

JULY-SEPT 2024

*The Residents
don't happen to live
where we work;
We happen to work
in their home.*

ACTIVITY CORNER

It's officially summer! Hard to believe the year is half over! In case you were wondering what we've been up to we've included several photos to highlight some of the special moments we've shared. We all had a blast celebrating National Nursing Home Week which included staff and residents engaging in a fierce game of dodge ball, a pie & ice cream social, Jerry grilling for the entire facility, and a beautiful day of kite flying. The residents enjoyed a mini car show by the Carroll RPM Club. Many have already taken advantage of the golf cart rides to take in the fresh air, see what's new in the area, and to check out the community gardens. Special thanks to Jet's Outdoor Power for making this possible each year. Recently a bunch of us had a near perfect day at Swan Lake for a picnic lunch. Speaking of getting out of the facility for a bit, have you heard the news?! We reached our goal sooner than we expected and were able to purchase a bus for the St. Anthony elderly community! It will soon be on the road for a fun adventure once the logistics and training are complete. THANK YOU

to all that were involved with fundraising and donating! A special acknowledgement goes to our pastoral care director, Angelo Luis, for spearheading this idea and fund raiser.

What to expect the next couple of months? As much outdoor time as possible! We are blessed with a beautiful courtyard. Everyone is welcome to check it out. It's accessible through either the memory care unit or our courtyard gardens conference room. The residents were proud to assist in planting the flowers and vegetables and some even help with the watering. Everything is flourishing right now and we hope to have many cherry tomatoes and perhaps some cucumbers and beans to enjoy later in the summer. The residents love to snack on fresh fruits and vegetables and reminisce about their gardens and all it entailed. If anyone has a surplus from your gardens or sweet corn patch and not sure what to do with it please keep us in mind. The residents truly miss and appreciate any fresh produce snacks we can offer in the months ahead. Please reach out to Angie or Jerry if you would like to donate this season. Other

things coming up – we have planned a visit from the FFA kids in August to bring a couple of tractors and farm animals if everything falls into place. We are hoping to bring back our State Fair in the chapel which has been a hit the past few years. Watch your calendars and families are welcome to attend with your loved one.

We soon will have an addition to our activity team. Heidi Baker comes to us with years of experience caring for those with disabilities. I'm sure she will bring much compassion and fun to our team. Let's all welcome her!

We are always in need of volunteers to assist with all sorts of functions at the facility. If you or someone you know would like a rewarding, pleasurable experience and able to donate even just an hour a month of your time please consider being a volunteer. Do you enjoy singing or play an instrument or belong to a dance group? Do you have a mellow dog or pet that would like tons of attention from others? We are always looking for new visitors and creative activities. You can reach out to Angie at 712-794-5289.

Take care until next quarter.

Angie, Donna, Jamie, & Heidi



ALZHEIMER'S SUPPORT GROUP

The monthly Alzheimer's Support Group meetings will be on July 17, August 21 and September 18.

Meetings are held every third Wednesday each month at

1:30 p.m. at the Community Meeting Room at the Carroll Public Library, 118 East 5th Street, Carroll, IA.

Everyone is invited and the meetings last about a hour.

Any questions? Call Luanne Kustra at (712) 794-5395.



FOOD AND NUTRITION NEWS

S	Q	U	A	S	H	I	P	L	A
T	U	N	A	H	E	S	I	B	G
R	I	C	E	O	R	A	N	G	E
A	P	S	A	P	P	L	E	A	R
B	E	E	F	T	O	M	A	T	O
E	A	P	E	A	R	O	P	S	N
R	S	A	O	M	J	N	P	A	I
R	T	R	N	O	M	E	L	P	O
Y	O	G	U	R	T	P	E	X	N
C	D	A	E	R	B	N	R	O	C

Find the words hidden above and try some of these interesting foods you may have never tried before! Make sure to have a variety of colors on your plate every day!

- Apple
- Tomato
- Strawberry
- Pineapple
- Peas

- Orange
- Onion
- Salmon
- Rice
- Yogurt
- Pasta
- Tuna
- Grapes

Catherine Wernimont, RD, LD

SOCIAL SERVICES

Just a reminder...



Laundry: Please keep in mind when purchasing clothing for your loved one, we aren't able to do special washing loads such as delicate. We only have a commercial washer and it will damage clothing that require

special washing.

When you bring new clothes, pillows and blankets in to the nursing home, please alert staff so that items can be marked with an iron-on label please include a note of resident's name with the articles that need to be labeled.

With Summer here and warmer weather temperatures, we want to remind our families that they will want to assist their loved one with

cleaning out their closets and drawers and take home any items that their loved ones are not using. As you are going through your loved one's closet to transition to summer please let us know if there are items you are looking for.

Any questions can contact Luanne Kustra, Social Worker 712-794-5395.



ADMINISTRATOR

Bus Update

I would like to thank Chaplain Angelo and the committee for their commitment to the fundraising to purchase the bus. Without their dedication to this project we wouldn't be enjoying the new bus.

Jerry Wordekemper NHA
MHA, Senior Services
Administrator

jjwordekemper@stanthonyhospital.org

FACTS ABOUT 4TH OF JULY

1. In 1870 the Fourth of July became an official unpaid holiday and in 1938, it was changed to a paid federal holiday.
2. According to Time magazine, Americans reportedly consume about 155 million hotdogs on Independence Day alone.
3. John Adams and Thomas Jefferson are responsible for the bald eagle as the

national bird; Benjamin Franklin wanted it to be the turkey.

4. Thomas Jefferson was the first president to hold a 4th of July celebration at the White House in 1777. Congress chose fireworks to celebrate the first anniversary. They were ignited over Philadelphia.



OUR DEEPEST SYMPATHY

In this difficult time when we have lost someone we have held close, the residents and employees of St. Anthony Nursing Home conveys heartfelt sympathy. Our

prayers and thoughts are with you.

We remember:

- ◆ Urban Knobbe
- ◆ Joann Riesselman
- ◆ Bill Foval

- ◆ Pat Hinners
- ◆ Vernon Grote
- ◆ Russell Draves
- ◆ Brad Tate
- ◆ Merle Wilken



NOTES FROM SPIRITUAL CARE

Summer is the annual permission slip to be lazy.

Regina Brett

I love seeing the residents sit out and enjoying the sun and the breeze. There was another time, where kites were flown. That was so fun. These residents show us how to do it well.

It encourages me to rest and recharge when I get home. Summer is a great time for sitting out, doing nothing, and enjoying it.

So it's okay to slow down. You don't have to be always on the go. There is no pressure for you to do

extraordinary things. In fact, take this time to just be.

Also you don't have to do it alone, so invite family and friends. Let time slow down because before we know it, it's going to be fall and winter. And even then, there are many things to enjoy because time is valuable and precious. Make sure to do it in ways that nourishes and fills you.

Let us pray:

Long warm days...

The pace of life slows...

A time for picnics and rest in the shade...

Lord, help us to rest awhile

in the cooling shade of your presence.

Slow down our restless hearts and fill us with gentle compassion for all your people.

Amen.

Have a blessed Summer,
Chaplain Angelo



BIRTHDAYS

July Resident Birthdays:

- July 7—Catherine Wittry
- July 10—Ron Byerly
- July 12—Pat Morenz
- July 21—Clair Schmitz
- July 29—Cathy McInerney

July Employee Birthdays:

- July 4—Sarah Douglas
- July 5—Emily Hinners
- July 9—Moni Pate
- July 23—Ruth Parker

August Resident Birthdays:

- Aug 4—Betty Lawler
- Aug 8—Sharon Steadman
- Aug 11—Margaret Heithoff
- Aug 24—Dorothy Riesberg
- Aug 25—Linda Yttredahl
- Aug 26—Sherrie Miller



August Employee Birthdays:

- Aug 5—Sr. Blanca Urassa
- Aug 7—Deborah Steadman
- Aug 10—Kailee Sturm
- Aug 11—Annie Ankenbauer
- Aug 14—Jacob Irwin
- Aug 19—Emma Boes
- Aug 22—KaDee Sybesma
- Aug 23—Skarlett Allen

September Resident Birthdays:

- Sept 6—Jean Pawletzki
- Sept 10—Ron Hauser
- Sept 27—Lillian Ferneding
- Sept 30—Louise Vogel

September Employee Birthdays

- Sept 1—Heather Bauer
- Sept 9—Ku Moo
- Sept 16—Samantha Tidgren
- Sept 22—Emma Kuhlmann
- Sept 25—Angie Downey

- Sept 25—Chloe Venteicher
- Sept 27—Marlene Tiefenthaler



NEW RESIDENTS

Betty Lawler,
Monica Summers
Arlene Brincks
Ann Topf
Paul Baumhover
Cathy McInerney

THANK YOU!

Religious Services

Fr. Hoffman, Fr. Schrad, Fr. Snyder, Fr. Schott, Glen and Dottie Heithoff, Noreen Halverman, Char Rupiper, Lorraine Danner, Joan Bernholtz, Pat Sanders, Diane Boell, Pudy, Diane, Tom Schmitz, Jean Haviland, Denise Higgins, Roselyn Diers, Sheryl Wegner, Winnie Potthoff

Devotions

Angelo Luis, Pastor Robert-Immanuel Lutheran, Pastor Terry-United Methodist

Nursing Home Volunteers

Betty Riesenberg, Pat Schultes, Mary Swanson, Elaine Pottebaum, Marlene Riesberg, Betty Juergens
Jean Knobbe, Pat Schultes, Knobbe Singers, RSVP Singers, Ed Smith, Linda Steinkamp, Joleen Wiederin, Jan Sigler, Gail Dentlinger, Cindy Haubrich, Kathi Peters, Monica Klocke, Sherry Anderson, St. Lawrence Ladies

Donations

Bill Foval Family—Cookies for Staff, Avery Rodert &

Alyse Greteman—Cookies, Brad Tate Family—Walker, RSVP—Birdfeeders, May Day Baskets, Cards and Door Décor, Carroll Young Professionals—May Day Baskets, Ms Gingry's 4th grade Kuemper class, May Day Cards and Bookmarks, Hailey Behrens and Ella Pick—Goodies for Residents, St. John Guild Good Shepard Parish—Bingo Prizes, Betty Riesenberg—Bingo Prizes, Richard and Lenore Fiedler & Virgil & Mary Baumhover—Crafted Wooded Crosses

INFECTION CONTROL NURSE

Summertime in Iowa – Infection Control Safety Tips:

Insect protection- ticks and mosquitos are both summertime bugs and can carry disease. The more time we spend outdoors the greater the chance you have of being bitten. To help prevent Mosquito bites use an insect repellent that contains DEET when you are outdoors (make sure to follow the directions on the package) and remember mosquitos are worse at night. Ticks are out in abundance Iowa this summer always check yourself or have someone else help after coming in from being outside but to help prevent them from being able to attach wear long sleeves, full pants, socks, and shoes – they also suggest tucking your pants into your socks or using a rubber band to prevent them from getting to your skin – you can again use insect repellent for ticks. Don't forget your 4-legged friend they too can carry ticks – contact your vet for tick treatments and check them for ticks after being outside!

Food safety – grilling and picnic seasons are here! Make

sure you wash your hands – this is the single biggest way to prevent spread of germs! When preparing food make sure it is stored at proper temperature, prevent cross contamination, and make sure to fully cook all your food. Hand sanitizer is easy to carry and great to have on-hand for outdoor grilling and picnics for hand washing!

Outdoor/Sun safety – HEAT and HUMIDITY are essential to Iowa summers – a few tips to help you stay healthy and cool while enjoying the season – Sunscreen apply and re-apply it is recommended that sun screen have an SPF of at least 30 with BROAD SPECTRUM coverage, put on at least 30 minutes before sun exposure AND re-apply the sun screen every 2 hours – if you are going to be jumping into the water (pools, lakes, sprinklers, etc...) re-apply more often – also be friendly to the earth – look for chemical free, environmentally friendly sun screen! Shade is always a good thing to have if you can't find any, bring your own. Sunglasses and hats help provide a little shade for you! Drink PLENTY of water, avoid peak sun times if possible – know the signs of heat exhaustion - this can include dizziness, muscle

cramping, weakness, fatigue, confusion, heart palpitations & nausea – this happens when the body is TOO hot and cannot cool itself down – get out of the sun, find some air conditioning, drink water, and blot your skin with cool water to help lower your body temperature.

Summertime is always fun and we all enjoy being outside, remember to wash your hands, find some shade, wear the sunscreen, drink plenty of water, continue to see your doctor as needed, and remain up-to-date on vaccinations to keep you healthy all summer long! Enjoy the weather – I know I will!

If you have any questions or concerns please reach out to our infection prevention nurse – Kasey Greteman, RN

kgreteman@stanthonyhospital.org



Fun Times





COME & JOIN THE

UNVEILING

MONDAY, JULY 1, 2024

4 - 5 PM

ST. ANTHONY NURSING HOME
in the circle drive



DO YOU KNOW?