

# THE ST. LUKE SPIRIT



December 2015

Volume 3, Issue 12

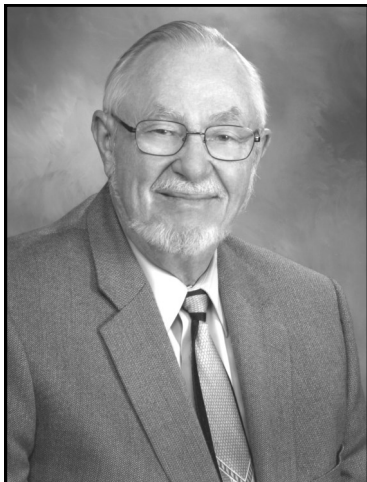


## Upcoming Resident & Tenant Activities:

- **“A Christmas Carol”**  
December 3 at 7 p.m.  
Spencer Community Theatre
- **“Messiah”**  
December 6 at 7 p.m.  
Sacred Heart Church
- **First English Lutheran’s G.I.F.T. program**  
December 9 at 1 p.m.  
St. Luke Lutheran Home
- **Ice Cream Social & Glenn Henriksen to perform**  
December 17 at 5:30 p.m.  
(Please RSVP by Dec. 14)  
The Highlands
- **Living Word Outreach’s Club Armadillo program**  
December 19 at 10:45 a.m.  
Riverview & Hillside Terrace,  
and St. Luke Lutheran Home
- **Fairview Elementary students to play Bingo**  
December 22 at 9:30 a.m.  
St. Luke & Riverview Terrace  
Assisted Living
- **Christmas piano music with Kevin Anderson**  
December 29 at 1:30 p.m.  
Riverview Terrace  
December 29 at 2:30 p.m.  
St. Luke Lutheran Home

**More December 2015 activities are available online at [www.stlukelh.com](http://www.stlukelh.com)**

## ‘TIS THE SEASON



**Kaylan Abel**  
**St. Luke Homes & Services’**  
**Governing Board Chairperson**

**I**t is the time when we look forward to remembering and celebrating Christ’s birth. We, the Board of Directors, want to take this special time to wish all residents, their families and friends, the staff, and all volunteers at The Highlands, Riverview & Hillside Terrace Assisted Living, and St. Luke Lutheran Home a very special and Merry Christmas. We wish to say a special thank you to the sponsoring congregations for supporting the mission of St. Luke Homes & Services.

I remember visiting my Grandma Hulda, who was one of the original residents in the first years of St. Luke’s existence. She always had a small bowl of corn candy on the dresser, which my children always knew Grandma would offer them. We met and became friends with other residents and recall the warm, friendly and bright atmosphere during those visits. Since that time, St. Luke has grown and has experienced many changes.

Some years back, Grandma Hulda’s youngest son, my uncle, became a resident at Hillside Terrace. When I visited “Uncle Chuck,” he always had cookies tucked in the cupboard and we could make instant coffee. With the Assisted Living venue, residents can host family and visitors in their residences or have social time in the commons area with other residents, as we sometimes did. It was a joy for Uncle Chuck and me during those visits. He remarked to me that he lived in what he called “common elegance,” referring to the place and the friendly and helpful staff.

Wishing everyone in, and associated with, the St. Luke community a very Merry Christmas and blessed New Year.

## INFORMATION FOR MEDICAID BENEFICIARIES

Iowa’s Medicaid healthcare management system will move to a managed care approach effective January 1, 2016. Known officially as IA Health Link, this program will be administered by the following contracted Managed Care Organizations (MCOs):

- Amerigroup Iowa, Inc.
- AmeriHealth Caritas Iowa, Inc.
- UnitedHealthcare Plan of the River Valley, Inc.
- Wellcare of Iowa, Inc.

Iowa Medicaid beneficiaries may stay with the MCO they are assigned to. Or they *have until December 17, 2015*, to select another MCO.

St. Luke Homes & Services’ goal is to provide accurate communication and guidance on where to go for additional information or assistance. Please contact Social Worker Georgia Wrightsman or Assisted Living Director Kerri Kofoot with questions you have about Iowa’s new Medicaid managed-care initiative.

▪ **WELCOME**

Lois Werts

Stan & Doris  
Andersen

Virginia Wicks

Edwin & Ellen  
Geerdes

▪ **SYMPATHY**

Amos Christensen

▪ **NEW STAFF**

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

Shannon Johnson  
St. Luke R.N.



**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.

- Farmers Bank, of Spencer, donated 10 newspaper subscriptions for St. Luke residents.
- Carole Peterson, of The Highlands, donated Christmas party supplies and bingo games to the St. Luke Homes & Services Activities department for use with campus residents.
- The family of Amos Christensen donated a lift chair and corner stand for use by residents of St. Luke Lutheran Home.
- Carole Peterson, of The Highlands, donated \$20 to St. Luke Lutheran Home in memory of George Schmidt.

**RECOGNIZING OUR VETERANS**

The St. Luke Homes & Services campus is grateful for the veterans who have served the United States of America. We thank the following men and women of The Highlands, Riverview & Hillside Terrace Assisted Living, and St. Luke Lutheran Home for their military service:

**World War II veterans:** Stan Andersen, Earl Angell, Norman Boonstra, Milton "Burdette" Geidl, Gerald Graeber, Robert Guerttman, Richard "Dick" Hallett, Gerald Hansen, Stanley Jespersen, Freeman Knudtson, Robert Miller, Dr. Harry Rasdal, Elwyn "PeeWee" Rogers, Richard "Dick" Romp, Robert Stewart, Leo "Joy" Smith, Robert Stoeber and Roy Stroud. **World War II & Korea:** Harold Hammerstrom.



**Korea:** Stanley Hillmer, Roger Hoberg, Eldon Kopel, Don Linnan, Jim Pitts, Charles Scheil, Marvin Schmidt, Glenn Storm, Orville "Rocky" Tronson and Louis Wiemers. **Cold War:** Gene Jacobsen and Verdis Koehlmoos. **Vietnam:** Keith Grover, Robert Hughes, Craig Marr and Robert Regennitter. **Grenada:** Melissa Weber. **Desert Storm:** Torrey Krause and Rod Richardson. **Iraq:** Jessica Bleeker.



- Visit St. Luke Homes & Services' Facebook page for more Veterans Day 2015 photographs.

**DECEMBER HOMEOWNER, TENANT & RESIDENT BIRTHDAYS**

- 2 - Bev Dunkelberger
- 3 - Virginia Christensen
- 7 - Stanley Jespersen
- 8 - Adrienne Crouch
- 8 - Mildred Hoefgen
- 10 - Roy Stroud
- 13 - Audley Tensen
- 14 - Iris Hanson
- 15 - Fern Hargens

- 16 - Ada Lauck
- 19 - Marion Peters
- 19 - Esther Shelley
- 20 - Gerald Graeber
- 24 - Michael Anderson
- 27 - Fred Schmidt
- 31 - Lucille Carpenter



## COMMUNITY CORNERSTONES

|                                          |                          |                          |                |
|------------------------------------------|--------------------------|--------------------------|----------------|
| ▪ <u>Bethany Lutheran Church</u>         | 15 W. 14th Street        | <u>Spencer, Iowa</u>     | (712) 262-2327 |
| ▪ <u>Bethlehem Lutheran Church</u>       | 207 Church Street        | <u>Royal, Iowa</u>       | (712) 933-2229 |
| ▪ <u>Christ the King Lutheran Church</u> | 500 Fourth Avenue SW     | <u>Spencer, Iowa</u>     | (712) 262-2244 |
| ▪ <u>First English Lutheran Church</u>   | 1311 E. 18th Street      | <u>Spencer, Iowa</u>     | (712) 262-5598 |
| ▪ <u>First Lutheran Church</u>           | 1525 Three Cross Road    | <u>Milford, Iowa</u>     | (712) 338-4514 |
| ▪ <u>Grace Lutheran Church</u>           | 801 Hill Avenue          | <u>Spirit Lake, Iowa</u> | (712) 336-2446 |
| ▪ <u>Grace Lutheran Church</u>           | 380 N. Rerick Avenue     | <u>Primghar, Iowa</u>    | (712) 957-4795 |
| ▪ <u>Hope Lutheran Church</u>            | 206 N. Washington Street | <u>Everly, Iowa</u>      | (712) 834-2767 |
| ▪ <u>Immanuel Lutheran Church</u>        | 2300 27th Street         | <u>Spirit Lake, Iowa</u> | (712) 336-1010 |
| ▪ <u>Immanuel Lutheran Church</u>        | 206 Terril Avenue        | <u>Terril, Iowa</u>      | (712) 853-6192 |
| ▪ <u>St. Paul's Lutheran Church</u>      | 60 N. Central Avenue     | <u>Hartley, Iowa</u>     | (712) 728-2711 |
| ▪ <u>Trinity Lutheran Church</u>         | 105 E. High Street       | <u>Linn Grove, Iowa</u>  | (712) 296-4438 |
| ▪ <u>Trinity Lutheran Church</u>         | 9th & 11th Avenue W.     | <u>Spencer, Iowa</u>     | (712) 262-1287 |

## ADVENT & CHRISTMAS EVE SERVICES

### Advent Services:

(Through December 15 & 16)

3 p.m. Tuesdays at St. Luke

2 p.m. Wednesdays at Riverview Terrace

3 p.m. Wednesdays at Hillside Terrace



### Christmas Eve Services:

(With Pastor John Syvertson)

10 a.m. at St. Luke Lutheran Home

2 p.m. at Riverview Terrace

3 p.m. at Hillside Terrace



## MESSIAH

### Plan to attend:

The 7 p.m. performance of Handel's "Messiah" on Sunday, December 6, at Sacred Heart Catholic Church in Spencer.



### **The St. Luke, Riverview & Hillside Terrace elves are busy**

Santa's Workshop is hosted annually by the Spencer Women of Today. This holiday season, children ages 3 to 12 may purchase gifts for their loved ones in Santa's Workshop between 9 a.m. and Noon on Saturday, December 5, 2015, at the Southpark Mall in Spencer.

Parents are not allowed inside of Santa's Workshop. Instead, Spencer Women of Today members volunteer their time to keep children on track with their shopping lists.

Helen Leith, at left, is among the residents of St. Luke Lutheran Home and tenants of Riverview & Hillside Terrace Assisted Living who are helping to fill Santa's Workshop this year with special handmade gifts.



**Hands of  
Harmony  
Bell Choir  
Holiday  
Performances:**

- Sunday, December 13  
at 2 p.m.  
Southpark Mall, Spencer
- Monday, December 14  
at 2:30 p.m.  
Community Memorial  
Health Center, Hartley
- Monday, December 28  
at 3 p.m.  
St. Luke Lutheran  
Home

**Please join us!**

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*If you no longer  
wish to receive a  
copy of  
The St. Luke Spirit  
newsletter,  
please leave a  
voicemail message  
for Kris Todd at  
(712) 262-5931,  
extension 646, or  
send an email to  
kris.todd@stlukelh.com*

**LEGISLATIVE FORUM FOCUSES ON LONG-TERM CARE**



State Senator David Johnson, Andrea Easter, the district representative for Congressman Steve King, State Representative John Wills, Jacob Bossman, the regional director for U.S. Senator Charles Grassley, and (not pictured) Jerry Self, the regional director for U.S. Senator Joni Ernst, participated in a legislative forum hosted November 18 at The Highlands in Spencer. The 2016 Legislative Forum was presented by the Iowa Health Care Association and the Iowa Center for Assisted Living.

**CONTACT A CAMPUS DIRECTOR**

|                            |                                  |                          |
|----------------------------|----------------------------------|--------------------------|
| Alan Campbell.....         | CEO/Administrator.....           | (712) 262-5931, ext. 104 |
| Nancy Mills.....           | Health Services.....             | (712) 262-5931, ext. 112 |
| Greg Meeter.....           | CFO/Controller.....              | (712) 262-5931, ext. 105 |
| Georgia Wrightsman.....    | Social Worker.....               | (712) 262-5931, ext. 109 |
| Dale Meyer.....            | Maintenance.....                 | (712) 262-5931, ext. 139 |
| Pastor John Syvertson..... | Chaplain.....                    | (712) 262-5931, ext. 103 |
| Kris Todd.....             | Public Relations/Marketing.....  | (712) 262-5931, ext. 646 |
| Jenna Walsh.....           | Dietary Services.....            | (712) 262-5931, ext. 125 |
| Amanda Klein.....          | Activities.....                  | (712) 262-5931, ext. 107 |
| Linda Manwarren.....       | Laundry.....                     | (712) 262-5931, ext. 111 |
| Becky Thong.....           | Housekeeping.....                | (712) 262-5931, ext. 110 |
| Kim Krause.....            | Office/Human Resources.....      | (712) 262-5931, ext. 108 |
| Kerri Kofoot.....          | Director of Assisted Living..... | (712) 262-5932, ext. 201 |
| Mavis Leinen.....          | The Highlands.....               | (712) 262-5404           |

**WOW WINNERS**



Thanks to the hundreds of women who stopped by the **St. Luke Homes & Services** booth at the Women's Okoboji Weekend celebration, which occurred Nov. 13 - 15 at the Dickinson County Expo building in Spirit Lake. We are pleased to announce that **Donna Sebert**, of Spirit Lake, won a \$75 Visa gift card from St. Luke Homes & Services and **Nichole Schneider**, of Spirit Lake, received a grand prize including 50 free passes to the **St. Luke indoor aquatic center**.

# COMMUNITY INVOLVEMENT: HALLOWEEN 2015



St. Luke Nurse  
Amber Wittrock



Riverview Terrace tenant Robert Hughes



St. Luke CNA  
Kelsey Stoever



St. Luke resident Virginia Jorgensen



Highlands homeowner Lora Norlin



St. Luke resident  
Mardelle Stroup



St. Luke Nurse  
David Thiessen



Hillside Terrace Assisted Living tenants

- 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**

- Kaylan Abel
- Mark Nothwehr
- Frank Halverson
- Jerry Clausen
- Neal Drefke
- Jim Hitchcock
- Rev. Peter Maisenbach
- Rev. Deb Mechler
- Ron Muetzel

## **EMPLOYEE OF THE MONTH**

Kandi Fox has become a well-known presence in the St. Luke community.

The treasured Certified Nursing Assistant (CNA) is recognized for always being willing to help and for going "above and beyond" the call of duty.

"I love my job and the residents I serve," she said.

Working as a CNA appears to be second nature for Kandi, who claims her late grandmother inspired her to enter the nursing profession.

"Grandma Evelyn is my role model," Kandi said. "I warmly remember her telling me 'Good night' and 'I will see you in the morning' every night as she left to go work overnights at the Palo



**Kandi Fox**  
**St. Luke Lutheran Home**  
**CNA since July 2005**

Alto County Hospital."

The day of her 16<sup>th</sup> birthday, Kandi received a telephone call from Emmetsburg Care Center Administrator Lyman Bailey. He offered her a part-time position after school. Kandi

began her duties as a CNA the next day.

When her family moved from Estherville to Spencer in July 2005, she started working as a full-time CNA at St. Luke Lutheran Home.

"For me, working at St. Luke is like coming home. I belong here," she said. "Seeing the smiles on my ladies' faces every morning is what keeps me coming back day after day."

Kandi and her husband, Jason, a route salesman for Frito-Lay, have four children: Ashley, 23, Austin, 21, Matthew, 15, and Morgan, 12. As a family, they enjoy outdoor activities such as riding motorcycles and camping at Scharnberg Park.

We are honored to have Kandi as part of the St. Luke Homes & Services family.

## **RESIDENT OF THE MONTH**

Helen Duhn is proud of her Irish heritage. She believes it explains her "not-give-up-for-anything" attitude.

"I greeted my parents with a doll firmly positioned under each arm. I wasn't going to let either of them get away from me. My adoptive mother was drawn to my winning personality," she recalled with a smile.

Helen is an inspiration to others. The 90-year-old woman has faced many challenges in her life, but surpassed them all.

After graduating from St. Angela Academy, a predecessor of Kuemper High School in Carroll, Helen became a CNA in order to travel with her war-bound husband. Helen's eyesight began to fade when she was 25. Her left jaw was replaced with an ivory bone from an elephant following a car accident. Helen was legally declared blind in her 70s. She developed a steadfast relationship with her "bossy, sassy and strong" guide dog, Doc. Years later, she persevered and learned to walk again after breaking her back.



**Helen Duhn**  
**St. Luke**  
**resident since**  
**January 2013**

know how to fight back," she said. "Every person, blind or not, can learn to support themselves."

Today, Helen has national licensure as a blind masseuse, is a member of a blind biker's group, can hook rugs, and enjoys reading her braille Bible.

She describes celebrating Christmas with her large family as "a fun, wild time." Helen has six children: Bonnie Rickabaugh of Terril, Peggy Johnson of Kansas City, David Johnson of Linn Grove, Julie Foreman of Sac City, Frank "Tony" Duhn of Burns, Oregon, and Laurie Miller of Vancouver, Washington.

At St. Luke, the great-great-grandmother enjoys socializing with others, attending church services, participating in many activities, and maintaining her strength by swimming in the indoor aquatic center.

"I feel so very happy inside and am surrounded by a lot of good people," Helen said. "Evidently, this is exactly where I am supposed to be."