

THE ST. LUKE SPIRIT



April 2016

Volume 4, Issue 4

Upcoming Resident & Tenant Activities:

- **Riverview Terrace Lunch at The Hutt**
April 6
Arnolds Park
- **Highlands Lunch at JJ's Cutting Board**
April 8
Spencer
- **Joanne Schar egg collection presentation**
April 11 at 3 p.m.
St. Luke Lutheran Home
- **Bus Ride & Treats**
April 13 at 2 p.m.
Hillside Terrace
- **Naturalist Stacie Young to present**
April 20 at 3 p.m.
St. Luke Lutheran Home
- **Ladies' Day Tea**
April 30 at 2:30 p.m.
St. Luke Lutheran Home
RSVP by April 27
- **Ladies' Day Tea**
May 7 at 2:30 p.m.
Riverview & Hillside Terrace
RSVP by May 4

More April 2016 activities are available online at www.stlukelh.com

WHY YOU MIGHT PREFER ST. LUKE HOMES & SERVICES

Most seniors who have moved to assisted living or independent living communities, such as Riverview & Hillside Terrace Assisted Living or The Highlands, report that they prefer life at their new home to life alone. Here are some common reasons why:

▪ **No Stress Yard Work and Home Maintenance:** Keeping up a home is hard, especially for those of us who have developed physical ailments. Mowing the lawn, climbing a ladder to change light bulbs, shoveling snow, pulling weeds, vacuuming - these may become things of the past.

▪ **Vanquishing Boredom:** Homeowners, tenants and residents need never be bored at a retirement community such as St. Luke Homes & Services. There is something for everyone. All kinds of entertainment and activities are offered, both on-site and in the local community. Plus, staying engaged in activities we enjoy may assist in keeping us sharp.

▪ **Improved Family Relationships:** Unnatural role reversals can strain relationships and foster unhealthy feelings of resentment, both by parents and their sons and daughters. Younger family members are liberated from the role of full-time caregivers, and are able to assure that time with their older loved one is meaningful and high-quality. Older residents are glad to return to the role of family matriarch or patriarch and often pleased that their grown children no longer have to feel as if they are "parenting the parent."

▪ **Better Food:** At senior living communities, such as St. Luke Homes & Services, residents often don't have to worry about grocery shopping or meal preparation. It is common for new tenants of Riverview & Hillside Terrace Assisted Living and residents of St. Luke Lutheran Home, who had been eating poorly before they moved in, to experience improvements in their health and well-being just from three square meals per day.

▪ **Making New Friends:** Older adults who live alone often become isolated, which is unhealthy at any age. At senior communities, we can make friends, share a meal and enjoy festive occasions with one another. On the other hand, those of us who are more introverted appreciate that our privacy is respected, but are still glad to have folks around.

▪ **Finally Feeling Safe:** Homeowners, tenants and residents alike of the St. Luke Homes & Services campus in Spencer can enjoy the peace of mind that comes from the emergency response systems that are in each home or apartment, or worn on the resident's person as a necklace or wrist button.

We recognize that senior communities aren't for everyone. But it's without a doubt that there are vast numbers of seniors who would benefit immensely from life at a retirement community such as St. Luke Homes & Services.

JOIN US FOR 'BUSINESS BEFORE HOURS'



Make plans to attend **Business Before Hours** between 7:30 a.m. and 8:30 a.m. on Wednesday, April 6, at The Highlands, located at 1211 St. Luke Drive in Spencer. Network with others and hear firsthand what is happening in the community while enjoying a light breakfast.

St. Luke Homes & Services is sponsoring this Business Before Hours get-together.

- WELCOME

- Jackie Wyman
- Orlyn Wiemers
- Norma Jean Patten
- Curtis Paulsen
- Craig Kolb
- Joanne Arthur
- Virginia "DeDa" Behrens
- James Vollmer
- Allen & Gayla Sorenson
- Bob Rinehart

- BEST WISHES

- Marlyn Barglof

- SYMPATHY

- Glenn Storm
- Lois Eilers
- Willa Jean Leu
- Arvilla Sassman
- Robert Miller
- Sharon Larson
- Elwyn "Pee Wee" Rogers

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.

- Carole Peterson, of The Highlands, donated \$50 to St. Luke Homes & Services' Chaplain Fund in memory of Don Syvertson, the late father of Pastor John Syvertson.
- The family of Willa Jean Leu donated a lift chair to St. Luke Lutheran Home in memory of their loved one.
- The family of Francis "Bud" Fisher donated a framed painting and a Verilux magnifying floor lamp to St. Luke Lutheran Home in memory of their loved one.
- Burton and Betty Grimm, of Spencer, donated a collector's edition of The Harvard Classics, Beanie Babies, books and decorator plates to St. Luke Lutheran Home.
- Fern McKinnon, of Riverview Terrace Assisted Living, made a charitable donation of \$500. The gift is designated for use by staff of Riverview Terrace Assisted Living.
- Bethany Lutheran Church, of Spencer, donated \$650 to St. Luke Homes & Services' Chaplain Fund.
- Linda Marshall, of Spencer, made and donated a crocheted lap quilt for residents of St. Luke Lutheran Home to use.

APRIL HOMEOWNER, TENANT & RESIDENT BIRTHDAYS

- 1 - Doretta Unrau
- 4 - Mary Eischeid
- 4 - Vivian Geidl
- 8 - Ruby McKee
- 8 - Doris Schultz
- 10 - Ellen Hart
- 12 - Margaret Lundquist

- 13 - Dick Hallett
- 14 - Doris Camp
- 17 - Harold Hammerstrom
- 19 - Thora Grover
- 20 - Dick Romp
- 24 - Virginia Behrens
- 29 - Curtis Paulsen



LUNCH & LEARN

St. Luke Homes & Services invites you to participate in a series of discussions over lunch. The upcoming sessions will feature a variety of long-term care experts from the area. They will take place over a six-week time frame.

Lunch will be provided at no charge, but space will be limited at these Lunch & Learn sessions, sponsored by St. Luke Homes & Services. Reserve your spot in advance and/or direct your questions about the Lunch & Learn series of long-term care discussions to (712) 262-5931.



• Watch for details on www.stlukelh.com and on St. Luke Homes & Services' Facebook page.

VOLUNTEER BRUNCH



If you volunteer on the St. Luke Homes & Services campus, please plan to join us for a brunch honoring you!

When: Saturday, April 16 at 9:30 a.m.

Where: St. Luke Lutheran Home
1301 St. Luke Drive
Spencer, Iowa

♥ *Those who can, do. Those who can do more, volunteer.*

COMMUNITY CORNERSTONES

▪**Bethany Lutheran Church**

15 West 14th Street, Spencer
(712) 262-2327
www.bethluthspencer.com

▪**Bethlehem Lutheran Church**

207 Church Street, Royal
Rev. Deb Mechler
(712) 933-2229
royalbethlehemplutheran.com

▪**Christ the King Lutheran Church**

500 Fourth Avenue SW, Spencer
Rev. David Zimmer
(712) 262-2244
www.ctkspencer.com

▪**First English Lutheran Church**

1311 E. 18th Street, Spencer
Pastor Paul Kaldahl
(712) 262-5598
<http://spencer-church.com>

▪**First Lutheran Church**

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

▪**Grace Lutheran Church**

801 Hill Avenue, Spirit Lake
Rev. Dr. Martin Lucin
(712) 336-2446
www.gracelutheranspiritlake.org

▪**Grace Lutheran Church**

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

▪**Hope Lutheran Church**

206 N. Washington Street, Everly
Pastor Dan Taylor
(712) 834-2767
www.hopeeverly.com

▪**Immanuel Lutheran Church**

2300 27th Street, Spirit Lake
Rev. David Simonson
(712) 336-1010
lcmslakes.org

▪**Immanuel Lutheran Church**

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

▪**St. Paul's Lutheran Church**

60 N. Central Avenue, Hartley
Pastor Chris Nitzel
(712) 728-2711
www.stpaulslutheranhartley.com/

▪**Trinity Lutheran Church**

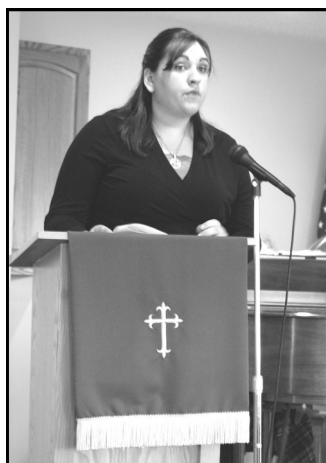
105 East High Street, Linn Grove
(712) 296-4438

▪**Trinity Lutheran Church**

9th & 11th Avenue West, Spencer
Rev. C. Peter Maisenbach
(712) 262-1287
www.trinitylutheranchurchspencer.com

GOOD FRIDAY OBSERVED

Thank you to the women from area churches who assisted with Good Friday services at



Riverview Terrace Assisted Living and at St. Luke Lutheran Home. A special thank you to Lorraine Conley for arranging the service readers and to Gretchen Hagedorn for the music.

We are appreciative.

MARCH ROYALTY



Lela Anderson and Mike Anderson (above) were crowned Queen and King of St. Luke Lutheran Home for the month of March during an Irish party featuring Irish music, food and drink. Both residents attended over 60 activities during the month.

- 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

- Frank Halverson
- Mark Nothwehr
- Rev. Peter Maisenbach
- Jerry Clausen
- Neal Drefke
- Jim Hitchcock
- Rev. Deb Mechler
- Roger Morris
- Sandi Schmidt

EMPLOYEE OF THE MONTH

Molly Guinn's family is her world.

St. Luke Lutheran Home is pleased that its residents and staff are included among Molly's family members.

Born and raised in Emmetsburg, Molly worked as a cosmetologist for 14 years at Design Masters Salon & Day Spa. Having always wanted to be involved in the medical field, Molly made a change in careers, became a Certified Nursing Assistant (CNA) in July 2014, and joined the long-term care team at St. Luke Lutheran Home.

"I love my job as a CNA, the residents of St. Luke, and the character of this



Molly Guinn
St. Luke CNA
since July 2014

place and its people," she said. "As a cosmetologist, I used to come to St. Luke and do residents' nails. I always thought it was the cleanest nursing home I had ever been in. Today, I also know the building has

a nice setup and flow to it."

Her advice to others contemplating becoming a CNA is to "have a heart" for seniors.

"Being a CNA is a very rewarding job," Molly said. "When I go home at night, it makes me happy to know that I've helped someone else, held their hand while I visited with them, and made them smile."

Molly's "go-with-the-flow" attitude is also well-suited to camping, exercising at Anytime Fitness, and swimming in St. Luke Homes & Services' indoor aquatic center. She stays busy following her two sons – Seth Hill-Anderson and Izak Peterson - in their sporting activities. Molly and her husband, Jason, a farm manager for Kassel Farms, reside in Everly.

RESIDENT OF THE MONTH

Virginia Jorgensen was born in Fort Calhoun, Nebraska. As a toddler, her family moved to a farm near Manilla. She and her twin brother, Eugene, were the youngest of eight children in the Saunders family.

Virginia attended country schools before graduating from Manilla High School. Upon graduation, she trained as a nurse for one year and then married her childhood neighbor, Kenneth Jorgensen, on Thanksgiving Day 1942.

The couple moved between Manilla, Alta and Storm Lake before retiring for half of the year in St. Petersburg, Florida, and then returning to Storm Lake.

Virginia served as a wife



Virginia Jorgensen
St. Luke resident
since May 2015

and mother as her husband farmed, installed electrical lines between Denison and Harlan, owned a hardware store, sold stocks and bonds, built Ken-A-Bob restaurant in Storm Lake, and assembled a truck stop at the intersection of Highways 3 and 71.

For over 50 years, Virginia attended Storm Lake United Methodist Church. She volunteered at the Senior Citizen's Center in Storm Lake, swam for exercise and enjoyed playing cards with many friends.

In May 2015, Virginia did not know a single person when she relocated from another Northwest Iowa nursing home to St. Luke Lutheran Home. This changed quickly, however, because she became a "regular" at many activities and worked diligently with physical therapy and rehabilitation staff at St. Luke.

Virginia enjoys spending time with her six children, 26 grandchildren and 34 great-grandchildren. She also takes delight in reading biographies and history books, completing crossword puzzles, playing cards and knitting.