

THE ST. LUKE SPIRIT



September 2015
Volume 3, Issue 9

Upcoming Resident & Tenant Activities:

- **St. Luke Auxiliary**
September 8 at 2:30 p.m.
St. Luke Lutheran Home
- **Music with Bob Floss**
September 10 at 3 p.m.
St. Luke Lutheran Home
- **Veteran's Day Parade**
September 14 at 9:30 a.m.
Clay County Fairgrounds
- **Lifelong Learners**
September 16 at 2:30 p.m.
Riverview Terrace
- **Spencer High School vs. Algona football**
September 21 at 6:30 p.m.
Dale Norton Field, Spencer
- **Okoboji Classic Cars**
September 23 at 2:30 p.m.
West Okoboji
- **Music with Ray Meyer**
September 24 at 3 p.m.
St. Luke Lutheran Home
- **Trinity Kids Care 'n' Share**
September 25 at 9:30 a.m.
St. Luke Lutheran Home,
Hillside & Riverview Terrace
- **Village Singers to perform**
September 30 at 2:30 p.m.
St. Luke Lutheran Home

More September 2015 activities are available online at www.stlukelh.com

CELEBRATE ASSISTED LIVING WEEK WITH US!



We will celebrate
2015 Assisted Living Week
at Riverview & Hillside Terrace
by dressing up.
Please join in the fun with us!

- Monday, September 7.....Labor Day
- Tuesday, September 8.....Wild Hair Day
- Wednesday, September 9.....Mismatch Day
- Thursday, September 10.....Honor the Farmers Day
- Friday, September 11.....Patriotic Day

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THE END OF ALZHEIMER'S STARTS WITH YOU & I



Together, we can advance the fight against Alzheimer's. Become a member of the St. Luke Homes & Services team on the Walk to End Alzheimer's. Join us Sunday, September 27 at East Leach Park in Spencer.

Registration begins at 1 p.m. The opening ceremony is scheduled to start at 2 p.m. and the actual walk will begin at 2:30 p.m.

There is no cost to join the St. Luke Homes & Services team at this walk. But, if you do wish to donate to the cause, please bring cash or a check made out to the Alzheimer's Association with you. To receive a team T-shirt, sign up at any of the four facilities on the St. Luke campus by September 11th. We look forward to walking with you!

▪ **WELCOME**

Barbara Doherty

Lois Eilers

Gloria Dykstra

▪ **SYMPATHY**

Meryl Smith

LaVone Jespersen

**Betty “Lorene”
Hanson**

▪ **BEST WISHES**

Marlyn Barglof

Josephine Beving

Lillie Brodin

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.

- Mary Peters, of Milford, donated clothing for use by residents of St. Luke Lutheran Home.
- Bethany Lutheran Church, of Spencer, donated \$300 toward St. Luke Homes & Services’ Chaplain Fund.
- Maxine Gonzales, of Casper, Wyoming, Mary Jenson, of North Platte, Nebraska, and Carol Wilkinson, of Spencer, donated \$150 to Riverview Terrace Assisted Living for landscaping in memory of their mother, Bernice Bailey.

PHOTOGRAPHS



A mystery box, which caused a bit of “fear factor” recently for some and utter delight for others, made its way around the hallways of St. Luke Lutheran Home. CNAs Mary Sembach (at left) and Emily Classon (at right) were among those who displayed a wide range of reactions to what was felt in the mystery box. **More fun photographs of the varied reactions received are available on St. Luke Homes & Services’ Facebook page.**



SEPTEMBER HOMEOWNER, TENANT & RESIDENT BIRTHDAYS

- 1 - Marianne Freking
- 1 - Carol Lee
- 2 - Patricia Carter
- 2 - Helen Duhn
- 4 - Helen Leith
- 10 - Dorothy Schmid
- 14 - Barbara Doherty
- 15 - Sharon Larson
- 17 - Joan Linnan

- 17 - Mary Tensen
- 17 - Velma Wiese
- 19 - Donald Linnan
- 20 - Mildred Deegan
- 22 - Ann Sorenson
- 28 - Margery “Marge” Fraseur
- 29 - Carol Koehlmoos
- 29 - Dolores Schmidt

EMPLOYMENT OPPORTUNITIES

St. Luke Homes & Services is an Equal Opportunity Employer that recruits, trains, employs, compensates and promotes without regard to race, religion, creed, color, national origin, age, gender, sexual orientation, marital status, disability, veteran status or any other basis protected by applicable federal, state or local law. The following positions are currently available on the long-term care campus:

- Full-time & Part-time Dietary Aide at St. Luke Lutheran Home
- Full-time Nurse at St. Luke Lutheran Home
- Part-time Cook at Riverview Terrace
- Full-time & Part-time Certified Nursing Assistant at St. Luke Lutheran Home

Applications are available online at www.stlukelh.com or in person at St. Luke Lutheran Home.

COMMUNITY CORNERSTONES

▪Bethany Lutheran Church

15 West 14th Street, Spencer
Pastor Len Halvorson
(712) 262-2327
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

▪Bethlehem Lutheran Church

207 Church Street, Royal
Rev. Deb Mechler
(712) 933-2229
royalbethlehemlutheran.com

▪First Lutheran Church

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

▪Hope Lutheran Church

206 N. Washington Street, Everly
Pastor Dan Taylor
(712) 834-2767
www.hopeeverly.com

▪St. Paul's Lutheran Church

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

▪Trinity Lutheran Church

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

▪Christ the King Lutheran Church

500 Fourth Avenue SW, Spencer
Rev. David Zimmer
(712) 262-2244
www.ctkspencer.com

▪Grace Lutheran Church

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

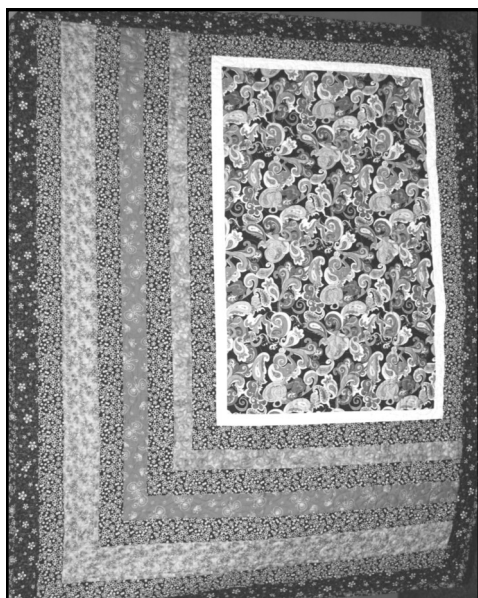
▪Immanuel Lutheran Church

2300 27th Street, Spirit Lake
Rev. David Simonson
(712) 336-1010
lcmslakes.org

▪Trinity Lutheran Church

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

QUILT RAFFLE



Purchase a chance to win this handmade quilt!

Homemade by Nancy Mills, St. Luke Homes & Services' Director of Health Services, the quilt measures 48" x 62" and features a beautiful purple, pink, black and white floral design. It is on display at St. Luke Lutheran Home.

Tickets are \$5 a piece or five tickets for \$20. All proceeds from the sale of the raffle tickets will support enhancing the life, health and faith of St. Luke Homes & Services campus residents.

To purchase tickets:

- Stop by the front desk at St. Luke Lutheran Home, 1301 St. Luke Drive, Spencer, Iowa -or-
- Call St. Luke at (712) 262-5931, ext. 646.

The drawing will occur Monday, November 30.

FALL FAMILY GRILL OUTS

▪ NEW STAFF

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

- **Cindy Ruppert**
St. Luke
Certified Nursing
Assistant
- **Cheyenne Hofman**
Housekeeper
- **Marcus Guider**
St. Luke LPN
- **Shannon Avina**
St. Luke
Certified Nursing
Assistant
- **Paige Crozier**
St. Luke
Dietary Aide
- **Tara Mixon**
St. Luke LPN
- **Tanya Manwarren**
St. Luke
Dietary Aide



Dave Schmidt and his wife, Dayna, displayed their 1940 Ford car (top left) as Glenn & Rita Storm viewed William Spence's 1955 Ford during the August 30th family event hosted at St. Luke. Dixie Kanago (bottom left) putted for a prize while Doris Anderson and Betty Pothast shared a giggle during a game of The Price Is Right at the gathering which brought Hillside & Riverview Terrace tenants and their family members together the evening of August 27th.

PUBLIC HOSPICE EDUCATION FORUM AT THE HIGHLANDS

Hospice is a philosophy of caring which respects and values the dignity and worth of each person. Good hospice care is the practical expression of that personal and professional commitment.

Hospices care for people approaching death, but hospices cherish and emphasize life, by helping patients (and those who love and care for them) live each day to the fullest.

You are invited to attend a Public Hospice Education Forum, scheduled to begin at 10 a.m. Tuesday, October 6, at The Highlands, 1211 St. Luke Drive, Spencer.

The following hospice providers have been invited to participate and answer questions:

- **Gentiva Hospice** ▪ **Hospice of Spencer Hospital** ▪ **St. Croix Hospice**

GRATEFUL FOR OUR VOLUNTEERS



Jennie and Tanya are among the individuals from Sunshine Hope Haven who benefit staff and residents of St. Luke Lutheran Home when they volunteer their time and energy in various capacities. The women are shown folding clothing protectors. They also wrap dining utensils and fold cleaning cloths during their bimonthly visits. Sunshine Hope Haven individuals have volunteered at St. Luke since September 2014. Thank you, Sunshine Hope Haven!

JENNA WALSH'S S'MORES BARS

Prep Time: 25 minutes

Cook Time: 30 minutes

Yield: 12 bars

Ingredients

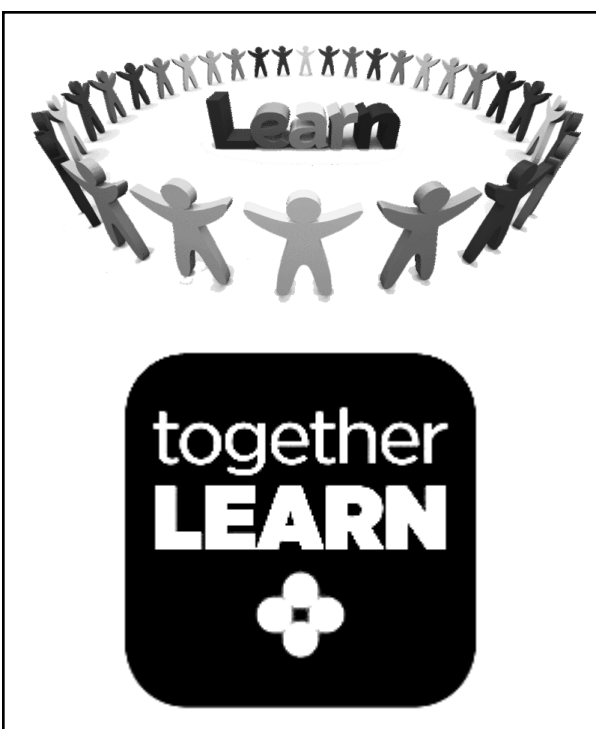
- 1 1/4 cups all-purpose flour
- 3/4 cup fine graham cracker crumbs
- 1/4 tsp baking soda
- 1/4 tsp salt
- 1/2 cup unsalted butter, softened
- 1/2 cup packed light-brown sugar
- 1/4 cup granulated sugar
- 1 large egg
- 1 tsp vanilla extract
- 2 (4.4 oz) milk chocolate XL Hershey Bars
- 1 (7 oz) jar marshmallow crème



This recipe was featured during
the fall family gatherings at
St. Luke, Riverview &
Hillside Terrace

Directions

- Preheat oven to 350 degrees. Grease the baking dish.
- In a mixing bowl, whisk together flour, graham cracker crumbs, baking soda and salt for 20 seconds, set aside. In the bowl of an electric stand mixer fitted with the paddle attachment, blend together butter, brown sugar and granulated sugar until creamy. Mix in egg and vanilla extract. With mixer set on low speed, slowly add in dry ingredients and mix until combined.
- Divide dough in half and press one-half of the dough into an even layer in the bottom of prepared baking dish. Place chocolate side by side over dough layer. Top chocolate with marshmallow fluff, spreading into an even layer. Take about golf ball size pieces of remaining dough and flatten into small shingles and layer side by side over marshmallow fluff. Bake in preheated oven 27 - 30 minutes until top is lightly golden brown. Cool completely on a wire rack before cutting into squares.



Lifelong Learners

A new activity is taking shape on the St. Luke campus. A goal for the new **Lifelong Learners** group is to encourage homeowners, tenants and residents alike to socialize while learning about new things.

Participants will meet at 2:30 p.m. on the first and third Wednesdays of the month in the Riverview Terrace Chapel. The first educational venture, slated for Sept. 2, will highlight Lewis & Clark's great journey west. The group's second get-together is planned for the afternoon of September 16.

Additional **Lifelong Learners** sessions will cover topics such as surviving the Dust Bowl, the individuals who built America, the Great Depression, the Civil War and America's national parks.

A special thank you to staff at Spencer Public Library for their assistance with St. Luke Homes & Services' **Lifelong Learners** program.

- 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

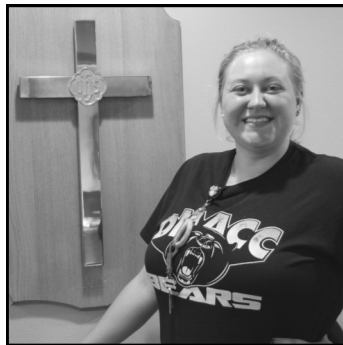
- Kaylan Abel
- Mark Nothwehr
- Frank Halverson
- Jerry Clausen
- Neal Drefke
- Jim Hitchcock
- Rev. Peter Maisenbach
- Rev. Deb Mechler
- Ron Muetzel

EMPLOYEE OF THE MONTH

Briana Dandy is the kind of employee an organization enjoys having. Peers and supervisors alike view her as a hard worker who interacts well with others. She is a team player who enjoys having fun.

Briana's "bubbly," outgoing personality is appreciated at the Riverview Terrace Assisted Living residence. She began working there as a Certified Nursing Assistant (CNA) in May 2013. She enjoys working with the tenants at Riverview Terrace, assisting them and getting to know them.

Briana, who graduated from Spencer High School in 2013, is currently attending classes on the



Briana Dandy
Riverview Terrace CNA
since May 2013

Spencer campus of Iowa Lakes Community College. Her plans are to graduate with an associate degree in nursing, and then enroll this spring in the College of Nursing at the University of Iowa.

Long-term healthcare is a profession she knows well.

Briana practically grew up on the St. Luke Homes & Services campus in Spencer. Her grandfather, Terry Dandy, retired in March 2013 as its most tenured CEO/administrator. Her mother, Kerri Kofoot, currently serves as the campus' director of assisted living. Her father, Jason Dandy, recently graduated with a bachelor degree in healthcare administration.

Her younger brother, Kaleb, who has served as a CNA at St. Luke Lutheran Home, is presently enrolled in the pre-med program at the University of Iowa.

Outside of work, Briana enjoys spending time with friends and family and reading.

TENANT OF THE MONTH

Doris Anderson is a young-at-heart person who believes in having fun. Willing to try anything new, her favorable nature and positive attitude are an inspiration to others.

Born on a farm near Spencer, Doris' family, which included seven siblings, moved to Ruthven when she was young. She graduated from Ruthven High School in 1961.

For many years, Doris kept house for a Spencer couple. She traveled the world and lived in several states. Doris called Emmetsburg, Jefferson and Laurens "home" in Iowa. She served as an indirect care aide in Laurens. She also spent time in Montevideo and Redwood Falls, Minnesota, as well as in Highlandville, Missouri.



Doris Anderson
Tenant of
Hillside Terrace
since May 2015

Listening to music and attending concerts is a special pastime of hers. While she lived near Branson, Doris met George Jones, Helen Cornelius, Boxcar Willie and The Platters, among others. She relocated to Hillside Terrace in May. Doris, who usu-

ally has a large smile on her face, rejoices in each day and believes in lifting others up with her words and actions. She is known for giving hugs and kisses.

A true "people person" who likes to visit with others, Doris participates in many of the activities offered at Hillside Terrace. She enjoys walking the St. Luke campus, eating meals, taking part in the exercise program and attending worship services at the assisted living residence.

Doris treasures time spent with her family. Her children include Brad (Kathy) Anderson of Marathon, Rhonda (Aaron) Firkins of West Des Moines, and Curt (Julie) Anderson of Arnolds Park. She has seven grandchildren, five great-grandchildren and one more expected in January 2016. Her sister, JoAnn Kemp, also lives at Hillside Terrace.