



**Stonehill Franciscan Services**

Stonehill Care Center  
3485 Windsor Avenue  
Dubuque, Iowa 52001-1312

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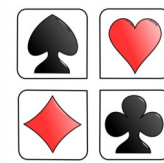
# Stonehill Gazette

PUBLISHED MONTHLY

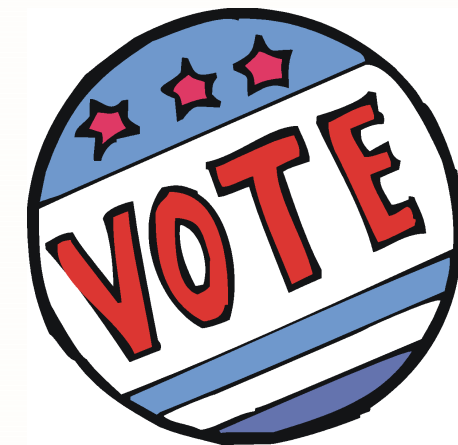
[www.stonehillDBQ.com](http://www.stonehillDBQ.com)

563-557-7180

*Euchre Tournament  
Monday Nights  
6:30 p.m.  
Coffee Shop*



*Absentee Voting for School Board Election  
Friday, September 1, 2017  
8:30 a.m.  
1st Floor Conference Room in the Health Center*



**Gazette Mailing List**

If you have a family member that would like to receive the monthly Gazette or need to update your mailing information please send request to: [mailings@stonehilldbq.com](mailto:mailings@stonehilldbq.com)

[www.facebook.com/StonehillFranciscanServices](http://www.facebook.com/StonehillFranciscanServices)

IN THE  
SPIRIT OF ST. FRANCIS

with  
**HOSPITALITY,**  
we warmly welcome  
all; with

**COMPASSION,**  
we offer empathy, comfort  
and healing; with  
**REVERENCE,**  
we recognize that we each  
possess a share in God's  
gift of life; with

**STEWARDSHIP,**  
we manage the resources  
entrusted to us.

We embrace these and all  
values essential to ethical  
Catholic health care.

**Celebrating**

**Birthdays this Month ...**

- 1 Norma Duehr
- 3 Nona Nigg
- 3 Vernon Thomas
- 4 Maxine Egan
- 4 George Hagge
- 5 Dolores Klostermann
- 5 Jeanice Ramsdell
- 10 Chuck Devens
- 12 Robert Fondell
- 12 Ken Kalb
- 12 Doris Murray
- 12 Hazel Strohmeier
- 15 Donnabelle Kramer
- 16 Jayne Walker
- 17 Marguerite Trievieler
- 18 Jim Paradiso
- 20 Shirley Timmerman
- 21 Frances Wittstock
- 22 Betty Murphy
- 22 Helen Rauch
- 23 Butch Sahn

**Birthday**

**Parties**



**First and Second Floor Residents' Birthday Party**

Friday, September 8th at 3:00 p.m. on 2nd floor

**Third Floor Residents' Birthday Party**

Wednesday, September 6th at 3:00 p.m. on 3rd floor

**Memory Care & 3rd Floor Household Party**

Tuesday, September 19th at 2:45 in 2nd floor Memory Care Household

*Families and friends of the above celebrants are cordially invited to join their residents at one of these special parties.*



**Stonehill's  
Christmas Craft  
Fair**

**Friday, November  
3rd**

**7 a.m. - 3 p.m.**

**1st Floor Coffee Shop**

**All proceeds to benefit residents  
of Stonehill**

WPS Medicare Solutions out of Madison, Wisconsin will be hosting two free workshops at Stonehill Franciscan Services on Thursday, October 5<sup>th</sup> at 9:00 am and 1:30 pm. In about 90 minutes, you'll learn about Medicare and all its parts, the pros and cons of your options, expected changes for the future, and much more.

Highlights of the workshop will include:

- How Medicare, Medicare Advantage and Medicare supplement plans work
- Anticipated changes to Medicare & Medicare-related products
- When and how you can change plans
- Plus, an overview of all your Medicare options

Your host will be Dave Burnett who is an Iowa Business Development Manager, Certified Senior Advisor and Medicare Sales Consultant for Wisconsin Physician Services (WPS) located in Madison Wisconsin. His contact phone number is toll free 1-800-332-1406 or direct to his desk at 1-608-977-5633. Email at [dave.burnett@wpsic.com](mailto:dave.burnett@wpsic.com)

**Celebrate Tasty National Food Day with us...**



**Tuesday, September 5th  
National Cheese Pizza Day**



**Friday, September 22  
National Ice Cream Cone Day**

**Celebrating Stonehill Staff Work Anniversaries**

Please take time to recognize the staff and wish them a happy work anniversary. We thank each of you for your dedicated service to our ministry!

Susan Ransom	1
Erlinda Crisologo	1
Larry Griffin	1
Carmen Rossa Maldonado	2
Gabrielle Waddick	4
Megan Oberbroeckling	4
Carol Wilson	6
Jared Donald Schmitt	7
Stacy Schmelzer	7
Nichole Schockemoehl	8
Michelle Booher	8
Jerilyn Gross	9
Kiara Mosh Powell	9
Payton Duster	10
Cindy Ales-Allen	11
Aaron Williams	11
Robin Blue	13
Marilyn Thoma	14
Rachel Kruser	16
Patti Winger	18
Alecia Konrady	19
Karissa Alice White	20
Barbara Dean	21
Courtney Dickkut	21
Kimberly Bradley	21
Natashalee Adames	22
Victoria Greve	22
Carolyn Krolick	23
Ashley Sellner	23
Theresa Holland	25
Ashley Zenner	30
Jill Kalb	28



**Activities Update**  
**Laura Heiderscheit**

**September Outings**  
Come Join us on one of the upcoming outings! Sign up through the activities department by contacting an activities coordinator or call 563 690-9660 and leave your reservation.

**Wednesday, September 6<sup>th</sup>**  
10:30 Gambling at the Q Casino

**Wednesday, September 20<sup>th</sup>**  
11:00 Lunch at Breitbach's

**Wednesday, September 27<sup>th</sup>**  
11:00 Lunch at Breitbach's

Or  
2:00 Country Rides

**Friday Night at the Movies**  
Here are the Movie Residents picked for the month:

**NOW SHOWING...**

**Friday, September 1st**  
6:45 Baby's Day Out (2)

**Friday, September 8th**  
6:45 Dr. Doo Little

**Friday, September 15th**  
6:45 Strategic Air (2)

**Friday, September 22nd**  
6:45 Stratton Story (2)

**Friday, September 29th**  
6:45 Marshall's Miracles (2)

Crochet Club will be starting on Friday, September 15th at 9:00 coffee shop

Join us for our Outdoor Summer Games event on Friday, September 15th at 2:30 p.m. in the backyard! Come and enjoy some fresh melons!





*Eternal Rest To:*

- Lester Klein*
- Cindy Tasset*
- Marion Greenwood*
- Mary Rogers*
- DeLos Bohnsack*
- Albie Oberfoell*
- Mary Lucas*
- Marilyn Wilhelm*



**Happy  
Wedding  
Anniversary**



**Joe & Kay Riesselman  
September 4, 1973**

**Robert & Helen Bussan  
September 25 1984**

*Massage Therapy  
Services for YOU!*

Please call Massage Therapist, Mary Reeg to set up an appointment.

**(563) 542-0244**

All appointments will be on 2nd floor, Room 213

of the Stonehill Health Center

Services available:

**\$10 - 10 minute hand  
massage** (provided in resident's room)

**\$25 - Paraffin Wax/Hand  
Massage**

**\$30 - 1/2 hour massage**

**\$55 - 1 hour massage**

- Some of the benefits of massage include:
- Decrease muscle tension and stress
  - Assist in lowering elevated blood pressure
  - Reduce pain
  - Improve immune functions
  - Reduce Stress
  - Improve Range of Motion and so much more!



**Labor of Love**

by Fran Mancl, CNA – Pastoral Care Team Member

Many of my co-workers, along with myself, have to work on Labor Day. I think about how nice it would be to have the day off to engage in relaxation and rest, to be reflective, and get away from doing any kind of work. I then ask myself, “Why do I have the attitude that working on Labor Day is bad for my spirit rather than “good for my soul?”

My backyard patio is the place I spend much of my rest from labor. I sometimes think about how a good number of people, myself included, don't see the dangers of letting our lives be dominated by labor—consumerism, the desire to have, to own, to possess, to accumulate and consume things. We get caught up in our work and the house we want to buy or restore, the summer cottage, the fishing boat, the school supplies for the kids, the vacation to Disneyland, the college fund, and saving for retirement. There never seems to be enough time for anything but labor.

Labor Day is a legal holiday established to honor our labor, the kind of labor that gives dignity to our lives and moves us toward a more simple rewarding life of love. Labor for labor sake can leave us with a materialistic environment of things.

If we are to experience Labor Day as a holiday in honor of our labor, whether we are caregivers or not, then our labor needs to lead us toward the more important aspects of life: the company of other people, of our family, friendships, conversation, contemplation, prayer, and learning from our experiences. The labor of our human lives needs to be more centered on other human beings, like the residents we service with care and support, rather than on possessions. When we fall for the lure of things, new gadgets, stuff we may never even have time to use, we easily become the prisoners of laboring for things.

The simple life takes strong values and a commitment to resist the push of our world toward things and their accumulations. Strong values like those established at Stonehill—compassion, hospitality, reverence, and stewardship—drive us toward that treasured simple life of love. The simple life focuses on service of persons not things. Our labor then creates satisfaction for us rather than drudgery. In the end, our labor becomes “good for our soul” rather than bad for our spirit.

Remember, Stonehill's faith-based mission and values are in a life close to God and other human beings—our co-workers, and especially the residents in need of our care and support along with their families. Maybe, just maybe, working on Labor Day is the best way to honor my own labor of love. In fact, it might be the most loving thing to do.

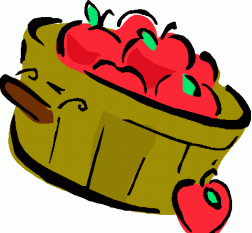


**SAVE THE DATE...**

**Books Are Fun Fundraiser  
Thursday, November 30th  
10:00 a.— 3 p.m.  
Coffee Shop**

**All proceeds to benefit residents of Stonehill**

# SEPTEMBER 2017 ACTIVITIES

# Calendar of Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>MASS:</b> Sundays 10:15 Monday-Friday 10:30 <b>ROSARY</b> Monday-Friday 10:10 <b>10:30 ECUMENCIAL SERVICE</b> 3rd Wednesday of the Month &amp; 1st &amp; 3rd Saturday</p>	<p><b>Legend</b> CS=Coffee Shop WC=Wellness Center HH=Household MC=Memory Care 2nd Floor Household 2 or 3 Care Center Activity Room GR=Ground Floor of Care Center</p>				<p>FIRST FRIDAY <b>8:30 Absentee Voting (1st floor conference room)</b> 1 9:15 Nail Care w/Julianne(2S) 11:00 Paws for Pixie (3SE) 11:15 Table Chat(1SE) 1:30 Card Bingo (CS) 1:30 Move to Music(2) 1:15 1:1 Visits (3NW) 11:00-1:00 Adoration 1:30 Benediction 1:45 Rosary 3:00 Rhythm Time with Marilyn (2) 4:00 Nature Time (3) 4:15 Treasure Trivia(2) 6:45 Movie: Baby's Day Out &amp; Treat(2)</p>	<p>9:30 Karaoke Sing Along (3) 10:30 Ecumenical Service, chapel 2 11:00 Wii pick a Game (3) 12:00 Deliver Mail 1:30 Shake Loose a Memory (CS) 3:00 Music with Janet Leib (3) 4:00 Video(3)</p>
<p>10:15 Mass 3 4:00 Rosary 6:45 Bingo (CS) 8:00 Service Time: Sorting Cards (3)</p>	<p><b>LABOR DAY</b> 4 9:15 Bell Choir(3) 1:30 Spiritual Sharing (chapel) 3:00 Furry Friends (2) 4:00 Rosary (3) 6:30 Euchre Tournament( CS)</p>	<p>5 9:30 Sweet Cups Cafe(2) 9:15 Nail Care(1NW) 11:15 News Current (1NW) 11:15 Restorative Exercise(2) 1:30 Service Work(3) 1:00 Paws for Pixie(2SE) 2:00 Popcorn w/Bill&amp;Galen(2) 2:30 Popcorn Cart(2,3&amp;SH) 4:00 Stroll through the Garden (backyard) 3:45 Live Rosary (3) 4:15 LCR &amp; Table Top Activities (CS)</p>	<p>6 Outing: 10:30 Gambling at the Q Casino 9:30 Balloon Tennis(CS) 9:30 Nails w/Pearl(3LR) 11:15 CurrentEv(3) 11:15 Restorative Exercise(2) 10:45 Garden Visits(3S) 1-2:30 1:1 Visits (1st &amp; 2nd) 1:30 Cards (3NW) 1:30 Divine Mercy(chapel) 1:30 Balloon Tennis(2) 2:15 Live Strong(WC) 3:00 Birthday Party (3) 3:00 Family Feud (2) 4:00 Surfing the Net(2) 5:00 1:1 I-Tunes(2SE) 4:15 Keyboard Music(1SE) 7:15 Bingo (3)</p>	<p>7 8:30 Nail Care (3SE) 9:30 Nail Care (1SE) 10:45 Garden Visits(1) 11:15 Trivia(1E) 11:15 Restorative Exercise(2) 11:15 Balloon Tennis/Ball Toss(3) 11:45 News Break(3) 1:30 Cards or Dominoes (2) 1:30 Baking(3) 1:30 Kick off to Football (CS) 3:00 Serving Homemade Treat (3) 3:00 Band: Older &amp; Bolder (2) 4:00 Outing Sign Up 3:45 Rosary(3LR) 4:15 Garden Time (2) 7:15 Making Cookies (3)</p>	<p>8 9:00 Spa Time (3S) 9:15 Nails w/Julianne(2S) 11:15 Restorative Exercise(2) 11:00 Paws for Pixie(3SE) 11:45 News Break(3) 1:30 Trivia(2S) 1:15 1:1 Visits(3NW) 1:30 Move to Music(2) 3:00 Birthday Party (2) 4:00 Treasure Trivia (2) 6:45 Movie: Dr. Doo Little &amp; Treat(2)</p>	<p>9 9:30 Balloon Tennis(3) 10:10 Rosary 11:00 Story Time(3) 12:00 Deliver Mail 1:30 Black Out Bingo (CS) 3:00 Piano Music (3) 4:00 Video(3)</p>
<p>10:15 Mass 10 4:00 Rosary 6:45 Bingo (CS) 8:00 Service Time: Sorting Cards (3)</p>	<p>11 9:15 Bell Choir(3) 11:15 Restorative Exercise(2) 1:30 Spiritual Sharing (chapel) 2:15-2:45 Live Strong (WC) 4:00 Bits of Wit (2) 4:00 Dinner Music (3) 3:45 Pick A Movie(3) 6:30 Euchre Tournament (CS)</p>	<p>12 9:15 Nail Care(1NW) 11:15 News Current (1NW) 11:15 Restorative Exercise(2) 1:30 Service Work(3) 1:00 Paws for Pixie(2SE) 2:00 Popcorn w/Bill&amp;Galen(2) 2:30 Popcorn Cart(2,3&amp;SH) 4:00 Stroll through the Garden (backyard) 3:45 Live Rosary (3) 7:30 Steve Cavanaugh on Guitar (2)</p>	<p>13 9:30 Reflection and Song(CS) 9:30 Nails w/Pearl(3LR) 11:15 CurrentEv(3) 11:15 Restorative Exercise(2) 10:45 Garden Visits(3S) 1-2:30 1:1 Visits (1st &amp; 2nd) 1:30 Women's Support Group (3S) 1:30 Divine Mercy(chapel) 1:30 Nail Care (2) 2:15 Live Strong(WC) 3:00 Resident Council &amp; Ice Cream Cones(3) 3:00 Shaking Loose a Memory (2) 4:00 Willie on Guitar &amp; Cocktails(2) 5:00 1:1 I-Tunes(2SE) 4:15 Keyboard Music(1SE) 7:15 Music w/the Bettchers(3)</p>	<p>14 8:30 Nail Care (3SE) 9:15 Nail Care (1SE) 10:45 Garden Visits(1) 11:15 Restorative Exercise(2) 1:30 Lori on Piano&amp;Cocktails(CS) 3:00 Band: Ben &amp; the Boys (outside as weather permits) 3:45 Rosary (3LR) 4:00 Outing Sign Up 6:15 Music with Steve Cavanaugh(1SH) 7:15 Making Cookies (3)</p>	<p>15 9:00 Spa Time (3S) 9:15 Dominoes (CS) 11:15 Restorative Exercise(2) 11:15 Rosary(3) 11:00 Paws for Pixie(3SE) 11:45 News Break(3) 1:15 Garden Visits(1) 1:30 Trivia(2S) 1:15 1:1 Visits(3NW) 1:30 Card Bingo (CS) 1:30 Move to Music(2) 2:30 Summer Games &amp; Melons (Backyard) 6:45 Movie: Strategic Air &amp; Treat(2)</p>	<p>16 9:30 Rachel on Guitar (3) 10:30 Ecumenical Service, chapel 11:00 Wii Pick A Game (3) 12:00 Deliver Mail 1:30 Black Out Bingo (2) 3:00 Music with Jim Lucy (2) 4:00 Video(3)</p>
<p>10:15 Mass 17 2:30 Grandparent's Day Celebration—All Star Country Dancers (ground floor) 4:00 Rosary 6:45 Bingo (CS) 8:00 Service Time: Sorting Cards (3)</p>	<p>18 9:15 Bell Choir(3) 11:15 Restorative Exercise(2) 1:30 Spiritual Sharing (chapel) 2:15-2:45 Live Strong (WC) 3:00 Variety Bingo (2) 3:00 Men's Club(3) 4:15 Dinner Music (3) 3:45 Pick A Movie(3) 6:30 Euchre Tournament (CS)</p>	<p>19 9:30 Sweet Cups Cafe(2) 9:15 Nail Care(1NW) 11:15 News Current (1NW) 11:15 Restorative Exercise(2) 1:30 Service Work &amp; Marge on Piano(3) 1:00 Paws for Pixie(2SE) 2:00 Popcorn w/Bill&amp;Galen(2) 2:30 Popcorn Cart(2,3&amp;SH) 4:00 Stroll through the Garden (backyard) 3:45 Live Rosary (3) 4:15 LCR &amp; Table Top Activities (CS) 6:45 Band: Senior Moments (2)</p>	<p>20 Outing: 10:30 Lunch at Breitbach's 9:30 Reflection &amp; Songs (CS) 9:30 Nails w/Pearl(3LR) 10:30 Ecumenical Service, chapel 11:15 CurrentEv(3) 11:15 Restorative Ex(2) 10:45 Wee Ones(3) 1-2:30 1:1 Visits (1st &amp; 2nd) 1:30 Cards (3NW) 1:30 Divine Mercy(chapel) 1:30 Balloon Tennis(2) 2:15 Live Strong(WC) 3:00 Word Games (3) 2:30 Band: Just Cuz (2) 4:00 Surfing the Net(2) 5:00 1:1 I-Tunes(2SE) 4:15 Keyboard Music(1SE) 7:15 Bingo (3)</p>	<p>21 8:30 Nail Care (3SE) 9:30 Nail Care (1SE) 10:45 Garden Visits(1) 11:15 Trivia(1E) 11:15 Restorative Exercise(2) 11:15 Balloon Tennis/Ball Toss(3) 11:45 News Break(3) 1:30 Baking(3) 1:30 Lori on Piano &amp; Cocktails (CS) 3:00 Serving Homemade Treat(3) 3:00 BINGO with SCC Auxiliary(2) 4:00 Outing Sign Up 3:45 Rosary(3LR) 6:15 Dave on Piano(1SH) 7:15 Making Cookies (3)</p>	<p>22 9:00 Spa Time (3S) 9:15 Nails w/Julianne(2S) 9:00 Crochet Club (CS) 11:15 Restorative Exercise(2) 11:15 Shake Loose A Memory (3) 11:00 Paws for Pixie(3SE) 11:45 News Break(3) 1:15 Garden Visits(1) 1:30 Trivia(2S) 1:15 1:1 Visits(3NW) 1:30 Card Bingo (CS) 1:30 Move to Music(2) 3:00 Laurel &amp; Hardy Movie (3) 3:00 Rhythm Time with Marilyn (2) 4:00 Treasure Trivia (2) 6:45 Movie Stratton Story &amp; Treat(2)</p>	<p>23 9:30 Apple Stamping (3) 10:10 Rosary 11:00 Laugh Out LOUD (3) 12:00 Deliver Mail 1:30 Apple Stamping Craft (3) 3:00 Music with Emil Weber (3) 4:00 Video(3)</p>
<p>10:15 Mass 24 4:00 Rosary 6:45 Bingo (CS) 8:00 Service Time: Sorting Cards (3)</p>	<p>25 9:15 Bell Choir(3) 11:15 Restorative Exercise(2) 1:30 Spiritual Sharing (chapel) 2:15-2:45 Live Strong (WC) 3:00 Crafts with Jean &amp; Kathy (2) 3:00 Men's Club(3) 4:00 Bits of Wit (2) 4:15 Dinner Music (3) 3:45 Pick A Movie(3) 6:30 Euchre Tournament (CS)</p>	<p>26 9:30 Sweet Cups Cafe(2) 11:15 News Current (1NW) 11:15 Restorative Exercise(2) 1:30 Service Work(3) 1:00 Paws for Pixie(2SE) 2:00 Popcorn w/Bill&amp;Galen(2) 2:30 Popcorn Cart(2,3&amp;SH) 4:00 Stroll through the Garden (backyard) 3:45 Live Rosary (3) 4:15 Nail Care (CS) 6:45 Bingo hosted by Honkamp Krueger (2)</p>	<p>27 Outing: 10:30 Lunch at Breitbach's or 2:00 Bus Ride 9:30 Reflection and Song(CS) 9:30 Nails w/Pearl(3LR) 11:15 CurrentEv(3) 11:15 Restorative Exercise(2) 10:45 Garden Visits(3S) 1-2:30 1:1 Visits (1st &amp; 2nd) 1:30 Cards (3NW) 1:30 Divine Mercy(chapel) 1:30 Balloon Tennis(2) 2:15 Live Strong(WC) 3:00 Cocktails around the Piano(3) 3:00 Sing Along with Lois(2) 4:00 Surfing the Net(2) 5:00 1:1 I-Tunes(2SE) 4:15 Keyboard Music(1SE) 7:15 Bingo (3)</p>	<p>28 8:30 Nail Care (3SE) 9:15 Nail Care (1SE) 10:45 Garden Visits(1) 11:15 Restorative Exercise(2) 1:30 Angels Amongs(2) 1:30 Lori on Piano&amp;Cocktails(CS) 3:00 Making Pictures Frames (2) 3:00 Game Time (3) 3:45 Rosary (3LR) 4:00 Outing Sign Up 4:15 Garden Time(2) 7:15 Making Cookies (3)</p>	<p>29 9:00 Spa Time (3S) 9:15 Nails w/Julianne(2S) 9:15 Dominoes (CS) 11:15 Restorative Exercise(2) 11:15 Spooky Stories (3) 11:00 Paws for Pixie(3SE) 11:45 News Break(3) 1:15 Garden Visits(1) 1:30 Trivia(2S) 1:15 1:1 Visits(3NW) 1:30 Card Bingo (CS) 1:30 Move to Music(2) 3:00 Apple Craft (3) 3:00 Making St. Francis Day Poster (2) 4:00 Treasure Trivia (2) 6:45 Movie: Marshall's Miracle &amp; Treat(2)</p>	<p>30 9:30 Bell Choir (3) 10:10 Rosary 11:00 Play Ball (3) 12:00 Deliver Mail 1:30 Balloon Tennis (2) 3:00 Sing Along with Rachel (2) 4:00 Video(3)</p>