

THE ST. LUKE SPIRIT



June 2014

Volume 2, Issue 6

Upcoming Resident/Tenant Activities:

- Piano recital with Marcy Nelson's students, 6:30 p.m. June 2, at The Highlands
- Dr. Anderson's comedy show, 6:30 p.m. June 4, at The Highlands
- Men's Barbecue, 5:30 p.m. June 5, at St. Luke
- Memorial Service, 2:30 p.m. June 7, at St. Luke
- Spencer Support Group for Parkinson's, 1:30 p.m. June 10, at Hillside Terrace
- Hands of Harmony Bell Choir to perform, 2:30 p.m. June 10, at The Highlands
- Flagfest parade, 11 a.m. June 14, in Spencer
- Spencer baseball game against Storm Lake, June 18, in Spencer
- Hands of Harmony Bell Choir to perform, 2:30 p.m. June 24, at Community Memorial Health Center, Hartley
- **More June 2014 activities are available online at www.stlukelh.com**

PLANNING AHEAD: HAVE YOU MADE A PLAN?

Whether you are 19, 39, 59, 79 or 109, Advance Care Planning and Advance Directives have become a large part of our culture. We all have heard of Living Wills and Durable Powers of Attorney, and some of us may have them in place. They are a wonderful guidance into what our wishes at the end of life may be and that if you are unable to make these decisions, you have placed someone as the decision maker, to follow through with what your wishes are.

In November 2012, the Iowa Legislature passed into law a document named IPOST. This acronym stands for Iowa Physicians Orders for Scope of Treatment. This allows the patient to discuss with his physician what they truly desire at the end of life. These items include: comfort measures, feeding tubes, CPR desire, antibiotic use and basic medical direction. It is a valid physician



Nancy Mills
Director of Health Services
St. Luke Homes & Services

order that is recognized statewide, regardless of where your home is. It is your document to keep and if an emergent situation is to occur in your home, regardless of setting, it will be followed. It can also be revoked at any time should the individual desire to do so. As our healthcare standard continues to change, and we focus on person-centered care (meeting the desires and wishes of the individual vs. stringent rules and ways of doing things and on a schedule), this document really looks at what the individual would want to the end of life. In the home, the standard for any EMT or paramedic

team would be to look on the refrigerator to see if there are any Advance Directives. If there is none present, then all measures necessary for treatment would be implemented.

End-of-Life decisions and conversations are difficult, and to make decisions based upon an emotional time is difficult at best. By implementing Advance Directives and considering the use of IPOST, it should give the resident, families and loved ones a peace of mind to know what our loved one would have wanted.

- If you are interested in any Advance Directives, please do not hesitate to call myself or Georgia Wrightsman, St. Luke Homes & Services' social worker, at (712) 262-5931. We would be happy to help you or give you more information to make more informed choices for your loved ones, or yourself.

WELCOME

Richard & Sharon
Burgeson

James Darrah

Rhoda Kaiser

SYMPATHY

Flavius Dodge

Bernadine Gappa

NEW STAFF

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

- Paisley Jones
St. Luke CNA
- Hunter Hurst
St. Luke CNA
- Kim Apfel
St. Luke CNA
- Jamie Woock
St. Luke R.N.
- Brandi Nelson
St. Luke LPN
- Keri Voit
St. Luke R.N.
- Courtney Heikens
St. Luke CNA

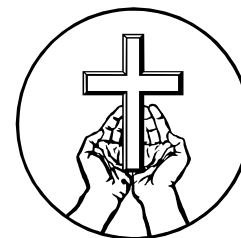
CELEBRATING OUR VOLUNTEERS & NATIONAL NURSING HOME WEEK



Nursing Home Week was celebrated May 12-17 with special activities and treats at St. Luke Lutheran Home in Spencer. Lester Miller (left) is among the residents who made a volcano during one of the week's special afternoon activities. Over 60 individuals who volunteer on the St. Luke Homes & Services campus (right) were honored during a special brunch hosted recently at St. Luke. (Additional photographs are available on the St. Luke Homes & Services' Facebook page.)

JUNE EMPLOYEE ANNIVERSARIES

- | | |
|-----------------------------------|----------------------------------|
| 1 - Linda Sterling.....(32 years) | 28 - Kerri Kofoot.....(20 years) |
| 1 - Mary Ginger.....(2) | 30 - Laura Seeley.....(3) |
| 4 - Keaton Verner.....(2) | |
| 6 - Ken Stoeber.....(3) | |
| 9 - Lesley Culver.....(4) | |
| 9 - Lori Jensen.....(17) | |
| 22 - Brianna Adams.....(4) | |
| 27 - Taylor McGuire.....(1) | |



CONTACT THE CAMPUS RESIDENCES

The Highlands, 1211 St. Luke Drive, Spencer, Iowa 51301
(712) 262-5404 www.stlukelh.com/highlands.html mavis.leinen@stlukelh.com

Hillside Terrace, 1209 12th Street SE, Spencer, Iowa 51301
(712) 262-5934 www.stlukelh.com/hillside.html kerri.kofoot@stlukelh.com

Riverview Terrace, 1501 St. Luke Drive, Spencer, Iowa 51301
(712) 262-5932 www.stlukelh.com/riverviewterrace.html kerri.kofoot@stlukelh.com

St. Luke Lutheran Home, 1301 St. Luke Drive, Spencer, Iowa 51301
(712) 262-5931 www.stlukelh.com/stlukenursinghome.html stlukelh@stlukelh.com

THANK YOU

We appreciate your tax-deductible gifts and donations. They enhance the lives of campus homeowners, tenants and residents and continue to make St. Luke Homes & Services, Inc. an extension of the social ministries of area Christian congregations.

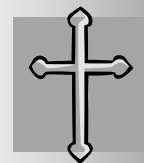
- Catholic Daughters, of Sacred Heart Spencer, for donating May Day basket candy and bingo prizes at St. Luke Lutheran Home.
- St. Luke Auxiliary for donating \$1,000 for a double wall oven for use by St. Luke Lutheran Home residents and \$250 for annuals and perennials for the St. Luke Courtyard.
- Pastor John Syvertson, of Spencer, for loaning an electronic Yamaha Clavinova piano to use at St. Luke Lutheran Home.

- Manwarren family, for donating \$520 to St. Luke Lutheran Home's Nursing fund and \$200 to St. Luke Homes & Services' Chaplain fund, in memory of Bonnie Manwarren.
- Ginny Smith & the Hy-Vee floral department, of Spencer, for helping with the St. Luke campus' celebratory National Nursing Home Week balloons.

CONGRATULATIONS!

We, of the St. Luke Homes & Services, Inc. campus, want to congratulate the following young men and women who recently graduated from high school. During their high school careers, these individuals have chosen to give their time and talents at the respective residences on campus:

- **St. Luke Lutheran Home:** Kaleb Dandy, Crystal Gambell, Charlie Rezabek and Emily Knapp of Spencer High School; Gabrelle Huss and Rebecca White of Clay Central/Everly.
- **Riverview Terrace:** McKinley Koch of Clay Central/Everly; Keaton Verner of Central Academy.
- **Riverview & Hillside Terrace:** Christina Zapata of Spencer High School.



Join us at **2:30 p.m. June 7, at St. Luke** in remembering homeowners of The Highlands, tenants of Hillside & Riverview Terrace, and residents of St. Luke Lutheran Home who passed away between March and May 30. Feel free to bring photographs or share a few words about your loved one at this **Memorial Service**.

JUNE RESIDENT & STAFF BIRTHDAYS

- | | | |
|---------------------|----------------------|-------------------|
| 1 - Mavis Leinen | 16 - Barb Simonson | 30 - Linda Guinn |
| 7 - DeDe Shuck | 18 - Kim Manwarren | 30 - Ann Magnuson |
| 9 - Linda Manwarren | 20 - Dixie Kanago | |
| 9 - Nicki Nelson | 21 - Tasha Baas | |
| 9 - Melissa Weber | 22 - Mary Ginger | |
| 14 - Torrey Krause | 27 - Kay Blake | |
| 14 - Bonnie Newman | 27 - Peggy Hutcheson | |
| 15 - Kalli Miller | 27 - Taylor McGuire | |
| 15 - Dorothy Strawn | 30 - Dale Geerdes | |



WELCOME, JENNA WALSH!



Jenna Walsh
Director of Dietary Services

Jenna Walsh began her duties as the Director of Dietary Services for St. Luke Homes & Services, Inc., in May 2014.

Jenna, a native of Cherokee, Iowa, earned a Bachelor of Science degree in Dietetics from Iowa State University. She is ServSafe certified and currently working toward her Certified Dietary Manager certification.

Prior to joining the St. Luke Homes & Services staff, Jenna served as a cook and dietary aide at Good Samaritan Society in Holstein.

Jenna enjoys watching the *Food Network* and *Home & Garden Television*. She and her boyfriend, Ryan Harmdierks, enjoy watching movies with friends and spending time with Millie, their German Shepherd, and Kitty, their cat.

It is an honor to have you on our team, Jenna! Welcome aboard.

- St. Luke Homes & Services
- The Highlands
 - Hillside Terrace
 - Riverview Terrace
 - St. Luke Lutheran Home

1301 St. Luke Drive
Spencer, Iowa 51301

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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, ext. 109.



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



Governing Board

John Jensen
Mark Nothwehr
Kaylan Abel
Neal Drefke
Frank Halverson
Don Helmkamp
Rev. Peter Maisenbach
Ron Muetzel
Denise Kramer Tolzmann

EMPLOYEE OF THE MONTH

Elizabeth "Liz" Essick is a person who continually "goes above and beyond" the call of duty. Liz, who has a genuine way with others, has a friendly smile and helpful attitude that are truly contagious. She joined the dedicated staff at St. Luke Homes & Services, Inc. as a laundry aide in January 2008, and transitioned to serving as a receptionist for St. Luke Lutheran Home in July 2012.

In this role, Liz is responsible for directing visitors, families and residents to either staff members or residents in the building. Her duties include receiving all incoming telephone calls, entering information on new residents and changing data that may



Elizabeth "Liz" Essick
St. Luke Receptionist

arise, and performing any clerical tasks assigned.

Liz enjoys working in the healthcare setting and finds her job at St. Luke Lutheran Home rewarding. She appreciates the campus staff she comes in contact with, as well as visiting

with residents and their families.

The Sacred Heart and Spencer High School alumna worked as a surgical technician at Mercy Hospital in Des Moines. Upon returning to Clay County, Liz served as a waitress during Monday and Thursday Men's Leagues and Saturday Couples' League at Spencer Bowl.

Liz enjoys spending time with her boyfriend Justin, parents, and siblings Patrick and Emily. She is known as a great cook and takes pleasure in pampering her cats: Bandito, Smokey and Spock.

Liz delights in outdoor activities such as camping, biking, roller blading, kayaking and most things sports-related.

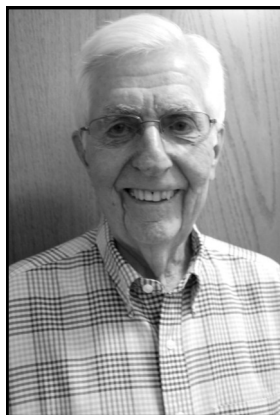
HOMEOWNER OF THE MONTH

Roy Stroud epitomizes the philosophy of being "a helpful neighbor and a good Christian."

The homeowner at The Highlands enjoys doing things for others and seems to accomplish most anything he sets his mind to.

The World War II veteran enrolled in Iowa State Teachers College, and earned his Bachelor of Science degree in Math in three years.

On Dec. 17, 1950, Roy and Helen (Hammond) Stroud married in Cedar Falls. The newlyweds both accepted teaching positions nearby. Upon finishing his second year as an Algebra teacher



Roy Stroud
A homeowner at The Highlands since January 1999

at East Junior High School in Waterloo, Roy was asked by his father- and brother-in-law to partner with them in business, at the former Hammond Oil Company, in Estherville.

In 1984, Roy accepted a position in the newly-created Economic Development department of Iowa Lakes Community College, in which he served businesses in a five-county area.

Today, Roy's hobbies include working on the computer, taking photographs, quilting and wood-working. He walks two miles each day, volunteers for anything asked of him at The Highlands, and serves as a junior warden for St. Alban's Episcopal Church in Spirit Lake. He is currently writing an autobiography for his children: Stephen, of Des Moines, Susan, of Hastings, Neb., and Julie Kassel, of Spencer.