peace of mind. Your needs will change as you continue to have birthdays, and you will want a place that can fulfill all of your needs.

Please consider The Highlands as you devise your master plan.

➤ **Daily tours are available. Call 262.5404 or 260.1950 to schedule one.**

Contact Information

**The Highlands
1211 St. Luke Drive
Spencer, IA 51301**

Mavis Leinen

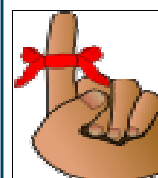
**Office: 712.262.5404
Cell: 712.260.1950
Email: mavis.leinen@stlukelh.com**



A division of St. Luke Homes & Services, Inc.



Velma Boonstra and Darlene Miller (at left) helped with the June 11 Mavis Cooks BBQ. Doretta Unrau, Adrienne Crouch, Mavis Leinen and Dorothy Schmid (below) relax in the campus spa after a workout in the pool.



AUGUST ACTIVITIES

- Bible Study at 2 p.m.....7 & 21
- Lunch at Bracco in Okoboji.....14
- Potluck.....27
- Movie at Spencer Public Library.....29

Staff loyalty appreciated

We are proud of the work and commitment of all our employees. St. Luke Homes & Services, Inc. is grateful for the dedicated service of the following employees, who from June through August, have served in five-year increments:

Five Years of Service.....Nadia Banashak & Crystal Tifft
 20 Years of Service.....Dale Meyer

New employees

Welcome to the following individuals who recently joined the St. Luke Homes & Services, Inc. staff.

Katie Frederick.....St. Luke Nurse Aide
 Phaedra Arends.....St. Luke Nurse Aide
 Beth Schulke.....St. Luke Nurse Aide
 Jordan Staples.....St. Luke Nurse Aide
 LeeAnn Rosales.....St. Luke Nurse Aide
 Tori Campbell.....St. Luke Nurse Aide
 Kaylee Kourousis.....St. Luke Nurse Aide
 June Ginger.....RVT Personal Service Assistant
 Keaton Verner.....RVT Dining Room Assistant
 Becca Herwig.....RVT Personal Service Assistant
 Jolene Handy.....RVT Personal Service Assistant
 Nicole Hansen.....St. Luke Dietary Cook
 Samantha Dusheck.....St. Luke Registered Nurse

St. Luke front desk hosts new person

Elizabeth Essick, who enjoys serving in a healthcare setting, began working as a St. Luke laundry aide in January 2008. She was named to fill the receptionist position formerly held by Jill Sears. Essick, who filled in at the St. Luke front desk the past two years, officially began her new full-time duties July 9.



Elizabeth Essick & Jill Sears

“Working here is a far cry from anything I thought I’d ever do,” Essick said, “but it’s the best thing ever. I really like everybody here.”

The Spencer native who currently resides in Greenville went through the surgical technician program at Mercy College of Health Sciences and received her certificate in 2004. She worked the next two years in the labor and delivery unit at Mercy Hospital in Des Moines.

Essick, who enjoys camping, kayaking and spending time with her family, replaces Sears, who had served as St. Luke Lutheran Home’s receptionist since January 2006. Sears described the position and its duties as being “very appealing.”

“It taught me a lot about myself and I enjoyed working with the residents, their families and the staff,” she said.

Sears and her husband, Luke, who live on an acreage near Spencer, have two children: Halle, 2, and Maggie, 4 months old. Sears is looking forward to being home with their children and watching them grow.

Welcome New Residents

Norman Boonstra.....April 17
 Betty Boonstra.....April 17
 Paul & Lucille Hanson.....May 22
 Robert Faulkner.....May 23
 Evelyn Faulkner.....May 24
 LaVonne Winterboer.....May 31
 Bernadine Mead.....June 11
 Islea Graeber.....June 15
 Ila Agler.....June 18
 Patricia Swancutt.....June 22
 Caroline Kressin.....June 25
 LaVonne Kramer.....June 25
 Robert Regennitter.....June 26
 Fred & Cleona Schmidt.....June 28
 Barbara Halverson.....July 2
 Erma Schmid.....July 7
 Virginia Lubbers.....July 14
 Eileen Shellum.....July 16
 Lawrence Smith.....July 18
 Alvin De Wall.....July 23
 Gladys Zweifel.....July 27

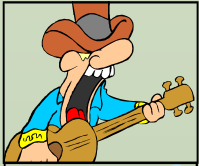
Our Sympathy

Glory Majeres.....June 18
 Vera Nelson.....June 26
 Helen Mossengren.....June 28
 Robert Faulkner.....July 7
 Gertrude Sutherland.....July 8
 Stan Schoelerman.....July 8
 Marjorie Joines.....July 13
 Shirley Wede.....July 21

Discharges

Delila Johnson.....May 25
 Curtis Jacobson.....June 5
 Maria Rios.....July 2
 Evelyn Faulkner.....July 7
 LaVonne Winterboer.....July 9
 LaVonne Kramer.....July 10
 Patricia Swancutt.....July 22

Upcoming Events



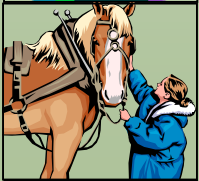
Tunes with Cousin Jerr
2:30 p.m.
Wednesday, Aug. 8 at St. Luke



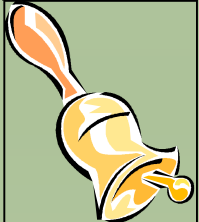
Banana Splits
2:30 p.m.
Thursday, Aug. 9



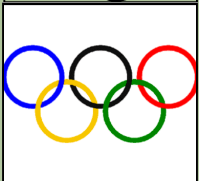
Music with Lavon Kephart
2:30 p.m.
Wednesday, Aug. 15



Dick Wallen and Houdini the horse
1:30 p.m.
Thursday, Aug. 16



Riverview Terrace Bell Choir
2:30 p.m.
Tuesday, Aug. 21

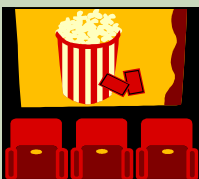


Resident Olympics
2:30 p.m.
Wednesday, Aug. 22



Resident Council Meeting
2:30 p.m.
Monday, Aug. 27

An Ongoing August Activity



Movies and Popcorn
3 p.m. Sundays
at St. Luke Lutheran Home

Campus transitions

Shane Nielsen assumed the role of Assistant Director of Maintenance for the St. Luke campus in July.

“Shane is a valued employee. He interacts well with staff, residents and their families. This shift in duties promises to be a win-win situation for all involved,” Dale Meyer, St. Luke Homes & Services’ maintenance director, said.



Shane Nielsen

Nielsen, who was hired as a St. Luke Homes & Services maintenance worker and as the St. Luke safety director in February 2006, served as a cook at the former Twilight Lounge in Spencer, meat cutter at the former BSI in Hartley, and with Studer Construction of Spencer prior to joining the St. Luke team.

“I enjoy the friendly atmosphere and people here. It feels like home and I appreciate being able to add to the wonderful environment,” Nielsen said.

Nielsen enjoys woodworking, fishing and kayaking. He and his wife, Michelle, a St. Luke Lutheran Home certified nursing assistant since November 1982, have two children: Jennifer, a Morningside College senior, and Haley, a Spencer High School sophomore.

Joni Stein, who has worked as the Medicare and Minimum Data Set Coordinator since March 2005 at St. Luke Lutheran Home, has been promoted to the position of Assistant Director of Nursing (ADON) for the St. Luke Homes & Services, Inc. campus.



Joni Stein

“I’m excited about this change and looking forward to my new role on campus,” Stein said. “I worked as an Assistant Director of Nursing before I came here, but this is going to be more of a supervisory role.”

Prior to joining the St. Luke team, Stein worked her way up the ladder between 1989 and 2005, serving in roles ranging from certified nursing assistant to ADON, at Longhouse-Northshire Care Center in Spencer.

“This new job is my priority, of course, but I’ve also thoroughly enjoyed working here,” Stein said specifically of the St. Luke Lutheran Home nursing facility. “It’s a brighter, happier place to be.”

The native of Nebraska, who graduated from Gretna High School and attended classes at Kearney State College, moved to northwest Iowa in 1989. Stein and her husband, Dean, serve as campground hosts at Scharnberg Park during the summer months. The couple, who live in Fostoria, belong to First English Lutheran Church and have three daughters and three granddaughters.

Gifts and Memorials

Special Gifts Fund:

Eileen McDeid.....\$100
 Dudley & Barbara Hanson.....\$121
 (Memorial for Esther All)

Memorials with Special Designations:

Dr. Rex Jones.....
 (Memorial for Clayton “Cap” Jones -
 Riverview Terrace PA system).....\$750

Charitable Donations:

Earl Angell.....\$100
 (Riverview Terrace bell choir)
 Corlyss Richards.....\$100
 (Riverview Terrace big screen TV)
 Tim & Susan Christensen family.....
 (Bird bath, landscaping in St. Luke courtyard)



Wish List for Residents

You may be able to help St. Luke Lutheran Home with several needs. This list includes items identified as contributing to the quality of care our residents deserve. Please know that your gifts and donations, which are tax-deductible, continue to enhance the lives of the residents and continue to make St. Luke Lutheran Home an extension of the social ministries of area Christian congregations.

Bingo candy
 Perennial plants for courtyards...\$10 each
 Bedside tables.....\$60-\$70 each
 Floor scrubber.....\$4,300
 iPads for charting (2).....\$650 each
 Vacuum cleaners (2).....\$200 each
 Water softener.....\$8,000
 Straight back chairs (5).....\$550 each
 Transfer sheets (lift/slip).....\$200 each
 Electric bed (40).....\$2,000 each
 Supplies for weighted blankets.....\$100

St. Luke CNA vying for Miss Iowa title

St. Luke Lutheran Home Certified Nursing Assistant Tasha Baas will compete in the 2013 Miss Iowa USA pageant, scheduled Oct. 13-14 in Newton. Dedicated to community service and enriching the lives of its participants, the Miss Iowa program serves as an official preliminary to the Miss America 2013 pageant.

Baas, a 2012 Clay Central-Everly alumna, applied at the suggestion of Spencer photographer Bob Bates, who encouraged her to also consider entering the field of modeling while snapping her senior pictures. St. Luke Homes & Services, Inc., Baas’ employer, and Bates are among her pageant sponsors.



“It’s a place I’m proud to be sponsored by,” Baas said of St. Luke. “During my personal interview at the Miss Iowa pageant, they’re going to, obviously, ask me what I do in my spare time. Honestly, I come out to St. Luke. I enjoy coming out here because I like the residents and it’s a friendly place.”

The evening of her senior prom, CNA Tasha Baas took time to pay a special visit to St. Luke resident Mary Killmer.

Baas, who would like to become either an obstetrics or neonatal nurse, will enroll in the associate degree in nursing program this fall at Iowa Lakes Community College. Next, she plans to take part in an online program to pursue her bachelor of science in nursing degree.

St. Luke Management Team

Terry Dandy.....Administrator
 Greg Meeter.....Controller
 Pastor Michael Sharp.....Chaplain
 Nancy Mills.....Director of Health Services
 Amanda Klein.....Activities Director
 Kim Krause.....Office Manager
 Georgia Wrightsman.....Social Service Director
 Dale Meyer.....Maintenance Director
 Kay Meyer.....Dietary Director
 Linda Manwarren.....Laundry Supervisor
 Becky Thong.....Housekeeping Supervisor
 Elizabeth Essick.....Receptionist
 Kris Todd.....Public Relations & Marketing Director

**Remember.
Celebrate.
Fight Back.**

This was the goal for Team Jody teammates and hundreds of others who gathered June 22 on the Clay County fairgrounds in Spencer.

Jody Mowery, St. Luke Lutheran Home's late activities director, was among those "remembered" and "celebrated."

Team Jody members would like to thank everyone who helped to raise over \$2,012 - courtesy proceeds from the campuswide garage sale,

walking tacos lunch, bake sale and through the purchase of luminarias, Team Jody T-shirts and buttons. Your help is appreciated. Thank you for celebrating, remembering and fighting back with us!



The Spencer Blue Zones Project (BZP) is about creating well-being for our community, as well as making healthy choices the easy choice.

The intention of the BZP is to incorporate healthier choices relating to mind, body and spirit into our daily lives. If you are interested in your well-being, or the well-being of your family, friends and co-workers, you are encouraged to find inspiration and ideas that you can add today by going on the

www.bluezonesproject.com website. Register and then make sure to take an action or two among the different pledge items listed.

Even if you voted previously for Spencer to receive the BZP designation, which occurred May 4, your registration on this site is being sought once again. Personal pledges from 20 percent of the local population are needed for certification.

Be watching for details in an upcoming issue of **The St. Luke View** on how the St. Luke campus plans to participate in the BZP.



St. Luke Homes & Services, Inc.

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