

# THE ST. LUKE SPIRIT



May 2017

Volume 5, Issue 5

## Upcoming Resident & Tenant Activities:

- **Iowa Great Lakes Lutheran School student performance**  
May 4 at 1 p.m.  
St. Luke Lutheran Home
- **Riverview Terrace Lunch Outing**  
May 9 at Noon  
Wild Rose Casino
- **Bob Floss performance**  
May 11 at 3 p.m.  
St. Luke Lutheran Home
- **Auto Industry display**  
May 16 at 2 p.m.  
Clay Co. Heritage Center
- **Outing to Ruthven**  
May 22 at 2 p.m.  
Lost Island Nature Center
- **Historical Museum visit**  
May 23 at 2 p.m.  
Sioux Rapids
- **Poker Night**  
May 25 at 6:30 p.m.  
St. Luke Lutheran Home
- **Del's Garden Center trip**  
May 26 at 10 a.m.  
Spencer

More May 2017 activities are available online at [www.stlukelh.com](http://www.stlukelh.com)

## MEET SOUTH RIDGE HEIGHTS' FIRST TENANT



**D**onna Wert is an independent woman who is always on the go. She decided to “take a step toward a new adventure” in late March and became the first tenant to occupy South Ridge Heights.

“This is a very impressive place I get to call home,” Donna said of northwest Iowa’s newest Independent Senior Living community. “(The St. Luke Homes & Services campus) has a great reputation and is well laid out. Everyone is very nice and helpful here.”

Donna, who was born during the Great Depression in Ottumwa, graduated with a Physical Education for Women degree and Home Economics minor from Iowa State Teachers College in Cedar Falls. After marrying Donald Wert in August 1951, she taught elementary and junior high physical education students in Denison and Ames as he studied to become a veterinarian at Iowa State University.

The couple lived and raised a family in Storm Lake, Atwater, Minnesota, and Ireton before he passed away in 1988 and Donna relocated to Spirit Lake.

“I’ve learned what are most important in life aren’t the things you store up, but the relationships you make. A good work ethic is also important,” Donna said.

The woman who strives to live a healthy lifestyle with physical activity enjoys being outdoors. She has biked RAGBRAI, swam, hiked and walked many miles.

Donna is proud of her family and enjoys visiting with her children: Beth (Paul) Kreuter of Goshen, Indiana; Tom Wert of Mukilteo, Washington; Jody (Elliott) Stadeur of St. Paul; her four grandchildren and five great-grandchildren.

While attending a Lunch and Learn session last spring, touring the St. Luke campus and viewing the indoor aquatic center, Donna knew South Ridge Heights was the place for her.

“I saw that pool and then things just fell into place for me,” the first tenant said with a smile and twinkle in her eye.



St. Luke Homes & Services maintenance men, from left, Rod Richardson, Bruce Loring, Dale Meyer and Ken Stoeber work to place finishing touches on South Ridge Heights.

## WELLNESS EXPO WINNERS



Allen and Joyce Trojahn, of Spencer, won a St. Luke Homes & Services stadium blanket during the 2017 Wellness Expo, hosted Saturday, April 8, at the Clay County Regional Events Center in Spencer.

Joyce Trojahn, at left, served as one of St. Luke Lutheran Home's first Certified Nursing Assistants when the nursing home opened in 1967.

### ▪ WELCOME

Gene Martini

Virginia "Ginny" Yore

Lyle Grover

Ronald Peterson

### ▪ BEST WISHES

Lois Johnson

Lloyd Friedrichsen

### ▪ SYMPATHY

Vivian Rock

Patricia "Patt" Woods

David Hessman

Louis Wiemers

## MAY HOMEOWNER, TENANT & RESIDENT BIRTHDAYS

- 1 - James Pitts
- 1 - Gayla Sorenson
- 3 - Freda Heuer
- 5 - Josephine "Josie" Cromer
- 5 - Dorothy Huberg
- 7 - Gladys Stoever
- 10 - Milton "Burdette" Geidl
- 10 - Marvin Schmidt
- 10 - Lorraine Whitlow
- 11 - Shirley Granstra

- 13 - Thelma Mills
- 13 - Marvin Thuringer
- 21 - Dorothea Donaldson
- 26 - Betty Groen
- 28 - Velma Boonstra
- 30 - Sandra Burnett
- 30 - Keith Grover
- 30 - Edith Pitts
- 31 - JoAnn Kemp



*Happy Birthday*

## 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.

- Ciel Faulkner, of Spencer, crocheted a busy muff and a busy mat for St. Luke Lutheran Home residents to use.
- Lois M. Johnson, of Spencer, directed Thrivent Choice program dollars to St. Luke Homes & Services.
- Carroll and Maude Baker, of Dickens, donated several beautiful prints and greeting cards of area attractions and wildlife painted by his sister, the late Marvel Houge, of Estherville, to St. Luke Homes & Services.

## CELEBRATING 'THE SPIRIT OF AMERICA'

In observance of National Nursing Home Week, May 14-20, St. Luke Lutheran Home residents and staff will participate in daily activities designed to celebrate the week's special "Spirit of America" theme. Dress up in red, white and blue, in your favorite Iowa-inspired garb, and in your favorite team apparel with us. We invite you to join in the fun!

**Monday, May 15: America Monday:** Patriotic Parfaits at 9:45 a.m. and Jesse James band at 2:30 p.m.

**Tuesday, May 16: Twins Day:** Twin Bings after Chapel at 3:30 p.m.

**Wednesday, May 17: Hats off to You Day:** Hat treats at 10 a.m. and Scandinavian Extravaganza with Norwegian wedding cake at 3 p.m.

**Thursday, May 18: Pride of Iowa Day:** Iowa treats after a Hippo game at 3:30 p.m.

**Friday, May 19: Team Spirit Day:** Sports Cookies during Bingo at 3 p.m.

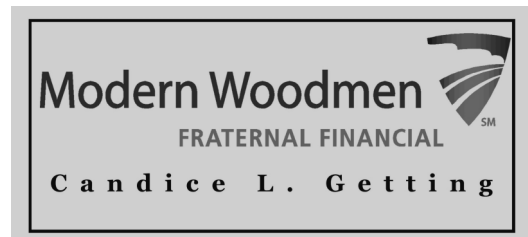


## CAN YOU HELP?

Do you like to build things?

Do you have a green thumb?

Modern Woodmen is partnering with St. Luke Homes & Services on two service projects in which raised garden beds will be built and then planted.



**We would appreciate your participation!**

- Meet us Friday, May 12, from 1-3 p.m. to build four raised garden beds in the St. Luke Lutheran Home garage (at 1301 St. Luke Drive, Spencer, Iowa)
- Join us Monday, May 22, from 9:45-11:30 a.m. to plant the raised garden beds at Riverview Terrace Assisted Living (at 1501 St. Luke Drive, Spencer, Iowa)

**Please direct questions you may have about these two service projects to Kris Todd at (712) 262-5931 or to Candice Getting at (712) 580-5735.**

## CHAMBER AMBASSADORS VISIT SOUTH RIDGE HEIGHTS

The Spencer Ambassadors conducted an official ribbon-cutting ceremony the morning of April 25, at South Ridge Heights, a new senior independent living residence located at 1209 12th Street SE in Spencer.

The building features many convenient amenities not found elsewhere in northwest Iowa and hosts 23 studio, one-bedroom, and two-bedroom apartments that are available on a month-to-month rental basis and are designed for couples and individuals 55 and over.



▪ **NEW STAFF**

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

- **Tori Cooper**  
St. Luke  
Indirect Care Aide
- **Kirstin Welhousen**  
St. Luke CNA
- **Ashley Fox**  
St. Luke CNA
- **Clarictza Sanchez**  
St. Luke CNA

▪ **A NOTE**

St. Luke Lutheran Home and Riverview Terrace Assisted Living would appreciate any small-to-medium size stuffed animals to use as bingo prizes.


**RSVP TO ATTEND THE LADIES' DAY TEA**



**Ladies, Celebrate With Us**

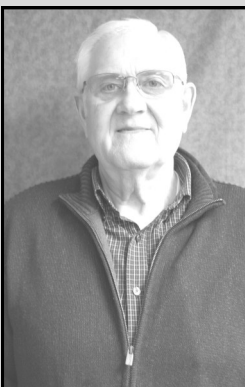
- **May 6 at St. Luke Lutheran Home**  
RSVP by May 3: Call Amanda at 262-5931 or Email: amanda.klein@stlukelh.com
- **May 13 at Riverview Terrace**  
RSVP by May 10: Call (712) 262-5932

**GOOD FRIDAY OBSERVED**



A special thank you to these special women, from area churches, who recreated the emotional aspects of the Passion story at Riverview Terrace and St. Luke Lutheran Home. From left: Gretchen Hagedorn, Judith Olson, Bonnie Foust, Kathie Halverson, Lorraine Conley, Becky Prentice, Judy Olson, Nancy Bell, Katie Hare, Linda Johnston and Denise Kramer Tolzmann.

**MEET NEW BOARD MEMBER: DR. DEAN PINGEL**



Dr. Dean Pingel joined the St. Luke Homes & Services board in 2017. His goal and mission as a board member is to assist the nonprofit organization in maintaining a healthy, safe and pleasant environment for our elders.

The native of Aurelia, graduated from Palmer College of Chiropractic in Davenport. He received certification of Qualified Chiropractic Orthopedist from Northwestern Chiropractic College in Bloomington, Minnesota. After completing an internship in Tacoma, Washington, he later opened Spencer Chiropractic Clinic. He is a life member of the Iowa Chiropractic Society and the American Chiropractic Association. Dean retired in 2010.

Dean has been a member of the Spencer Chamber of Commerce, where he served as chairperson of the Spencer Regional Airport Flight Breakfast for several years and assisted with Fly Iowa! Dean has attended First English Lutheran Church since moving to Spencer, where he has served as president of the congregation and as the building committee chairman for the new church. He and his wife, Linda enjoy traveling and his hobby is overseeing his farming interests.

## COMMUNITY CORNERSTONES

▪**Bethany Lutheran Church**

15 West 14th Street, Spencer  
Rev. Jennifer Henry  
(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. Dr. Mark Wilms  
(712) 933-2229  
[royalbethlehmlutheran.com](http://royalbethlehmlutheran.com)

▪**First Lutheran Church**

1525 Three Cross Road, Milford  
Pastor Perry Aalgaard  
(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.stpaullutheranhartley.com/](http://www.stpaullutheranhartley.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  
Rev. Rhonda Wykoff  
(712) 296-4438

## CONGRATULATIONS, GRADUATES!

We, of the St. Luke Homes & Services campus, wish to congratulate the following young men and women. During their respective careers at Spencer High School, Northwest Iowa Community College, and Western Iowa Tech Community College, these individuals have chosen to give of their time and talents at these residences on campus:

**St. Luke Lutheran Home:** Tanya Manwarren, Ashlyn Naig, Shelbi Nissen and Courtney Odegaard

**Riverview Terrace Assisted Living:** Stevie Allen, Sadie Bredehoeft, Hannah Hannegrefs, Jodi MacGregor and Mariah Richardson



- St. Luke Homes & Services**
- South Ridge Heights
  - Riverview Terrace
  - St. Luke Lutheran Home
  - The Highlands

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  
Roger Morris  
Rev. Peter Maisenbach  
Jerry Clausen  
Gary Halverson  
Jim Hitchcock  
Rev. Deb Mechler  
Dr. Dean Pingel  
Sandi Schmidt

## EMPLOYEE OF THE QUARTER: BEV CARSTENSEN

Bev Carstensen has been named St. Luke Homes & Services' first Employee of the Quarter.

Bev, a Personal Service Assistant at Riverview Terrace Assisted Living since August 2011, is a positive, reliable worker who enjoys assisting and spending time with those she serves.

The native of Estherville graduated from Ruthven High School. After working 10 years at WITCO, she graduated with a medical secretary degree from Iowa Lakes Community College in Spencer. Bev then served 10 years at Perry Judd's before desiring a change, which led her to apply for a



**Bev Carstensen**  
**Riverview Terrace PSA**  
**since August 2011**

position at the Riverview Terrace Assisted Living residence.

The Personal Service Assistant role has been a "perfect fit" for Bev, who worked the 2-10 p.m. shift before switching to the overnight stint.

During her free time, Bev enjoys reading and latch hooking. She has taught herself how to knit and is looking forward to nurturing some potted plants this summer and completing a paint-by-number set.

Surprised with, and honored by, this special Employee of the Quarter recognition, Bev credits the tenants she serves as the reason she looks forward to arriving at work each night.

"I'm comfortable here and they keep me going," she said.

***Congratulations, Bev!***

## TENANT OF THE MONTH

Dorothy Huberg was born on a rural Linn Grove farm homesteaded by the family in 1872. The German descendant attended Willow Lawn country school before graduating from Peterson High School in 1933.

As a young girl in the 1920s, Dorothy recalled driving cattle on foot to Peterson, where they then were loaded into train cars headed for Chicago. She also helped pick corn by hand and toss it into a wagon drawn by horses.

Rev. Holger Berthelsen married Hjelmer and Dorothy Huberg on December 27, 1934, at Bethlehem Lutheran Church in Royal. The couple settled on a Clay County farm where they



**Dorothy Huberg**  
**at Riverview Terrace**  
**since March 2012**

raised hogs, fed cattle, reared Rhode Island Red chickens, raised Shetland ponies, and milked cows. They formed Huberg Trucking in 1952 and moved to Royal in 1955. "Hjelmer milked 52 cows

at one time, but his goal was to get up to 200. I'm glad he found a truck," Dorothy recalled of their business' start with a chuckle.

The Hubergs moved to Riverview Terrace in March 2012. Today, Dorothy enjoys attending church services, visiting with others, participating in a myriad of activities offered, reading, and eating meals prepared by others. She also continues to garden, noting the 100 quarts of tomatoes she helped can last summer.

Dorothy Huberg's family includes Louise (Bob) Goode of Canton, Texas, Roger (Connie) Huberg of Royal, daughter-in-law Loueen Huberg of Royal, nine grandchildren, 13 great-grandchildren and five great-great-grandchildren.