

THE ST. LUKE SPIRIT



March 2016

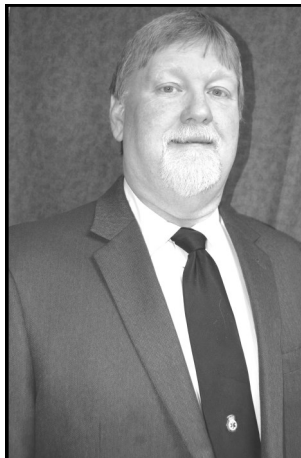
Volume 4, Issue 3

Upcoming Resident & Tenant Activities:

- **Lenten Services**
Tuesdays at 3 p.m.
St. Luke Lutheran Home
- **Community Lenten Services**
Wednesdays at 11 a.m.
Hope Church, Spencer
- **Lenten Services**
Wednesdays at 3 p.m.
Hillside Terrace
- **Riverview Terrace out for Lunch**
March 10 at 11 a.m.
Bird House Café, Milford
- **Good Friday Service**
March 25 at 1:30 p.m.
Riverview Terrace
- **Good Friday Service**
March 25 at 3 p.m.
St. Luke Lutheran Home
- **Bridge of Spies movie**
March 29 at 2 p.m.
Spencer Public Library
- **Hillside Terrace to Bakery**
March 30 at 9 a.m.
Carroll's Bakery, Spencer

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

DAVID WEST, ST. LUKE LUTHERAN HOME ADMINISTRATOR



David West, who took the helm as Administrator of St. Luke Lutheran Home in January, has been active in the long-term healthcare field since 1977. He is expected to transition into the role of St. Luke Homes & Services' CEO/Administrator when Al Campbell retires.

Born in Seneca, Illinois, Dave received his Long-Term Care Administrative degree from Concordia College in Moorhead, Minnesota. He is an Iowa- and Wisconsin-licensed nursing home administrator and, since 1987, has served at facilities in Marinette, Prairie Farm, Wisconsin Rapids and Chetek, Wisconsin.

Between them, Dave and his wife, Pam, have 10 children and 10 grandchildren. During his spare time, Dave has served as a Scoutmaster, Lions Club member and officeholder, church trustee and Sunday school teacher. He also volunteered with the Chetek Fire Department and worked as an EMT with the Chetek Ambulance Service.

Please feel free to stop in and chat with Dave. He may also be reached via email at dwest@stlukelh.com or by telephone, at (712) 262-5931, extension 116.

RECOGNIZING THE SIGNS THAT YOUR LOVED ONE MAY BENEFIT IN ASSISTED LIVING

Caregivers often find themselves unable to bear the burden of providing home health care without suffering from stress and illness themselves. There are some telltale signs that caregivers can look for in order to recognize when it's time for assisted living:

- **Home safety issues:** Ask yourself honest questions about your senior family member's health and your own abilities to care for them. Is your loved one becoming unsafe in his or her current home?
- **Escalating care needs:** Is the health of your senior family member or friend, or your own health as a caregiver, at risk? Are nutritious meals being eaten and prescribed medications taken at appropriate times? Are his, her or their care needs beyond your physical abilities?
- **Caregiver stress:** The emotional, mental and physical tolls of caregiving can be pronounced for spouses of those who need care. If you are a caregiver, are you living a life for yourself anymore - or are you living solely for your senior family member or friend?

In our culture, we normally do not want to talk about the issues of aging. This is why planning ahead, viewing assisted living community options, and becoming informed is so important. Before your loved one's cognitive and/or physical health is affected, it is important to have someone help collect the right information and help make critical decisions ahead of any major event.

The St. Luke Homes & Services community hopes you consider Riverview & Hillside Terrace Assisted Living as a viable, trustworthy and affordable choice.

Please do not hesitate to get in touch with Social Worker Georgia Wrightsman at (712) 262-5931 or Assisted Living Director Kerri Kofoot at (712) 262-5932 for more information and answers to questions you may have.

▪ WELCOME

Janet Haraldson

Ruth Batschelet

Shirley Granstra

▪ BEST WISHES

Beverly Shelton

Bill Frederick

▪ SYMPATHY

Francis “Bud” Fisher

Betty DeVos

Marlene Schmidt

Erma Schmid

▪ NEW STAFF

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

• Bernice McQuirk
St. Luke Laundry Aide

• Sarah Hickman
St. Luke Housekeeper

• Mercedes Siela
St. Luke Dietary Aide

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.

- Janice Swanson, of The Highlands, donated \$20 in memory of Dr. Duane Brown. Her memorial has been designated for items in St. Luke Lutheran Home’s Special Care Unit.
- The Spencer Women of Today organization donated \$100 to the St. Luke Homes & Services’ Activities Department on behalf of residents’ and tenants’ recent assistance in making special handmade gifts for Santa’s Workshop, which is hosted annually at the Southpark Mall in Spencer.
- The Lutheran Ladies Aide, of Terril, donated \$30 to St. Luke Lutheran Home in memory of three members.
- Arlene Nelson and Carol Lee, of the St. Luke Homes & Services campus in Spencer, donated two silk floral arrangements for use in the St. Luke Lutheran Home Chapel.
- Eric and Patricia Anderson, of Spirit Lake, donated an organ for use in activities and worship services at St. Luke Lutheran Home.

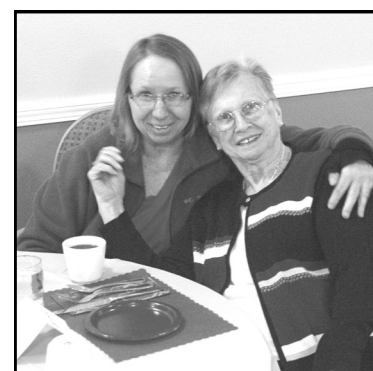
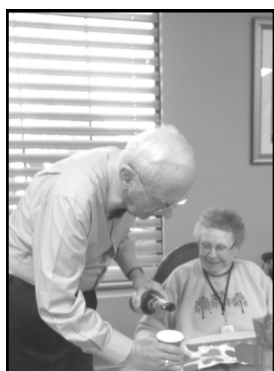
MARCH HOMEOWNER, TENANT & RESIDENT BIRTHDAYS

- 2 - Minnie Vance
- 3 - Dr. Harry Rasdal
- 4 - Gladys Wilcox
- 5 - PeeWee Rogers
- 6 - Doris Andersen
- 11 - Barb Faber
- 23 - Ruth Hoffman

- 24 - Rae Rogers
- 25 - Ferne Schuller
- 29 - Bill Frederick
- 31 - Querida Decker



VALENTINE MEMORIES TO FILL THE HEART



Special meals chosen by homeowners, tenants and residents were featured during Valentine’s Day celebrations on the St. Luke Homes & Services campus. Spencer Hy-Noon Kiwanis and Spencer After Five Kiwanis members brought some elegant touches to the occasions with their formal attire and their serving of the special meals. (From top left) John Rahn is shown serving a glass of sparkling grape juice to Jo Ann Kemp. (Center) Bob and Darlene Miller took delight in their special three-course meal eaten together. (Top right) Doris Anderson and her niece, Jayne Johnson, enjoyed spending time with one another and conversing. (Bottom left) Stanley and Doris Andersen danced the night away following their candlelit meal.

COMMUNITY CORNERSTONES

▪Bethany Lutheran Church

15 West 14th Street, Spencer
(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. Deb Mechler
(712) 933-2229
royalbethlehmlutheran.com

▪First Lutheran Church

1525 Three Cross Road, Milford
Pastor Bob Vaage
(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
(712) 296-4438

Is an 'Aging with Grace' educational series an option for your church?

Are you interested in discussing topics such as retirement and decisions to be made during the aging process, as well as your long-term care options?

If you are among the majority, you find talking about such things difficult to do.

However, when such discussions occur with others, comfort levels tend to increase and valuable information is exchanged. Members of your church congregation who are faced with such difficult decisions could probably benefit from more information available through an education series such as "Aging with Grace."

“My husband and I attended all three sessions of the 'Aging with Grace' program held at Trinity Lutheran Church in Spencer. Our speakers were knowledgeable, compassionate, and presented thought-provoking subjects, options and recommendations that should inspire all of us to think and plan more carefully for our own graceful aging process. If we are fortunate, and are mindful, we can avoid unpleasant surprises and stress, and look forward to an age that is 'golden' for us and for all our loved ones as well.”

- Kelli Farrar & Dave Larsen

Please contact Kris Todd at (712) 262-5931, extension 646, about starting an "Aging with Grace" or similar adult-education series of lessons pertinent to what you and your fellow church members wish to discuss.

- 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

- Kaylan Abel
- Mark Nothwehr
- Frank Halverson
- Jerry Clausen
- Neal Drefke
- Jim Hitchcock
- Rev. Peter Maisenbach
- Rev. Deb Mechler
- Ron Muetzel

EMPLOYEE OF THE MONTH

Ann Strait is recognized as being a dedicated and very hardworking Certified Nursing Assistant (CNA).

She is also known for being an advocate for Riverview Terrace Assisted Living, its tenants and its staff.

Ann, who works the overnight shift at Riverview Terrace, enjoys spending time with the tenants.

Her positive, giving attitude finds Ann readily appreciated by both her coworkers and tenants at the assisted living residence.



Ann Strait
Riverview Terrace CNA
since May 2013

Raised in Archer, Ann has lived in Hartley and currently resides in Spencer. She began

working as a Riverview Terrace CNA in May 2013.

Ann, who draws inspiration and strength from God, is also devoted to her family. She enjoys spending time with her daughter, Rebecca Mersch, and her four grandchildren: Gracie, Noah, John and Abraham.

During her spare time, Ann likes gardening, canning, and taking photographs of barns and skylines. She looks forward to times spent in nature, walking around Stolley Park and watching eagles with her grandchildren. Congratulations, Ann!

TENANT OF THE MONTH

Marlyn Barglof is a quiet woman with a quick wit and a positive outlook on life.

She married Erwin Barglof in November 1947. During their marriage, Marlyn worked as a cook at the Linn Grove school. She also worked as a bookkeeper and packer at Northwest Moving in Spencer, volunteered as a 4-H leader, and taught Sunday school and Vacation Bible School at First Congregational Church in Peterson.

The Barglof family made it a point to travel together every year. A family vacation to the Panama Canal and a cruise around Hawaii rank among Marlyn's favorite trips.

The Barglofs moved to Riverview Terrace in December 2014. Following Erwin's death, Marlyn returned to their



Marlyn Barglof
Riverview Terrace tenant
since January 2016

Linn Grove farm.

"I returned to Riverview Terrace in January, because I was grieving and needed people around me," Marlyn said. "I have always felt very comfortable, wanted and welcome here."

Her advice to others is to "not wait until it's too late" to make such a

move.

"Make plans to arrive early, so you can enjoy all they have to offer," she said. "Your needs are all provided for at Riverview Terrace, and the staff is kind, compassionate and professional."

True to her joyful nature, Marlyn participates in nearly every activity offered at Riverview Terrace. She enjoys cooking, playing Pokeno, listening to Ray Meyer perform on the piano, attending worship services, and performing with the Hands of Harmony Bell Choir.

Besides quilting and baking, she also enjoys spending time with her family, which includes Larry Barglof of Linn Grove, Linda Courtney of Stewartsville, Missouri, Betty Hyde of Peterson, Cheryl Barglof of El Paso, Texas, 10 grandchildren, 20 great-grandchildren, and four great-great grandchildren.