

# THE ST. LUKE SPIRIT



July 2015

Volume 3, Issue 7

## Upcoming Resident & Tenant Activities:

- **Patriotic Patio Party**  
July 3 at 10 a.m.  
St. Luke Lutheran Home
- **St. Luke Auxiliary meeting**  
July 6 at 2:30 p.m.  
St. Luke Lutheran Home
- **Bully Bullhead Parade**  
July 11 at 1:30 p.m.  
Ruthven, Iowa
- **Rock the Roof**  
July 16 at 6 p.m.  
Arnolds Park, Iowa
- **Horse Races**  
July 22 at 3 p.m.  
St. Luke Lutheran Home
- **Mainstreet Market**  
July 23 at 6 p.m.  
Clay Co. Courthouse Square
- **Pioneer Days Parade**  
July 25 at 11 a.m.  
Milford, Iowa
- **Fear Factor**  
July 29 at 3 p.m.  
St. Luke Lutheran Home

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

## ELCA CONFERENCE HOSTED AT THE HIGHLANDS

Approximately 85 participants in the Western Iowa Synod ELCA 2015 Assembly gathered Friday, May 29, at The Highlands, in Spencer, for a pre-assembly rostered leader's gathering. (Photographs from the gathering are below.) The participants were from western Iowa, Chicago, Minneapolis, Tanzania and many places in between. Jim LaDoux, of Vibrant Faith Ministries, inspired and asked those in attendance whether they were empowering people to live out their faith each and every day, as well as build a bridge to God's future. Western Iowa Synod Bishop Rodger Prois (in Photograph C below) oversaw the event. Following a grill out, dance and youth meeting, the Assembly continued May 30, in the Clay County Regional Events Center.



**Celebrate Life in the Summer with Us!  
at a "Business After Hours" event**

**Tuesday, July 21st • 5 p.m. to 7 p.m. • at The Highlands**

**Hors d'Oeuvres & Refreshments**

**Tours of The Highlands, Riverview & Hillside Terrace,  
and St. Luke Lutheran Home to be offered**

## ▪ WELCOME

Verdis & Carol  
Koehlmoos

James & Edith Pitts

Richard "Dick"  
Hallett

Marianne Yancey

Charles Scheil

David Smith

## ▪ SYMPATHY

Ruth "Marian"  
Stanley

LaVern Benson

Laura Recher

## ▪ BEST WISHES

Robert Schoorman

## 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.

- The St. Luke Auxiliary donated \$200 for landscaping at St. Luke Lutheran Home.
- Community Memorial Health Center donated \$25 for use by St. Luke Homes & Services' Hands of Harmony Bell Choir following a June 9th afternoon performance at the Hartley nursing home.
- The Dennis Somers family, of Sioux Falls, and the Patricia Amundrud family, of Ottawa, Canada, donated a lift chair and television set for use on the St. Luke Homes & Services campus.

## MEN'S BARBECUE

The evening of June 16, men from the St. Luke Homes & Services campus invited family and friends to enjoy a summer barbecue. Campus employees worked to make the gathering a fun event featuring grilled burgers with fresh toppings, baked beans, potato salad and ice cream sandwiches. Additional photographs are available on the St. Luke Homes & Services' Facebook page.



## JULY HOMEOWNER, TENANT & RESIDENT BIRTHDAYS

1 - Betty "Lorene" Hanson  
6 - Leo "Joy" Smith  
7 - Judy Wilson  
9 - Julia Walrath  
10 - Arla Gould  
11 - Donna Waller  
13 - Robert Miller  
14 - Warner Walrath  
17 - Betti Oldenkamp  
18 - Francis "Bud" Fisher

18 - Ann Hillmer  
20 - Ila Agler  
20 - Marlyn Barglof  
20 - Roger Hoberg  
22 - Dolores Fitzpatrick  
27 - Rhoda Kaiser  
28 - Beulah Ahrenstorff  
28 - Lois Fliss  
28 - Lois Knight



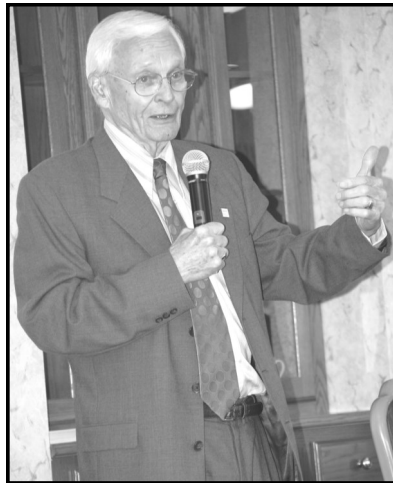
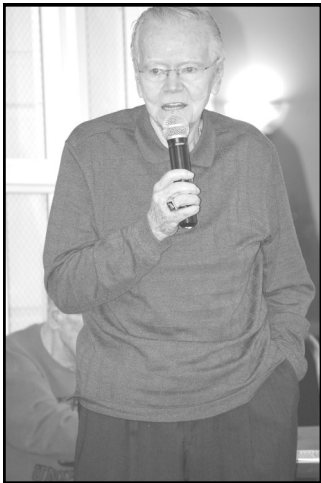
## PREPARING FOR RETIREMENT

Human life expectancy has increased steadily over the past few decades, and the number of people living past 70 has dramatically increased. Because of higher standards of living, by the year 2040, the percentage of nursing home residents is expected to jump from 50 to 130 percent.

The bottom line is that long-term care issues are here to stay. In fact, planning for long-term care should be implemented into every family's order of business, just as planning for college or retirement should be done.

If you are interested in visiting about long-term care for yourself or a loved one, please give Georgia Wrightsman, St. Luke Homes & Services' social worker, a call at (712) 262-5931.

## CAMPUS FUN



Riverview Terrace tenant Harry Rasdal, above left, and Bob Rose, of Spencer, offer campus residents an afternoon stroll through historic downtown Spencer. A lively discussion followed their presentation. St. Luke Certified Nursing Assistant Molly Anderson holds the karaoke microphone for Pearl Steinke. Certified Nursing Assistants Dena Birchard, Crystal Gambell and Kiersten Lee, at right, read and sing karaoke lyrics with St. Luke resident Freda Heuer.



Betty "Lorene" Hanson, Fred Schmidt and Dixie Kanago, from left to right, show their catches during an afternoon of fishing at Stolley Pond in Spencer.



The St. Luke Homes & Services campus was represented at the Flagfest parade in Spencer. Kristi Kracht, Lauren Steffens, Keegan Kracht and Becky Thong, at left, distributed candy as Harry Rasdal, Justina Cherry, Kerri Kofoot and Mike Kaschmitter waved to parade attendees while seated in Rasdal's 1973 VW "Thing," a second-generation World War II German kubelwagen.

**THANK YOU, CLAY COUNTY COMMUNITY FOUNDATION!**

**Some Friendly Reminders**

- Please deliver new articles of clothing for your St. Luke Lutheran Home family member or friend to the Activity office for labeling.

- Would you prefer to receive your monthly copy of The St. Luke Spirit newsletter via email? To do so, please send your name and email address to Kris Todd at: kris.todd@stlukelh.com

- If you would like to enjoy a meal on the St. Luke campus, please notify us by calling (712) 262-5931. At least two hours advance notice, or 24-hours notice for a holiday meal reservation, is appreciated.

- Purchase an indoor aquatic center package: 50 tickets for \$150, for a \$50 savings off the regular \$4 ticket price. This special deal is available at the St. Luke Lutheran Home front desk between 8 a.m. and 4 p.m. Monday through Friday.



St. Luke Lutheran Home has received a NuStep Recumbent Cross Trainer courtesy of a \$5,500 grant from the Clay County Community Foundation.

The foundation’s aim is to “connect donors who care with causes that matter and to serve as a trusted resource for addressing issues that impact the quality of life in Clay County.”

Designed to provide a low-impact, total body and safe workout for users of virtually any fitness level or health condition, the machine’s platform features a low step-through design for greater ease of access. The recumbent cross trainer also features an oversized, reclining seat, fitting a wider range of users. Heart rates and calories burned, along with other important medical information, is now accessible during physical therapy sessions and rehabilitative activities by homeowners, tenants and residents who work with campus staff on the NuStep.

St. Luke residents Dorothy Schmid and Marie Butler, from left to right above, are shown working on the new piece of equipment.

**‘ROCK THE ROOF’ OPENS CONCERT SEASON WITH US**



The Iowa Rock ‘n’ Roll Music Association kicked off its summer Rock the Roof season with performances by The Trademarkz and the DC Drifters at the Roof Garden in Arnolds Park. Arla Gould, of St. Luke Lutheran Home, at left, and Alice Dotson, of Hillside Terrace, were among those who had fun on the dance floor.

## COMMUNITY CORNERSTONES

▪ **Bethany Lutheran Church**

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

▪ **First English Lutheran Church**

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

▪ **Grace Lutheran Church**

380 N. Rerick Avenue, Primghar  
(712) 957-4795

▪ **Immanuel Lutheran Church**

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

▪ **Bethlehem Lutheran Church**

207 Church Street, Royal  
Rev. Deb Mechler  
(712) 933-2229  
[royalbethlehemplutheran.com](http://royalbethlehemplutheran.com)

▪ **First Lutheran Church**

1525 Three Cross Road, Milford  
Pastor Bob Vaage  
(712) 338-4514  
[www.3cross.org](http://www.3cross.org)

▪ **Hope Lutheran Church**

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

▪ **St. Paul's Lutheran Church**

60 N. Central Avenue, Hartley  
Pastor Chris Nitzel  
(712) 728-2711  
[www.stpaulslutheranhartley.com/](http://www.stpaulslutheranhartley.com/)

▪ **Trinity Lutheran Church**

9th & 11th Avenue West, Spencer  
Rev. C. Peter Maisenbach  
(712) 262-1287  
[www.trinitylutheranchurchspencer.com](http://www.trinitylutheranchurchspencer.com)

▪ **Christ the King Lutheran Church**

500 Fourth Avenue SW, Spencer  
Rev. David Zimmer  
(712) 262-2244  
[www.ctkspencer.com](http://www.ctkspencer.com)

▪ **Grace Lutheran Church**

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

▪ **Immanuel Lutheran Church**

2300 27th Street, Spirit Lake  
Rev. David Simonson  
(712) 336-1010  
[lcmslakes.org](http://lcmslakes.org)

▪ **Trinity Lutheran Church**

105 East High Street, Linn Grove  
(712) 296-4438



## JOIN US!

At an outdoor campus-wide worship service  
10 a.m. on Sunday, July 26  
outside the front entry of St. Luke Lutheran Home



Refreshments to be served following the service.

*If weather conditions are not favorable for an outdoor service, please join us inside St. Luke Lutheran Home.*

- 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**



**Amber Martinez**  
Hillside Terrace  
Personal Service Assistant  
since April 2013

Congratulations, Amber Martinez, for being recognized as the St. Luke campus' latest Employee of the Month.

Amber is known for placing Hillside Terrace tenants before herself and making sure they are

happy. She also cares for the tenants she assists as if they were her own family. She respects them because she believes working with seniors, and serving as a Personal Service Assistant at Hillside Terrace, are her calling in life.

An assisted living tenant who nominated Amber for this award described her as being "gentle and always pleasant."

We are honored to have Amber as part of the St. Luke Homes & Services team.

*congratulations*

## **NEW STAFF**

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

- Ashlei Mawris  
St. Luke Certified  
Nursing Assistant
- Angel Leth  
St. Luke Housekeeper
- Peyton Wright  
Riverview Terrace  
Cook & Personal Service  
Assistant

## **TENANT OF THE MONTH**

After graduating from Iowa State Teachers College in Cedar Falls, Dixie Kanago taught kindergarten students in the Iowa towns of Dinsdale, Lake Park, Iowa Falls, Des Moines and Spencer.

She married Eldon Kanago in December 1952. The late World War II veteran is known, in part, for serving as the chief engineer and meteorologist at KICD Radio stations in Spencer.

At the encouragement of her children, Dixie moved to The Highlands in May 2008.

In October 2014, she transferred on campus to Riverview Terrace.

"I, and my family, believe that both places have more



**Dixie Kanago**  
Tenant at Riverview Terrace  
since October 2014

than filled my needs," Dixie said. "My respective moves to The Highlands and to Riverview Terrace occurred at the right times for me. All of the amenities and the friends I've made at both have definitely exceeded my expectations."

Dixie praises the exercise programs at both residences. She enjoys writing poetry and family stories, baking, bird watching, listening to music, fishing and participating in Bible studies. Her Bible, which has special passages marked with stars, readily opens to Psalms 91:11-12.

Dixie also likes to go out to eat, spend time with loved ones, draw and paint, play Scrabble and other word games, and share with other First Baptist Church widow's group members.

Her family includes children Kristi Miller of Minneapolis, Minn., Bryce Kanago of Cedar Falls, Kerwin Kanago of Spokane Valley, Wash., and eight grandchildren. Dixie is expecting the arrival of her first great-grandchild in November.