

THE ST. LUKE SPIRIT



Summer 2018

Volume 6, Issue 2

Upcoming Resident & Tenant Activities:

- **Flagfest Parade**
June 9 at 11 a.m.
Downtown Spencer
- **Men's Barbecue**
June 14 at 5:30 p.m.
St. Luke Lutheran Home
- **SONrise Gospel Singers**
June 18 at 3 p.m.
St. Luke Lutheran Home
- **Rock the Roof concert**
June 21 at 6 p.m.
Arnolds Park
- **Kevin Anderson to sing**
June 23 at 1 p.m.
Riverview Terrace Chapel
- **Kevin Anderson to sing**
June 23 at 2:30 p.m.
St. Luke Lutheran Home
- **Mainstreet Market**
July 19 at 6 p.m.
Clay County Courthouse lawn
- **Rock the Roof concert**
July 26 at 6 p.m.
Arnolds Park

More activities are available online at www.stlukelh.com

PROMOTING RESTFUL SLEEP, HOLISTIC CARE

Times are changing. As we begin a new course in nursing facility life, we are becoming more focused on resident-centered care and the needs and wants of our residents.

The past several months, nursing, dietary and activities have worked together to change systems to allow for more flexibility and resident-focused care. Beginning June 4, St. Luke Lutheran Home will begin a program called "Uninterrupted Sleep/Natural Awakening." This program will allow for sleep patterns to not be interrupted with ritualistic or routine practices of the past, but instead focus on the resident's needs and wishes. Residents will be allowed to sleep as long as they want in the morning and dietary will be restructuring the routines of the past (i.e. breakfast at 8 a.m.). We will be offering a continental breakfast from 6 a.m. until 7:30 a.m., a hot breakfast from 7:30 a.m. to 8:30 a.m., and another continental breakfast from 8:30 a.m. until 10:30 a.m.

By promoting a restful sleep, we will be promoting improvement in the holistic care of the resident.

WE NEED A COPY OF YOUR NEW MEDICARE CARD



Mailings with the new cards began in April and will continue through April 2019. The new cards do not have a Social Security number on them. Instead, the new Medicare Beneficiary Identifier cards feature an 11-character string of random numbers and capital letters.

When you receive your new Medicare card, please bring it to:

- Georgia Wrightsman at St. Luke Lutheran Home
- Kerri Kofoot at Riverview Terrace Assisted Living
- Mavis Leinen at South Ridge Heights & The Highlands

▪ **WELCOME**

June Davis
Pat Muller

Marjorie Lorenzen

Myrtle Hyde

Knox Campbell

Nancy Leppert

DyAnn Getting

Harry “Skip” Ritchart

▪ **BEST WISHES**

Luella Reed

Lawrence Smith

Allen Klumper

Alice Russenberger

Kenneth Garrelts

Lola Wright

Joyce Metier

Robert Heiman

▪ **SYMPATHY**

Wayne Hanson

Myrtle Hyde

Eleanore Currier

Helen Swanson

Dorothy Casperson

Dolores “Dede”
Shuck

Richard Read

Barbara Faber

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.

- Phil & Siri Christy, of Spencer, directed Thrivent Choice program dollars to St. Luke Homes & Services.
- The Lutheran Ladies Aid, of Terril, donated \$60 to the Special Gifts Fund of St. Luke Lutheran Home as memorials for 2017.
- Jim & Nancy Mills, of Webb, donated \$100 to St. Luke Homes & Services’ Benevolent Fund in memory of Wayne & Jane Hanson.
- Virginia “DeDa” Behrens, of St. Luke Lutheran Home, donated a portion of her Dickens Village, Christmas and home décor to St. Luke Lutheran Home.
- Ina Faye Underwood, of St. Luke Lutheran Home, contributed two Easter lilies for Easter worship services on the St. Luke Homes & Services campus.
- Audrey Thiessen, of Spencer, donated a \$15 memorial to the Special Gifts Fund of St. Luke Lutheran Home in memory of Richard Riedemann.
- Gladys Knapper and members of the Christ Lutheran Church Sewing Group, of Slayton, Minnesota, made and donated 20 lap quilts to St. Luke Lutheran Home for residents’ use.
- Carol Schoorman, of Fostoria, donated two boxes of fabric to St. Luke Lutheran Home in memory of her mother, Myrna Chaffin.
- Rachel Mentink, of Schleswig, donated suncatchers, paint and craft supplies to St. Luke Lutheran Home for residents to use.
- The family of Dolores “Dede” Shuck, a former resident at St. Luke Lutheran Home, donated her high-back wheelchair and flat screen television for use by residents of St. Luke Lutheran Home.
- Darin Johnson, of Weasy’s Lounge & Grille, Spencer, donated 38 stackable chairs to the St. Luke Homes & Services campus.
- Leora Riedemann, of Spencer, donated \$500 to the Special Gifts Fund of St. Luke Lutheran Home in memory of her husband, Richard Riedemann.

MEET OUR NEWEST BOARD MEMBER



Jane Kruse has strong ties and a longstanding history with St. Luke Homes & Services. Many family and friends have called the St. Luke Campus “home,” including Jane’s paternal grandmother, who lived to be 105 and was a resident for over 20 years at St. Luke Lutheran Home. Jane previously served as Vice President on the Board of Directors from 1995 through 2000, before rejoining the Board again in 2018.

Professionally, Jane worked as an educator. After earning an advanced degree, she served for 12 years as an administrator at Iowa Lakes Community College. Jane departed the collegiate setting in order to have more time with her growing family.

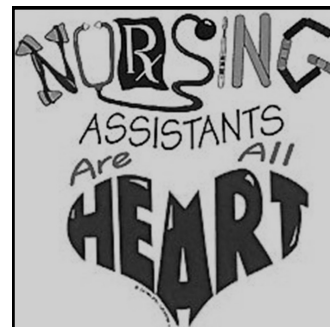
During this time, she also served as a Spencer School Board member. Jane currently works at CommStock Investments, the agricultural risk management company she and her husband own in Royal.

Raised in Royal, Jane attended Bethlehem Lutheran Church, where she served in several leadership roles, including congregational president. She currently resides in Spirit Lake, and is an active member and past president of First Lutheran Church in Milford. She and her husband, David, have four children and four grandchildren.

CELEBRATING AT ST. LUKE HOMES & SERVICES



National Nurses Week
May 6 - 12, 2018



National Nursing Assistants Week
June 14 - 21, 2018

CELEBRATING LIFE'S STORIES

National Skilled Nursing Care Week
May 13-19, 2018

St. Luke Lutheran Home residents and staff observed Nursing Home Week by dressing in theme-specific outfits each day.

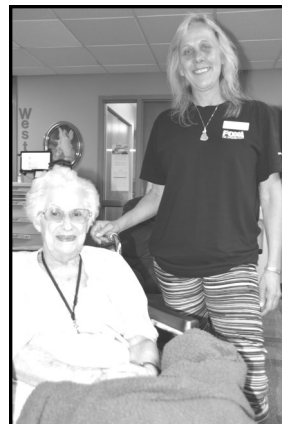
- Photographs below and on St. Luke Homes & Services' Facebook page.



Mismatch Day



Pajama Day



Pajama Day



Decades Day



Decades Day



Outdoors Day



Outdoors Day



Team Spirit Day

ST. LUKE EARNS NATIONAL RECOGNITION

St. Luke Lutheran Home was recognized in March by the American Health Care Association and the National Center for Assisted Living (AHCA/NCAL) for its achievements through the Quality Initiative Recognition Program at the 2018 AHCA/NCAL Quality Summit in New Orleans.

“The American Health Care Association and National Center for Assisted Living commends you and your staff’s proven commitment to quality, as demonstrated by your attainment of these Quality Initiative goals,” Dr. David Gifford, AHCA/NCAL senior vice president of quality and regulatory affairs, said. “Your accomplishment means improving the lives of the individuals you serve, which is what the Quality Initiative is ultimately about.”

The Quality Initiative program was launched in 2012 as a national effort to build upon the existing work of those involved in the long-term and post-acute care professions.

“I am proud of the St. Luke Lutheran Home team to have achieved quality improvement recognition by the American Health Care Association,” said Nancy Mills, Director of Health Services for St. Luke Homes & Services in Spencer. “This achievement represents not only improvement on a set of quality measures but also significant improvements in outcomes among those we serve.”

▪ NEW STAFF

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

- **Cindy Schaeffer**
St. Luke CNA
- **Pam West**
St. Luke RN
- **Kim Buhr**
St. Luke RN
- **Nitasha Howe**
St. Luke CNA
- **Kelsey Hand**
Riverview Terrace
Personal Service
Assistant

▪ WISH LIST

Your tax-deductible contributions could be allocated toward the following identified needs on the St. Luke Campus:

- ♥ 32-inch flat screen televisions
- ♥ Straight back chairs
- ♥ Wide wheelchairs

AQUATIC CENTER FUN

“I have enjoyed St. Luke’s swimming pool for several years. It feels so good to swim and then relax in the hot tub before heading home after work. The ladies in the pool make for a fun time!”

- Ronda Nielsen, of Dickens, has been swimming in St. Luke Homes & Services indoor aquatic center since it opened in September 2006



PERFECT ATTENDANCE

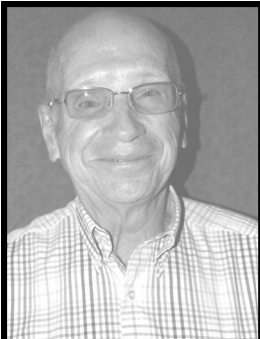
St. Luke Homes & Services is grateful for the dedicated service of all its employees. We would like to recognize the following individuals, who had perfect attendance in 2017:

Barb Tomlinson
Dana Zernechel
Erik Forslund
Julie Behrens
Barb Simonson
Lynn Kind

Stephanie Warner
Abigale Riesgraf
Tricia Steward
Cindy Ruppert
Natalie Thiessen
Diana Meyer

Lori Jensen
Michelle Miller
Mary Kacmarynski
Brenda Devers
Latosha Burger

RETIRING BOARD MEMBER



A special thank you to retiring St. Luke Homes & Services board member Jim Hitchcock for his selfless service in support of residents, tenants, homeowners and staff associated with our nonprofit, long-term care campus.



Jim Hitchcock
Board Member
June 2015 - March 2018

ENJOYING THE NEW AVIARY AT RIVERVIEW TERRACE



PRAYER, QUIET TIME ENCOURAGED IN NEW ROOM AT ST. LUKE



FAITH
does not make
things easy
it makes them
POSSIBLE
Luke 1:37

This room
furnished by the
**Glenn Storm
Family
and
John & Pat
Jensen**



▪ **BE CAUTIOUS**

We have heard reports of telephone callers telling of emergencies and then requesting money, financial or other personal information in order to aid a friend or family member immediately. Please be wary and **do not** give such information out to a stranger. Instead, **visit with those close to you and have a plan in place** in case such an emergency were to happen.

St. Luke Lutheran Home is



certified ✓

For more information about this program, and how it may benefit you or your loved ones, call (712) 262-5931 and visit with:

♪ David West

♪ Nancy Mills -or-

♪ Amanda Klein

MEET TRICIA STEWARD



Tricia Steward’s passion in life is helping others. At a young age, she began working in the healthcare field. Her mother, a nurse, and all the devoted professionals Tricia has worked with over the years inspired her to continue her career as a nurse.

Prior to joining the St. Luke family as a Licensed Practical Nurse in October 2014, Tricia worked as a Certified Nursing Assistant in both the nursing home and hospital settings, served with various ambulance services and operated a dog grooming business.

In 2017, she earned her Registered Nurse degree from Northwest Iowa Community College in Sheldon, Iowa. Today, in her role as Unit Manager/MDS Coordinator at St. Luke Lutheran Home, Tricia enjoys working with residents, their families and fellow St. Luke staff members. She strives to ensure that residents and their families receive the care and compassion they deserve.

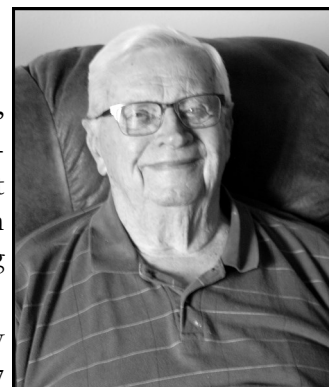
Outside of work, Tricia enjoys spending time with her husband, Todd, their four children: Tova, Kevin, Chance and Casey, and their four grandchildren: Braylon, Kasen, Bentley and Audrey. She also enjoys tending to their furry friend, Theodore, as well as traveling, fishing and baking.

WHY RIVERVIEW TERRACE?

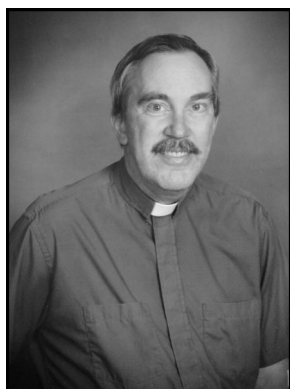
“I think it’s great here. Riverview Terrace feels like home, the people are friendly, and the food is good. I am comfortable and enjoy myself here. There are a lot of different activities going on, but if you don’t want to participate in something you don’t have to. When staff says they are going to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

- Larry Stanislav

a Riverview Terrace tenant since June 2017



OUR BOARD-CERTIFIED CHAPLAIN



The Rev. John Syvertson has earned a credential which stands to benefit the residents, tenants, homeowners, families and staff he serves as well as the region’s faith community at large. Syvertson was recently named a board-certified chaplain with the Association of Professional Chaplains.

“By preparing for this certification, John had the opportunity to increase his knowledge and clinical skills, which we foresee as increased effectiveness in his practice of chaplaincy care for us on the St. Luke Campus and beyond,” David West, CEO/Administrator of St. Luke Homes & Services, said.

Syvertson began the intensive accreditation process with a preparatory course in 1999. He first became a provisional board-certified chaplain with the Association of Professional Chaplains in October 2017. This credential will be reviewed in two years for full board certification.

RESIDENT OF THE MONTH

The well-mannered and well-dressed Phyllis Abel always seems to have a positive attitude and large smile. Although Phyllis' faith is front and center, her wit is quiet, quick and often-times surprising.

Born June 30, 1937, Phyllis attended school and graduated from Goodhue High School in 1955. Following high school, she was a bookkeeper for a freight line in Zumbrota, Minnesota. In 1957, Phyllis married Martin Augustin, who, at the time, was a Farmers Home Administration representative. His position moved them to several towns in Minnesota including Red Wing, Albert Lea, Crookston, and Marshall while raising their family of three girls: Sandy Strencky of Cocoa, Florida, Tammy Knox of Cedar Falls, and Julie DenOuden of Rochester, Minnesota.

In 1969, the family moved to Spencer where Martin began a business as a soil consultant for Brookside Laboratories.



Phyllis Abel
St. Luke Lutheran Home
resident since
October 2016

While in Spencer, Phyllis did clerical work for an insurance company, the Department of Health, and retired in 2007 as secretary at Christ the King Lutheran Church. She was active in church life by teaching Sunday school, was active in several women's groups,

and was chairman of the Altar Guild at Christ the King for many years.

Martin passed away in December 2001. In November 2006, Phyllis married a longtime family friend, Kaylan Abel. Through their church, the couple was presented with the opportunity to travel in 2008 to Europe. During this memorable trip, the Abels visited Russia, Latvia, Lithuania and Denmark.

Phyllis has always been devoted to her family, home and faith. She delighted in attending the activities of her children and now grandchildren, tending to her tulips in her flower garden, watching performances at Okoboji Summer Theatre and Spencer Community Theatre, and listening to music of the classics and old-time country. The doting wife and mother is also a grandmother to six and a great-grandmother to one. In October 2016, Phyllis became a resident of St. Luke Lutheran Home. She enjoys participating in the many musical and spiritual activities offered at St. Luke.

RECOGNIZING CAMPUS GRADUATES & THEIR PARENTS

We wish to congratulate the following young men and women. During their respective careers at Clay Central/Everly, Sioux Central and Spencer High School, these individuals have chosen to give of their time and talents at St. Luke Lutheran Home: Isabel Bustos, Cecilia Carrillo, Tori Cooper, Jossie Hanson, Nya Lo, Chance Penning and Ellie Thompson.

In addition, we want to recognize the parents, who work at St. Luke Lutheran Home, of the following Spencer High School graduates: Mary Kacmarynski (son Brody Kacmarynski) and Tara Mixon (son Matthew Mixon).

THANK YOU, MODERN WOODMEN!



Modern Woodmen of America/Candice Getting's office partnered with members of St. Luke Lutheran Home Auxiliary on a recent service project in which landscaping was purchased and installed in front of the Riverview Terrace Assisted Living residence and in a St. Luke Lutheran Home courtyard.

Modern Woodmen representative Candice Getting, shown at left, is with some of the landscaping materials purchased locally for use in this beautification project, shown in part at right.



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

Check out
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.”

MEET MARY HUGHES



Mary Hughes joined the dedicated staff at St. Luke Homes & Services in April 1992. She served as a Dietary Aide at St. Luke Lutheran Home during high school, as well as a Cook and Assistant Dietary Director, before becoming St. Luke Homes & Services’ Director of Dietary Services in April 2018.

The Spencer High School graduate is attending the University of North Dakota to earn her Certified Dietary Manager, Certified Food Protection Professional credentials.

In her spare time, Mary enjoys spending time with her husband, Matt, and their two children: Gage and Grace.

HOMEOWNER OF THE MONTH

Barb Schmidt Johnson is independent, adventure-some and always up for the next new thing. She “says it like it is,” likes to travel, is willing to help anyone and loves spending time with others.

She learned to sew from her mother, a beautiful seamstress, and has enjoyed arranging flowers for the Clay County Fair, where she has twice received the Award of Distinction. Barb sang in the Sweet Adelines of Spencer and Spirit Lake, as well as at numerous weddings and funerals.

Dancing has been another constant in her life. After teaching the boys in her eighth grade class to lead others on the dance floor, Barb continued dancing at the Roof Garden in Arnolds Park. It was while dancing that Barb would eventually meet three different life partners.

Born and raised with one brother in Everly, Barb graduated in 1950 and married her first love, former



Barb Schmidt Johnson
Highlands homeowner
since December 2015

U.S. Marine and World War II veteran Donald Schmidt, on New Year’s Eve in 1950. Together, the couple raised five children – Monte, Lee, Mark, Luke and Catarina (KT) - on a diversified farm on the edge of Everly. The pair taught Sunday school and served as high school youth counselors at United Methodist Church in Everly.

Following her husband’s untimely death in a farming accident, Barb met Keith Johnson, a Navy veteran. They married on July 3,

1968. Barb smiled as she recalled Keith and her four sons all looking forward to their annual overnight poker session. The couple also served as foster parents to four children. When the Johnsons relocated in 1975 to Spirit Lake, she opened Flowers by Barbara.

Following her second husband’s death, Barb enjoyed the company of Eldon Gapp for 25 years. She met Eldon, another veteran, while dancing. The couple traveled often before relocating to Punta Gorda, Florida. After he passed away in February 2007, Barb began to think about a return to Iowa. The Highlands became her new home in December of 2015.

Over the years, Barb has worked at Mary’s Gift Shoppe in Spirit Lake and been called “Grandma” by many individuals. She claims four grandchildren and is a grandmother to numerous others. She enjoys reading, watching different sporting events, playing cards, spending time near and in the water, and walking the hallways of The Highlands for the exercise she needs to keep going.

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

royalbethlehemlutheran.com

▪ **First Lutheran Church**

1525 Three Cross Road, Milford

Rev. Perry Aalgaard, Senior Pastor

Rev. Brian Jack, Associate Pastor

(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



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

- 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.

We're on the Web!
www.stlukelh.com

St. Luke Homes & Services, Inc.
"A Caring Community"



Governing Board

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

EMPLOYEE OF THE QUARTER



Tierney Nissen
St. Luke Dietary Aide
since May 2016

Tierney Nissen started working as a Dietary Aide at St. Luke Lutheran Home as a high school freshman. She is now looking forward to starting her senior year at Spencer High School.

When she applied for the job, it helped that her older sister, Shelbi, was also working in the same role.

The new experiences Tierney has gained as a Dietary Aide, as well as the opportunity to serve with a wide range of individuals, have added to her enjoyment at work.

The kind and outgoing young woman truly cares others. Getting to know the

residents and her coworkers keep her proudly serving in her current position.

As a Dietary Aide, Tierney has witnessed the involvement Certified Nursing Assistants have with residents of the nursing home and has chosen to pursue her certification as a CNA.

"I would like to stay at St. Luke and work my way up," Tierney said. "I enjoy getting to know the residents and helping them."

"I would highly recommend working here," she added. "The hours are great for a high school student."

Outside of work, Tierney likes to spend time with her family and hang out with friends.

TENANTS OF THE MONTH



Frank & Jerry Scott
Riverview Terrace tenants
since May 2017

Frank Scott, who was born in New Jersey, relocated to Van Wert, Ohio, when his father accepted a job at Continental Can. Soon after seeing Jerry (Halliwill) Scott walk down the street, the two became high school sweethearts.

After graduating from high school, Jerry served as a secretary at Central Mutual Insurance Company and Frank attended classes at Ohio University. The couple wed on June 10, 1956, and moved to New Britain, Connecticut, where Frank worked at Tubular Products. The couple made many friends, including their pastor, who took the young couple under his wing and showed them around. In was also in New Britain that the

Scott family grew to include three children: Franklin Scott III, Mike Scott and Cindy Glover.

After a brief move back to Jerry's hometown in Ohio, where Frank served at Teleflex Control, the Scott family relocated 40 years ago to Spencer. Frank served as a production planner and expeditor at Eaton Corporation and Jerry worked at Fareway and Warner Funeral Home.

Over the years, the Scotts viewed it a "privilege" to attend many of their six grandchildren's activities. They enjoyed serving as youth sponsors at First Baptist Church. Frank was a deacon and Jerry a deaconess at the church. She enjoyed singing in the church choir and they accomplished many tasks together on their church's "to-do" list.

Frank moved to Riverview Terrace Assisted Living in May 2017. After a short stay for rehabilitation at St. Luke Lutheran Home, Jerry joined him in June 2017.

"It's just like being at home," Jerry said of Riverview Terrace.

"The people are very nice here," Frank added. "The food is good and we have a lot of things that we can participate in and attend. They go out of their way here to make it a good experience for everyone."