



## *Sharing lessons learned at the holidays*

**L**ike many college students home on Thanksgiving break, Shayla Quail returned to work for a few days. The South Dakota State University sophomore, pursuing a nursing degree, is back at St. Luke Lutheran Home in Spencer, where she has served as a certified nursing assistant (CNA) since February 2011.

Quail realized her passion for the nursing profession three years ago, as a Spencer High School (SHS) student enrolled in the first CNA I class taught by Denise Cole and Milly Tillotson.

This year's class, numbering 24 SHS juniors and seniors, is the largest to date. Several of the students, including Megan Blume, Jordan Cornwell, Kaleb Dandy, Jodi MacGregor, Grahamme Reed and Austin Zenkovich, are already employed as dietary aides on the St. Luke campus, but find themselves as Quail

did years ago - pursuing a desire to care for others in a more hands-on manner.

"I didn't know if I was going to like doing this at first, but I am having a blast," Cornwell said during their third day at St. Luke Lutheran Home. "I love the residents and this allows me to spend more one-on-one time with them and to be able to help them in more ways."

In the midst of a four-day clinical training, the SHS CNA trainees found Quail to be among their trusted mentors at the Spencer nursing facility.

"Having Shayla around to help us out is nice," Cornwell said, "because a lot of us already knew her. Plus, she's easy to go to for help. She'll show us what to do."

Following their clinical training, the 24 SHS students will test for their CNA certifications before Christmas break. And, more than likely, some of

the newly-minted CNAs will join Quail as she works another

holiday break in her hometown at St. Luke Lutheran Home.



(Top) St. Luke CNA Shayla Quail watches as Spencer High School CNA student Austin Zenkovich positions Lucille Green onto a sit-and-go lift while classmate Grant Dillard opens her door for an easy transfer.

(Bottom, from left) CNA students Grahamme Reed, Austin Zenkovich, Jodi MacGregor, Jordan Cornwell, Megan Blume and Kaleb Dandy are employed on the St. Luke Homes & Services, Inc. campus.

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**2012 Board of  
Directors**

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Rev. Peter Maisenbach  
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Neal Drefke**

**Mealtime Reminder**

Family and friends of our residents at The Highlands, Hillside Terrace Assisted Living, Riverview Terrace Assisted Living and St. Luke Lutheran Home are always welcome as guests at mealtime.

If you would like to enjoy a meal with a resident, please notify us in advance by calling 712.262.5931.

At least two hours advance notice, or 24-hours notice for a holiday meal reservation, is appreciated.

In addition, if your plans involve taking a resident off campus during a mealtime, or any time in general, please notify the respective building's nursing staff.

*Are you ready to change the focus with us?*

**W**hat are we going to do about it?  
Every seven seconds someone turns 65  
I say  
It's inevitable  
*They say*  
Chronic disease and sedentary living skyrocketing  
Our nation's healthcare system drained  
It is true  
You can't slow down the aging process  
*And* weaken our nation's progress  
But to not help older Americans, not give them a better life  
Well, I do understand there are only so many resources  
Work that has an immediate effect  
I can support that work  
Activating the wisdom and experience of older Americans  
Not likely  
The boomers are getting older and slowing down  
America is graying  
They tell us  
"Aging is hip"  
It is hard to believe that  
I do not concede that  
Older people can be active, contributing, creative leaders  
**And**  
With goals and dreams just like the rest of us  
They are ready to start the second phase of their life  
Nonsense!  
These people can't be of benefit to society  
The idea  
Is a foolish proposition  
Advocating and legislating for older Americans and those that help them...  
Not for profit, government and private sector partnership creating real synergy  
In *MY* country  
It is hard to imagine  
There is hope.

*And all of this will come true  
unless we choose to reverse it.*

**To see how we at St. Luke Homes & Services, Inc. view the world today,  
reverse this poem. (Start at the last line and read to the top.)**

*- Shared at the 2012 LeadingAge Annual Meeting in Denver, Colo.*



**Top to Bottom:**

**KICD Radio farm broadcaster Troy Leininger interviews Dan Peters, who offered a presentation about farming in Ghana, Africa to St. Luke residents.**

**Madora Peterson works to carve a pumpkin for Halloween.**

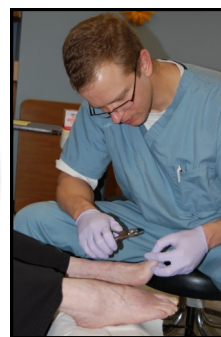


**Archie's eighth birthday was celebrated with dog games and treats at St. Luke Lutheran Home.**

**Iowa Great Lakes Lutheran kindergarten, first and second grade students deliver joyful sounds and lively dance steps for residents.**



**Hundreds of trick-or-treaters visited the St. Luke campus Halloween night. Nels Krogh shares candy with St. Luke cook Terri Stewart's son, Hunter, and Bonnie Manwarren, center right, visits with her daughter, Cindy Carpenter and great-granddaughter, Islea Carpenter.**



**Irving Merrill decorates a frosted sugar cookie resembling a pumpkin.**

**John Metcalfe was among the St. Luke residents who voted early with help from Judy Olson (pictured) and Sharon Krile.**

**Dr. Jean Paul Haulard of Trimark Foot and Ankle trims a St. Luke resident's toenails during a Nov. 7 visit.**



**Visit the St. Luke Homes & Services, Inc. Facebook page to see more photos!**

# Hill Side Terrace Assisted Living



Congratulations to Jesse Mickelson, son of Frankie Weier, on his Oct. 12 graduation from basic training with the U.S. Marines in San Diego, Calif.



Studer Construction is shown working on our gazebo. It was completed in two days. It will be screened in at a later date.



### Upcoming Events

### December Activities

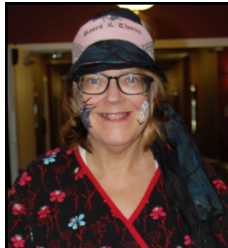
- 12/4 Christmas with Marcia
- 12/6 Advent Service
- 12/13 Christmas Party
- 12/13 Advent Service
- 12/18 Birthday Party



(Left) Dale Geerdes watches as children from Trinity Preschool intently color their Thanksgiving pictures.



(Right) Carl Abel holds the paper as one of the boys colors a turkey.



Everyone enjoyed dressing up for the costume party on Halloween! Putting a costume on instantly brings on the smiles, the dancing too!



### November & December Birthdays

- Nov. 8 Freeman Knudtson
- Nov. 13 Eleanor King
- Nov. 30 Betty Pothast
- Dec. 16 Ada Lauck

Hillside Terrace is located at: 1209 12<sup>th</sup> Street SE; Spencer, Iowa 51301  
 Call 712.262.5934 to schedule a tour or obtain further information.  
 We value your questions, comments and concerns.  
 Check out our webpage and Facebook page at: [www.stlukelh.com](http://www.stlukelh.com)

Marti Rosacker, Director, [marti.rosacker@stlukelh.com](mailto:marti.rosacker@stlukelh.com)  
 Kerri Kofoot, Assisted Living Director of Nursing, [kerri.kofoot@stlukelh.com](mailto:kerri.kofoot@stlukelh.com)  
 Frankie Weier, Service/Activity Coordinator, [act.coord@stlukelh.com](mailto:act.coord@stlukelh.com)

Hillside Terrace is a division of St. Luke Homes & Services, Inc.



# Riverview Terrace Assisted Living

A division of St. Luke Homes & Services, Inc.

November/December 2012

## RVT Staff Highlight: Karen Titler



After working for over 13 years as a personal service assistant at Riverview Terrace, Karen Titler plans to retire Friday, Dec. 21. Prior to joining the Riverview Terrace team in June 2000, she worked as an inspector and sewer at Aalfs Manufacturing Company.

Considered an easy going, yet hard working “staple,” Karen has always enjoyed spending time with the Riverview Terrace tenants and hearing their stories. Irma Burgeson, in particular, served as an RN when she, just out of high school, worked as a nurse aide at Spencer Hospital.

Karen considers her time spent at Riverview Terrace a good experience which has allowed her to meet many people and to work with some great staff.

The Clay County native has lived in Everly since 1965. She has four children: Rhonda Youngberg, Mike Titler, Tom Titler and Dave Titler, and six grandchildren. Karen enjoys spending time with her family, is a member of the United Methodist Church in Everly, serves meals at Dinner Date, likes meeting new people at coffee club in the mornings and considers sewing a hobby. Although she knows she will miss RVT and its people, Karen is looking forward to traveling and doing whatever she wants when she wants.

## Activity Highlights

Richard Schuster enjoys a smile and giving a treat to one of more than 100 trick or treaters for Halloween.



Gladys Johnson gets a twig of beautiful fall leaves on the Riverview Terrace fall outing around the Peterson and Linn Grove area.

## Upcoming Events

- Dec. 1-3 Santa Sale
- Dec. 9 Bell Choir to Southpark Mall
- Dec. 11 Bell Choir to The Highlands
- Dec. 14 Bell Choir to Keelson Harbor
- Dec. 18 Bell Choir to St. Luke
- Dec. 20 Tenant Christmas Party, Dale Blanshan

## Birthdays and Anniversaries

- |                         |                     |
|-------------------------|---------------------|
| Roger & Alice Hoberg    | Dec. 1 (49 years)   |
| Bev Dunkelberger        | Dec. 2              |
| George & Jeanne Johnson | Dec. 3 (62 years)   |
| Alice Hoberg            | Dec. 5              |
| Grahamme Reed           | Dec. 8 (RVT staff)  |
| Becca Herwig            | Dec. 14 (RVT staff) |
| Karen Titler            | Dec. 15 (RVT staff) |
| Kim Robinson            | Dec. 18 (RVT staff) |
| Brenda Zapata           | Dec. 19 (RVT staff) |
| Kay Filloon             | Dec. 24             |
| Shannon Hall            | Dec. 24 (RVT staff) |
| Fred Schmidt            | Dec. 27             |
| Paul & Lucille Hansen   | Dec. 27 (62 years)  |
| Maxine Miller           | Jan. 6              |
| Irma Burgeson           | Jan. 11             |
| Alice Carlson           | Jan. 15             |
| Linda Kreibaum          | Jan. 16 (RVT staff) |
| Vivolyn Keninger        | Jan. 19             |
| Ruth Fieselmann         | Jan. 23             |
| Kevin Tlam              | Jan. 25 (RVT staff) |
| Mavis Olin              | Jan. 27             |
| Richard Schuster        | Jan. 27             |
| Amy Rupert              | Jan. 29 (RVT staff) |

We may have an apartment for you or your loved one. If you need to find a place to call home with caring, dedicated staff to provide services and tender loving care, just give our staff a call at 712.262.5932 or send an email to [nancy.ketcham@stlukelh.com](mailto:nancy.ketcham@stlukelh.com).

- Nancy Ketcham.....Director
- Kerri Kofoot.....Assisted Living Director of Nursing
- Lisa Small.....Registered Nurse
- Kim Robinson.....Service Coordinator
- Lisa Hansen.....Activity Coordinator

## HIGHLIGHTS FROM

THE  
HIGHLANDS*Celebrating 25 years of service*

**M**avis Leinen is clearly an asset to The Highlands. Just ask any resident and you'll hear an immediate agreement.

May 10, 2012, marked the sales and service coordinator's 25th year of assisting others on the St. Luke campus.

Leinen jumped at a friend's suggestion in April 1987 to apply for a position available in the activities department of St. Luke Lutheran Home. The social, creative woman fell in love with the job offered her and the residents she coordinated activities for.

When Riverview Terrace Assisted Living opened its doors to the public in April 1999, Leinen was asked to coordinate services for residents there.

But when a managerial role came about at The Highlands in November 2002, Leinen once again sprang into action and applied for the newly-created position.

"Everything I'd done before at St. Luke and Riverview Terrace set

me up for being able to manage The Highlands," she reflected.

Over the past 25 years, she's witnessed many changes on campus.

"We've remodeled and built new, bringing us to our current continuing-care campus," Leinen said.

"With the baby boomers our future residents, we are focusing on their wants and needs."

"The main reason people should want to move to The Highlands (sooner than later) is to simplify their lives, so they can actively enjoy their retirement," she added. "I'd encourage individuals and couples alike to be proactive in their search and move when they can make the choice for themselves."

Married to Chuck for 41 years, the couple have two children, six grandchildren and one great-grandchild.

"The love of God and family has seen me through," she concluded.

*Welcome to the Spook House!*

Halloween night, hundreds of trick or treaters visited The Highlands. LaVone Jespersen, right, is shown peeking a glance as the Good Witch of The Highlands (Mavis Leinen) offers some candy to her husband, Stanley Jespersen.

*Ila Agler calls The Highlands home*

**W**hen Diane Rettig saw the ground floor-level suite during an open house at The Highlands, she knew her "picky" mother would approve everything about it.

And Ila Agler did because the spacious, bright setting met her criteria instantly.

"We looked at several places," Rettig recalled.

"They had tiny, little rooms," Agler added. "They were just dreary."

Agler moved into her suite at The Highlands June 18 and hasn't looked back.

The Highlander said she appreciates the convenience, the meals, the security, the heated garage and the ready-made camaraderie offered. Having her own washer, dryer, stove and microwave are additional bonuses, Agler said.

Contact Information

**The Highlands**  
1211 St. Luke Drive  
Spencer, IA 51301

**Mavis Leinen**

**Office: 712.262.5404**  
**Cell: 712.260.1950**  
**Email: mavis.leinen@stlukelh.com**

*A division of St. Luke Homes & Services, Inc.*

**Staff loyalty appreciated**

**W**e are proud of the work and commitment of all our employees. St. Luke Homes & Services, Inc. is grateful for the dedicated service of the following employees who, from November through December, have served in five-year increments:

Five Years of Service.....Jill Henningsen and Jane Lake  
Twenty Years of Service.....Matt Olson  
Thirty Years of Service.....Michelle Nielsen

**New employees**

**W**elcome to the following individuals who recently joined the St. Luke Homes & Services, Inc. staff.

Jen White.....St. Luke Nurse  
Haley Nielsen.....St. Luke Dietary Aide  
Angelic Peterson.....St. Luke Nurse Aide  
Kayla Bredehoeft.....St. Luke Nurse Aide  
Lori Klein.....Riverview Terrace Personal Service Assistant  
Laura Root.....Riverview Terrace Nurse  
Amanda Brigham.....St. Luke Nurse Aide  
Cierra Tonder.....St. Luke Nurse Aide  
Mary Sembach.....St. Luke Nurse Aide

**Campus additions: Emily Thompson**

**E**mily Thompson joined the staff at St. Luke Homes & Services, Inc. as an MDS and RN Coordinator in mid-September.

She earned her nursing degree at Augustana College in Sioux Falls. Prior to joining the St. Luke Lutheran Home team, Emily worked for 10 years as a home care nurse and in the Obstetrics department at Avera Regional Medical Center in Marshall, Minn., as well as a nurse and an MDS coordinator at a nursing home in Fulda, Minn.

Emily enjoys living in northwest Iowa. She has three children: Ellie, Gracelyn and Nathan.

To contact Emily, email her at: [emily.thompson@stlukelh.com](mailto:emily.thompson@stlukelh.com)



**Emily Thompson**

**Welcome New Residents**

Phyllis Powers.....Sept. 24  
Crystal Klatt.....Sept. 24  
Nels Krogh.....Oct. 9  
Mildred Williamson.....Oct. 11  
Grace Johnson.....Oct. 15  
Charles Nelson.....Oct. 22  
Luella Huckfelt.....Oct. 29  
Bernita Meyer.....Nov. 2  
Margaret Koopman.....Nov. 3  
Mildred Beetle.....Nov. 12  
Leila McDeid.....Nov. 16

**Our Sympathy**

Edna Knudtson.....Sept. 26  
Robert Peterson.....Sept. 27  
Gladys Blass.....Oct. 23  
Carolyn Mett.....Oct. 24  
Maxine Burdette.....Oct. 25  
Stan Lloyd.....Oct. 26  
Charles Nelson.....Nov. 3  
Hazel MacTaggart.....Nov. 7

**Discharges**

Bruce Keltgen.....Sept. 29  
Crystal Klatt.....Oct. 5  
Norma Johnson.....Oct. 6  
Phyllis Powers.....Oct. 12  
Marianne Freking.....Oct. 12  
Lois Maurer.....Oct. 16  
Grace Johnson.....Nov. 2  
Lawrence Smith.....Nov. 8

## Upcoming Events



**Advent Service**  
2:30 p.m.  
Thursday, Dec. 6 at St. Luke



**Advent Service**  
2:30 p.m.  
Thursday, Dec. 13 at St. Luke



**Christmas Light Tour of Spencer**  
6 p.m.  
Thursday, Dec. 13



**Making Gingerbread Houses**  
10:15 a.m.  
Friday, Dec. 14



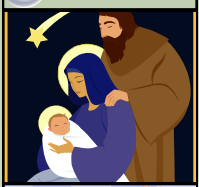
**Riverview Terrace Bell Choir**  
2:30 p.m.  
Tuesday, Dec. 18 at St. Luke



**Iowa Great Lakes Lutheran students**  
2 p.m.  
Wednesday, Dec. 19



**Resident Christmas Party**  
2:30 p.m.  
Thursday, Dec. 20



**Christmas Church Service**  
10 a.m.  
Friday, Dec. 21



**New Year Bingo**  
2:30 p.m.  
Friday, Dec. 28

## Staff recognition

**S**t. Luke Homes & Services, Inc. CEO/Administrator Terry Dandy hands Nancy Ketcham (below, left) and Georgia Wrightsman certificates of appreciation for their outstanding service and dedication. Ketcham, director of the Riverview Terrace Assisted Living residence, has served 39 years on the St. Luke campus in Spencer. Wrightsman, the social worker and admissions counselor for St. Luke Lutheran Home, Riverview Terrace Assisted Living and Hillside Terrace Assisted Living, has worked 33 years at the continuing-care retirement community.



Thinking about the holidays?  
See your to-do list growing larger?  
Make it easy on yourself.



This special deal is available at the St. Luke Lutheran Home front desk between 8 a.m. and 4 p.m. Monday through Friday.



**Gifts and Memorials**

**Special Gifts Fund:**

Vesta Rouse Memorial.....\$220

**Memorials with Special Designations:**

Edna Knudtson Memorial.....\$75  
(To St. Luke Activity Department)

Roger Heikens.....\$50  
(Memorial for Carolyn Mett to St. Luke Activity Department)

Bob Nelson Memorial.....\$357  
(Landscaping - The Highlands)

**Charitable Donations:**

St. Luke Auxiliary.....\$500  
(Outdoor Nativity Scene - St. Luke)

Family of Florence Foltz.....\$200  
(Flower garden - St. Luke)

Edna Knudtson Memorial.....\$563  
(To St. Luke Activity Department)

Family of Marge Joines  
(Picture in memory of Marge Joines)

Family of Virginia Freeburg.....\$650  
(Gift for Riverview Terrace Activity Department)



**Wish List for Residents**

You may be able to help St. Luke Lutheran Home with several needs. This list includes items identified as contributing to the quality of care our residents deserve. Please know that your gifts and donations, which are tax-deductible, continue to enhance the lives of the residents and continue to make St. Luke Lutheran Home an extension of the social ministries of area Christian congregations.

Bed warmer (2).....\$100 each  
Transfer sheets (lift/slip).....\$200 each  
Bedside tables.....\$60-\$70 each  
Straight back chair (5).....\$550 each  
Electric bed (35).....\$2,000 each

**Holiday greetings and reflections**

The adage of time flying when you're having fun definitely rings true for 2012, as well as for all of us on the campus of St. Luke Homes & Services! I'm generally amazed with my annual year end review of accomplishments made at the St. Luke Lutheran Home, Riverview Terrace, Hillside Terrace and The Highlands residences.

As I compiled this year's list - which includes construction of a gazebo at Hillside Terrace, renovation of interior hallways at Riverview Terrace and The Highlands, replacement of many well-used beds with new electric ones, and implementation of a new maintenance management software system - I also added dreams realized since I arrived on campus nearly 23 years ago. In reflecting on the building of the indoor aquatic center and three of our campus' buildings (Riverview Terrace, The Highlands and Hillside Terrace), I'm amazed at the strides we've made in becoming an outstanding continuing-care retirement community in northwest Iowa.

As our team has strived for such success, I'm cognizant of the wonderful staff employed here. It is these individuals who personally care for your most valuable treasures - our campus residents.

I'm also reminded of Psalm 60:12, which states, "With God's help we will do mighty things."

As we approach Christmas and the celebration of the new year, I'd like to invite you to stop in and pay a visit.

Here's wishing you and yours a blessed Christmas and Happy New Year!



**Terry D. Dandy  
CEO/Administrator**

**St. Luke Management Team**

Terry Dandy.....Administrator  
Greg Meeter.....Controller  
Pastor Michael Sharp.....Chaplain  
Nancy Mills.....Director of Health Services  
Amanda Klein.....Activities Director  
Kim Krause.....Office Manager  
Georgia Wrightsman.....Social Service Director  
Dale Meyer.....Maintenance Director  
Kay Meyer.....Dietary Director  
Linda Manwarren.....Laundry Supervisor  
Becky Thong.....Housekeeping Supervisor  
Elizabeth Essick.....Receptionist  
Kris Todd.....Public Relations & Marketing Director

***Millennium:  
Familiar faces  
offering same  
great therapy  
services***

St. Luke Homes & Services, Inc. has recently partnered with Millennium Therapy to offer expanded therapy and rehabilitative opportunities on campus.

As of Oct. 1, staff hired by the Iowa-owned and operated therapy services company have provided physical, occupational and speech therapy

services on a contractual basis at St. Luke Lutheran Home.

“The advantage we have going with Millennium is it gives us a continuity with the people providing these services,” Terry Dandy, St. Luke Homes & Services’ CEO, said. “Our residents are seeing the same, helpful therapists in the same centralized location on campus. This smooth transition in therapy providers has been a true win-win situation.”



(From left) Millennium Therapy occupational therapy assistant Kim Thompson, speech language pathologist Gary Hansen, physical therapist Carrie Sloan, athletic trainer and physical therapy assistant Amy Profit and occupational therapist Dawn Feltner continue to provide therapy opportunities for residents of The Highlands, Hillside Terrace Assisted Living, Riverview Terrace Assisted Living and St. Luke Lutheran Home.

(Right) Millennium Therapy physical therapy assistant Abby Pingel is shown assisting Riverview Terrace resident Mavis Olin on the parallel bars.

**St. Luke Homes & Services, Inc.**

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