

THE ST. LUKE SPIRIT



Upcoming Resident/ Tenant Activities:

- View Pastor John Syvertson's Fontanini Nativity collection on display, 1:30 p.m. Jan. 2, at the Clay County Heritage Center
- Attend the Blind Support Group, 1:30 p.m. Jan. 7, at Spencer Public Library
- Campus-wide Coffee, 9:45 a.m. Jan. 8, at St. Luke Lutheran Home
- More January 2014 activities are available online at www.stlukelh.com

Other Campus Happenings:

- Hosting the Spencer Ministerial Association, 9:30 a.m. Jan. 9, at St. Luke Lutheran Home
- Hosting the Clay County Community Foundation board, Jan. 16, at St. Luke Lutheran Home

CELEBRATING LIFE ON CAMPUS



St. Luke Homes and Services' centenarians enjoying life to the fullest include (front row) Helma Hofsommer, Marion Peters, Bernadine Gappa, Ruth Williams, Dorothy Schmid, (back) Francis "Bud" Fisher, Laura Conner and Norma Galbraith.

Our campus' mission of "working to enhance the life and faith of all individuals we serve, and maximizing their potential through a quality continuum of care in a Christian setting" may be part of the "living-to-100" secret. Residents and tenants of Hillside Terrace (HST), River-view Terrace (RVT) and St. Luke Lutheran Home (SLLH) recently shared their secrets for living life to its fullest. Francis "Bud" Fisher, of RVT, celebrated his 103rd birthday July 18. "Enjoy life as you're going through it," he advises. Laura Conner, a HST tenant who marked her 103rd birth-

day Aug. 10, champions the philosophy of "changing with the changes and going with the flow." SLLH resident Bernadine Gappa marked her 101st birthday May 16. She is feisty, freely articulates her warmth for others, and eats popcorn as if it "is going out of style." Helma Hofsommer, of SLLH, celebrated her 101st birthday May 29. She recommends "being kind to everybody, keeping a happy face and a happy attitude." SLLH resident Dorothy Schmid, who marked her 101st birthday Sept. 10, encourages others to "get lots of exercise, eat healthy and keep the Lord on your

side." RVT tenant Norma Galbraith, who celebrated her 100th birthday Nov. 26, claims "love of family, hard work and healthy living" have contributed to her longevity. Ruth Williams, of SLLH, credits the good health choices she has made in her 100-year lifetime, as well as truly embracing the joy of living with her long life. Marion Peters, a SLLH resident who celebrated her 100th birthday Dec. 19, claims "having a little Canadian" in herself and "going through life always keeping a smile on my face" have kept her young-at-heart.

In Loving Memory

Glenn Neve

Mildred Beedle

NEW STAFF

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

Korina Almanza - Hillside Terrace PSA

Stacey Nelson - St. Luke CNA

Kalli Miller - Riverview Terrace dietary aide

Rebecca White - St. Luke CNA

St. Luke Homes and Services, Inc. is an equal opportunity employer offering excellent salary and benefit levels. Several career opportunities are currently available on divisions of the campus, which include The Highlands, Hillside Terrace, Riverview Terrace, and St. Luke Lutheran Home. Applications for these positions may be filled out online at www.stlukelh.com or in person at St. Luke Lutheran Home, 1301 St. Luke Drive, Spencer.

GIVING BACK TO OUR COMMUNITY

The staff, tenants of Hillside and Riverview Terrace, and residents of The Highlands and St. Luke Lutheran Home believe in this area and its people. We have chosen to display our support through the direct sponsorship of several organizations throughout the area. One of these is the Just For Kix Dance Studio, which will have 34 dancers performing New Year's Day in the 2014 Outback Bowl pre-game and halftime shows on ESPN. The Outback Bowl pits the Iowa Hawkeyes against the Louisiana State University Tigers at Raymond James Stadium in Tampa, Fla.

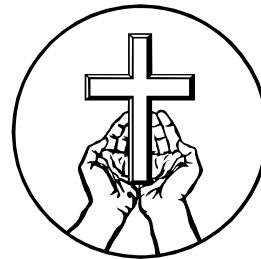


St. Luke Homes and Services, Inc. is also sponsoring a Spencer bowling team. The team, which bowls at Spencer Bowl, is sanctioned with the United States Bowling Congress. Team members are Stacey Cagle, Cindy Parrish, Lesley Culver and Brittany Culver. The 2013-14 season lasts through April 2014.



JANUARY EMPLOYEE ANNIVERSARIES

2 - Jennifer Kyte (1 year)
 7 - Emilie Oviatt (1)
 12 - Christina Zapata (2)
 14 - Grahame Reed (3)
 16 - Kris Todd (2)
 18 - Amber Wittrock (2)
 19 - Sharon Norgaard (26)
 20 - Renyse Rutter (2)

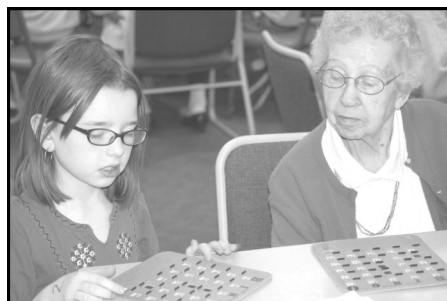


21 - Elizabeth Essick (6 years)
 27 - Rod Richardson (17)
 27 - Barb Tomlinson (5)
 28 - Staci Jensen (6)
 28 - Nichole Smith (5)
 28 - Stephanie Thiessen (4)
 28 - Dana Zernechel (4)

ST. LUKE HOMES & SERVICES, INC. BOARD OF DIRECTORS

John Jensen, President
 Mark Nothwehr, Vice President
 Kaylan Abel, Secretary
 Neal Drefke
 Frank Halverson
 Don Helmkamp
 Rev. Peter Maisenbach
 Ron Muetzel
 Denise Kramer Tolzmann

SHARING THE HOLIDAY SPIRIT



▪ Spencer Middle School Builders Club members Brenna Nelson, Jordan Hallgren, Catherine Glackin, Abbie Hinrichsen and Hallee Mingus (left) delivered snowmen centerpieces to St. Luke Homes and Services' Activities Director Amanda Klein. A Fairview Elementary School second grade student (right) is shown playing a game of holiday bingo with Riverview Terrace Assisted Living tenant Virginia Brinkley.

▪ More Christmas 2013 campus-wide photos are available on the St. Luke Homes & Services, Inc. Facebook page. Please "like" this page if you would appreciate receiving statuses and photographs as they happen.

JANUARY RESIDENT & STAFF BIRTHDAYS

2 - Alicia "Denise" Williams	16 - Mildred Bruns	25 - Mary Maurer
6 - Maxine Miller	16 - Linda Kreibaum	25 - Kevin Tlam
6 - Ann Strait	17 - Beverly Beving	26 - Crystal Gambell
7 - Pat Woods	18 - Kandi Fox	26 - Sherry Simcox
9 - Miriam Bergen	18 - Kaylee Kourousis	27 - Lora Norlin
10 - Mae Koch	18 - Amber Martinez	27 - Mavis Olin
11 - Norma Whalen	19 - Vivolyn Keninger	27 - Richard Schuster
13 - Alvin De Wall	19 - Amanda Klein	29 - Amy Rupert
14 - Christina Ness	21 - Jolene Handy	29 - Stephanie Thiessen
15 - Alice Carlson	22 - Gerald Hanson	31 - Elizabeth Essick
16 - Korina Almanza	23 - Brittany Culver	31 - Emma Exner
	24 - Gabrielle Huss	31 - Shelby Meyer

THANK YOU!

► Christmas carolers from **Faith Lutheran, First English Lutheran, Day-Spring Assembly of God, Living Word, Iowa Great Lakes Lutheran, Lincoln Elementary and Hope Haven**

► **Fairview Elementary students** for playing bingo, reading Christmas stories and for bringing personalized Christmas

cards and drawings

► **Claire Christensen** for displaying your Nutcracker collection at St. Luke

► **First Congregational Church members** for bringing special Sunday lunches to St. Luke residents

► **Spencer Middle School Builders Club members** for creating beautiful dining room table centerpieces and for

adopting grandparents at St. Luke

► **First Congregational Church youth and sponsors** for volunteering to prepare a special meal and for cleaning

► **Pastor Steve Olson** for leading a sing-along at Hillside Terrace Assisted Living

DIRECTORS

Alan Campbell

CEO / Administrator

Nancy Mills

Director of Health Services

Greg Meeter

CFO / Controller

Georgia Wrightsman

Social Worker

Pastor John Syvertson

Chaplain

Kris Todd

Marketing & Public Relations Director

Dale Meyer

Maintenance Director

Mary Hughes

Interim Director of Dietary Services

Amanda Klein

St. Luke Homes & Services Activities Director

Lisa Hansen

Director of Assisted Living Activities

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

Marti Rosacker

Assistant Director of Assisted Living

Deb McGuire

Service Coordinator for 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.

We're on the Web!
www.stlukelh.com

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



EMPLOYEE OF THE MONTH

Amy Rupert is known for always having a smile on her face, for being a nice person and for truly cherishing the Riverview Terrace tenants she cares for.

"Amy always goes above the call of duty. She is very kind and helpful to staff and tenants. It's easy to see that Amy loves her job and puts her whole heart into it," wrote the co-workers and Riverview Terrace tenants who nominated Rupert for this special recognition of exemplary staff members from the St. Luke Homes and Services, Inc. campus. Amy is a 1997 graduate of Spencer High School. She began working in October 2001 as a part-time dining room assistant and per-



Amy Rupert
Riverview Terrace PSA

sonal service assistant (PSA). In September 2002, she was promoted to serve as a full-time PSA.

During her tenure at Riverview Terrace, Amy was quickly deemed a "very reliable" person by her peers. She is known

for readily filling day, night, overnight and fill-in shifts for others.

True to her humble nature, though, Amy isn't quick to take credit for her exemplary actions. Instead, she mentions learning a lot from mentors such as her mother, Ann Myers, and fellow Riverview Terrace PSA Karen Titler.

Away from work, Amy enjoys spending time with her mother, father Larry Rupert and his wife, Barb, her niece and nephew, Emily and Trey Stoneking. Amy and her fiancé, André Hendrickson, enjoy walking their dogs, Copper and Dakota, fishing trout, hunting raccoons with their dog, Bubba, and trapping minks. Amy is a member of Bethlehem Lutheran Church in Royal.

TENANT OF THE MONTH

Betty Pothast lives by the "life is what you make it" philosophy.

Betty, who moved to the Hillside Terrace (HST) Assisted Living residence in November 2007, is a steadfast advocate of the Spencer campus' atmosphere and continuum of care offered on it. She also appreciates the assistance received from staff, the myriad of activities planned for tenants, and the hearty meals served.

"Hillside Terrace is my home and I'm very happy here," she said. "I just think it is an outstanding facility and environment for people at this stage of health in their lives. What more could you want?"



Betty Pothast
Hillside Terrace tenant

Betty firmly believes participating in all of the activities offered helps to keep her mind sharp. She swims twice a week in the indoor aquatic center, plays cards with her peers, and watch-

es Iowa and Iowa State University (ISU) games with friend, and fellow HST tenant, Maxine Thompson.

This native of Red Oak and member of First English Lutheran Church, Spencer, served as an ISU Extension Home Economist for Clay County, as well as in Atlantic and in Prowers, Colo. From 1974 until she retired in 1996, Betty also worked in the Spencer Learning Center of Iowa Lakes Community College.

Betty is proud of her three children - Jean Silverman, of Camp Hill, Pa., Grant Pothast, of New York, and Ann Knobbe, of Fort Dodge - and enjoys spending time with special friend Lowell Carlson.