

THE ST. LUKE SPIRIT



January 2015

Volume 3, Issue 1

HAPPY NEW YEAR

Upcoming Resident & Tenant Activities:

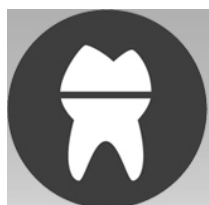
- New Year's Bingo, January 2 at 3 p.m., at St. Luke Lutheran Home
- Salad Making sessions, Mondays at 2:30 p.m., at Riverview Terrace
- Spencer Area Ministerial meeting, January 8 at 11 a.m., at St. Luke Lutheran Home
- Health & Awareness Check, January 13 at 2:30 p.m., at Hillside Terrace
- Meadow Township Progressive Club, January 14 at 2 p.m., at Hillside Terrace
- Monthly Birthday Party, January 14 at 2:30 p.m., at Riverview Terrace
- Winter Gala, January 31 at 5:45 p.m., at The Highlands

• More January 2015 activities are available online at www.stlukelh.com

PROVIDING QUALITY CARE TO OUR RESIDENTS

St. Luke Lutheran Home is proud to announce that it has partnered with two organizations to provide an improved quality of care to our residents.

Senior Dental Care



This partnership will allow the residents of St. Luke Lutheran Home access to quality dental services regardless of payment sources. Senior Dental Care will begin seeing residents here on January 20, 2015. The services provided include quarterly cleanings, X-rays and fillings, as well as denture or partial repair and replacement. They also will provide cancer screening and tooth extractions.

Dental insurance is available to cover the cost of these services. Medicaid

covers the cost of insurance for recipients. Other residents may choose a fee-for-service plan and pay based upon what the resident needs. Senior Dental Services is also available for emergent situations and will provide the needed care within one to two weeks. Senior Dental Services provides the necessary care and treatment at the nursing facility, so that our residents do not need to leave the building.

Encounter Telehealth Medicine



This service is another way that our residents will be able to receive mental health services within the nursing facility. This is done via a computer and monitor. One telehealth provider is a nurse practitioner that offers counseling and a medication prescription service if necessary. This provider believes in evidence-based, cost-effective medication utilization, medication reduction when indicated, and non-pharmacological inter-

ventions to meet the needs of residents being cared for.

The program will begin the second week of January. If a consultation is required, a consulting room at St. Luke will be established to provide complete privacy.

We are excited to be able to provide these two new services to our residents.

■ Should you have any questions regarding these two new providers, please do not hesitate to call and talk with Nancy Mills, RN, Director of Health Services, or Georgia Wrightsman, LBSW, Social Services Director. Both Nancy and Georgia may be reached at (712) 262-5931.

St. Luke Homes & Services, Inc.



"...enhancing the life, health and faith of all who choose to live in our Christian community."

▪ WELCOME

A. Pat Loomis

Erwin & Marlyn
Barglof

Lillie Brodin

Lawrence Smith

▪ SYMPATHY

Margaret Nelson

Clifford Hartmann

Beverly Beck

Mavis Olin

Bernice Bowers

▪ BEST WISHES

James Hoye

Vivian Geidl

Thank you to all of the students and members of area organizations and churches who took time to carol and spread Christmas joy in very special ways at The Highlands, Hillside & Riverview Terrace Assisted Living, and St. Luke Lutheran Home. You have helped us to start the New Year with joy in our hearts.

• Visit the St. Luke Homes & Services' Facebook page for photographs and video of some of these special moments.

A CARING HEART

... Lends a hand in time of need
 ... Puts others needs before their own
 ... Makes a positive impact in the community
 ... Brings warmth to everyday activities
 ... Takes the time to listen
 ... Creates energetic team spirit
 ... Rallies around a cause
 ... Reaches out to make a difference
 When you act with your heart it shows.



Board President John Jensen (at right) recognizes Social Worker Georgia Wrightsman's 35 years of continuous service to the St. Luke Homes & Services campus.

Many years of dedicated and caring service to the Spencer campus' homeowners, tenants and residents was recently recognized. These St. Luke Homes & Services staff members received certificates for their steadfast service:

Georgia Wrightsman - 35 years of service; Greg Meeter - 25 years; Kerri Kofoot and Lisa Small - 20 years; Donna Koch, Torrey Krause, Laura Manwarren, Ann Myers and Marti Rosacker - 15 years; Kelly Dillard, Shannon Hall and Lee Henderson - 10 years; Kay Blake, Brenda Funck, Cindy Lytle, Tierra Prange, Ann Roberts, Nichole Smith, Barb Tomlinson and Melissa Weber - 5 years of service.

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.

- **KM & Audrey Johannsen, of Storm Lake**, donated \$100 to the St. Luke Lutheran Home Special Gifts Fund for the benefit of all residing residents of St. Luke Lutheran Home and in memory of all previous residents of St. Luke Lutheran Home.
- **The Thrivent Advocates of Bethany Lutheran Church, of Spencer**, donated \$500 to the Special Gifts Fund of St. Luke Lutheran Home.
- **Nancy Nelson, of Linn Grove**, donated battery-operated candle tapers for use on the St. Luke Homes & Services campus.
- **Kristen Recher, of Harris**, gave handmade Christmas cards to all of the residents of St. Luke Lutheran Home.

JANUARY RESIDENT & STAFF BIRTHDAYS

2 - Alicia Williams
 5 - Amanda Ward
 6 - **Maxine Miller**
 6 - Ann Strait
 7 - **Pat Woods**
 8 - **Shirley Carlson**
 9 - **Miriam Bergen**
 10 - **Mae Koch**
 11 - **Dick Burgeson**
 14 - Tina Ness
 15 - **Alice Carlson**

16 - Korina Almanza
 16 - **Mildred Bruns**
 16 - Linda Kreibaum
 17 - **Beverly Beving**
 17 - Jenna Walsh
 18 - Kandi Fox
 18 - Kaylee Kourousis
 18 - Amber Martinez
 19 - Courtney Heikens
 19 - Amanda Klein
 24 - Gabrelle Huss

24 - Morgan Kiyanchuk
 25 - **Mary Maurer**
 25 - Kevin Tlam
 26 - Sherry Simcox
 27 - **Richard Schuster**
 29 - Amy Hendrickson
 30 - Jenna Vandestroet
 31 - Elizabeth Essick
 31 - Emma Exner

COMMUNITY CORNERSTONES



Bethany Lutheran Church
15 West 14th Street, Spencer
Len Halvorson, Pastor
(712) 262-2327
www.bethluthspencer.com



Bethlehem Lutheran Church
207 Church Street, Royal
Deb Mechler, Pastor
(712) 933-2229
http://royalbethlehemlutheran.com



Christ the King Lutheran Church
500 Fourth Avenue SW, Spencer
The Rev. David Zimmer, Pastor
(712) 262-2244
www.ctkspencer.com



First English Lutheran Church
1311 E. 18th Street, Spencer
Paul Kaldahl, Pastor
(712) 262-5598
http://spencer-church.com



First Lutheran Church
1525 Three Cross Road, Milford
Bob Vaage, Pastor
(712) 338-4514
www.3cross.org



Grace Lutheran Church
380 N. Rerick Avenue, Primghar
(712) 957-4795



Grace Lutheran Church
801 Hill Avenue, Spirit Lake
Dr. Martin Lucin, Pastor
(712) 336-2446
www.gracelutheranspiritlake.org



Hope Lutheran Church
206 N. Washington Street, Evely
Dan Taylor, Pastor
(712) 834-2767
www.hopeeverly.com



Immanuel Lutheran Church
2300 27th Street, Spirit Lake
The Rev. Patrick O'Neal, Senior Pastor
The Rev. David Simonson, Interim Pastor
(712) 336-1010
lcmslakes.org



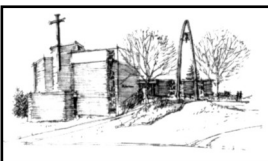
Immanuel Lutheran Church
206 Terril Avenue, Terril
David Doellinger, Pastor
(712) 853-6192
www.facebook.com/lcmsterril



St. Paul's Lutheran Church
60 N. Central Avenue, Hartley
(712) 728-2711
www.stpaullutheranhartley.com/



Trinity Lutheran Church
105 East High Street, Linn Grove
David Bernhardt, Pastor
(712) 296-4438



Trinity Lutheran Church
9th & 11th Avenue West, Spencer
The Rev. C. Peter Maisenbach, Pastor
(712) 262-1287

The Lutheran Emergency Response Team (LERT) is comprised of volunteers who have been trained to help communities during emergencies. The team and a LERT trailer are available for emergencies in the Midwest. If you are interested in participating in a CPR and First Aid training for this cause from 8:30 a.m. to 4 p.m. January 10 at Camp Okobojo, call Immanuel Lutheran Church in Spirit Lake to register. The deadline for registration is January 5. In case of severe weather cancellation, this training will be postponed until Saturday, January 31.

Celebrate 2015 with us!

St. Luke Homes & Services

- The Highlands
- Hillside Terrace
- Riverview Terrace
- St. Luke Lutheran Home

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, ext. 109.



St. Luke Homes & 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

Christina "Tina" Ness enjoys helping others. Her kind and positive attitude complement the fact that she truly cares about the St. Luke Lutheran Home residents she assists as well as her coworkers.

"It is so easy to love Tina. She is always cheerful, patient and has a great sense of humor," wrote one of several residents and staff members who nominated her for this special recognition.

"She is efficient. As a case in point, Tina power walks from room to room," wrote another St. Luke resident.

Tina grew up in New York Mills, Minn. She moved to Iowa in 2004.



Tina Ness
St. Luke Lutheran Home
CNA since September
2013

After serving as a cake decorator for four years at HyVee in Spencer, Tina was one of 10 individuals chosen to participate in a Certified Nursing Assistant (CNA) class offered through Upper Des Moines Opportunity.

"Becoming a CNA in 2010 changed everything for me. I am so happy now," Tina said.

The CNA, who enjoys the 12-hour shifts she works because they offer her a greater sense of balance between work and her personal life, prays daily for those she serves and those she works with. Tina believes prayer, along with a positive attitude, helps her to help others.

Outside of her work at St. Luke Lutheran Home, Tina is a brand partner for Nerium skin care products. She enjoys spending time with her family, including her children, Calista, 13, Ashton, 11, Amelia, 1, and boyfriend, Sean O'Hearn.

TENANT OF THE MONTH

Freeman Knudtson is a disciplined veteran with a strong resolve and a heart of gold.

He joined the Army in August 1942, completed basic training at Camp Haan, and served in a search light outfit along the California coast and desert.

Freeman was among 20,000 Allied soldiers who traveled the North Atlantic Ocean aboard the Queen Mary troopship to Scotland. He then served within a communications company in France, Germany, Holland and Austria before being honorably discharged in February 1946.

"It was a great experience," Freeman said of World War II, "but I wouldn't want to go through it again."



Freeman Knudtson
Hillside Terrace tenant
since July 2008

Upon his return to Spencer, Freeman worked briefly at the former Wilson's Elevator before serving as a mechanic for 36 years at Asher Motor Company.

In July 2008, Freeman moved to the Hillside Terrace Assisted Living residence. He visited his wife, Edna Mae, every afternoon for 4 1/2 years at St. Luke Lutheran Home.

Freeman is known for being an avid walker. He walked to and from work each day. When he retired in 1981, Freeman continued walking the streets of Spencer. Today, he diligently walks the St. Luke campus' trails and manages to squeeze in a workout each morning before breakfast.

The great conversationalist enjoys reading magazines, listening to country music, sitting outside in the sunlight and spending time with family - including his sister, Marie Welle, and nieces Cindy Pingel, Sharon Simington and Kay Kracht, who reside in this region.