



Upcoming Resident/Tenant Activities:

- Craft time, 2:30 p.m. April 7, at Hillside Terrace
- Campus-wide Coffee, 9:45 a.m. April 9, at St. Luke Lutheran Home
- Spencer Support Group for Parkinson's, 1 p.m. April 15, at Hillside Terrace
- Bethlehem Lutheran Church women's program, 2 p.m. April 24, at Riverview Terrace
- Music with Ray Meyer, 2:30 p.m. April 24, at St. Luke Lutheran Home
- *The 39 Steps*, April 24, at Spencer Community Theatre
- **More April 2014 activities are available online at www.stlukelh.com**

HOMeward BOUND AND HAPPY

Kathleen "Kate" Remillard knows all about physical therapy.

She had her knees replaced in 2010 and 2012.

In January 2014, three days after having her right hip replaced at Spencer Hospital, the 67-year-old woman arrived at St. Luke Lutheran Home in a wheelchair. Kate quickly settled into her new surroundings, and with her walker and a Physical Therapy Assistant in tow, immediately began the rehabilitative process.

Kate had no hesitations about coming to our skilled nursing facility. Opal Remillard of Sioux Rapids, Kate's late mother, had received "outstanding care" as a St. Luke resident. Kate, who served as a former nursing home administrator in Rock Rapids, Clear Lake and Clarion, as well as in Washing-



Kate Remillard smiles as she works her new hip with Pat Willett, a Millennium Therapy physical therapy assistant at St. Luke Lutheran Home.

ton state, knew she would be safe and well cared for at St. Luke Lutheran Home. "If you are like me and live alone, going home right after having a surgical procedure of any kind can make you feel a little scared, especially because it is so easy to fall," she recalled. "St. Luke has a marvelous reputation and the rehabilitation is outstanding here. I have gone to quite a few physical therapists in Spencer, and the people at St. Luke are genuine and know what they are doing."

Every possible precaution was taken with me, Kate added.

"You don't get that at home," she said. "St. Luke had everything to offer me and my physical therapy there was a most pleasant experience."

Just as therapists took Kate through everything she would

need to do at home, she will be receiving outpatient care through St. Luke, including utilization of the indoor aquatic center for her exercise program.

"There truly is no other facility in Spencer like this," Kate said.

WELCOME

Dorothy Beck

**BEST
WISHES**

Paul Zieman

SYMPATHY

Darwin Zahrt

NEW STAFF

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

- Karina Vaquero
St. Luke CNA
- Angela Lambert
St. Luke CNA

MARDI GRAS IN NORTHWEST IOWA



On March 4, Mardi Gras was celebrated at St. Luke Lutheran Home. Do you know any of these mask-wearing individuals (above) dressed for the Carnival celebrations?

Twinkling eyes and smiling lips appear for St. Luke residents Arla Gould and Lois Knight (from left) as they don Mardi Gras masks. Activities Assistant Linda Kreibaum has fun helping Freda Heuer slip into her Mardi Gras mask.

APRIL EMPLOYEE ANNIVERSARIES

- | | |
|-----------------------------------|-----------------------------------|
| 1 - Marti Rosacker.....(15 years) | 25 - Peyton McGuire.....(2 years) |
| 6 - Katie Watkins.....(2) | 25 - Jean Nelson.....(14) |
| 8 - Alan Campbell.....(1) | 28 - Mary Hughes.....(22) |
| 8 - Michelle Miller.....(18) | |
| 9 - Ashleigh Belless.....(2) | |
| 23 - Dee Kilpatrick.....(32) | |
| 24 - Kandi Fox.....(8) | |
| 24 - Linda Harders.....(14) | |



**SPONSORING CHURCHES
OF ST. LUKE HOMES AND SERVICES, INC.**

- | | |
|--|------------------------------------|
| + Bethany Lutheran Church, Spencer | + Bethlehem Lutheran Church, Royal |
| + Christ the King Lutheran Church, Spencer | + First Lutheran Church, Milford |
| + First English Lutheran Church, Spencer | + Grace Lutheran Church, Primghar |
| + Grace Lutheran Church, Spirit Lake | + Hope Lutheran Church, Everly |
| + Immanuel Lutheran Church, Spirit Lake | + Immanuel Lutheran Church, Terril |
| + St. Paul's Lutheran Church, Hartley | + Trinity Lutheran Church, Spencer |
| + Trinity Lutheran Church, Linn Grove | |

THANK YOU

- Alyda Roetman, of Sheldon, for the handy pocket bags you made to hang on walkers.
- Gladys Knapper, of Slayton, Minn., for quilting beautiful lap robes for St. Luke Lutheran Home residents and to her daughter, St. Luke R.N. Julie Behrens, for distributing them.
- Cailin Wycoff, of Milford, for donating bingo prizes to St. Luke Lutheran Home.

We appreciate your tax-deductible gifts and donations.

They enhance the lives of campus homeowners, tenants and residents and continue to make St. Luke Homes and Services, Inc. an extension of the social ministries of area Christian congregations.

- Hazel Christenson, of Spencer, for donating \$100 to The Highlands' activity fund, in honor of homeowners Stanley and Lavone Jespersen of The Highlands.

- Orville Tronson, of Hillside Terrace, for donating \$100 for the Hillside Terrace Assisted Living residence chapel.

DIRECTORS

Alan Campbell

CEO / Administrator

Nancy Mills

Director of Health Services

Greg Meeter

CFO / Controller

Pastor John Syvertson

Chaplain

Georgia Wrightsman

Social Worker

Dale Meyer

Maintenance Director

Mary Hughes

Interim Director of Dietary Services

Kris Todd

Public Relations & Marketing Director

Amanda Klein

St. Luke Homes & Services Activities Director

Kim Krause

Office Manager / Human Resources

Linda Manwarren

Laundry Supervisor

Becky Thong

Housekeeping Director

Mavis Leinen

Sales & Service Coordinator for The Highlands

Kerri Kofoot

Director of Assisted Living

APRIL RESIDENT & STAFF BIRTHDAYS

- | | | |
|-----------------------|-------------------------|----------------------|
| 1 - Doretta Unrau | 10 - Dennis Nagel | 19 - Thora Grover |
| 2 - Jennifer Kyte | 13 - Keaton Verner | 21 - Robert Marshall |
| 3 - Kim Goettsch | 14 - Lori Klein | 23 - Marti Rosacker |
| 3 - Antoinette Macias | 14 - Peyton McGuire | 24 - Pearl Steinke |
| 4 - Mary Eischeid | 15 - Jennifer Webster | |
| 4 - Jean Nelson | 17 - Harold Hammerstrom | |
| 8 - Doris Schultz | 17 - Sarah Kladstrup | |
| 8 - Roberta Travis | 17 - Faith Whitson | |
| 9 - Crystal Tift | 18 - Marlene Schmidt | |



ST. PATRICK'S DAY AT RIVERVIEW TERRACE



Members of First Christian Church (from left) Winnie Schoenewe, Doris Salton, Alice Gaston, Shirley Clark, Janet Clark and Denise Salton greet their friend, Bob Guerttman, in festive St. Patrick's Day outfits. Mary Eischeid (at right) smiles as she passes a gold coin between her fingers during a St. Patrick's Day party at Riverview Terrace.

- St. Luke Homes & Services
- The Highlands
 - Hillside Terrace
 - Riverview Terrace
 - St. Luke Lutheran Home

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If you are interested in visiting with someone about where to enjoy your retirement years, call Georgia Wrightsman at (712) 262-5931, ext. 109.



St. Luke Homes and Services, Inc.
"A Caring Community"



Governing Board

John Jensen
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EMPLOYEE OF THE MONTH

Experienced.
Pleasant.
Capable.
Tenants of Hillside Terrace believe these three words fit Barb Tomlinson "to a T." "Barb is very thorough and makes every move count. She is certainly one of the cogs that make the wheels run smoothly at Hillside Terrace," according to a tenant at Hillside Terrace. Recognized by management as being very organized and for performing her duties in a very skilled manner, Barb began working in January 2009 as a Personal Service Assistant on the St. Luke Homes and Services, Inc. campus. "Barb always does work with excellence and completes extra tasks without complaining. She is an



Barb Tomlinson
Hillside Terrace PSA

exceptional worker," wrote a supervisor. Aside from her job on the Continuing Care Retirement Community campus, Barb has also worked in the payroll department of the former Spencer Foods and as a residential instructor for Hope Haven.

Barb and her husband, Jim, live in Spencer. The couple has two children: son Shannon, of Spencer, and daughter Rochelle, of Windom, Minn. As a family, the Tomlinsons have enjoyed traveling across the United States and abroad to London and Israel.

Barb, who grew up with five siblings in Sioux City, met her husband while both were students on the former campus of Westmar College in Le Mars. After she graduated with honors in French and Psychology, the newlyweds called Sioux City and New York City home.

Away from work, Barb enjoys cooking for her family. The woman with a notable sweet tooth has many cookbooks. She also likes to play computer games and is a member of First Baptist Church in Spencer.

TENANT OF THE MONTH

Alice Dotson's bubbly personality and eagerness to try new activities at Hillside Terrace are catchy. Raised near Kanawha in north central Iowa, she graduated from Morning-side College before marrying Lynn Davidson in June 1941. During World War II, Alice worked as a librarian, a doctor's assistant, an Easter egg basket assembler and a head typist.

After learning her Army Air Corps husband had been killed in a training mission plane crash in the war, Alice accepted a lead teacher position in Van Nuys, Calif. Alice taught in



Alice Dotson
A tenant at Hillside Terrace since May 2013

Langdon, Fostoria, Okoboji Township and Terril elementary schools in Iowa, as well as in Strathmore, Calif. In June 1952, Alice mar-

ried former Langdon grocery store owner Levon Dotson. The couple owned and operated the Center Café of Spencer.

Alice is proud of their three sons: Nyle owns Center Cleaners in Spencer; Kyle is an optometrist in Topeka; and Randy sells hospital equipment and supplies for Medline in Mt. Vernon. She also has seven grandchildren and four great-grandchildren, with a fifth due this week and a sixth due next month.

Alice is a longtime member of the Progressive Club of Meadow Township and of the Langdon United Methodist Church.