



SUMMER FUN AT ST. LUKE LUTHERAN HOME

Upcoming Resident & Tenant Activities:

- **Spencer High School football players to visit**
Thursday nights at 7 p.m.
St. Luke Lutheran Home
- **Sanford Planetarium visit**
October 9 afternoon
Cherokee, Iowa
- **Music with Bob Floss**
October 10 at 3 p.m.
St. Luke Lutheran Home
- **Old-Fashioned Soda Fountain Floats & Music**
October 14 at 2:30 p.m.
Riverview Terrace
- **Caramel Apple Bar**
October 23 at 2:30 p.m.
Riverview Terrace
- **Riverview Terrace Out to Lunch**
October 29 at 11:30 a.m.
Sports Page, Spencer
- **Music with Ray Meyer**
October 31 at 3 p.m.
St. Luke Lutheran Home

More activities are available online at www.stlukelh.com



Sunshine, friends, water and a big yellow rubber duck made for an afternoon of fun at St. Luke Lutheran Home!

See more photos & video on St. Luke Homes & Services' Facebook page!

Celebrating Assisted Living Week

We observed Assisted Living Week at Riverview Terrace September 16 through September 20 with "A Spark of Creativity," the week's theme, in several of our activities. We also dressed up each day.

Examples of hats and Hawaiian wear are shown here.



See more photos on St. Luke Homes & Services' Facebook page!

THANK YOU

▪ WELCOME

Shirley Duncan

Ed Goodman

James Echtenkamp

Lois Deiterman

Darlene Stough

Ruth Thurston

Vernie Peterson

Carole Madson

▪ BEST WISHES

Winnie Ravenscroft

Betty Pothast

Roger & Barbara Waggie

Mary Lynn

Mary Klatt

Doris Van Buren

Lillian Johnson

▪ SYMPATHY

Cheryl Volkert

Marjorie Lorenzen

Frank Parks

Lela Anderson

Beverly Kenobbie

Jack Miller

Betty Kaiser

Charles Roder

Jean Halverson

Gertrude Wedel

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.

- The family of Nellie Meyer, a late resident of Riverview Terrace and St. Luke Lutheran Home, donated \$200 to St. Luke Homes & Services' Benevolent Fund.

- Virginia Christensen, a resident of St. Luke Lutheran Home, donated an electric recliner for use at St. Luke Lutheran Home.

- St. Luke Lutheran Home Auxiliary members gifted St. Luke Lutheran Home \$425 for Queen II rides for residents, cushions for the outdoor courtyard benches and a container to hold the cushions.

- Jan Swanson, a homeowner at The Highlands, gave a \$20 memorial for Marjorie Lorenzen to St. Luke Lutheran Home.

- Marjorie Kajewski, of West Bend, donated several boxes filled with figurines, dishes, holiday décor, decorations, knick knacks and framed pictures to be used as prizes and gifts at Riverview Terrace and St. Luke Lutheran Home.

- Jane Echtenkamp, of Spencer, donated a VCR player and several VHS tapes of Lawrence Welk and Bing Crosby for use on the St. Luke Homes & Services campus.

- The family of Cheryl Volkert, a late resident of St. Luke Lutheran Home, donated \$100 to the nursing department of St. Luke Lutheran Home.

- Carma Betz, of Spencer, donated a box of aquatic noodles for use in St. Luke Homes & Services' indoor aquatic center.

- Members of the Order of the Eastern Star, Buena Vista Chapter-Sioux Rapids and Evening Shade Chapter-Spencer, handcrafted and donated three fidget blankets for use by residents of St. Luke Lutheran Home.

- Diana Walvoord, of Spencer, donated a walker, in memory of Ralph Kabrick, for use by residents of St. Luke Lutheran Home.

- August Williams, of Rushford, Minnesota, contributed a \$50 memorial for Iris "Mardelle" Stroup to St. Luke Lutheran Home and Riverview Terrace.

- The family of Gertrude Wedel, a late resident of St. Luke Lutheran Home, donated a lift chair for use at St. Luke Lutheran Home.

A NEW CHAPTER FOR STERLING



Known for her good sense of humor and for having fun while remaining a professional, Linda Sterling was raised in Sioux City. She graduated from Heelan High School and worked as a CNA for two years before graduating as an LPN from Western Iowa Tech Community College.

She worked five years in the pediatrics unit of St. Joseph Hospital before serving five years at St. Vincent Hospital, now known as Mercy Medical Center, both in Sioux City.

In 1982, love brought Linda to Spencer. On June 1, 1982, she started working as an LPN at St. Luke Lutheran Home. She married Jim Sterling in 1989. The couple raised two boys: Michael Sterling, of Omaha, and Matt Sterling, of Estherville.

Sterling transitioned as a nurse to the Physical Therapy and Rehabilitation Department of St. Luke Lutheran Home in 1999.

In retirement, Linda is looking forward to spending time with family and friends, knitting, yard work and making rosaries with Sacred Heart Church and sending them to the Immaculate Heart of Mary Queen of Peace located at Trinity Heights in Sioux City.

RESIDENT OF THE MONTH

After graduating from St. Mary's High School in 1943, Fred Schmidt spent the next two years generating power for his hometown of Remsen at its diesel power plant. Next, for the duration of World War II, he attended Coyne College, a trade school in Chicago, where he learned to work with electricity.

Upon being hired in 1952 as a lineman for Iowa Electric Light and Power, Fred lived a few months in Peterson before moving to Everly. He was responsible for keeping electricity in the towns of Everly, Royal, Moneta, Rossie and Greenville.

Fred met his future wife, Cleona, while on lunch break. She was his waitress at Joe's Café in Royal. The two were married for over 60 years.

The Schmidts lived in Everly but spent a lot of time in their trailer, which was stationed on the north end of Lake Okoboji, either at Cenla Campground in Spirit Lake or White Oaks Campground in West Okoboji.

When Fred retired in 1984, the couple bought a condominium at Airport Villa in Spirit Lake. Not working didn't suit Fred, so he quickly began



Fred Schmidt Sr.
St. Luke Lutheran Home
resident since March 2016

co-managing the apartment buildings and swimming pool at Airport Villa, as well as started an electrical business with friend Dean Ricker in which the two worked electrical jobs within a 50-mile radius of the Iowa Great Lakes region.

Fred's faith is another cornerstone for his life. After spending 12 years at St. Mary's in Remsen, he worked as a janitor with his son, Fred Schmidt Jr., while a member of Saint Mary's Catholic Church in Everly.

He also served as a Eucharistic minister, or communion steward, for years while a member of St. Mary's Catholic Church in Spirit Lake.

In June 2012, Fred and Cleona moved to Riverview Terrace Assisted Living.

In March 2016, he transitioned to the adjoining St. Luke Lutheran Home, where he enjoys spending time playing rummy and bingo, attending mass with Rev. Tim Hogan, reading Mark Twain novels and historical fiction books, preferably of the Civil War era, and poring over area history books delivered by family friend Marilyn Meyer.

Fred is pleased to have passed on his loves of fishing for walleye and hunting quail and pheasants to his sons and grandson. Visiting with family, including son Fred (Gina) Schmidt Jr. of Milford, stepson Mike (Nadine) McHugh of Hendricks, Minn., grandson Adam (Meredith) Schmidt of Seattle, along with Ila, the Alaskan husky, Hope, a purebred golden retriever, and Chinook, a Siberian cat, also bring great delight to Fred.

FUN AT THE CLAY COUNTY FAIR

Residents, tenants and homeowners of the St. Luke Homes & Services campus attended the following events, among others, at the 2019 Clay County Fair:



Monday - Veterans Day parade and program

Tuesday - Breakfast at the Fair

Wednesday - Lions Club wagon ride around the fairgrounds

Wednesday - Dixieland Band & Looney Lutherans tent show

Friday - Lions Club wagon ride around the fairgrounds

Do you have questions?

Please give us a call.

South Ridge Heights
(712) 260-1950

Riverview Terrace
(712) 262-5932

St. Luke Lutheran Home
(712) 262-5931

The Highlands
(712) 262-5404

**“Like”
St. Luke
Homes & Services
on Facebook!**



Our Mission:

“To enhance the life, health and faith of all who choose to live in the St. Luke Christian community.”

CONNECT THROUGH PHOTOS & FUN

Picture families having fun together, young and old connecting with images, and people of all ages enjoying photos through friendly competition.

The free “Picture This” application lets you share and view photos while you also have fun, engage with others, learn new things, and challenge your memory ability - all through a simple digital card game. It allows you to customize games using your own photographs.

Download the “Picture This” application on your tablet or phone by going to: <https://picturethisgames.com> or on the app store on your Android or Apple device.



HOMEOWNER OF THE MONTH

Born and raised on a farm in the Loess Hills area of west central Iowa, Carole Peterson attended a country school and graduated from Moorhead High School. After graduating from Iowa State Teachers College, she attended Buena Vista University and received a Bachelor of Science degree in Elementary Education.

Carole met Morris Peterson after she began teaching kindergarten students in Ruthven. They married in December 1954, and the couple farmed near Albert City. She taught the next 10 years in Sac City, earned her Masters in Special Education from Northwest Missouri State University, and taught the next several years in Albert City before retiring in 1994.

Because teaching is “in her blood,” Carole then chose to embark upon a month-long volunteer program teaching English to fifth grade students in Spain.

In February 2000, Carole married Waldo Johnson. He



**Carole Peterson
Highlands homeowner
since October 2014**

had just retired from farming, so they, as a couple, lived on her farm near Albert City. They wintered in Arizona and enjoyed dancing and golfing.

With a strong desire to travel and explore the world together, the retirees went on various cruises and combined travel and education in several elderhostel trips. After her husband’s death, Carole began creating memories with her daughters and granddaughters while visiting places

such as Cancun, New York City and South Carolina.

Other special memories for Carole involve the flowers and garden on her farm, cooking, baking fresh cinnamon rolls each Saturday with her daughters, and being an active member in her Albert City church.

She has enjoyed spending time at Third Age College classes, as a Retired and Senior Volunteer Program mentor to various students, at Spencer Action Club meetings, and as a representative of Bethany Lutheran Church in the St. Luke Lutheran Home Auxiliary.

Carole enjoys time spent with her three daughters – Sarah (Richard) Peterson of New York City, Susan Rafferty of Houston, Becci Elliott of Logan, Utah – her seven grandchildren and one great-grandchild.

In October 2014, Carole moved to The Highlands. In this Spencer-based independent living setting, she enjoys reading, playing Mahjong and bridge, and attending Sunday worship services at Bethany Lutheran Church and at St. Luke Lutheran Home.

NEW STAFF

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

- Solange Mindih
St. Luke CNA
- Samantha Cody
St. Luke LPN
- Megan Kilts
St. Luke Cook
- Cammey Klindt
St. Luke Dietary Aide
- Linnzi Colombe
Riverview Terrace
Personal Service
Assistant
 - Dean Stein
Maintenance
- Brigette Lytle
St. Luke CNA
- Chandra Kipfer
St. Luke
Indirect Care Aide
- Alissa Dykstra
St. Luke CNA
- Mary Christopherson
St. Luke CNA
- Tyler Harkema
St. Luke Cook
 - Ana Smith
St. Luke Cook
- Ashley Nerhus
St. Luke
Indirect Care Aide
- Meghan Elsbecker
St. Luke CNA

RECOGNIZING OUR VETERANS

The following men and women will be among those recognized from The Highlands, Riverview Terrace, and St. Luke Lutheran Home during upcoming Veterans Day programs scheduled on the St. Luke Homes & Services campus. Plan to attend one of these celebrations.



World War II: Stan Andersen, Raymond Bertness, Knox Campbell, Harold Eninger, Ed Goodman, Barney Granstra, Richard “Dick” Hallett, Norman Halverson, Harold Hammerstrom, Gerald Hanson, Stanley Jespersen, Keith Klatt, Raymond Muller, Beryl Reed, Richard “Dick” Romp, Frank Rose, Robert Stewart, Glen Stoterau, and Roy Stroud

Korean War: Ed Bayne, Wilbert Bielfeldt, Allen Colby, Tom Gilderhus, Harold Hammerstrom, Roger Hoberg, Eldon Kopel, Curtis Paulsen, Tom Powers, Kenny Ricklefs, Robert Rinehart, Gene Sandvig, Marvin Schmidt, Larry Stanislav, and Marvin Thuringer

Cold War: Verdis Koehlmoos

Vietnam War: Barbara Brechler, Charles “Duane” Campbell, Sam Heimgartner, Denny Lachner, Craig Marr, Harry “Skip” Ritchart and Ray Thompson



Riverview Terrace Assisted Living

From a tenant's perspective

 <p style="font-size: small;">“I'm fortunate to take care of myself now, but I appreciate the assistance offered when I need it. They do a nice job here. Riverview Terrace is a pleasant place to live.”</p> <p style="font-size: x-small;">- Marge Forey</p>	 <p style="font-size: small;">“My kids were all relieved when I made the announcement that it was my decision to move to Riverview Terrace. I would encourage everyone to check it out here! I don't know how much better you can get. I'm very happy here.”</p> <p style="font-size: x-small;">- Maxine (Max) Davis</p>
 <p style="font-size: small;">“Riverview Terrace is the place to be! If I were still home, I would just be sitting and looking at the four walls. Here, I'm eating good, balanced meals and am around others. I am probably healthier now than when I came. I'm so glad I'm here now.”</p> <p style="font-size: x-small;">- Gayla Sorenson</p>	<h2 style="margin: 0;">Apartments Available</h2> <p style="margin: 0;">Spencer, Iowa</p> <p style="margin: 0;">712-262-5932</p> <p style="margin: 0;">www.stlukelh.com</p>



SPONSORING CHURCHES OF ST. LUKE HOMES & SERVICES

Bethany Lutheran Church - Spencer, Iowa
Christ the King Lutheran Church - Spencer, Iowa
First Lutheran Church - Milford, Iowa
Grace Lutheran Church - Primghar, Iowa
Immanuel Lutheran Church - Spirit Lake, Iowa
St. Paul's Lutheran Church - Hartley, Iowa
Trinity Lutheran Church - Spencer, Iowa

Bethlehem Lutheran Church - Royal, Iowa
First English Lutheran Church - Spencer, Iowa
Grace Lutheran Church - Spirit Lake, Iowa
Hope Lutheran Church - Everly, Iowa
Immanuel Lutheran Church - Terril, Iowa
Trinity Lutheran Church - Linn Grove, Iowa

BACK TO SCHOOL FUN



Ina Faye Underwood (left) and Virginia “Deda” Behrens (right) are among the St. Luke Lutheran Home residents highlighted on St. Luke Homes & Services’ Facebook page with their individualized back-to-school messages and photographs.



MAKING WISHES COME TRUE



This St. Luke Lutheran Home “Make A Wish” program recipient enjoyed a manicure and being serenaded by Robin Keith.

Make A Wish wishes, such as this one, are granted in part courtesy of St. Luke Homes & Services’ Benevolent Fund and participating individuals, organizations and businesses.

HOLIDAY ANNOUNCEMENTS

▶ Plan to enjoy traditional Thanksgiving and Christmas meals with your loved ones at St. Luke Lutheran Home, Riverview Terrace Assisted Living and The Highlands. You may call between 8 a.m. and 4:30 p.m. to make holiday dining arrangements. Meals may be charged to a resident's or tenant's account with his or her permission, or may be paid for directly at the front desk. At least one week's notice is required for these special meals and to ensure proper space is available for everyone wishing to join in the fun. The cost for holiday meals is \$10.

▶ Please watch St. Luke Homes & Services' Facebook page for an Advent service schedule.

▶ Plan to spread your holiday spirit this year by mailing a Christmas card. For the fourth year, the goal of St. Luke Lutheran Home residents is to receive holiday wishes from all 50 states and, in turn, post them on the wall leading into the main dining room. Please consider mailing your holiday wishes to:

St. Luke Lutheran Nursing Home
c/o Holiday Greetings
1301 St. Luke Drive
Spencer, Iowa 51301

Thank you for helping to spread the word about this Christmas card goal!

▶ We treasure your presence, but if you have cold or flu symptoms this fall or winter, we ask that you refrain from visiting until you are feeling better.

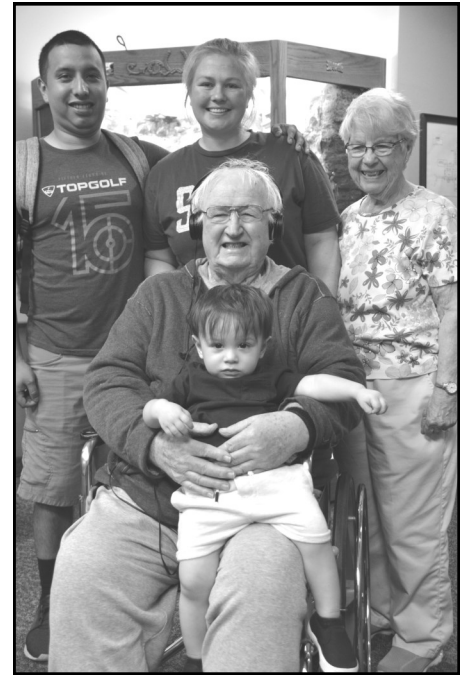


St. Luke Homes & Services has a fund that supplements tenants and residents who do not have the financial resources available to participate in optional activities.

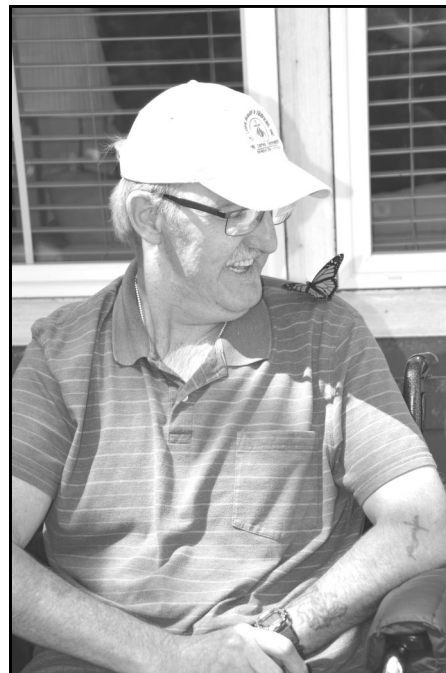
If you would like to assist, please make a tax-deductible donation to:

St. Luke Homes & Services
c/o The Benevolent Fund
1301 St. Luke Drive
Spencer, Iowa 51301

PHOTOGRAPHS



(At left and middle): Musician Casey Muessigmann and friend Ian Johnson performed a set for homeowners of The Highlands, tenants of Riverview Terrace Assisted Living, residents of St. Luke Lutheran Home and their families at the St. Luke Campus' annual family get-together. (At right): Charles Coldren spent a great afternoon recently with his wife, their granddaughter, her husband, and their great-grandson at St. Luke Lutheran Home.



Brittney Parzanici, a St. Luke Lutheran Home nurse, and her son, Levi, collected monarch cocoons. In July, the two gathered with St. Luke Lutheran Home residents to witness a few chrysalis and the release of several newly-emerged monarch butterflies. (From left): Gladys Wilcox, Michael Anderson and Doretta Unrau are shown greeting the butterflies.

ASSISTED LIVING CHANT

Ding dong...ding dong...dinner bell's...noon song
Doors slam...wham bam...hinges squeak...creatures speak
We are old...We are slow...We need help...Don't you know?

Wheelchairs roll...Walkers stroll...Carts click...Canes tick
Shoes slap...Flippers flap...Boots stop...Sneakers clomp
We are old...We are slow...We need help...Don't you know?

Where's my table...Where's my chair...Can't remember...Here or there
Those green beans...We won't take...Give us lobster...Give us steak
We are old...We are slow...We need help...Don't you know?

We've been fed...Now to bed...We need rest...Lost our zest
Here's my room...One o one...Close the drapes...Too much sun
We are old...We are slow...We need help...Don't you know?

We feel ill...Need some pills...Life line sounds
Nurse makes rounds...They come quick...When you are sick
We are old...We are slow...We need help...Don't you know?

- Written by Dixie Kanago of Riverview Terrace Assisted Living, who entered a poetry contest and was selected to be published in Lyrical Iowa 2019. The annual anthology of poems will be released soon and will feature a collection of winning poems from 2019.



Two Riverview Terrace tenants had the opportunity to pose with Elvis at a Rock the Roof performance this summer.

St. Luke Lutheran Home residents spent several peaceful mornings fishing for "the big one" at Stolley Pond 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

Rev. Deb Mechler
Roger Morris
Sandi Schmidt
Jerry Clausen
Frank Halverson
Gary Halverson
Rev. Paul Kaldahl
Jane Kruse
Dr. Dean Pingel

EMPLOYEE OF THE QUARTER

Mary Sembach's upbeat personality and unwavering dedication are testaments to her love for her Certified Nursing Assistant, Certified Medication Aide, and transportation backup roles 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



Mary Sembach
St. Luke Lutheran Home
Certified Medication Aide &
Certified Nursing Assistant

break 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.

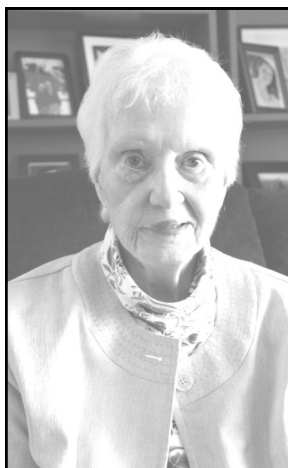
TENANT OF THE MONTH

Margaret Bohn was born in Washington, D.C. As a child, her father, an attorney, and her mother, who worked for the U.S. Treasury Department, relocated themselves, Margaret and her two younger sisters to Chillicothe, Ohio, her father's hometown.

Margaret graduated from Catholic Central High School and then attended one year of classes at Mount St. Joseph University in Cincinnati, Ohio.

She met George Bohn, an honorably discharged World War II veteran, at a weekend church group. After dating for some time, the two married in April 1950.

The newlyweds enjoyed ballroom dancing together, sneaking in a fast jitterbug dance every once in a while. They lived near the St. Peter Catholic Church in Chillicothe. In turn, the Bohns were



Margaret Bohn
Riverview Terrace tenant
since September 2014

both active in many church groups. They also attended and hosted many family gatherings.

Margaret belonged to a bridge club for many years, and the ceramic pieces she created were popular gifts treasured still today by friends and family.

The Bohns moved to towns in Indiana, Minneso-

ta and Wisconsin before locating in 1972 in Kearney, Nebraska.

Margaret is kind, a good friend, a loving person, and generous with her time, talents and treasures. Lavender, her favorite color, can be found in many of her outfits.

In September 2014, Margaret moved to Riverview Terrace. Five years later, she still considers this move "a good change."

At Riverview Terrace, Margaret enjoys decorating, going on outings offered, reading anything Spencer Public Library staff members deliver to her, watching Sunday afternoon movies with others, and attending Mass with Rev. Tim Hogan at St. Luke Lutheran Home.

Margaret's family consists of her children, Molly McLaughlin of San Francisco, Michael (Robin Schmidt) Bohn of LaCrosse, and Peg (Dr. Phil) Deffer of Spencer, five grandchildren, one great-grandchild and another on the way.