

# THE ST. LUKE SPIRIT



October 2014

Volume 2, Issue 10

## Upcoming Resident & Tenant Activities:

- Family potluck, Noon Oct. 5, at St. Luke Lutheran Home
- St. Luke Lutheran Home Auxiliary meeting, 3 p.m. Oct. 6, at St. Luke Lutheran Home
- Village Singers, 2:30 p.m. Oct. 9, at St. Luke Lutheran Home
- Campus-wide Coffee, 9:45 a.m. Oct. 20, at Riverview Terrace
- Afternoon pumpkin patch visit, Oct. 21, to Hawk Valley Garden
- Trick or Treat with us, 6:30 to 7:30 p.m. Oct. 31, at The Highlands, Hillside & Riverview Terrace, St. Luke Lutheran Home
- **More October 2014 activities are available online at [www.stlukelh.com](http://www.stlukelh.com)**

## FOR THE SAFETY OF OUR RESIDENTS & TENANTS

Stanley Corporation and Arial Software technologies have merged to provide Hillside Terrace, Riverview Terrace, and soon St. Luke Lutheran Home with a wireless call system for residents and tenants to utilize as a way to communicate to staff when in need of help.

The system is all tied to a main computer system that supports and transmits data remotely from the pressed call button to staff pagers.

This is a wireless program. Because of its mobility, the system is practical for on-the-move residents and tenants. Now, there is no reason now to be dependent on a cord. Campus residents and tenants have the choice of a necklace or wrist button.



Residents can be anywhere in their respective facility, or even outside on campus in the proximate area, and be confident they have access to help if they would need it. The system does not actually pinpoint the location, but with strong advancements in technology, we foresee this being possible with an easy future update. The pagers that staff wear now sound to indicate name, room number, date, and time when the button was pressed. The sound is repeti-

tive until the call button has been reset. The only way to reset the button is to physically see the resident or tenant and flip the button and depress a button.

Another positive attribute of the new system is that the computer software stores and saves the data of each press and reset of the call buttons. We can provide audits of how long it takes staff to respond to pages or simply find out who does and who doesn't utilize the call button. This information can be accessed on up to nine different computers around campus. Each door on campus is also tied into the system and can be examined as to when it is opened or alarmed; which then can set off the pagers to alert staff.

• By Kerri Kofoot  
St. Luke Homes & Services'  
Director of Assisted Living

## OCTOBER 15th LEGISLATIVE FORUM

A legislative candidates' forum focused on long term health-related topics, sponsored by the Iowa Health Care Association, is planned from 2 to 4 p.m. Wednesday, Oct. 15. It will be hosted by St. Luke at The Highlands in Spencer.

Iowa Health Care Association and Iowa Center for Assisted Living member facilities are invited to send representatives.



State Sen.  
David Johnson  
(District 1)



State Rep. candidate  
John Wills  
(District 1)



State Rep.  
Megan (Hess) Jones  
(District 2)

▪ **WELCOME**

- Arlene Benson
- Amos Christensen
- Margaret Bohn
- Carole Peterson
- Janice Swanson
- Stanley Hillmer

▪ **SYMPATHY**

- Carl Abel
- Elizabeth Ries
- Arlan Clausen

▪ **BEST WISHES**

- Rex Travis
- Linda Meyer

▪ **NEW STAFF**

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

- Carrie Carlson  
St. Luke CNA
- Kim Shaughnessy  
St. Luke CNA
- Jayme Prescott  
St. Luke CNA
- Mercedes Bredehoeft  
Hillside & Riverview  
Terrace CNA/PSA
- Peggy Tewes  
Riverview Terrace  
PSA/CNA
- Taylor Wiemers  
St. Luke CNA
- Peggy Wingen  
St. Luke CNA
- Marie Tomlinson  
St. Luke Housekeeper

**ENJOYING FAMILY & FISHING**



(From left) Two-month-old Michael Stroud, of Des Moines, is shown being adored by his great-grandmother, Cindy Buren, of Royal, (at right) and his great-great-grandmother, Frances Larsen, at St. Luke Lutheran Home.

Residents and staff of the St. Luke Homes & Services, Inc. campus recently enjoyed fishing at Stolley Park and Pond in Spencer. Shane Nielsen, the campus' assistant director of maintenance, displays one of the afternoon catches. (Additional photographs are available on the St. Luke Homes & Services' Facebook page.)

**OCTOBER RESIDENT & STAFF (S) BIRTHDAYS**

- |                         |                          |                       |
|-------------------------|--------------------------|-----------------------|
| 1 - Gladys McMillin     | 11 - Lori Jensen (S)     | 22 - Alice Dotson     |
| 3 - Muriel Johnson      | 12 - Heather Halder (S)  | 22 - Ethel Schmidt    |
| 4 - Emily Classon (S)   | 15 - Jill Henningsen (S) | 26 - Helen Brigham    |
| 4 - Matthew Olson (S)   | 17 - Katelind Torres (S) | 26 - Ken Stoeber (S)  |
| 6 - Elayne Grapenthin   | 19 - Jamie Hagen (S)     | 27 - Lucille Fear     |
| 7 - Vivian Rock         | 19 - Robert Stoeber      | 28 - Helen Anderson   |
| 8 - Brandee Roberts (S) | 20 - Lawrence Evans      | 28 - Cindy Lytle (S)  |
| 9 - Leona Ver Meer      | 20 - Carole Peterson     | 28 - Nancy Mills (S)  |
| 11 - Earl Angell        | 21 - Marjorie Batcheler  | 30 - Kenneth Brinkley |

**FREE FALLS PREVENTION SCREENING HOSTED**



Therapists from Millennium Therapy, based on the St. Luke Homes & Services, Inc. campus, conducted free strength, balance, vision and memory screenings Sept. 23 at The Highlands in honor of the first day of fall and the sixth annual National Falls Prevention Awareness Day.

## COMMUNITY CORNERSTONES

**Trinity Lutheran Church**  
 9th & 11th Avenue West, Spencer  
 The Rev. C. Peter Maisenbach, Pastor  
 (712) 262-1287



**Christ the King Lutheran Church**  
 500 Fourth Avenue SW, Spencer  
 The Rev. David Zimmer, Pastor  
 (712) 262-2244  
[www.ctkspencer.com](http://www.ctkspencer.com)



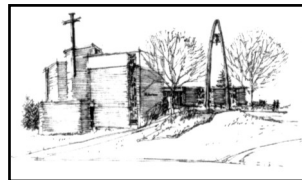
**Bethlehem Lutheran Church**  
 207 Church Street, Royal  
 Deb Mechler, Pastor  
 (712) 933-2229  
<http://royalbethlehemlutheran.com>



**Immanuel Lutheran Church**  
 206 Terril Avenue, Terril  
 David Doellinger, Pastor  
 (712) 853-6192  
[www.facebook.com/lcmsterril](http://www.facebook.com/lcmsterril)



**Trinity Lutheran Church**  
 105 East High Street, Linn Grove  
 David Bernhardt, Pastor  
 (712) 296-4438



**First English Lutheran Church**  
 1311 E. 18th Street, Spencer  
 Paul Kaldahl, Pastor  
 (712) 262-5598  
<http://spencer-church.com>



**Grace Lutheran Church**  
 801 Hill Avenue, Spirit Lake  
 Dr. Martin Lucin, Pastor  
 (712) 336-2446  
[www.gracelutheranspiritlake.org](http://www.gracelutheranspiritlake.org)



**Hope Lutheran Church**  
 206 N. Washington Street, Everly  
 Dan Taylor, Pastor  
 (712) 834-2767  
[www.hopeeverly.com](http://www.hopeeverly.com)



**Bethany Lutheran Church**  
 15 West 14th Street, Spencer  
 Len Halvorson, Pastor  
 (712) 262-2327  
[www.bethluthspencer.com](http://www.bethluthspencer.com)



**Grace Lutheran Church**  
 380 N. Rerick Avenue, Primghar  
 (712) 957-4795

## THANK YOU

We appreciate your tax-deductible gifts and donations.

They enhance the lives of campus homeowners, tenants and residents and continue to help make the fulfillment of St. Luke Homes & Services' Christian mission possible.

- Shirley Davies, of Spencer, donated \$100 to the St. Luke Lutheran Home Special Gifts Fund.
- Bethlehem Lutheran Church Women, of Royal, donated \$10 to St. Luke Lutheran Home in memory of Nelle Andersen.
- Jenene Karamon, of St. Augustine, Florida, donated \$25 in memory of her cousin, Dwight Joe Geerdes, via St. Luke Homes & Services' online PayPal account.

Trick or Treat with Us!



Friday, Oct. 31  
 from 6:30 - 7:30 p.m. at:

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

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

1301 St. Luke Drive  
Spencer, Iowa 51301

Phone: (712) 262-5931  
Fax: (712) 262-4743  
E-mail: stlukelh@stlukelh.com

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 & Services, Inc.  
"A Caring Community"



## Governing Board

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

## EMPLOYEE OF THE MONTH

"Rise and shine and give God the glory" is the greeting St. Luke Lutheran Home residents receive in the morning from Mary Kacmarynski.

Mary, who encourages others to give their best, cares very much about her job, which is tending to St. Luke residents and their needs. She is recognized by the residents she serves, their families and her co-workers as being a person who goes over and above the call of duty.

Mary does not hesitate to bring new ideas to the workplace, to make it a better environment for all. A recent example is the Wednesday morning activities enjoyed by St. Luke residents. Another, set to



Mary Kacmarynski  
St. Luke Lutheran Home  
CNA

be unveiled this month, is a tiki refreshment cart. Mary was among three St. Luke Certified Nursing Assistants (CNA) recently awarded a "Spirit Award" for her outstanding spirit as a caregiver at the 2014 National Association of

Health Care Assistants Conference.

After earning her CNA certification through Iowa Lakes Community College as a South Clay High School senior, Mary began working at St. Luke in March 1982.

Today, Dennis and Mary Kacmarynski have three boys: Kyle and his wife, Caitlyn, of Spencer; Tyler, of Seward, Neb.; and Brody, a Spencer High School freshman.

Mary credits her late mother, Colleen Speed, a CNA and home health aide at Spencer Hospital, with her passions for sports - especially those her sons are involved in - and for caregiving. She attends Sacred Heart Church and is a Catholic Daughters of the Americas Court member.

## HOMEOWNERS OF THE MONTH

Dr. Harold and Florence Hammerstrom are a delightful couple strong in faith and willing to help others.

The couple, along with their tiger cat Zoe, moved to The Highlands in January 2012.

Harold and Florence married on June 1, 1949, at a parsonage in Lenox, S.D.

Harold, a World War II and Korean War veteran, served with the Occupation Forces in Japan as a clerk typist in Headquarters 8th Army surgical section. In 1950, he was reactivated and served as a medic with the 382nd General Hospital, located near Osaka, Japan.

He graduated from General Beadle State Teachers College in Madison, S.D., and with a Master of Education and Chemistry degree from



Dr. Harold & Florence  
Hammerstrom  
Homeowners at The Highlands  
since January 2012

the University of South Dakota in Vermillion. Harold taught and served as a principal in Linn Grove for three years before starting a 30-year career as a chemistry professor at Northwestern College in Orange City.

Florence, meantime, was a stay-at-home mother. Once their four children - Linda (Randy) Porter of Hospers, Glen (Ruth) Hammerstrom of Carlisle, the late Mary DeZeeuw of Spencer, and the late Ellen Strong of Denison, Texas - were of an age to find jobs of their own, she began working at the former E & J Variety store, the Sears Roebuck Catalog store and Bomgaars, all in Orange City.

When the Hammerstroms retired, they built a home in Spirit Lake and traveled the country. They served in various roles at WalMart and Harold worked for area contractors and carpenters for several years.

The Hammerstroms are members of Hope Church in Spencer. They enjoy spending time and visiting with others, especially their seven grandchildren and nine great-grandsons.