



THE ST. LUKE SPIRIT

November 2017

Volume 5, Issue 11

Upcoming Resident & Tenant Activities:

- **“Fiddler on the Roof”**
November 2 at 7:30 p.m.
Spencer High School
- **Rotary Book Sale**
November 4 at 3:30 p.m.
Clay Co. Events Center
- **Design Show**
November 10 at 10 a.m.
Del’s Garden Center
- **Pies with Donna**
November 13 at 9:30 a.m.
Riverview Terrace
- **Veterans Day program**
November 13 at 3 p.m.
The Highlands
- **Embroidery Talk with Carol & Marcia**
November 17 at 2:30 p.m.
Riverview Terrace
- **Hymns & Hers music**
November 28 at 2:30 p.m.
Riverview Terrace
- **“White Christmas” play**
November 30 at 7:30 p.m.
Spencer Community Theatre

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

TRICK-OR-TREATING FUN

Hundreds of families visited The Highlands, Riverview Terrace Assisted Living and St. Luke Lutheran Home on Halloween to participate in the annual trick-or-treat parade. Children wearing costumes were greeted by homeowners, tenants and residents also donning fun attire and smiles.

Please visit St. Luke Homes & Services’ Facebook page to view more Halloween 2017 fun captured in photographs.



Max Hurdle



Terri Kopel



Gerry Rabel



Marjorie Dalen



Arla Gould



St. Luke Lutheran Home Dietary Staff



Doris Camp



Gayla Sorenson & Donald Manley



Virginia Jorgensen



Lorraine Birchard

YOUR PRESENCE IS REQUESTED



The Iowa Health Care Association will host a Legislative Forum at 10 a.m. on Thursday, November 30, at The Highlands. You are invited, and encouraged, to attend! Iowa's Congressional delegation and area state legislators have been invited. The forum is one of several being conducted across the state. It will cover topics of interest pertaining to long-term care providers and those they care for.

▪ WELCOME

Helen Swanson

Wayne Brown

Eleanore Currier

Wanda Nelson

Dan Weston

Doris Rentsch

Leone Coonradt

Maxine Whiting

DyAnn Getting

▪ BEST WISHES

Colleen Chambers

Gary & Nelda
Wolthuis

Ruth Jones

Judith Wilson

▪ SYMPATHY

Roger Hayenga

Leona Ver Meer

Dorothy Schmid

NOVEMBER HOMEOWNER, TENANT & RESIDENT BIRTHDAYS

2 - Karen Arndt
 2 - Winona Loomis
 6 - Ina Faye Underwood
 7 - Lois Simmons
 8 - Mary Killmar
 8 - Nancy Lewis
 9 - Thomas Gilderhus
 9 - Donald Manley
 10 - Robert Guerttman

10 - Phyllis Haroldson
 12 - Maxine Davis
 20 - Marjorie Dalen
 21 - Terri Kopel
 23 - James Darrah
 25 - Mary Bayne
 28 - Lela Anderson
 29 - Doris DeBoer
 30 - Betty Pohtast

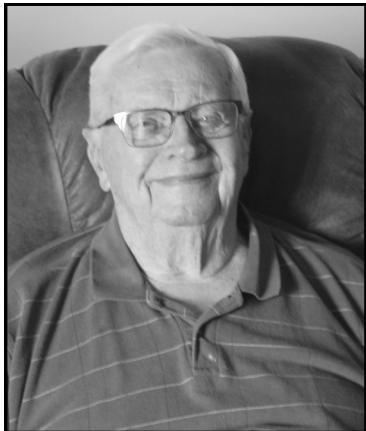


THANK YOU

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.

- Spencer Hy-Vee donated 20 pounds of candy for the Halloween trick-or-treat parade on the St. Luke Campus.
- The Mae Koch family donated \$100 to be used to purchase candy for the Halloween trick-or-treat parade at St. Luke Lutheran Home.
- Steve, Kristi and Keegan Kracht, of Rossie, donated two large bags of candy for the Halloween trick-or-treat parade hosted at St. Luke Lutheran Home.
- Bruce and Sue Loring of Hawk Valley Garden, Spencer, donated pumpkins, gourds and ears of Indian corn used to decorate the St. Luke Homes & Services campus.
- Upper Des Moines Opportunity, of Spencer, donated 23 bags of candy for the Halloween trick-or-treat parade on the St. Luke Homes & Services campus.
- Gary Holck, of Spencer, donated pumpkins used to decorate the St. Luke Campus.
- Spencer Walmart Supercenter donated a \$75 gift card used to purchase candy for the Halloween trick-or-treat parade on the St. Luke Homes & Services campus.
- Joel & Susie Hartmann, of Everly, donated three large bags of candy for the Halloween trick-or-treat parade at St. Luke Lutheran Home.

WHY RIVERVIEW TERRACE?



“I think it’s great here. Riverview Terrace feels like home, the people are friendly, and the food is good. I am comfortable and enjoy myself here. There are a lot of different activities going on, but if you don’t want to participate in something you don’t have to. When staff says they are going to do something, they do it. I like it here.”

- Larry Stanislav

a Riverview Terrace tenant since June 2017

CELEBRATING OUR VETERANS



Please join the following men and women of South Ridge Heights, Riverview Terrace Assisted Living, St. Luke Lutheran Home, and The Highlands to recognize their service during a 3 p.m. Veterans Day program on Monday, November 13, at The Highlands:

World War II veterans: Stanley Andersen, Dale Brower, Wayne Brown, Milton “Burdette” Geidl, Barney Granstra, Robert Guerttman, Richard “Dick” Hallett, Gerald Hanson, Stanley Jespersen, Beryl Reed, Richard “Dick” Romp, Lawrence Smith, Robert Stewart, Glen Stoterau, Roy Stroud

World War II & Korean War: Harold Hammerstrom

Korean War veterans: Edwin Bayne, Allen Colby, Gerald Cummins, Thomas Gilderhus, Ronald Haraldson, Roger Hoberg, Eldon Kopel, Don Linnan, Curtis Paulsen, Jim Pitts, Tom Powers, Carlton Quee, Richard Riedemann, Robert Rinehart, Marvin Schmidt, Larry Stanislav, Marvin Thuringer, Roger Waggie

Cold War: Verdis Koehlmoos

Vietnam War veterans: Barbara Brechler, Craig Marr, Richard Read, Dan Weston

Spencer Municipal Utilities will videotape this event.

Replays are scheduled at 8:30 p.m. on November 14, Noon on November 15, 5 p.m. on November 16, and 6:30 p.m. on November 17 on Spencer Channel 3.

WELCOME TO ...

South Ridge

HEIGHTS



Apartments designed for those 55 & up

- Beautiful studio, one- and two-bedroom apartments for rent.
- Features top-of-the-line amenities in a beautifully-maintained building.
- Located at: 1209 12th Street SE Spencer, Iowa



• Contact Mavis at (712) 260-1950 to learn about receiving \$250 off your first month rent. (Valid through December 31, 2017.)



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- Social activities
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- Indoor aquatic center
- Emergency medical response system
- Utilities included (except phone & Internet)
- Secured entry
- Campus shuttle
- Housekeeping & Maintenance services
- Ample parking opportunities

▪ **A NOTE FROM
CEO /ADMINISTRATOR
DAVID WEST**

According to the Iowa Fire Marshal, we have to restrict the decorating of resident rooms and doors to no more than 20 percent of the surface. Many of you have beautifully decorated your loved ones' doors and rooms with seasonal decorations, but we must limit the space to avoid having combustibles such as paper, cardboard, plastics and greeting cards on those surfaces. We must also limit Christmas lights to seasonal decorating on trees or wreaths. We can no longer allow lights to be strung in resident rooms along the ceiling and on top of light fixtures. We apologize for any inconvenience this may create, but we are bound by law to maintain St. Luke Homes & Services and keep it free from hazards. Thank you for your cooperation.

▪ **ANOTHER
NOTE**

As of November 30, AmeriHealth Caritas Iowa is withdrawing from the Iowa Medicaid managed care program IA Health Link. About 215,000 Iowa Medicaid members will transition from AmeriHealth to coverage with two other managed care organizations contracted with the state - Amerigroup Iowa and United Healthcare Plan of the River Valley.

VISITING WITH FRIENDS



On the afternoon of October 18, St. Luke residents Hazel Christenson and Beryl Reed enjoyed visiting with students from Iowa Great Lakes Lutheran School.

WHY SOUTH RIDGE HEIGHTS?



"The people here are so friendly, helpful and have made me feel very welcome. I didn't want the responsibility of owning again, so I am enjoying paying the monthly fee that includes many amenities and services, with no taxes or hassles. I feel like I am at a resort.

"Since it's just been renovated, everything is new at South Ridge Heights: The appliances, flooring, cupboards and paint. It's beautiful and I love it. I can't imagine living anywhere else."

**- Barbara Steffen Huntimer
a tenant at South Ridge Heights since June 2017**

CREATING RESULTS WITH THERAPY



Physical Therapist Jennifer Perkins visits with Mitzi Wagner, of Spencer, as she works on a NuStep Recumbent Cross Trainer to increase the range of motion and strength in her knee.

Following a two-week stay at St. Luke Lutheran Home, Mitzi has continued to work on an outpatient basis three times a week with the physical therapist and other Millennium Therapy professionals at St. Luke Lutheran Home.

The goal is to increase her strength, balance and endurance in order to return to work making deliveries for Spencer Hy-Vee.

"I have been more than pleased with all of the work they've done with me. They've done a really great job," Mitzi said.

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
Rev. Dr. Mark Wilms
(712) 933-2229
royalbethlehmlutheran.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
Rev. Rhonda Wykoff
(712) 296-4438

MEET TY ADAMS



In August, Ty Adams began earning a firsthand account into long-term care administration. He is completing a 720-hour practicum at St. Luke Lutheran Home and shadowing members of the social services, nursing, environmental services, government and legal, and dietary departments through the Spring of 2018. Once Ty earns his Long-Term Care Administrator certificate from Des Moines Area Community College, he intends to sit for the test for his Long-Term Care Administrator license.

Ty is a native of Nebraska. He currently lives in Orleans. In addition to his time spent on the St. Luke Homes & Services campus, Ty serves as a realtor and real estate broker with Adams Realty of Spirit Lake and works overnights in the engineering department at Lakes Regional Healthcare in Spirit Lake.

Outside of work, Ty enjoys spending time with his three daughters: Sophia, 18, Olivia, 15, and Stella, 6.

- 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: ANN ROBERTS

Content in any situation, Ann Roberts tries to make the best of what life gives her.

Since beginning her duties on the St. Luke Homes & Services campus, she has continued to put this practice into play.

"I thoroughly enjoy serving residents alongside the group of cross-trained women I work with as a Cook in the St. Luke kitchen," Ann explained.

A native of Palos Verdes, California, Ann moved to Lakewood, California, after marrying her husband, Jeff. Although she enjoyed working as a medical assistant in three doctor's offices, the couple moved to northwest



Ann Roberts
St. Luke Lutheran Home
Cook since October 2011

Iowa in order to provide their son, Kevin, with a healthier environment.

Prior to joining the St. Luke Lutheran Home staff, Ann served as a pharmacy techni-

cian at the former Spencer Pharmacy and dialysis technician at Spencer Hospital. Ann and her husband co-own Quality Marine Bodyworks of Milford.

"The most important thing to me is my relationship with God. I spend a lot of quiet moments with Him, praying and talking to Him, and He brings everything into focus for me," she said. "I see Him through the beauty around me, in my surroundings, and the people around me."

When not at work, Ann will most likely be found with her grandchildren, Kinzley and Madax Roberts. She also enjoys reading and spending time with the animals on their acreage located south of Spencer.

Congratulations, Ann!

TENANT OF THE MONTH

Carlton Quee likes to share his joys and talents with others, which has helped to make the Riverview Terrace Assisted Living residence even more fun since his arrival in August 2016.

Carlton's musical talents were groomed initially with his father as they sang and milked cows together. Carlton continued to sing in a quartet and at high school music contests.

He worked as a carpenter for Everett Roskens of Spencer, as well as a cabinet maker for P&H Fixture & Cabinet. Over the years, he also became a craftsman with hand tools, dremels and power shaft tools. The self-taught carver made 1,300 wall hangings, 700 cribbage boards and 700 clocks from exotic woods.

His woodworking skills are also evident in the three local Lutheran churches he has belonged to. His final church



Carlton Quee
at Riverview Terrace
since August 2016

"job" was as an 89-year-old carpenter at Faith Lutheran Church, where six pieces Carlton carved are on display in a cabinet by the kitchen.

He was drafted into service by the U.S. Army in December 1948. After serving in the Reserves for one year, Carlton was reactivated when the Korean War began. He continued with his

profession in the Army, remodeling his company's orderly shop over a two-week timeframe. Carlton served until his honorable discharge in November 1951.

On June 2, 1945, Carlton experienced "love at first sight" when he met his future wife, Maxine, at a dance in the old Roof Garden in Arnolds Park.

After retiring in October 1985, Carlton combined his musical and woodworking skills to make a dulcimer from a kit. For 10 years, he played it, a banjo and sang with a group of area gentlemen, including Dean Peterson, Darrell Stave, Dr. Delbert Anliker, Jerry Roberts and Merrill Schoer. Carlton eventually made 25 dulcimers for others to play.

Known for singing solos in church, Carlton also sings birthday greetings today for others at Riverview Terrace. He also enjoys reconnecting with friends on Facebook, driving around the area to "see what's going on," playing pool and spending time with his daughter, Connie Quee of Solon.