

OCT-DEC 2026

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

ACTIVITY CORNER

Fall is here! The residents had a great summer with many days outdoors enjoying the sunshine, lemonade, the glider in the courtyard, picking fresh cherry tomatoes to eat, and enjoying each other's company. They were able to shuck sweet corn and enjoy it with their lunch. We had a grand time at our own State Fair in the chapel. Thank you to all the volunteers that helped make that happen! Many residents took advantage of our golf cart rides made possible by Jet's Outdoor Power and we thank them very much for letting us borrow their golf carts each month. We've had several successful bus rides that included getting ice cream at Dairy Queen in Denison, seeing towns of Manning, Aspinwall, Willey, and Dedham. Touring the Catholic Retreat south of town – Domus Trinitatis, going to Deal's Orchard and bringing back some tasty apples and cider. We have many more fun trips planned in the months to come.

Even though fall is officially upon us we will

continue to take advantage of as many days outdoors as we can. We will take a chance at pumpkin bowling. Residents will be decorating pumpkins and we will have our yearly contest that all can vote for their favorite the week prior to Halloween and that winner will receive a special prize at our party. On the 30th we will have a resident Halloween party in the afternoon at 3pm followed by trick-or-treating from 430p-5p for grandchildren of residents, children of St. Anthony Staff, and the public. This will all take place in our 2nd floor dining room so tell your families to have their little ones stop by for some goodies!

As you can imagine we will be in need of a lot of small pumpkins and a bunch of Halloween candy for the residents to pass out. If you know of anyone that has 3 dozen small pumpkins or wanting to donate bags of candy please have them call Angie at 712-794-5289 by October 15th. In October our candy monster will be making another appearance in the entryway that staff or family members can feed! These bags of candy will be used towards our trick-or-treaters. We would gladly accept monetary

donations as well.

November 3rd is the midterm elections. If your loved one wants to vote family will need to obtain absentee ballot for them from their registered county.

I hate to even mention Christmas already but since the next newsletter will not be out until the 1st week of January I wanted to let everyone know that we plan on resident Christmas parties shortly before Christmas in which families are welcome to join us. We will have goodies and refreshments for everyone. Residents will receive their Secret Angel gifts during these times as well. Exact dates to be announced later.

With the holidays approaching we want to remind everyone that the Courtyard Gardens room is available to reserve. This is at no cost and available after 5p during the week and anytime Saturdays and Sundays. There is a refrigerator, microwave, sink, and restroom to use. It comfortably holds up to 25 people and there is access to our courtyard from there. To reserve call Angie at 712-794-5289 or Renee at 794-5758.

Bountiful blessings to you all! Angie, Donna, Whitney, & Sarah



ALZHEIMER'S SUPPORT GROUP

The monthly Alzheimer's Support Group meetings will be on October 21, November 18 and December 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.



ADMINISTRATOR

Just a couple reminders as we head into the holiday season. Any new clothing items purchased for residents need to be labeled, please give the items to any staff so it can get to laundry for labeling.

Secondly, just a reminder of Fire Code requirements as it comes to

Christmas decorations/floral arrangements. We are not allowed to have any real wreaths or floral arrangements with any type of evergreen in them. Also corridor doors can not be covered with wrapping paper or any other

combustible material. Combustible decorations are ONLY permitted if they are flame-retardant or are treated with approved fire-retardant coating that is listed and labeled for application to the material to which it is applied.

Thank you, Jerry Wordekemper

FOOD AND NUTRITION NEWS

Cranberries: The Small Red Nutrition Powerhouse

Thanksgiving is probably one of the few times of the year the majority of us thinks of or eats cranberries. The pilgrims had many uses for cranberries, and even considered them medicine. Several uses you probably know and may still use today. They thought cranberries prevented scurvy by removing salt from their bodies. Cranberries do prevent scurvy, by giving us Vitamin C, not by removing salt. They also used cranberries to help prevent infection. They made a paste from them and used that to cover a wound infection. That's why many people drink cranberry juice to this day. It can help prevent urinary tract infections. Cranberries also have many antioxidant powers and help fight inflammation.

Cranberries are delicious many

ways. In a sauce, a drink, or mixed in a salad are just a few ideas. Try to add cranberries to your routine throughout the year!

Christmas Cookies and Traditions

For Christmas, I like to bake a variety of cookies to give away to family, friends, and neighbors. I always make cut-out gingerbread cookies and a chocolate cookie with mint frosting. Those are my family's favorites! Many of the other cookies vary from year to year.

I frequently make Pfeffernusse cookies. These are traditional, tiny German spice cookies. I like to make them as far in advance as I can and leave them in the freezer for a few months before eating. They develop so much more flavor that way! Mine have about 10 different spices in them, including anise extract, white pepper, nutmeg, ginger, cardamom, and molasses.

These are an acquired taste, but I grew up eating them each year during Weihnachtsfest in Manning. This is the German festival of Christmas. Every year they have a night-time parade ending with lighting of the town windows and a visit from Santa. I always enjoyed this simple tradition, and now I like taking my kids there to enjoy the festivities. To me, this is the start of the Christmas season! What is your favorite Christmas cookie and tradition?

Happy Holidays,

Catherine Wernimont, RD, LD



SOCIAL SERVICES

I have been in the new position since Feb! Not sure where the year has gone; Thank you to all the staff, residents and families who have been patient with 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.

Fall is here!! Cooler weather is coming; This may be a good time to go through closets and rotate clothes. Hope you are able to visit with upcoming holidays 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 Alzheimer's Walk for West Central Iowa will be held on Sat, Oct 3rd at the Pioneer Park at Pine Street Shelter in Harlan. Check in at 9am with a 10am ceremony and walk to follow at 10:30. Lunch is provided following the walk.

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:

- ♦ Catherine Wittry
- ♦ Joan Trobak
- ♦ Gin Knobbe

- ♦ Ruth Noelck
- ♦ Ray Daniel
- ♦ Carolyn Nieland
- ♦ Sharon Steadman
- ♦ Katie Hoffman



NOTES FROM SPIRITUAL CARE

*Life isn't about getting and having,
it's about giving and being."*

~ Kevin Kruse

When I was a child, I loved receiving gifts, especially on Christmas Day. As I have gotten older, I love giving gifts. I love sharing candies and pastries to staff, volunteers, and even residents. I also love sharing devotions to the residents to inspire them.

Recently, I distributed communion to the non-Catholic residents. Angie and I went to each person and offered bread and wine. They graciously received it and I thoroughly enjoyed it. Even though it could be seen as a simple gesture and that it is just bread and wine, the act is powerful and impactful.

Many of the Extraordinary Ministers of Holy Communion are participating in a sacred and holy act. It is as if they are reenacting the story of Jesus in the last supper. On the night before he died, Jesus shared that he was giving his body and blood for them through bread and wine. Jesus loved his disciples so much that he would sacrifice his life for all. He showed them what it took for their lives to be meaningful, which is to be selfless and generous.

So, in this season of holidays, it is not about the gifts that you will receive. Yes, it feels great. However, the most important reason why we come together to eat and fellowship is that someone gave you a significant thing and vice versa.

Maybe it was material or it was something else. It could have been a touch or a word that you needed for that moment. I do not know what that is, but I hope you cherished it because that person gave you something of theirs for you to love.

Ultimately, I hope you give more than you receive. I hope you realize that as you give, it comes from an infinite source. God is always giving, always blessing. There is no limit to God's love. When you do give, recognize the person and see how they respond. It might be the most fulfilling and surprising gift that you will receive from them. It may spur you to give more and more.

Happy Holidays. Happy Halloween. Happy Thanksgiving. Merry Christmas. Happy New Year. Blessings, Chaplain Angelo

BIRTHDAYS

Oct Resident Birthdays:

- Oct 1—Harold MacRunnel
- Oct 2—John Ingalls
- Oct 2—Betty Venteicher
- Oct 3—Ruth Tigges
- Oct 6—Bryce Nobiling
- Oct 9—Swede Anderson
- Oct 9—Roman Steffes
- Oct 15—Eunice Ausman
- Oct 16—Myra Stangl
- Oct 18—Ryta Freese
- Oct 22—Norman Tapps

Oct Employee Birthdays:

- Oct 4—Melissa Schultes
- Oct 7—Donna Pemble
- Oct 10—Sr. Jovitha Mtenga
- Oct 13—Tammie Wetzel
- Oct 20—Angie Potthoff

Nov Resident Birthdays:

- Nov 20—Rose Chapman
- Nov 20—Lois Hinners

Nov Employee Birthdays:

- Nov 9—Becki Hawes
- Nov 9—Lisa Jenkins
- Nov 9—Frannie Roe
- Nov 12—Heather Curnyn
- Nov 15—Kaci Peter
- Nov 20—Ronda Nepper
- Nov 22—Hannah Andersen
- Nov 25—Deb St. Peter
- Nov 29—Terynn Schultz

Dec Resident Birthdays:

- Dec 11—Darlene Niehaus
- Dec 12—Rose Mary Lappe
- Dec 13—Kathy Mauer
- Dec 15—Melvin Brincks
- Dec 15—Marjean Lipton
- Dec 18—Helene Stanzyk
- Dec 20—Scott Heinrichs
- Dec 21—Mary Theresa Hoffman
- Dec 24—Mary Schultz
- Dec 27—Bev Rolfes

- Dec 30—Ann Topf
- Dec 31—Karen Gingery
- Dec 31—Sandy Hill

Dec Employee Birthdays

- Dec 5—Annette Douglas
- Dec 11—Sr. Carolina Assenga
- Dec 14—Aricka Sibenaller
- Dec 17—Samantha Simmons
- Dec 20—Camryn Askelsen
- Dec 24—Brittney Page
- Dec 25—Christy Sturm



NEW RESIDENTS

Erv Aden, Helene Stanzyk,
Marjean Lipton,
Betty Juergens,
Harold MacRunnel,
Elaine Mott, Rose Mary Lappe
and Catherine Wittrock

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

Gin Knobbe Family—Lift
Chair, Yvonne Staples,
Family—Wheelchair,

Lois Hinners Family and
Kenny Sporrer—Sweet Corn
for Residents, Betty
Riesenberg—Bingo Prizes,
Marlene Tiefenthaler—
Raspberries for Residents,
Linda McCollum—
Wheelchair, Catholic
Charities—Decorative
Crosses, Sharon Steadman
Grandson—Fruit, Veggie and
Dessert Platters, St John
Lutheran Church—Bingo
Prizes



TIPS FOR STAYING HEALTHY THIS VIRUS SEASON

Reduce your risk of catching and spreading respiratory viruses like flu, COVID-19 and RSV

Stay Up to Date on Vaccines

Vaccines are the best protection against severe illness. Contact your health care provider to schedule vaccines.

- CDC continues to recommend that everyone age 6 months and older should have access and the choice to receive COVID-19 vaccines.
- Flu vaccines are recommended for everyone 6 months and older.
- RSV immunizations are recommended for eligible pregnant people, older adults, infants and toddlers.

Stay Home if You are Sick

Stay home and away from others if you have any symptoms of flu, COVID-19 or RSV.



Consider Wearing a Mask



Consider wearing a high-quality mask in crowded or indoor areas, especially if you're sick.

Wash Your Hands

Wash your hands often with soap and warm water for at least 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.



Cover Your Cough or Sneeze

Cough or sneeze into your elbow, arm or a disposable tissue. Make sure to wash your hands or sanitize and dispose of your tissue after.



Ventilate Indoor Spaces

Open doors and windows as much as possible to bring in fresh outdoor air. This helps keep virus particles from building up indoors.



Fair Celebration

Games, Food, Prizes and Fun



Lemonaid Stand



Bunny Visit

