



Welcome to the St. Luke campus!

Alan Campbell, who took the helm as St. Luke Homes and Services' CEO in April, has been involved in the senior health-care field since 1978.

Al received his undergraduate degree in Psychology and Social Work from Iowa Wesleyan College in Mount Pleasant before earning his Master of Science in Health Care Administration from Trinity University in San Antonio.



Alan Campbell

He is an Iowa- and Colorado-licensed nursing home administrator and has served facilities in both states. He has also served as executive director of skilled-care facilities in Denver, Colorado Springs and

Fort Morgan, Colo., as well as Covenant Village of Colorado and Salem Lutheran Homes.

Please feel free to stop in to chat or have a cup of coffee with Al. He may also be reached at (712) 262-5931 ext. 104.



Pastor John Syvertson already feels at home as St. Luke Homes and Services' chaplain. He assumed his ministerial duties on campus in April.

Chaplain Syvertson provides spiritual guidance for campus residents on a daily basis and hosts weekly worship services in the Riverview Terrace and St. Luke Lutheran Home chapels.

Throughout the week, the chaplain also engages in Bible studies, devotions, grief support counseling, communion, and enjoys personal visits with residents.



Pastor John Syvertson

Chaplain Syvertson is available to speak at area churches about the St. Luke campus and spiritual issues regarding the elderly.

Originally from Overly, N.D., he has served congregations in Kenmare, Bowbells, Jamestown, Milton and Osabrock, N.D., and Colton, S.D.

His education includes a Bachelor of Arts in Social Work from Concordia College, a Master of Arts in Gerontology and a Master of Divinity degree from Luther Seminary.

The chaplain raises cockatiels and enjoys traveling. He has a goal of visiting every continent by 2023.



You are invited to
Pastor John's
Service of Installation.

**Saturday, June 1
1:30 p.m.
Riverview Terrace Chapel**

Reception to follow



INSIDE THIS ISSUE:

<i>Activities</i>	3
<i>Hillside Terrace</i>	4
<i>Riverview Terrace</i>	5
<i>The Highlands</i>	6
<i>Public Relations</i>	7
<i>Upcoming Events</i>	8
<i>Gifts & Wishes</i>	9

Board of Directors

John Jensen.....President
 Mark Nothwehr.....V.P.
 Kaylan Abel.....Secretary

Frank Halverson
 Denise Kramer Tolzmann
 Rev. Peter Maisenbach
 Ron Muetzel
 Don Helmkamp
 Neal Drefke

Mission Statement

To enhance the life and maximize the potential of each individual we serve through a high quality continuum of care in a Christian setting.

We're on the Web!

www.stlukelh.com

Reminder

Families are encouraged to write the names of St. Luke residents in their clothing items.

Our continuing care retirement community includes:

- The Highlands
- Riverview Terrace
- Hillside Terrace
- St. Luke Lutheran Home

Spencer Ambassadors visit St. Luke campus



The Spencer Ambassadors welcomed St. Luke Homes and Services Administrator Alan Campbell (front center, right) and Chaplain John Syvertson (front center, left) to the area.

Volunteers needed

Volunteer opportunities are available at each of the residences on campus. Maybe you play an instrument, can help with bingo or like to visit? Do you have a travel log to share or something interesting to talk about? Perhaps your club, organization or business enjoys doing service projects?

Our residents enjoy guest speakers and visiting with others. St. Luke Homes and Services could also benefit from some caring hands tending to special projects around the campus. There are many opportunities available.



If you or your group is interested in volunteering, please contact:

- Amanda Klein, St. Luke Lutheran Home, at (712) 262-5931
- Lisa Hansen, Riverview Terrace, at (712) 262-5932
- Mavis Leinen, The Highlands, at (712) 262-5404
- Frankie Weier, Hillside Terrace, at (712) 262-5934



Top to Bottom:

Beautiful sounds flow throughout St. Luke Lutheran Home as harpist Alli Stevick entertains.

St. Luke volunteers are shown appreciation for their time and efforts during a special brunch.

Darwin Zahrt enjoys receiving a massage from St. Luke Activity Assistant Nicole Petersen during a Thursday afternoon spa session.



Marie Dirksen offers advice as Marjorie Batcheler whips up some deviled eggs for the St. Luke Easter party.

Spencer High School CNA students receive instruction from Kerri Kofoot (right) during their clinical training at St. Luke.



Beverly Beving creates a May basket to fill with treats as Thora Grover proudly displays her May basket masterpiece.

Joe Williams toasts with his mother, Ruth Williams, and friend Madora Peterson.

An Iowa Great Lakes Lutheran student spends some quality time with Mary Killmar, his "adopted" grandparent during the 2012-13 school year.

Jeanne Johnson is joined by daughters Jeanine Hough (left) and Jeanelle Stokes for the Ladies Day Tea at St. Luke.



See more photos and video on St. Luke Homes and Services' Facebook page!

Hill Side Terrace Assisted Living



Hillside Terrace tenants celebrated National Jelly Bean Day, April 22, by taste testing a few of the many flavors available.

Erma Schmidt and **Maxine Thompson** (left) had fun trying the different flavors. Judging by Maxine's expression, she just tasted a sour Lemonhead jelly bean.

Orville Tronsin (right) is seen tasting a few of his favorite colors also.



Hillside Terrace family and friends help celebrate Daffodil Days, which supports the American Cancer Society. **JoAnn Kemp** (left) is all smiles as she accepts a bouquet of daffodils.

Hillside Terrace tenants and staff would like to welcome new personal service assistants **Rhonda Willison** and **Amber Martinez** to our building.

Congratulations also go out to **Kerri Kofoot** on her promotion to Director of both assisted living buildings. **Marti Rosacker** is now Assistant Director of **Hillside Terrace** and **Riverview Terrace**. Marti will also be assisting with admissions on the St. Luke campus.

A tribute to mothers

This year's Mother's Day party theme showcased geraniums and quilts. **Carol Albers** and her daughter, Marcia Steffen, are shown (below) enjoying music sung by **Nicole Petersen**, St. Luke Activity Assistant.

Hillside Terrace staff would like to thank the families who bring their mothers to share with us.



	<u>June</u>
June 11	Men's BBQ at St. Luke
June 28	Dairy Month
	<u>July</u>
July 4	Fourth of July
July 26	National Grilling Month
	Swimming Tuesday & Friday mornings

Hillside Terrace is located at: 1209 12th Street SE; Spencer, Iowa 51301
Call (712) 262-5931 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

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

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

June & July Birthdays

- June 30 Dale Geerdes
- July 14 Lloyd Ahrenstorff
- July 27 Kerri Kofoot

Riverview Terrace Assisted Living

A division of St. Luke Homes and Services, Inc. May / June 2013

RVT Tenant Highlight: Alice Hoberg

Alice Hoberg was recently awarded a 60-year member certificate and pin from the American Legion Auxiliary. Alyce Shatto presented the certificate to her at Riverview Terrace. Alice told about some of the highlights for the Auxiliary during the last 60 years. She and her husband, Roger Hoberg, have lived at Riverview Terrace since October 2011.



Activity Highlights



Margaret Koopman and Denny Nagel (above) plant flowers outside the front entrance of Riverview Terrace.

Riverview Terrace Interior Renovations



Riverview Terrace has recently received new carpet and interior furnishings. Ken Stoeber (below) is shown removing wallpaper from the hallway walls. A sample of some of the new décor on second floor is shown above.



Betty Oldenkamp (above) enjoys time with her daughters at the Ladies Day Tea.

Upcoming Events

- June 8 Flagfest Parade
- June 11 Men's BBQ
- June 13 High School Baseball Game
- June 14 Bell Choir @ Longhouse
- June 18 Bell Choir @ Hartley
- June 25 Men's Night Out
- June 28 Picnic



The Riverview Terrace Men's Group went out to eat at the Bird House Café in Milford. **Jared Fairchild** and **Roger Hoberg** (left) are shown enjoying their meal.

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) 262-5931.

- Kerri Kofoot**.....Director of Assisted Livings
- Marti Rosacker**.....Assistant Director
- Lisa Small**.....Registered Nurse
- Kim Robinson**.....Service Coordinator
- Lisa Hansen**.....Activity Coordinator

Riverview Terrace Tenant Birthdays

- Dorothy Strawn** June 15
- Leila McDeid** July 5
- Arleen Crowe** July 12
- Lucille Hansen** July 17
- Betty Oldenkamp** July 17
- Bud Fisher** July 18
- Roger Hoberg** July 20
- Les Miller** July 31

'Peace of mind' offered at The Highlands

When Vietnam War veteran Keith Grover became a St. Luke Lutheran Home resident in February 2012, his wife, Fran, made the daily trek from their home in Arnolds Park to visit him.

"I was worn out," she recalled. "Because when I'd get home, I'd still have yard work and everything else to do around the house."



On a whim last summer, the couple visited with Mavis Leinen, sales and service coordinator of The Highlands. They toured the suite Fran now lives in.

Her connection to the space was immediate.

"I visited some other

places, but they were very strict on pets," Fran said. "I can have my small dog here, which is very important to me. I think he's happy too, because he likes the patio I have here at The Highlands."

Fran made the suite her own. Before arriving, she had new wooden floors installed throughout.

The fact that The Highlands and St. Luke Lutheran Home are on the same campus and connected to one another was another positive for the Grovers.

"I bring Keith over here for dinner. When he's ready to go back, it's no problem. It's a very convenient setup," Fran said. "When the weather is cold and nasty, I just take him from St. Luke to the heated garage and load him into the car. He's never in the elements. It really works out well for us."

When Fran went south for a month this winter, she simply shut the door to

her suite and didn't worry about a thing.

"I didn't have to worry about shoveling snow," she said with a smile. "I'm living a relaxed, stress-free lifestyle here."

"People seem to think it's so ritzy and expensive to live here. It's not," Fran added. "It costs a little money initially, but it's not expensive at all when you consider

what you get, which includes peace of mind.

"What do you pay for convenience and peace of mind?"

Aebleskivers featured at 'Mavis Cooks'



Jeff and Lisa Buchan, of Spencer, showed the traditional Danish pastry is a snap to make with the right technique. The Buchans made aebleskivers for the April 23 Mavis Cooks session hosted in the Great Room of The Highlands.

Upcoming Activities



Men's BBQ June 11

Eat at Mae B in Hartley June 18

Chartered bus trip to Mason City June 24

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 and Services*

Staff loyalty appreciated

We are proud of the work and commitment of all our employees. St. Luke Homes and Services, Inc. is grateful for the dedicated service of the following employee who, from May through June, has served in a five-year increment:

Fifteen Years of Service.....Marc Watts

New employees

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

Emma Reed.....Riverview Terrace Dining Room Assistant
 Emilie Bartley.....Riverview Terrace Personal Service Assistant
 Jolene Handy.....Riverview Terrace Personal Service Assistant
 Maggie Rosacker.....Riverview Terrace Personal Service Assistant
 Claudette Barr.....Riverview Terrace Dietary Aide
 Shar Miller.....Riverview Terrace Personal Service Assistant
 Amber Martinez.....Hillside Terrace Personal Service Assistant
 Ann Magnuson.....Riverview Terrace Personal Service Assistant
 Cari Seversen.....Riverview Terrace Licensed Practical Nurse
 Kady Groen.....St. Luke Nurse Aide
 Janelle Leth.....St. Luke Housekeeper
 Linda Hansen.....Riverview Terrace Dietary Aide

Giving back to our community

When St. Luke Lutheran Home employees wear blue jeans, they are comfortable and thinking of others. The suggested \$1 paid by St. Luke staff to wear denim on Fridays is in turn donated to various causes and organizations around the area, including:

- **\$109 to the Spencer Regional Healthcare Foundation, for use at the Abben Cancer Center**
- **\$50 to Pony Express (CNA Brandi Kruse is shown donating at right)**
- **\$100 to People for Pets**



Welcome New Residents

Lola Wright.....March 27
 Lucile Carpenter.....March 28
 Pauly & Gary Eaton.....March 29
 Marcia Simon.....April 10
 Ronnie Fritz.....April 10
 Helen Brigham.....April 10
 Anna Somers.....April 11
 Duane Lawrence.....April 17
 Luella Huckfelt.....April 22
 Milton "Burdette" Geidl...April 24
 Alice Dotson.....May 18

Our Sympathy

Larry Hagedorn.....March 29
 Harley Bigger.....April 1
 Elizabeth Holderman.....April 5
 Helen Louthan.....April 9
 Marie Dirksen.....April 10
 Evelyn Tigges.....April 16
 Irma Burgeson.....April 26
 Ernest "Ray" Norlin.....May 5

Discharges

Lola Wright.....March 28
 Marie Dirksen.....April 9
 Mike Anderson.....April 26
 Mardella Durst.....May 5
 Luella Huckfelt.....May 18

Upcoming Events



Humane Society visit
2:30 p.m.
Monday, June 3 at St. Luke



St. Luke Auxiliary meeting
2:30 p.m.
Monday, June 3 at St. Luke



The Terrilites
2:30 p.m.
Wednesday, June 5 at St. Luke



SONrise Singers
2:30 p.m.
Thursday, June 6 at St. Luke



Flagfest Parade
11 a.m.
Saturday, June 8



Men's BBQ
5:30 p.m.
Tuesday, June 11 at St. Luke



Flag Day program
2:30 p.m.
Wednesday, June 12 at St. Luke



Grotto of the Redemption
Midday event
Monday, June 24



Spencer High School Baseball Game
5 p.m.
Wednesday, June 26 at St. Luke



It may have been ...

- The words you spread that promoted our fundraising events
- The baked goods you purchased that benefited the cause
- Your smiling face & encouraging words the day of the garage sale

*You made a difference
in the lives of many!*

Proceeds raised during our campus' Feb. 9 bake sale & April 12 garage sale have assisted in the purchase of the following items:

- ♥ Brain fitness software designed for active adults over 60
- ♥ Digital camera
- ♥ Gazebo furniture
- ♥ 46-inch flat screen television
- ♥ DVD player
- ♥ CD player

Gifts and Memorials

Special Gifts Fund:

Lutheran Ladies Aid.....\$70

Memorials with Special Designations:

Kent Sump.....
 (Memorial for Barbara Sump - Riverview Terrace activity department music)....\$100

Charitable Donations:

Family of Harley Bigger.....
 (Two wheeled walkers - St. Luke Restorative Department)

St. Luke Lutheran Home Auxiliary.....
 (Three fingertip pulse oximeters and three tympanic thermometers - St. Luke Nursing Department)

St. Luke Lutheran Home Auxiliary.....\$500
 (Laptop computer - St. Luke Activity Department)



Wish List for Residents

You may be able to help the St. Luke campus 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 Homes and Services an extension of the social ministries of area Christian congregations.

Monthly aviary maintenance.....\$65
 Chapel parament sets (2).....\$1,500 each
 Oximeters (measure blood oxygen levels)\$75 each
 Large mixer.....\$400
 Bingo prizes
 Large vegetable steamer.....\$100
 Perennials for courtyard

Administrator's minute

When I arrived at St. Luke from Colorado on April 8, I immediately noticed that all the residents and tenants I met were well cared for. Other immediate observations, that were readily apparent, included the receipt of a warm welcome from both residents and tenants as well as the entire staff of long-term care operations on campus. Food, transportation services and surrounding buildings were well maintained and the amount of work being done to provide the highest quality service at the lowest possible cost, was exceptional.



**Alan Campbell
 CEO/Administrator**

Early in my tenure as CEO/Administrator of our four buildings and nearly 200 employees, the differences between the entire St. Luke Homes and Services continuing care retirement community (CCRC) campus and all other nursing home, assisted living and retirement centers in our region became apparent.

1. We are a non-profit, faith-based community offering full-time chaplain services.
2. All retirement housing services, from independent living to assisted living to skilled care, are available on one contiguous campus.
3. We offer a full range of therapy services, including hydra therapy in our large pool.
4. There are two full-time RNs, as well as a number of LPNs assigned to our assisted living facilities. (State law requires far fewer nursing hours than we offer.)
5. All buildings (except the newest) are interconnected, which is conducive to visitation throughout our community.
6. St. Luke skilled nursing home is a five-star out of five-star facility, according to Medicare.
7. Hillside Terrace Assisted Living just received a deficiency-free state survey.
8. In a recent survey, 96 percent of all staff in the entire CCRC reported that they "enjoy working here."

We are very proud of the quality of services we provide our tenants and residents. But, even more proud of the personal and spiritual growth each resident, tenant and staff member enjoys being a part of the St. Luke family.

Campus nurses celebrated

National Nurses Week was celebrated May 6-12 on the St. Luke campus in Spencer. This year's theme, "Delivering Quality and Innovation in Patient Care," reflects the positive impacts Riverview Terrace, Hillside Terrace and St. Luke Lutheran Home nurses make to the lives and well-being of those they come in contact with.



Susan Christensen, of rural Royal, (above) helped celebrate nurses of the St. Luke Homes and Services campus with her "From Start to Finish: Finding Unity in Your Team" talk the afternoon of May 8 at St. Luke.



Dee Kilpatrick, the medical records coordinator for St. Luke Lutheran Home, and **Evelyn Krogh**, a St. Luke LPN, display the blankets they received during a special reception honoring the campus' nurses.

St. Luke Homes and 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

Nursing Home Week celebrated



Spencer Mayor Reynold Peterson signed a proclamation designating May 12-18 as **Nursing Home Week**.



Special activities were hosted at St. Luke Lutheran Home during Nursing Home Week. **Marion Peters** (left) and **Don Dobbins** took part in the afternoon of spring planting in the courtyard.



Staff and residents alike dressed in special outfits throughout Nursing Home Week. **Emily Wigen** (left) and **Emilie Oviatt** celebrated Dress in Your Favorite Decade Day with outfits and hairstyles from the 1980s.



Dorothy Chamberlain (front, left), **Mary Killmar** (front, right), **Jeanie Culver** and **Linda Sterling** marked the week's "Team Care" theme by wearing red, white and blue outfits.