

Happy
New Year!

THE ST. LUKE SPIRIT



January 2017

Volume 5, Issue 1

Upcoming Resident & Tenant Activities:

- **Flat Granny & Gramps**
January 9 at 9:45 a.m.
St. Luke Lutheran Home
- **Spencer Tiger
Wrestlers to visit**
Tuesdays at 7:30 p.m.
St. Luke Lutheran Home
- **Book Club with
Mary Ellen**
January 12 at 10 a.m.
Riverview Terrace
- **Spencer Tigers
Wrestling Meet**
January 19 at 5:30 p.m.
High School Fieldhouse
- **Pizza Making**
January 23 at 10 a.m.
Riverview Terrace
- **Music with
Denny Nelson**
January 25 at 3 p.m.
St. Luke Lutheran Home
- **Lifelong Learners:
History of Ellis Island**
January 31 at 2:30 p.m.
Riverview Terrace Chapel

**More January 2017
activities are
available online at
www.stlukelh.com**

OPENING SOON: SOUTH RIDGE HEIGHTS

A new independent living option for seniors is nearing completion.

South Ridge Heights, located at 1209 12th Street SE in Spencer, is a secure building offering three types of apartments: two-bedroom, one-bedroom, and studio. All are available on a month-to-month rental basis.

The 23-apartment residence is more comfortable retreat than retirement home, and features amenities not found elsewhere locally. Tenants will be served a home-cooked meal each noon and have access to an indoor aquatic center, a library, fitness center, physical therapy and rehabilitative services, a hair stylist and an emergency response system.

Each apartment is furnished with kitchen appliances and has individually-controlled heating and air conditioning. The building has an elevator and laundry facilities on each floor. Maintenance services are provided and a heated parking garage is available.

Utilities such as expanded basic cable, water, sewer, garbage and electricity are also included in your rent.

- **For more information about South Ridge Heights, contact
David West at (712) 262-5931 or Mavis Leinen at (712) 260-1950.**

Join us for an
OPEN HOUSE at

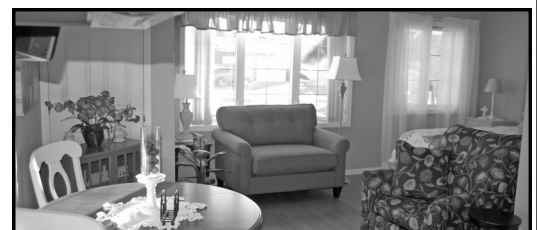


**February 19
from 1 to 3 p.m.**



The kitchen and dining area in a
one-bedroom apartment at
South Ridge Heights.

The possibilities are endless in a
studio apartment at
South Ridge Heights!



CAMPUS TRANSITIONS



Beth Holland found her true calling in 1996, when she became a Registered Nurse. She had previously been a member of the St. Luke family, from 1999 through 2002, as she worked as a Charge Nurse. Residents were her primary focus then and desiring the best outcomes for them has not changed for Beth. Today, in her role as Unit Manager/MDS Coordinator, she strives to meet the needs and desires of her residents and wants families to feel comfortable visiting with her about their loved ones.

Prior to rejoining the St. Luke Lutheran Home family in March 2016, Beth was a Registered Nurse at the hospital in Estherville for five years and also had experience in Director of Nursing and prior MDS Coordinator roles. Fifteen of her 20 years as a nurse have been

in long-term care.

Outside of work, Beth enjoys spending time with her husband, Joel, their four children: Michael, Amanda, Scott and Kyle, and their grandson, Hayden. She also enjoys tending to her “other kids” - Siamese cats Hera and Zeus, Weimaraner dog Jewel, and Shih Tzu puppy Daphne in their home near Terril.

▪ WELCOME

Ruth Johnson

Roselyn Holmberg

Steven Birchard

Richard Riedemann

Jean Hadden

William Wintz

▪ BEST WISHES

Carol Douglas

▪ SYMPATHY

Dorothy Beck

Rhoda Kaiser

JANUARY HOMEOWNER, TENANT & RESIDENT BIRTHDAYS

7 - Patt Woods
 9 - Miriam Bergen
 9 - James Vollmer
 10 - Mae Koch
 15 - Alice Carlson
 16 - Mildred Bruns
 17 - Beverly Beving
 22 - Gerald Hanson
 24 - Roselyn Holmberg

25 - Mary Maurer
 27 - Lora Norlin
 29 - Edwin Geerdes



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.

- Rita Storm, of Spencer, donated \$500 to St. Luke Lutheran Home in memory of her husband, Glenn Storm, for the establishment of a chapel.
- PARC Hall, in Emmetsburg, donated \$20 to the Hands of Harmony Bell Choir of St. Luke Homes & Services.
- The St. Luke Lutheran Home Auxiliary donated \$250 to St. Luke Lutheran Home's Activity Fund for the purchase of Christmas gifts for residents.
- The family of Dorothy Veitch made a \$300 donation to the St. Luke Lutheran Home Activity fund in her memory.
- Community Memorial Health Center, of Hartley, donated \$30 to the Hands of Harmony Bell Choir of St. Luke Homes & Services.
- Members of Bethlehem Lutheran Church, of Royal, donated \$10 to St. Luke Lutheran Home in memory of June Thiessen Campbell.
- John and Pat Jensen, of Everly, donated \$1,000 to St. Luke Lutheran Home's Chaplain Fund for the establishment of a chapel.

RAISING AWARENESS & MAKING 'SURVIVAL KITS'

Brionna Sembach and her mother, St. Luke Lutheran Home CNA Mary Sembach, are raising awareness and making a difference in the lives of people living with epilepsy. Three years ago, the 13-year-old was diagnosed with generalized epilepsy and Jeavons syndrome. Rose Kast and Virginia Brinkley (seated, from left) are among the St. Luke residents who made purple puzzle piece ornaments, denoting epilepsy awareness, that adorned a Christmas tree at St. Luke Lutheran Home. Both residents are shown with the Sembachs in front of the tree. To support the cause, please visit Brionna's online page at: <http://epilepsyfoundation.donordrive.com>.

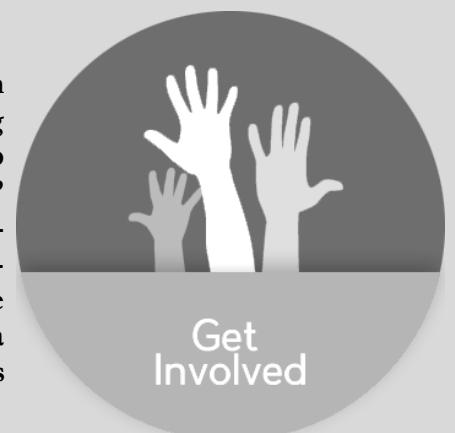


Appreciative of what members of the Spencer Police Department do for the public on a daily basis, St. Luke Lutheran Home residents said "thank you" by making and delivering a sweet-filled "survival kit" for each of the 19 law enforcement officers. The survival kits included a Lifesaver, to remind officers of the many times they've been one; Smarties, to give them wisdom for those split-second decisions; Starburst, for the bursts of energy they need; Hershey Kisses, to show residents' love for them; gum, to help everyone stick together; Tootsie Rolls, to help officers roll with the punches; Peppermint Patties, to help officers keep their cool; Dum Dums, because they deal with a lot of them; Pay Day, because they're not doing it for the money; and Laffy Taffy, to remind Spencer Police officers that laughter is a great stress reliever. St. Luke Lutheran Home residents Lorraine Whitlow and Robert Regennitter are shown (bottom right) presenting the survival kits to Police Chief Mark Warburton and Investigator Blake Diekmann.



WILL YOU JOIN?

Interest was expressed recently in establishing an advocacy group for the Riverview Terrace Assisted Living residence. Family members associated with this group would visit informally with tenants and other tenants' family members to work toward advancing positive situations as well as resolving issues of concern. Group members would not be employed by, nor affiliated with, the facility. If you are interested in participating in such a group, contact Kerri Kofoot at (712) 262-5932. Meetings will be scheduled per the feedback received.



▪ **NEW STAFF**

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

- Taylor Hoogeterp
St. Luke CNA
- Marian Altamirano
St. Luke Dietary Aide
- Hannah Hannegrefs
Riverview Terrace
Dietary Aide
- Angela Knutson
St. Luke CMA/CNA
- Makala Carrico
St. Luke
Indirect Care Aide
- James Bell
St. Luke Cook
- Sue Lenz
Riverview Terrace
Personal Service
Assistant
- Brendalee Schoning
St. Luke CNA
- Mariah Reitz
St. Luke CNA

**Whether you
caroled, baked,
donated,
entertained, gave a
gift or said a
prayer, the time
you spent and the
holiday cheer you
shared are
appreciated.
Thank you!**

HOLIDAY CHEER DELIVERED



Holiday cheer was delivered to residents of St. Luke Lutheran Home by Spencer Women of Today (SWOT) members who brought Christmas gifts. Shown seated are St. Luke residents Norma Jean Patten, Michael Anderson and Lela Anderson. Back row: SWOT President Cheri Prange, SWOT member Kristi Kracht and SWOT holiday gift organizer Lynda Viedenkamp.

SANTA CLAUS ARRIVES



Jolly Old Saint Nicholas talked with residents, tenants and their family members as he handed out candy canes and posed for pictures while visiting St. Luke Lutheran Home (left) and Riverview Terrace Assisted Living (right) this holiday season.

- More photographs are available on St. Luke Homes & Services' Facebook page.

DID YOU KNOW?

A preliminary meeting of St. Luke Lutheran Home was hosted February 6, 1963, at Bethany Lutheran Church in Spencer. The meeting of interested Lutheran congregations of the Iowa Great Lakes area was for the purpose of establishing a retirement-nursing home. Roll call was answered by delegates from Hope Lutheran of Everly, Bethlehem Lutheran of Royal, Bethany Lutheran of Spencer, First Lutheran of Milford, Little Sioux Lutheran of Milford, Grace Lutheran of Primghar, Grace Lutheran of Spirit Lake, First English Lutheran of Spencer, Trinity Lutheran of Linn Grove, Siloam Lutheran of Paullina, seven visitors and observers from Wallingford and Royal, and seven pastors. The corporation was named St. Luke Lutheran Home, Inc. The original Articles of Incorporation and by-laws were adopted at this meeting.

COMMUNITY CORNERSTONES**▪Bethany Lutheran Church**

15 West 14th Street, Spencer
 Rev. Jennifer 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 Perry Aalgaard
 (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

CELEBRATING OUR STAFF

We are proud of the work and commitment of all St. Luke Homes & Services employees. Many years of dedicated and caring service to the Spencer campus' homeowners, tenants and residents was recently recognized. The following St. Luke Homes & Services staff members have received certificates for their steadfast service, as indicated in the five-year timeframes below:

Five years of service

Jodi MacGregor, Diana Meyer, Ken Stoeber, Kevin Tlam, Marcia Clarke, Sharon Daly and Bev McGuire

Ten years of service

Loretta Johnson, Shane Nielsen, Kim Goettsch, Barb Simonson and Natalie Thiesen

Fifteen years of service

Amy Hendrickson and Heather Halder

Twenty years of service

Michelle Miller and Ann Carroll



- St. Luke Homes & Services**
- The Highlands
 - South Ridge Heights
 - 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
Rev. Peter Maisenbach
Jerry Clausen
Neal Drefke
Jim Hitchcock
Rev. Deb Mechler
Roger Morris
Sandi Schmidt

EMPLOYEE OF THE MONTH

Mary Sembach is a very pleasant and helpful professional.

Her upbeat personality and unwavering dedication are testaments to her love for her Certified Nursing Assistant (CNA) role at St. Luke Lutheran Home.

Mary's positive attitude and constant commitment to "doing the right thing" for the residents she cares for, and their families, tends to keep others she works with in a good mood.

"I am a 'people person,' so I love my job," said Mary, who first served as a full-time CNA at St. Luke from September 2002 until June 2011. She took a short break



Mary Sembach
St. Luke Lutheran Home
Certified Nursing Assistant

to work daycare, but returned to St. Luke as a CNA in November 2012.

"I value the one-on-one time I have with residents

and I feel appreciated here," she added. "I also like the flexibility this position affords me in my personal life."

Raised in Charter Oak, Mary was an award-winning high school athlete in basketball and softball. Her knowledge and love of sports, and competing in them, makes watching her children perform in a number of sporting events today all the more rewarding for the mother of two.

Mary and her husband, Shawn, a Mediacom maintenance technician, have two children: Brionna and Brock. Their family enjoys camping during the summer months. The Sembachs served as hosts for several weeks this last summer at Scharnberg Park in Clay County.

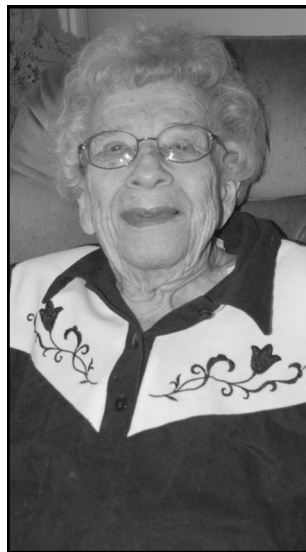
HOMEOWNER OF THE MONTH

Mildred Bruns is ready to celebrate her 101st birthday on January 16!

She attributes her longevity and continual happiness to having a positive attitude, eating three balanced meals each day, watching the 6 p.m. news and being ready to fall asleep by 10 p.m. every night.

Raised along with a younger sister and brother in Hampton, Iowa, Mildred met her future husband, Carl, while both were students at Iowa State University.

Following their December 25, 1936, wedding, the Bruns moved to Sheldon, where Carl worked as a vocational agriculture teacher and sold insurance. The couple celebrated 76 years of wedded bliss together.



Mildred Bruns
A Highlands homeowner
since March 1994

"Carl was a sweetheart and didn't have a mean bone in his body," Mildred said.

The Bruns spent several winters in Harlingen, Texas, before retiring to The Highlands. Mildred

enjoys that they were the first homeowners to claim the space as their own.

"Life is easy and stress-free here," she said. "I am content and very thankful that I'm independent, yet surrounded by friends."

Mildred enjoys the noon meal she eats with other homeowners at The Highlands, participating in many of the activities offered, and attending Sunday worship services at St. Luke Lutheran Home.

She is proud of her two great-grandchildren, four grandchildren, and two sons: Dr. Bill (Sandi) Bruns of Omaha and Colorado, and Dr. Jim (Nadine) Bruns of California and Hawaii.

"I am in good health and I feel good. I'm happy and in my own home here at The Highlands. What more could I want," Mildred asked.