

THE ST. LUKE SPIRIT



October 2016

Volume 4, Issue 10

Upcoming Resident & Tenant Activities:

- **Spencer High School football players to visit**
Thursdays at 7:30 p.m.
St. Luke Lutheran Home
- **Lifelong Learners**
October 12 at 2:30 p.m.
Riverview Terrace Chapel
- **The Addams Family**
October 13 at 7:30 p.m.
Spencer Community Theatre
- **Spencer Tigers vs. Algona Bulldogs football**
October 21 at 7 p.m.
Dale Norton Field, Spencer
- **Halloween Trick or Treat Parade**
October 31 at 6:30 p.m.
Riverview Terrace, St. Luke Lutheran Home and The Highlands
- **Trinity Kids to share**
October 28 at 9:30 a.m.
St. Luke Lutheran Home, Riverview and Hillside Terrace Assisted Living

More October activities are available online at
www.stlukelh.com

CENTENARIAN CELEBRATION AT HIGHLANDS

Iowans celebrating 100 years of life and more will be honored during a recognition ceremony at The Highlands.

The Wednesday, October 26 event, which will begin at 2 p.m., will celebrate centenarians from the 29-county area, as well as their family members and caregivers.

“We are so fortunate to have such a large number of centenarians in Iowa,” said Iowa Department on Aging Director Donna Harvey. “These men and women have lived through life experiences most of us have only read about in books or seen in movies. Their collective wisdom and experience is an inspiration to us all. We can learn so much from these individuals who have helped make Iowa the great state that it is.”

The St. Luke Homes & Services campus in Spencer currently hosts 10 people who will mark their 100th birthday or greater before the end of this year.

Governor Terry Branstad’s office is hosting a series of Centenarian Recognition events throughout the state this fall that will be sponsored by the Iowa Department of Aging and the Area Agencies on Aging.

LEGISLATIVE FORUM PLANNED

The Iowa Health Care Association (IHCA), a trade association representing 762 Iowa long term care providers including St. Luke Homes & Services, will present a Legislative Forum at 2 p.m., Wednesday, October 5 at The Highlands. Iowa’s Congressional delegation and area state legislators have been invited. The forum, one of 28 IHCA is conducting around the state, will cover topics of interest to long term care providers and those who care for them.

YOU ARE INVITED

Spencer Chamber of Commerce
Business After Hours
Hosted by
St. Luke Homes & Services

LOCATION: The Highlands
1211 St. Luke Drive

Tuesday, October 18 - 5 to 7 p.m.

- Chamber Dollars Drawing & Business Spotlight at 6 p.m.
Refreshments will be served!

WALSH A REGISTERED DIETITIAN NUTRITIONIST

Following a stay in Paris this summer, Jenna Walsh is now a Registered Dietitian Nutritionist (RDN).

Jenna has served as the Director of Dietary Services at St. Luke Homes & Services since May 2014. With a Bachelor of Science degree in Dietetics earned from Iowa State University (ISU) and ServSafe, Certified Dietary Manager (CDM) and Certified Food Protection Professional (CFPP) credentials in hand, Jenna found herself wanting to advance her culinary skills and expertise.

She was accepted into an accelerated ISU dietetic internship program in September 2015. Only 100 individuals were accepted into the program, and Jenna was one of three interns accepted into an international rotation in Paris.

Two weeks filled with sightseeing and culinary classes in Paris were a definite highlight for Jenna this summer. She also toured wineries, traveled France's countryside, participated in cheese tours and taste testings, and visited Rome and Dublin during her three-week stay abroad.

Through her internship, Jenna gained valuable clinical experiences in the fields of food service, community and staff relief. She spent time in the Waukee School District and at Spencer Hospital. In addition, Jenna traveled the area with Women, Infants and Children clinics, a former state surveyor Registered Dietitian (RD), and with a RD consultant for nursing homes.

Jenna, who passed a federal examination on August 27, anticipates receiving her RDN license by the end of the month.

▪ WELCOME

Mary Grover

Lucille Rusk

▪ SYMPATHY

Leo "Joy" Smith

Allen Sorenson

▪ NEW STAFF

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

• Steven Allen
Riverview Terrace
Dietary Aide

OCTOBER HOMEOWNER, TENANT & RESIDENT BIRTHDAYS

3 - Marcella Brodersen
4 - Verdis Koehlmoos
6 - Elayne Grapenthin
7 - Vivian Rock
8 - Barney Granstra
9 - Lorraine Birchard
9 - Leona Ver Meer
9 - Barbara Waggle
13 - Ruth Proehl
14 - Carla Zenkovich

19 - Robert Stoeber
20 - Carole Peterson
21 - Roger Waggle
22 - Ruth Batschelet
22 - Alice Dotson
22 - Ethel Schmidt
26 - Helen Brigham
28 - Helen Andersen
30 - Lucile Grell



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.

- Dolores Hatfield, of Spencer, donated \$10 to St. Luke Lutheran Home in memory of Phil Hurst.
- Doug & Mary Bruce, of West Des Moines, donated \$4,269 to Riverview Terrace Assisted Living in honor of his aunt, Fern McKinnon, a former Riverview Terrace tenant, for staff and facility use.
- Jennifer Loudermilk of the Iowa Egg Council, of Royal, donated 11 cases of hard-boiled eggs to St. Luke Homes & Services.

SCHEIL PARTICIPATES IN BRUSHY CREEK AREA HONOR FLIGHT



Charles Scheil

Early the morning of Saturday, September 17, Charles Scheil joined 140 other veterans to board the 13th Brushy Creek Area Honor Flight.

Dozens of family members and friends waved goodbye as they left the Fort Dodge Regional Airport en route to Washington, D.C.

Hundreds more gathered to show their support when they returned late that night. The idea behind the daylong trip was to give World War II, Korean and Vietnam War veterans the opportunity to see their war memorials, the Iwo Jima Monument and Arlington National Cemetery in Washington, D.C.

Scheil, a tenant of Hillside Terrace Assisted Living since June 2015, joined the Air National Guard in 1949. During the Korean War, he served as a military policeman for the Nebraska Air Command in Bangor, Maine, with the 174th Fighter Squadron. From 1949-1952, he guarded the northern tier of the United States and

was responsible for reopening military bases.

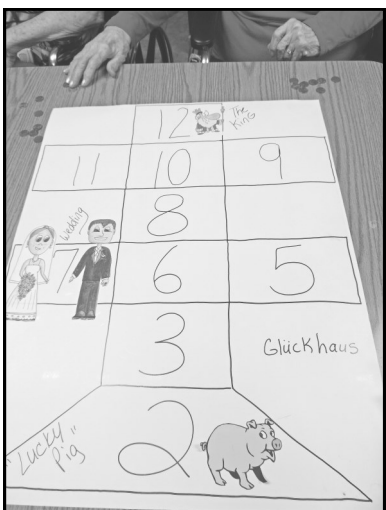
“It was quite an experience,” Scheil said of the Honor Flight. “It was great and they treated us very well.”

Veterans, such as Scheil, selected to make this trip are honored and do not pay for anything.

PAYING IT FORWARD



Members of the Spencer High School football team made it a priority on Thursday nights throughout the month of September to visit with St. Luke Lutheran Home residents. The kind, courteous young men carried on lively conversations and, at right, are shown celebrating Dorothy Beck’s 90th birthday with her. All of the gentlemen, shown at left, sang “Happy Birthday” and presented Dorothy with a bouquet of flowers they had purchased especially for her.



Residents celebrated the start of Oktoberfest on Saturday, September 17 by playing a German dice game, shown at left, and listening to polka music.

More photographs taken of the Assisted Living Week, the 2016 Clay County Fair and the last day of summer celebrations are available on St. Luke Homes & Services’ Facebook page.

PURCHASE YOUR RAFFLE TICKETS TO WIN

Artist Jesse Bogenrief designed this glass vase with gold wrap for a St. Luke Homes & Services' fundraiser for the Alzheimer's Association. Its purple sheen has a special transparency that "plays" with the light. The vase's gold wrap also changes color as light hits it.

To purchase raffle tickets:

- Visit "Online Giving" at www.stlukelh.com -or- Make a stop at St. Luke Lutheran Home.

Raffle tickets are:

- One for \$5 -or- Three for \$10.

The drawing for this vase will occur the morning of Friday, September 30.



TRICK OR TREAT WITH ST. LUKE HOMES & SERVICES!

Happy Halloween!



Monday, October 31
from 6:30 to 7:30 p.m. at:

- Riverview Terrace Assisted Living (1501 St. Luke Drive, Spencer)
- St. Luke Lutheran Home (1301 St. Luke Drive, Spencer)
- The Highlands (1211 St. Luke Drive, Spencer)

Hundreds of area children have been invited to attend this fun event on the St. Luke Homes & Services campus. Assistance in supplying your loved ones with candy to pass out will be appreciated.

MAE KOCH: STAR QUILT WINNER

Congratulations to St. Luke Lutheran Home resident Mae Koch! KC Borchert, of Grinnell, purchased the winning raffle ticket with her mother.

As the winning quilt raffle ticket holder, Mae received this beautiful 58" x 62" star quilt created and sewn by Linda Harders of Everly.

A special "thank you" to Linda Harders for her beautiful donation and to all who purchased quilt raffle tickets in this fundraiser.

All proceeds raised from the quilt raffle, sponsored by St. Luke Homes & Services, will benefit the Alzheimer's Association.



COMMUNITY CORNERSTONES

▪Bethany Lutheran Church

15 West 14th Street, Spencer
Rev. Jennifer L. Henry
(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
(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.stpaullutheranhartley.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

WELCOME, BETH!

Beth Preston is a woman on a mission.

Her goal is to become an ordained priest in the Episcopal Church. The candidate is currently studying at Nashotah House Seminary in Delafield, Wisconsin, and will be taking upwards of 200 hours of clinical training at St. Luke Homes & Services. The classroom portion of her clinical experience will occur at the Mental Health Institute in Cherokee through the Ecumenical Institute.

While on the St. Luke Campus, Beth will visit residents, lead worship services and Bible studies, and assist Chaplain John Syvertson with his pastoral service.

Beth and her husband, Glenn, a medical oncologist at Abben Cancer Center, relocated from Texas to Spencer in 2013. The couple has four children: Luke, Grace, Mercy and Peace.

Beth has been a child protective services worker, managed a Ronald McDonald House, taught art and served as a church secretary.



- 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.



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



Governing Board

- Frank Halverson
Mark Nothwehr
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Jerry Clausen
Neal Drefke
Jim Hitchcock
Rev. Deb Mechler
Roger Morris
Sandi Schmidt

EMPLOYEE OF THE MONTH

Cheri Prange accepted a housekeeper position at St. Luke Lutheran Home in September 1993, and transferred to The Highlands in February 1994.

"I love what I do," Cheri said. "The homeowners and residents are what keep me coming back."

Coworkers view her as a dependable "go-to person" as well as someone who consistently goes above and beyond the call of duty to make sure the tasks she is assigned are completed correctly. Her peers also witness on a daily basis that Cheri believes in what she does and is loyal to the nonprofit organization she works for.



Cheri Prange
St. Luke Homes & Services
Housekeeper

Cheri grew up on a farm near Cushing in northwest Iowa. She graduated from Eastwood High School in Correctionville.

While studying accounting at Spencer School of Business, Cheri met Mike Prange. The two married

on April 30, 1988. Mike has worked at Spencer Hospital for 32 years.

The couple has two children – MJ and Heather – and four grandchildren.

Away from work, Cheri may be found spending time with her family, camping, attending figure-eight races in Primghar, reading and watching the Green Bay Packers. Cheri, who is known for the delicious banana bread she bakes, enjoys making scrap quilts and has a goal to make a scrap quilt for each of her 11 nieces and nephews. She also finds satisfaction serving as president of Spencer Women of Today and encouraging others in the battle against Alzheimer's disease.

HOMEOWNERS OF THE MONTH

Eldon and Teresa "Terri" Kopel are a humble, hard-working and faith-filled couple.

Eldon farmed on his own before enlisting in the U.S. Army and serving at Fort Meade, Maryland, during the Korean War.

In June 1958, Eldon was a student at the University of Iowa when he met his future wife at the Newman Club in Iowa City. Terri, meantime, the youngest of seven children, had received her Bachelor of Science degree from Marycrest College in Davenport and was looking to meet others of faith at the Catholic ministry center.

Before the couple married in December 1958, Terri worked as a nurse at Mercy



Eldon & Terri Kopel
Highlands homeowners
since December 2014

Hospital and at the University of Iowa Hospital in Women's Orthopedics. In October 1960, her husband trained with the Social Security Administration in Des Moines and was at various locations before settling in September 1974

in Spencer.

Terri worked at Spencer Hospital's switchboard for nine years prior to retirement. After he retired, Eldon filed taxes for others through the AARP, volunteered on the Spencer Civil Service Commission and served on the Clay County Veterans Affairs Commission. He has been a member of the Glen Pedersen American Legion Post No. 1 for over 25 years.

The Kopels enjoy playing cards with others and attending Mass at Sacred Heart Church and St. Luke Lutheran Home. Since relocating to The Highlands in December 2014, they have encouraged others to do the same.

The couple has seven children, nine grandchildren and are excited to meet their first great-grandchild in January 2017.