

JULY-SEPT 2026

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

ACTIVITY CORNER

Summer is here! 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 competing in a dodgeball game and the residents planting our Courtyard Gardens area. We all enjoyed a grilled meal compliments of Jerry, Godfather's pizza, and ice cream treats. Both the ladies and men reveled in their special days with family members for our Ladies Tea and Men's grill out. Several residents have 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. We want to give a special shout out to all the CHS singers, Kuemper middle school students that played band for us, and the younger children that decorated the outside of our

entrances with their beautiful chalk art! We had FFA students bring in baby animals for everyone to pet and reminisce about. Thank you kids and your welcome to come back any time! We've had a couple of successful bus trips traveling around the local communities, enjoying ice cream treats, and picnicking at Swan Lake thus far.

What to expect the next couple of months? As much outdoor time as possible! We are blessed with a beautiful courtyard. We recently added a donated glider that accommodates not just those that can walk on but also those in wheelchairs. It's accessible through either the memory care unit or our courtyard gardens conference room. Everyone is welcome to check it out! 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 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, sweet corn, or watermelon 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 – August is our yearly State Fair in the chapel in which family and especially grandchildren are welcome to join us! We have plenty of games, food, and some furry friends so watch for postings and we hope to see you all then!

We have some really great groups and performers that entertain us each month but we are always searching for new and exciting entertainment. If you or someone you know has music abilities or any other talents they would like to share with us please have them reach out to Angie at 712-794-5289.

Enjoy your summer and take care until next quarter.

Angie, Donna, Whitney,
& Sarah



ALZHEIMER'S SUPPORT GROUP

The monthly Alzheimer's Support Group meetings will be on July 15, August 19 and September 16.

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) 790-5244.



SENIOR SERVICES ADMINSTRATOR

Family members, Guardians and POA's,

If you receive a new Medicare number or change insurances please provide a copy to the facility in order for us to update our records. Also just as a reminder the only Medicare Advantage Plan that we are contracted with is

Wellmark. All other Medicare Advantage Plan are considered out of network and will deny any services provided. For example if a resident would need therapy services or skilled care those charges would be billed as private pay since we are not contracted with them.

If you have any questions regarding this give me a call at 712-794-5295 or email jwordekemper@stanthonyhospital.org.

Jerry Wordekemper

FOOD AND NUNUTRITION NEWS

Food Funnies!

Who doesn't love a good joke- especially a food joke! Enjoy!

1. What do you call a fake noodle?
2. What did the baby corn say to its momma corn?
3. Why couldn't the sesame seed leave the casino?
4. What does a nosey pepper do?
5. What's orange and sounds like a parrot?
6. When potatoes have babies, what are they called?
7. How fast is milk?
8. How do you make an apple turnover?

9. What's better than a good friend?
10. What kind of socks do you need to plant asparagus?
11. Why did the skeleton go to the barbeque?
12. What did the pecan say to the walnut?
13. Where did the broccoli go to have a few drinks?
14. What did one blueberry say to the other blueberry?
15. What do you call cheese that is not yours?
16. Wanna hear a joke about pizza?

2. Where's my popcorn?
3. Because he was on a roll.
4. Gets jalapeno business.
5. A carrot.
6. Tater tots.
7. It's pasteurized before you know it.
8. Push it downhill.
9. A good friend with chocolate.
10. Garden hose.
11. To get another rib.
12. We're friends because we're both nuts.
13. The salad bar.
14. If you weren't so sweet, we wouldn't be in this jam.
15. Nacho cheese.
16. Never mind it's too cheesy.

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1. An impasta.

Hope you had a few laughs!
Catherine Wernimont, RD, LD

SOCIAL SERVICES

I am settling in to the new position! Thank you to all the staff, residents and families who have welcomed me and helped with the transition. I certainly appreciate the staff and their dedicated care for your loved ones; They are very thorough and detail oriented. I hope you feel the same. Please let us know of any concerns we can address for your loved one.

Summer is here!! Warmer weather, sunshine and fresh air! Hope you are able to visit us and enjoy some of the opportunities available.

Take care, please call with any questions or concerns or feel free to stop in if you're visiting. My door is always open!

Melissa Schultes,
Social Worker
712-794-5395

Upcoming Events

The annual Living for Lynnne walk/fundraising/awareness event for ALS at Swan Lake in Memory of Lynne Dvorak.

Aug 22, 10 am. Contact Melissa for more info

The annual Optimism Walk to raise funds and awareness for Parkinson's disease is September 19th at Walker Johnson Park in Urbandale. For more info, contact Melissa

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 convey heartfelt sympathy. Our prayers and

thoughts are with you.

We remember:

- ♦ Claire Pudenz
- ♦ Louis Starman
- ♦ Clair Schmitz



NOTES FROM SPIRITUAL CARE

Look for goodness in others, for beauty in the world, and for possibilities in yourself. ~

Wes Fesler

In the midst of uncertainty, it can be easy to fall into hopelessness and fear. However, our faith can counter pessimism by recognizing God's goodness and presence in the world. And it is our prerogative as followers of Christ to bring goodness and hope to all the places we go and to the people we meet along the way.

Every day, I witness good things happening at St. Anthony

Nursing Home, where the staff care for the residents and families and friends come to visit their loved ones. The residents, as well, bring out the best of us as well. Life is thriving in the rooms and halls of St. Anthony Nursing Home.

So don't spiral into hopelessness and anger that pervades the world. Rather, be grounded in God and let God move you to bring out the good, light, and love the world desperately needs. Remind yourself that God is still in our midst and is at work to bring peace and light in the world.

Let us pray,

Loving Savior,

Help me to live your goodness and kindness each day. Remind me that my actions express who I am even more than my words. May I love as you love. Let me be good to those who wish me harm, forgive those who need forgiveness, and reach out in kindness to all I meet so they can experience the unconditional love of God. Set our hearts on fire for you.

Amen. (Attributed from
Sisters of the Divine Savoir)

Peace and Blessings,
Chaplain Angelo

BIRTHDAYS

July Resident Birthdays:

- July 2—Ruth Noelck
- July 7—Catherine Wittry
- July 9—Regina Schultes
- July 12—Pat Morenz
- July 16—Marie Tuel
- July 26—Carolyn Nieland
- July 29—Cathy McInerney

July Employee Birthdays:

- July 4—Sarah Douglas
- July 5—Emily Vonnahme
- July 8—Rosa Aquino
- July 9—Lisa Kemble
- July 9—Monica Pate
- July 23—Ruth Parker

August Resident Birthdays:

- Aug 5—Dave Lemker
- Aug 8—Sharon Steadman
- Aug 16—Ray Daniel
- Aug 26—Sherrie Miller
- Aug 29—Lois Wenzel

- Aug 31—Margaret Hindman

August Employee Birthdays:

- Aug 5—Sr. Blanca Urassa
- Aug 7—Deb Steadman
- Aug 10—Kailee Sturm
- Aug 11—Annie Ankenbauer
- Aug 14—Jacob Irwin
- Aug 22—KaDee Sybesma
- Aug 23—Skarlett Allen
- Aug 29—Abby Riley

September Resident Birthdays:

- Sept 6—Irma Jean Pawletzki
- Sept 27—Lillian Ferneding
- Sept 30—Louise Vogel

September Employee Birthdays

- Sept 1—Heather Bauer
- Sept 3—Tami Breidert
- Sept 9—Ku Moo
- Sept 11—Jacie Hawthorne
- Sept 13—Kelly Mull

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



NEW RESIDENTS

Jo Ann Underberg, Darlene Middleton, Joan Hutcheson, Judy Huegerich, Melvin Brincks, Ruth Drees, Shirley Gute, Jim Van Dyke

THANK YOU!

Religious Services

Fr. Schrad, Fr. Bruch, Fr. Schott, Fr. Collison, Glen and Dottie Heithoff, Char Rupiper, Pat Sanders, Tom Schmitz, Jean Haviland, Denise Higgins, Roselyn Diers, Sheryl Wegner, Kelly Foley, Judy Muhlbauer, Sheila St. Peter, Joan Janning, Alice Simon, Barb Braukman, Joan Shymansky, Deane Wolterman, Ann Phillips, Tanya Tigges

Devotions

Angelo Luis, Pastor Jay—1st Baptist, Pastor Ryan—St. Paul Lutheran

Nursing Home Volunteers

Betty Riesenberg, Pat Schultes, Mary Swanson, Elaine Pottebaum, Marlene Riesberg, Jean Knobbe, Pat Schultes, Knobbe Singers, RSVP Singers, Ed Smith, Linda Steinkamp, Joleen Wiederin, Jan Sigler, Cindy Haubrich, Kathi Peters, Monica Klocke, Sherry Anderson, St. Lawrence Ladies, Patty Alley, Lois Beyerink, Donna Pudenz

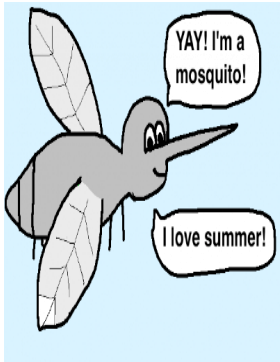
Donations

RSVP—May Day Baskets, pictures and bird feeders,

Luanne Kustra—Bingo Prizes, Scott Heinrichs Family—Wal-Mart Gift Card, Catholic Daughters—Cookies for Residents, St. John Catholic Guild—Bingo Prizes, Lillian Ferneding Family—Bingo Prizes, Anna Gingery—Treats for Staff



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 repellant 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 some-

one 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 – you can again use insect repellant 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!

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 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



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!

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

Monica Pate RN at mpate@stanthonyhospital.org

Planting flowers in the Courtyard



Father's Day Lunch



Animal Visits



Tea Mother's Day

