



St. Luke residents handcraft treasures

Everyone needs a meaningful, stimulating outlet of sorts.

St. Luke Lutheran Home residents **Marion Peters**, **Rose Marie Kast** and **Therese Kirby** have found such worthwhile avocations with needles and yarn.

Peters, 99, was taught to crochet and embroider by a country school teacher.

After designing many crocheted afghans, she added stamped cross-stitch quilts to her handiwork repertoire in 1995.



(Marion Peters, above, with the first doily she crocheted at St. Luke.)

“Shortly after I arrived at St. Luke,” she recalled, “I started making my own patterns for doily and coaster sets from yarn.”

Family and friends have received the handcrafted treasures Peters, Kast and Kirby have made.



(Rose Marie Kast, above, is shown working on her latest crocheted table topper.)

Rose Marie Kast also entertains herself while crocheting baby blankets, pillows and table toppers. It’s a pleasurable pastime she began as a 16-year-old.

“Mom showed me how to crochet baby blankets. She was amazed that I could make something and be able to switch from thread to yarn and create with both.”

While she also learned to cook, cross stitch and embroider as a teen, Kast would go on to fill her daughter’s wedding-inspired cedar chest with matching sets of sheets and pillow cases and crocheted dish towels.

“To this day, I’ve given away everything I’ve made,” she said. “It does me a lot of good when I can make something and give it away.”

Although Therese Kirby remembers watching her mother crochet, it was the act of knitting that fascinated her.

Kirby eventually learned to knit as a 12-year-old.

Over the decades, Kirby has found comfort with knitting needles intertwined with yarn laced through her fingers. She’s knitted lap robes for World War II servicemen and designed many afghan blankets.

All but one afghan, requested by her mother, have been

given to others.

The coat hanger covers Kirby most recently learned to make have helped to pass time and provided a meaningful outlet for her at St. Luke.



(Therese Kirby, above, works on her latest knit coat hanger cover.)

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Email address request

St. Luke Homes & Services, Inc. would like to move toward emailing *The St. Luke View* newsletter.

Please send your name and email address to:
liz.essick@stlukelh.com.

If you know someone who would be interested in receiving a copy of the newsletter, please forward their name and email address to:
kris.todd@stlukelh.com.

Larson wants to kick it in gear

Sharon Larson is a very strong-willed, determined woman.

Just ask **Linda Sterling** and **Jeanie Culver**, the St. Luke Lutheran Home rehabilitation workers who push Larson to her limits every chance they get.

The funny thing is Larson not only likes their tough-yet-loving “encouragements,” the two women now rank among her biggest fans.

The native of Astoria, Ore., met Larry Larson on a blind date at an Air Force base in Washington. After marrying 48 years ago, the couple moved from Washington to Estherville to Oregon and to Ames before landing in Spencer in July 1978, when he received a promotion with the Department of Transportation.

As the couple moved from town to town with his career, Sharon continued to work as a nurse.

She retired from Spencer Hospital in 2003 and suffered six strokes over the course of several years. Larson’s range in motion in her left arm and left leg were affected.

When Larson entered St. Luke in October 2011, for more assistance, it was obvious she wasn’t exactly happy about being in a care center.

But her attitude changed when Culver, a certified rehabilitation assistant, informed Larson that with continued walking and improvement, she may depart the facility on outings with family.

A goal was set.

In the meantime, Culver and Sterling, a St. Luke nurse and rehabilitation coordinator, learned that Larson could stand, with assistance, at the parallel bars. It wasn’t long before she advanced to walking the length of the parallel bars several times.

“Well, that wasn’t far enough, so we took her out in the Gallery hallway,” Culver recalled. “She began walking the length of the hallway there.”

“She is a very determined person,” Sterling added. “Sharon has the personality that if you tell her she can’t do something, she’s going to do it.”

Today, the trio’s afternoon walks – although they’re hard work for Larson - include banter and laughter. Larson’s range of motion has improved to where she’s now lifting her left leg.

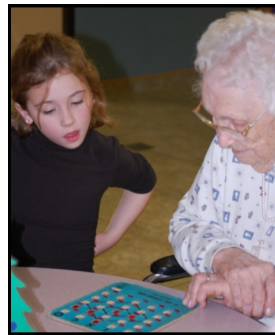
Larson also has her sights set on kicking her husband, Sterling and Culver in the behinds with her left foot with continued improvement of movement.

At St. Luke Lutheran Home, we’re rooting for that to happen!



(Left) Linda Sterling and Jeanie Culver walk a hallway with Sharon Larson before (right) kicking up their heels following a job well done.





Top to Bottom:

Activities Director Amanda Klein puts the finishing touches on one of seven full-size Christmas trees located in St. Luke Lutheran Home.

Molly Mills shared part of her Dept. 56 Snow Village collection with St. Luke residents this holiday season.

Don Dobbins shares what his just-opened Christmas gift is with Housekeeping Supervisor Becky Thong.

Elizabeth Holderman and Santa Claus (aka Duane Davis) chuckle at a funny stuffed animal she received for Christmas.

Nels Krogh proudly adorns a stocking cap he received from Santa.

Simon Sikora smiles as he shows his new T-shirt.

Mildred "Peanuts" Williamson receives help from a Spencer second grade student as Madora Peterson also fills a spot on her bingo card.

Marion Peters and a Fairview second grade student eagerly check her bingo card as another letter and number are called.

Ange Cohoon gives a New Year's Eve manicure to a St. Luke resident.

Rose Marie Kast receives a hug from Spencer seventh grade student Jen Culver, who distributed 2013 calendars to St. Luke residents as part of a service learning project for school.



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

Hill Side Terrace Assisted Living



Wii Bowling is a popular activity at HST. **Laura Conner** (above) takes her aim seriously.



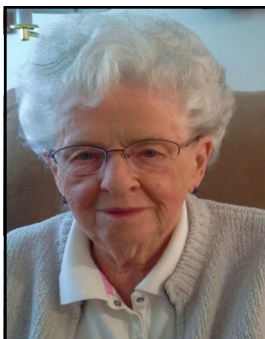
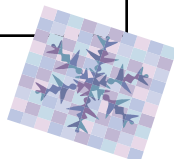
Hillside staff and tenants celebrate Christmas with fun and flare.



Pearl Steinke (left) and **JoAnn Kemp** in their party hats.



Ruth and Connor Obermeier entertain with traditional Christmas music.



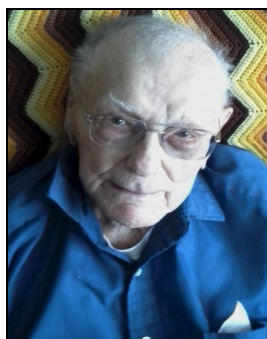
Ada Lauck, a housewife who lived on a farm near Spencer, has been very active with the Spencer Area Activity Center. She enjoys cards, bingo, car rides and collects music boxes. Ada also enjoys sewing, needlework, crochet and baseball - specifically the Minnesota Twins.



Arnold joins staff at Hillside Terrace

Personal Service Assistant **Amber Arnold** grew up in Shenandoah and attended college in Lincoln, Neb. She enjoys reading, watching movies and playing with her niece and nephew. She has six brothers and six sisters. Her decision to join the staff at HST was based on hearing from "multiple people that it is a very welcoming environment." Welcome, Amber!

Arlan Clausen is happy to be at Hillside. He has farmed for most of his life. Working in his garden is Arlan's favorite pastime. A fond memory of his is attending dances and roller skating at Arnolds Park.



February Activities

- 5 - Tenant Council
- 12 - Evening of Elegance
- 13 - Movie at Library
- 15 - Outing
- 19 - Monthly Birthday Party
- 24 - Root Beer Floats
- 26 - Pedicures
- Weekly O.W.L. Bible Study
- Swimming Wednesdays & Fridays

February & March Birthdays

- Feb. 1 Becky Ricketts
- Feb. 3 Loretta Johnson
- Feb. 8 Carol Albers
- March 9 Carl Abel
- March 15 Cliff Hartmann

Hillside Terrace is located at: 1209 12th Street SE; Spencer, Iowa 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, Assisted Living Director of Nursing, 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.

January/February 2013

RVT Tenant Highlight: Irma Burgeson



Irma Burgeson enjoys tooting a horn for the New Year's Eve bingo party!

Irma Burgeson was born Jan. 11, 1910, to Ralph and Sylvia Woolston in Peterson. That makes Irma 103 years old! Irma, who lived in the Sutherland and Peterson area all of her life, graduated from Peterson High School and attended Mercy School of Nursing in Sioux City. She was a registered nurse for the Cherokee hospital in the early days, but worked most of her nursing career at Spencer Municipal Hospital, until her retirement.

Irma married Cliff Burgeson on the home farm north of Peterson. Her grandfather, a minister, conducted the ceremony.

The couple had two children: Janice and Richard. Irma and Cliff retired from farming in 1965 and wintered in Florida for 25 years. The Burgesons moved to **Riverview Terrace** when it first opened in 1999.

Irma has a younger sister, **Mildred "Middy" Deegan**, who lives at **The Highlands**.

Irma contributes her daily afternoon "toddy" as means to her longevity. She enjoys playing bingo, socializing with friends, music and special outings.

Activity Highlights



Cleo Garrod enjoys hearing a story read to her from a Fairview School student.



Kay Filloon and **Irma Burgeson** join together with **Christine Lowe** and other Spencer High School students for fellowship.



Gladys Johnson and **Jackie Sorenson** work diligently to paint ceramic snowmen at the new ceramic class held each month.

Upcoming Events

- Feb. 6 Movie at the library
- Feb. 9 Bake Sale at Southpark Mall
- Feb. 12 Candlelight Dinner
- Feb. 26 Men's Night Out



Jared Fairchild enjoys reading the history of Senator Bob Keir, a past **Riverview Terrace** tenant, during a recent outing to the Clay County Heritage Center in Spencer.

Birthdays and Anniversaries

Barbara Halverson	Feb. 2
Gladys Tibbetts	Feb. 3
Florence Root	Feb. 4
Marge Guerttman	Feb. 7
Marcia Simon	Feb. 12
Bob & Marge Guerttman	Feb. 21 (66 years)
Margaret Koopman	March 3
Jackie Sorenson	March 7
George & Jeanne Johnson	March 12 (63 years)
Harold & Josie Cromer	March 13 (54 years)
Paul Hansen	March 10

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
Kerri Kofoot.....Assisted Living Director of Nursing
Lisa Small.....Registered Nurse
Kim Robinson.....Service Coordinator
Lisa Hansen.....Activity Coordinator

HIGHLIGHTS FROM



Highlands resident Doretta Unrau

Doretta Unrau is generally a woman of few words.

But watching her eyes light up and a slight smile steal across her lips as she talks about her home in **The Highlands** is a real-life tale she just can't seem to hide.



Doretta Unrau

A resident since May 2006, Unrau has become good friends with others in the independent-living building who share her same passions in life, which include playing bridge, attending services at First English Lutheran Church and volunteering to sew name tags in **St. Luke Lutheran Home** residents' clothing.

"I thoroughly enjoy the things I take part in here," Unrau said. "Swimming in the indoor pool and playing cards with others makes the time pass by so quickly. I also like to spend time curled up with a good book in the third-floor library, which offers a nice view of the city of Spencer."

Unrau, who will celebrate her 92nd birthday in April, appreciates the heated indoor garage at **The Highlands**. She also finds comfort in knowing that, if the need arises, she can easily transfer to an assisted-living residence or the nursing facility on campus.

"I realize people don't want to part with their homes, but they should follow my lead and not wait until it's too late to fully enjoy their time at The Highlands," Unrau advised others considering such a move.

'When I Grow Old I Shall Wear Purple'

The 10th annual Winter Gala was hosted Saturday, Jan. 26, in the Great Room at The Highlands. The special event featured purple-tinted decorations and had many attendees donning purple attire.

The meal, catered by Red's Café in Hartley, was served by youth of First English Lutheran Church as a service project.

Rosie Osterberg provided dinner music throughout the evening.



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.

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 January through February, have served in five-year increments:

Five Years of Service.....Elizabeth Essick and Staci Jensen
Twenty-Five Years of Service.....Sharon Norgaard

New employees

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

Catherine Hall.....St. Luke Nurse Aide
Eric Weber.....St. Luke Dietary Cook
Sheila Hagerty.....Riverview Terrace Personal Service Assistant
Peggy Hutcheson.....St. Luke Nurse Aide
Janice Bell.....St. Luke Nurse
Desirae Kruse.....Riverview Terrace Personal Service Assistant
Mercedes Bredehoeft.....St. Luke Nurse Aide
Jennifer Kyte.....Riverview Terrace Personal Service Assistant
Emilie Oviatt.....St. Luke Licensed Practical Nurse
Amber Arnold.....Hillside Terrace Personal Service Assistant

Staff recognitions

The following employees were recognized during the Dec. 7 employee Christmas party for their years of service to St. Luke Homes & Services, Inc.

Five Years: Nadia Banashak, Juliana Blume, Kimberly Buhr, Ange Co-hoon, Sarah Diekmann, Jill Henningsen, Jane Lake, Linda Manwarren, Brandee Roberts, Stephanie Rothmeyer, Mike Sharp and Crystal Tiftt
Fifteen Years: Lori Jensen, Ellen Johnson and Rod Richardson
Twenty Years: Cindy Hahn, Mary Hughes, Dale Meyer and Matthew Olson
Twenty-Five Years: Mavis Leinen
Thirty Years: Mary Kacmarynski, Dee Kilpatrick, Michelle Nielsen and Linda Sterling



Board President John Jensen (left) and St. Luke Homes & Services, Inc. Administrator/CEO Terry Dandy acknowledge Mavis Leinen for her 25 years of service on the Spencer campus.

Welcome New Residents

Francene Grover.....Oct. 25
Waldo Johnson.....Nov. 27
Mary Maurer.....Nov. 28
Wadena Lorenz.....Dec. 3
Richard Eagan.....Dec. 14
Ada Lauck.....Dec. 15
Mardella Durst.....Dec. 27
Dennis Nagel.....Dec. 31
Arlan Clausen.....Jan. 7
Helen Duhn.....Jan. 11
Marie Butler.....Jan. 25

Our Sympathy

Oscar Sundblad.....Nov. 25
Richard Kephart.....Nov. 29
Barbara Geerdes.....Dec. 4
Marjorie Fairchild.....Dec. 17
Bernita Meyer.....Dec. 18
Raymond Krause.....Dec. 21
Augustine Hessenius.....Jan. 2
Lois Gritten.....Jan. 9
Elizabeth Markley.....Jan. 15

Discharges

Craig Pierce.....Nov. 27
Kathy Taylor.....Nov. 27
Luella Huckfelt.....Dec. 4
Simon Sikora.....Dec. 21

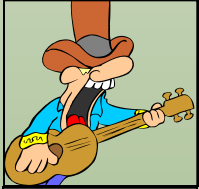
Upcoming Events



Auxiliary Meeting
2:30 p.m.
Monday, Feb. 4 at St. Luke



Valentine Dinner
5 p.m.
Tuesday, Feb. 12 at St. Luke



Classic Country
2 p.m.
Saturday, Feb. 16 at St. Luke



Jessie James Band
2:30 p.m.
Tuesday, Feb. 19 at St. Luke



People For Pets
10 a.m.
Thursday, Feb. 21 at St. Luke



Midwest Piano students to perform
2:30 p.m.
Saturday, Feb. 23 at St. Luke



Spring Fever Party
2:30 p.m.
Wednesday, Feb. 27 at St. Luke



Cowboy Jim
2 p.m.
Thursday, March 7 at St. Luke



Easter Egg Hunt
2 p.m.
Saturday, March 30 at St. Luke

St. Luke Homes & Services, Inc.

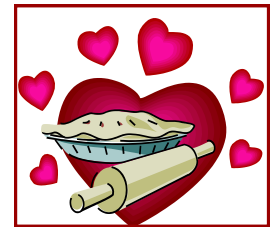
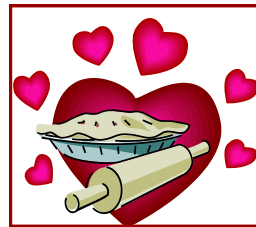
will host

a **Bake Sale**

Saturday, Feb. 9

(9 a.m. - 4 p.m.)

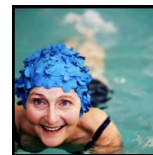
at **Southpark Mall** in **Spencer.**



Proceeds raised will benefit the activity departments of St. Luke Lutheran Home, Riverview Terrace Assisted Living, Hillside Terrace Assisted Living, and The Highlands.

Searching for a relaxing,
yet rehabilitative
Valentine's Day gift?

Consider bidding on a
St. Luke Homes & Services, Inc.
indoor aquatic center package
during the Saturday, Feb. 2
Lite 104.9 radio auction.



Bidding on one of two packages
being offered - each featuring 25 tickets
for use in the pool and spa located
between The Highlands
and St. Luke Lutheran Home -
will start at \$60.

Gifts and Memorials

Memorials with Special Designations:

Gale Rittscher.....
 (Memorial for Marjorie Fairchild -
 Riverview Terrace bell choir).....\$150

Charitable Donations:

Ronald Wentworth.....\$100
 (Gift for Riverview Terrace Community
 Room)
 Arlene Nelson.....\$200
 (Gift for St. Luke landscaping)
 St. Luke Auxiliary.....\$250
 (Gift for St. Luke resident Christmas
 gifts)
 Family of Stan Schoelerman.....\$1,000
 (Gift for St. Luke electric beds)
 John Jensen.....\$500
 (Designated for new chaplain fund)



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.

Bed warmer (2).....\$100 each
 Transfer sheets (lift/slip).....\$200 each
 Bedside tables.....\$60-\$70 each
 Straight back chair (5).....\$550 each
 iPad for charting (2).....\$650 each

Chaplain celebrated at retirement party



The Rev. Mike Sharp, a chaplain with the St. Luke Homes & Services, Inc. campus since July 2007, was honored Dec. 31 at a retirement party hosted at St. Luke Lutheran Home.

Since his installation at the continuing care retirement community, Sharp provided spiritual guidance for residents of the St. Luke Lutheran Home, Highlands, Hillside Terrace and Riverview Terrace residences, hosted worship services and engaged in Bible studies, devotions, grief support counseling and communion.

The chaplain, originally from Flint, Mich., also served in Logan; Wathena, Kansas; Canton, Kansas; and at Christ the King Lutheran Church in Spencer during his 30 1/2-year career in the ministry.

St. Luke Management Team

Terry Dandy.....Administrator
 Greg Meeter.....Controller
 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

Paying it forward with hurricane relief and food donations

The 2012 Atlantic hurricane season was an extremely active and destructive season.

The combined storms during the entire season killed at least 328 people and caused at least \$68 billion in damage, making it the deadliest hurricane season since 2008, and the costliest since 2005.

On behalf of a donation from St. Luke Lutheran Home and from St. Luke employees who contribute money to wear jeans on Fridays, \$531 was donated to the Salvation Army for hurricane relief efforts.



Residents and staff of the St. Luke Homes & Services, Inc. campus in Spencer presented Anita Jorgensen, Upper Des Moines Opportunity outreach coordinator for Clay County, with the food items photographed below.

“Any food or funds donated here remain in Clay County. The food pantry relies totally on donations to exist,” Jorgensen explained. “The beauty of this program is that it is local people helping local people.”

“It doesn’t matter if it’s large or small, every donation matters. I’m thankful that St. Luke Homes & Services thought this was a project worth doing.”



St. Luke Homes & Services, Inc.

1301 St. Luke Drive Spencer, Iowa 51301

Phone: 712.262.5931 Fax: 712.262.4743

Email: stlukelh@stlukelh.com Website: www.stlukelh.com

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