

# THE ST. LUKE SPIRIT



October 2017

Volume 5, Issue 10

## Upcoming Resident & Tenant Activities:

- **Football: Spencer Tigers vs. Le Mars Bulldogs**  
October 6 at 6:30 p.m.  
Dale Norton Field
- **Travel to Seattle with Amanda**  
October 7 at 2:30 p.m.  
St. Luke Lutheran Home
- **Music Therapy with Robin**  
October 9 at 2:30 p.m.  
St. Luke Lutheran Home
- **Riverview Terrace Outing**  
October 10 at 1 p.m.  
Little Sioux Apple Orchard
- **Marilyn Meyer to Visit about Area Schoolhouses**  
October 25 at 2:30 p.m.  
Riverview Terrace Chapel
- **Music with Tim Norgaard & Friends**  
October 25 at 3 p.m.  
St. Luke Lutheran Home
- **Riverview Terrace Out to Eat**  
October 26 at 11 a.m.  
Southside Grill, Spencer

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

## CELEBRATING ASSISTED LIVING WEEK

From September 18 through September 22, we observed Assisted Living Week in style at Riverview Terrace! Tenants and staff dressed up in theme-specific outfits each day. Take a peek at some of the fun we had during Assisted Living Week! (More photographs are available on St. Luke Homes & Services' Facebook page.)



(From left): Lorraine Birchard, Lisa Small, Lucile Grell, Doris Anderson, Frank Scott and Doris Camp had fun dressing up for Twins Day and Hat Day.



(From left): Cher Lindahl, Deb McGuire, Lisa Small, Kalli Miller and Lauren Christopherson were comfortable on Pajama Day while Marjorie Dalen, Mildred Klett and Sandra Burnett celebrated Tie Dye Day by making and wearing tie dye scarves.

## MAKING A DIFFERENCE



With your help, St. Luke Homes & Services donated \$800 to the American Red Cross for hurricane relief efforts.

## 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.

- In honor of her aunts, Virginia "DeDa" Behrens and Virginia Brinkley, Joan Schumann, of Spencer, donated a Power Step Plus to be used in St. Luke Lutheran Home's Employee Wellness Center.
- On behalf of the Sprint Selzer Bicycle Club, Dennis and Lisa Falk-Thompson, of Eagan, Minnesota, donated \$50 to St. Luke Homes & Services' Benevolent Fund, which supplements tenants and residents who do not have the financial resources to participate in optional activities.
- Cheryl Emond, of Bullard, Texas, and Linda Casey, of Spencer, donated a lift chair, walker, cane and a Continuous Positive Airway Pressure (CPAP) machine to St. Luke Lutheran Home in memory of their father, Raymond "Glenn" Hart.

### ▪ WELCOME

Colleen Chambers

Marjorie Dalen

Roger Hayenga

Allen Colby

Tom & Phyllis Powers

### ▪ BEST WISHES

Leila McDeid

Steve Simmons

Myrtle Hyde

Jack Garrelts

### ▪ SYMPATHY

Helen "Connie"  
Peters

Raymond "Glenn"  
Hart

Virginia Koenen

Edith Hansen

Ruth Batschelet

## Walking for a World Without Alzheimer's



The St. Luke Homes & Services team (at left) participated in the Walk to End Alzheimer's on September 24. The event raises awareness and funds for Alzheimer's care, support and research. The St. Luke Homes & Services team would like to thank all who contributed in the \$2,801 it raised via the sale of fleece jackets, a Mix & Mingle event at The Highlands, a silent auction and a make-your-own-sub sandwich lunch.

## OCTOBER HOMEOWNER, TENANT & RESIDENT BIRTHDAYS

3 - Marcella Brodersen  
 4 - Verdis Koehlmoos  
 5 - Edwin Bayne  
 6 - Elayne Grapenthin  
 8 - Barney Granstra  
 8 - Beryl Reed  
 9 - Lorraine Birchard  
 9 - Leona Ver Meer  
 9 - Barbara Waggle  
 13 - Ruth Proehl

14 - Carla Zenkovich  
 18 - Wayne Hanson  
 20 - Carole Peterson  
 21 - Roger Waggle  
 22 - Ethel Schmidt  
 28 - Helen Andersen  
 30 - Lucile Grell  
 30 - Tom Powers



# THE MORE YOU KNOW ...



**Nancy Mills, RN-BC**  
Director of Health Services

Antibiotics are among the most commonly prescribed medications in the nursing facility setting, yet reports indicate that a high proportion of antibiotic prescriptions are unnecessary. The adverse consequences of unnecessary antibiotic use include adverse reactions or interactions, the development of Clostridium difficile infections, and the emergence of multi-drug resistant organisms, antibiotic failure, increased mortality, and greatly increased costs. The Centers of Disease Control and Prevention characterizes antibiotic resistance as “one of the world’s most pressing public health threats.” Unnecessary prescribing practices by clinicians and overuse of newer, broad-spectrum antibiotics when either no antibiotic or an older antibiotic would suffice are believed to be the primary contributors to this problem. As a result of the above complexities, nursing facilities are increasingly recognized as reservoirs of antibiotic-resistant bacteria.

To address these issues, St. Luke Lutheran Home will be developing an antimicrobial stewardship program that will describe pathways to appropriate antibiotic use and watchful waiting programs that will decrease the number of prescribed antibiotics. Antimicrobial stewardship is the act of using antibiotics appropriately - that is, using them only when truly needed and using the right antibiotic for each infection. To achieve our goal, St. Luke Lutheran Home will be developing the tools, policies, and procedures that will guide the staff in appropriate use of antibiotics.

This effort, to be implemented, will be crucial to improving outcomes for our residents and the nursing facility as a whole. Your participation and understanding will be essential to the overall success of the program. As we move forward, we will be reaching out to you with more detailed information.

## NO MATTER YOUR SENIOR HOUSING NEEDS, ST. LUKE HOMES & SERVICES HAS YOU COVERED!

**South Ridge Heights  
Independent Rentals**  
1209 12th Street SE  
(712) 260-1950



**The Highlands  
Independent Suites**  
1211 St. Luke Drive  
(712) 262-5404

**St. Luke Lutheran Home  
Skilled Nursing Home**  
1301 St. Luke Drive  
(712) 262-5931



**Riverview Terrace  
Assisted Living  
Residence**  
1501 St. Luke Drive  
(712) 262-5932

**RENTAL UNITS AVAILABLE NOW!**

*St. Luke Homes & Services offers a continuum of care in a Christian setting while attending to the individual needs of everyone who lives on campus.*

[www.stlukelh.com](http://www.stlukelh.com)



▪ **NEW STAFF**

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

- Mitchel Riesgraf  
St. Luke  
Indirect Care Aide
- Penny Peters  
St. Luke Housekeeper
- Jamie Wolfe  
St. Luke Cook

▪ **NOTES**

Family members and friends are always welcome as guests at meal time.

Guest meals are available with at least a two-hour advance notice.

Exceptions to this would include holidays, when a 24-hour notice is required for reservations.

Reservations may be made by calling:

- (712) 262-5931 for St. Luke Lutheran Home
- (712) 262-5932 for Riverview Terrace
- (712) 262-5404 for The Highlands

**TRICK OR TREAT WITH US**

**Tuesday, 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 will be 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.

**AT THE 2017 CLAY COUNTY FAIR**

St. Luke Homes & Services campus residents, tenants and homeowners enjoyed participating in the Veteran's Day parade and program, eating breakfast and enjoying other fair foods, watching entertainment at tent shows, visiting with family and friends, and touring the Clay County Fairgrounds during the 2017 Clay County Fair.



**LEGISLATIVE FORUM SCHEDULED**

The Iowa Health Care Association (IHCA), a trade association representing many Iowa long-term care providers including St. Luke Homes & Services, will present a **Legislative Forum** at 10 a.m. on **Thursday, November 30**, at **The Highlands**. Iowa's Congressional delegation and area state legislators have been invited. The forum will cover topics of interest to long-term care providers and those who care for them. **Please join in the discussion!**

## COMMUNITY CORNERSTONES

▪**Bethany Lutheran Church**

15 West 14th Street, Spencer  
 Rev. Jennifer Henry  
 (712) 262-2327  
[www.bethluthspencer.com](http://www.bethluthspencer.com)

▪**Bethlehem Lutheran Church**

207 Church Street, Royal  
 Rev. Dr. Mark Wilms  
 (712) 933-2229  
[royalbethlehemlutheran.com](http://royalbethlehemlutheran.com)

▪**Christ the King Lutheran Church**

500 Fourth Avenue SW, Spencer  
 Rev. David Zimmer  
 (712) 262-2244  
[www.ctkspencer.com](http://www.ctkspencer.com)

▪**First English Lutheran Church**

1311 E. 18th Street, Spencer  
 Pastor Paul Kaldahl  
 (712) 262-5598  
<http://spencer-church.com>

▪**First Lutheran Church**

1525 Three Cross Road, Milford  
 Pastor Perry Aalgaard  
 (712) 338-4514  
[www.3cross.org](http://www.3cross.org)

▪**Grace Lutheran Church**

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

▪**Grace Lutheran Church**

380 N. Rerick Avenue, Primghar  
 (712) 957-4795

▪**Hope Lutheran Church**

206 N. Washington Street, Everly  
 Pastor Dan Taylor  
 (712) 834-2767  
[www.hopeeverly.com](http://www.hopeeverly.com)

▪**Immanuel Lutheran Church**

2300 27th Street, Spirit Lake  
 Rev. David Simonson  
 (712) 336-1010  
[lcmslakes.org](http://lcmslakes.org)

▪**Immanuel Lutheran Church**

206 Terril Avenue, Terril  
 Pastor David Doellinger  
 (712) 853-6192  
[www.facebook.com/lcmsterril](http://www.facebook.com/lcmsterril)

▪**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**

105 East High Street, Linn Grove  
 Rev. Rhonda Wykoff  
 (712) 296-4438

▪**Trinity Lutheran Church**

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

## LEARNING ABOUT EACH OTHER



At St. Luke Lutheran Home, Riverview Terrace, South Ridge Heights and The Highlands, we look forward to when area students are able to visit. Above, St. Luke Lutheran Home residents (from left) Marion Peters, Michael Anderson, Winona Loomis, Hazel Christenson and Roger Hoberg are shown sharing with students from Iowa Great Lakes Lutheran School in Spencer.

- 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
- Dr. Dean Pingel
- Gary Halverson
- Jim Hitchcock
- Rev. Deb Mechler
- Sandi Schmidt

## JOB OPPORTUNITIES AVAILABLE

The following career opportunities are currently available on the St. Luke Homes & Services campus:

- ▶ **PT Cook** - 6 a.m. to 2 p.m. - at Riverview Terrace Assisted Living
- ▶ **FT Nurse** - 6 p.m. to 6 a.m. - at St. Luke Lutheran Home
- ▶ **FT Certified Nursing Assistant** - 2 p.m. to 10 p.m. - at St. Luke Lutheran Home
- ▶ **PT Dietary Aide** - 4 p.m. to 7 p.m. - at St. Luke Lutheran Home
- ▶ **PT Cook** - 4 p.m. to 7 p.m. - at Riverview Terrace Assisted Living
- ▶ **FT Certified Nursing Assistant** - 6 p.m. to 6 a.m. - at St. Luke Lutheran Home

Apply online at [www.stlukelh.com/employment.html](http://www.stlukelh.com/employment.html) -or- Pick up an application at:

▶ St. Luke Lutheran Home  
1301 St. Luke Drive  
Spencer, Iowa  
(712) 262-5931

▶ Riverview Terrace Assisted Living  
1501 St. Luke Drive  
Spencer, Iowa 51301  
(712) 262-5932

## HOMEOWNERS OF THE MONTH

Max and Phyllis Hurdle believe in serving others while experiencing as much in life as possible. Constantly on the move, these former professionals have not yet fully grasped what the word "retirement" means.

Max and Phyllis attended school and church together in Clarinda, but didn't begin dating until their senior year of high school. While he earned his Bachelor of Pharmacy degree at the University of Iowa, she worked as a ward clerk at University of Iowa Hospital.

They married on April 5, 1953. Upon his graduation, Max was offered a pharmacist position with McWilliams Drug in Ottumwa.

Over the next several years, as their family grew, the couple owned Page Pharmacy, Alan Drug and Hurdle Drug in Waterloo. Max worked at Drug Town in



**Max & Phyllis Hurdle**  
**Homeowners at The Highlands**  
**since November 2014**

Newton and Cedar Rapids, then at Star Drug in Spirit Lake. When the Hurdles relocated to Okoboji in the mid-1970s, Phyllis managed the Spirit Lake Mall.

An open pharmacist position at Iowa Methodist Hospital took the couple to Des Moines. There, Phyllis managed a large number of rental properties for Knapp Properties and Iowa Realty. Max saw how much fun she was having, so he earned his

real estate license and sold properties at night for 15 years. He averaged one sale per month his first year.

In 1995, the couple returned to Okoboji, where he served as a pharmacist at Spencer Hospital for five years before "retiring" and joining Pharmacists on the Go, in which he worked for peers across Iowa so they could take vacations.

The Hurdles moved from Okoboji to The Highlands in November 2014. They take pleasure in traveling with friends, watching the Iowa Hawkeyes, fishing, building radio-controlled airplanes, watching the hummingbirds and orioles outside their deck, volunteering at Upper Des Moines Opportunity, and participating in the ministries of First Christian Church.

The couple enjoys spending time with their family, which includes children Jeff Hurdle of Spirit Lake, Linda (Tom) Moore of Sarasota, Florida, Heidi (Keith) Roach of Carmel, Indiana, seven grandchildren and three great-grandchildren.