

THE ST. LUKE SPIRIT



Upcoming Activities:

- Veterans Day program, 2:30 p.m. Nov. 11, at St. Luke Lutheran Home
- Spencer Support Group for Parkinson's Disease, 1 p.m. Nov. 12, at Hillside Terrace Assisted Living
- Visit to Okoboji Classic Cars Museum in West Okoboji, afternoon of Nov. 12
- Coffee with residents of The Highlands, 9:45 a.m. Nov. 13, at Riverview Terrace Assisted Living
- Holiday Design Show, Nov. 15, at Del's, Spencer
- Music with Jerry and Peggy Roberts, 2:30 p.m. Nov. 19, at St. Luke Lutheran Home
- Campus outing, Nov. 22, to InnSpiration Bed and Breakfast, Linn Grove
- Monthly Birthday Party sponsored by St. Luke Homes and Services, 2 p.m. Nov. 25, at Spencer Area Activity Center
- Music with Robert Johnson, 2:30 p.m. Nov. 25, at St. Luke Lutheran Home
- More November 2013 activities are available online at www.stlukelh.com

WANNA GO FOR A SWIM?

As fall becomes winter, and temperatures turn cooler, time spent in the indoor aquatic center - consisting of a large pool and spa located between St. Luke Lutheran Home and The Highlands - becomes a warm treat many people look forward to, whether it be for recreational swimming and relaxing in the poolside chairs or participating in aquatic therapy and fitness exercises to regain strength, mobility and endurance.



By the numbers

- The aquatic center opened on Oct. 9, 2006.
- The 3,685-square-foot room is kept at a balmy 90 degrees.
- The pool holds 39,500 gallons of 98-degree water
- The pool's maximum depth is 5-foot-9 inches.
- The spa holds 3,500 gallons of 98-degree water.
- Tickets may be purchased for \$4 per person at the St. Luke front desk between 8 a.m. and 4 p.m. Monday through Friday.
- A special package deal of 50 tickets for \$150 is also available.
- Swimming hours for the general public are 2 - 9 p.m. Monday through Friday, and 8 a.m. to 9 p.m. Saturday and Sunday.

"As a child, I swam in creeks. But over the years, I did swim in many different pools, and I believe the indoor aquatic center on the St. Luke Homes and Services' campus is the best!"

- Fred Schmidt, a Riverview Terrace tenant who thoroughly enjoys his weekly workouts in the pool

Welcome

Marlene Schmidt
Patricia Carter

Best Wishes

Kay Filloon

In Loving Memory

Madora Peterson
Mary Centner
Jacqueline Sorensen

GIVING BACK TO THE COMMUNITY

Our long term care community believes in this area and its people. Hillside and Riverview Terrace, The Highlands and St. Luke Lutheran Home are displaying support through the direct sponsorship of several organizations throughout the area. One of these is the Parker Historical Society of Clay County, which operates the Clay County Heritage Center.

This holiday season, St. Luke Homes and Services is sponsoring a display by Pastor John Syvertson at the Clay County Heritage Center in Spencer.

Syvertson began collecting 5-inch Fontanini figurines in September 1993. His nativity scene-inspired collection has grown to over 1,000 pieces.

Syvertson's impressive collection may be viewed at the Heritage Center between



Fontanini's "Shepherds on the Mountain"

10 a.m. and 4 p.m. on Tuesdays, Wednesdays and Fridays; from 10 a.m. until 6 p.m. on Thursdays; between 10 a.m. and 3 p.m. on Saturdays; and from noon until 4 p.m. on Sundays. The display will be open to the public from Nov. 26 through Jan. 5, 2014.

Viewers of this beautiful collection are asked to bring a non-perishable food item to the Clay County Heritage Center, to support the Upper Des Moines Opportunity as well as the Dream Center food pantries.

Tom and Kae Roti, of Spencer, contributed a \$10 memorial to St. Luke Lutheran Home, on behalf of a former resident

Best Auto, of Spencer, designated a \$50 charitable gift for the Alzheimer's Special Care Unit at St. Luke Lutheran Home

First English Lutheran Church, of Spencer, donated \$50 to the campus' special gifts fund

EMPLOYEE ANNIVERSARIES

1 - Paisley Jones	(1 year)	14 - Jill Henningsen	(6 years)
2 - Tiarra Prange	(4)	18 - Jeanie Culver	(30)
4 - Michelle Nielsen	(31)	20 - Jordan Stein	(1)
5 - Jennifer White	(1)	22 - Casey Henricksen	(2)
6 - Natalie Thiesen	(7)	24 - Cindy Lytle	(4)
9 - Colleen Froiland	(13)	29 - Catherine Hall	(1)
10 - Frankie Weier	(9)	29 - Jane Lake	(6)
13 - Jill Goodrich	(5)	30 - Matthew Olson	(21)
13 - Mary Sembach	(1)	30 - Eric Weber	(1)

NEW STAFF

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

Shanae Haan
Katie Merideth
Faith Whitson
Brittany Culver
Kipp Davis
Cari Cawley
Samantha Guthrie

CAMPUS PHOTOS



The Regional Geriatric & Medical Director Luncheon - sponsored jointly by St. Luke Homes and Services and Avera Medical Group - brought long term care (LTC) medical directors, administrators and directors of nursing together Oct. 4 in Spencer. Keynote speaker Dr. A. Lee Anneberg, immediate past-president of the Colorado Medical Directors Association, (above, left) is shown driving a point home with Paulette McCall, of Sioux Rapids. LTC medical directors Drs. James Creech, Ronald Creswell and Ken Hunziker, (at right) had the opportunity to share real-world narratives at the event.

CAMPUS PHOTOS



Pastor John Syvertson, a friar with the Order of Lutheran Franciscans, blesses Sy the dachshund during a Blessing of the Animals, hosted at St. Luke Lutheran Home.

Riverview Terrace tenants Charles and Thelma Mills (seated, at right) celebrated their 67th wedding anniversary on Sunday, Oct. 6. The Mills' sons, Dennis, Darrel, Dale, Alan and Kevin (from left) sang "For the Beauty of the Earth" at the morning worship service.

NOVEMBER RESIDENT & STAFF BIRTHDAYS

2 - Anna Somers	11 - Irma Jobe	20 - Shayla Quail
2 - Christina Zapata	11 - Jordan Staples	21 - Lori Archer
5 - Rex Travis	13 - Jared Fairchild	21 - Janice Bell
6 - Janna Sembach	14 - Dorothy Fink	21 - Frances Schuett
8 - Mary Killmar	14 - Ron Fritz	22 - Greg Meeter
8 - Freeman Knudtson	15 - Linda Harders	22 - Dorothy Veitch
10 - Robert Guerttman	16 - Beverly Carstensen	24 - Charles Mills
10 - Rhonda Harleman	16 - Rod Richardson	26 - Norma Galbraith
10 - Phyllis Haroldson	17 - Dale Meyer	29 - Kelly Dillard
10 - Ellen Johnson	18 - Cheri Prange	29 - Edith Hansen
10 - Cher Lindahl	19 - Terri Stewart	30 - Briana Dandy
		30 - Betty Pothast

THANK YOU

- Thrifty White Drug, of Spencer, for donating several bags of candy for trick-or-treating families that visited campus Halloween night
- Spencer Wal-Mart, for awarding a \$50 gift card to St. Luke Homes and Services



- Families of St. Luke residents, for candy donations

- Marvin Umbrell, of Spencer, for contributing a number of tomatoes from his garden
- Spencer Wal-Mart, for donating several boxes of cookies for residents of The Highlands, Hillside and Riverview Terrace, and St. Luke Lutheran Home to enjoy

HELP WANTED

St. Luke Homes and Services, one of the larger businesses within the community of Spencer, is an equal opportunity employer offering excellent salary and benefit levels. The following opportunities are currently available on campus:

- **Certified Nursing Assistant** for the 2-10 p.m. shift and every other weekend at St. Luke Lutheran Home.
- **Personal Service Assistant** to provide personal care services, social care services, health care services, assistance, support and supervision to tenants at Hillside Terrace Assisted Living. We will train the right person.
- **Dietary Aide and Cook**, needed on a part-time and/or as needed basis, for St. Luke Lutheran Home.

Please apply online at www.stlukelh.com, via an email to kim.krause@stlukelh.com, or in person at St. Luke Lutheran Home, 1301 St. Luke Drive, Spencer.

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 spend your retirement years, call Georgia Wrightsman at (712) 262-5931 ext. 109.



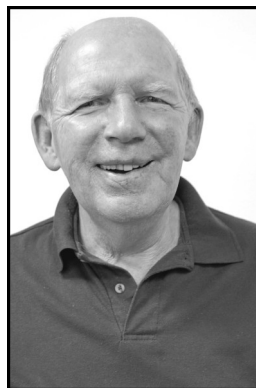
St. Luke Homes and Services, Inc.
 "A Caring Community"



TENANT OF THE MONTH

Dennis Nagel grew up on a farm south of Hartley with his two younger brothers: Duane, of Spencer, and Doug, of Hartley. He drove a tractor by the age of 10, showed cattle as a 4-H member, and graduated from Hartley High School in 1967.

Nagel pursued civil engineering courses at Iowa State University before receiving a diploma in architectural drafting from Kirkwood Community College in 1971. Over the years, he worked for the Iowa State Highway Commission and Cuckler Building Systems. Nagel retired April 30, 2004, following a 28-year career with Eaton Corporation in Spencer. Since 1978, Nagel has continued to serve in



Dennis Nagel
 Riverview Terrace tenant

various roles at the Clay County Fair. With a preference for staying active, he can often be found playing pool, exercising at the Spencer Area Activity Center or walking around the St. Luke

Homes and Services' 13-acre campus. Nagel, who moved to the Riverview Terrace Assisted Living residence on Dec. 31, 2012, is an affable fellow who readily volunteers his time and talents to others on campus. He helps with activities and special events, ranging from bingo and bell choir to folding the monthly newsletter and visiting with others. He accomplishes all with a positive attitude. Nagel is proud of his two children - Jennifer Walker, of DeWitt, who owns a pharmacy, and Dr. Justin Nagel, of Dallas, Texas, who serves as an oral surgeon - and of his grandchildren: Lauren and Gavin Walker.

EMPLOYEE OF THE MONTH

Mary Hughes is recognized for being a responsible, selfless leader who knows how to create a strong team, even in the face of adversity.

Hughes showed her superior capacity for teamwork and leadership this summer, when she accepted responsibility as interim Director of Dietary Services for the St. Luke Homes and Services campus in Spencer.

True to her quiet, yet hearty nature, she created a seamless transition for others, who in turn rallied behind Hughes in order to showcase their true allegiance to one another and the team.

"The entire team contin-



Mary Hughes
 St. Luke Homes & Services'
 Cook

ued on as if no change had occurred," wrote one of the several supervisors on campus who nominated Hughes for this special recognition. "Mary handled herself as a supervisor, did evaluations and ordered

supplies as a supervisor would. She honored herself and her department through her leadership." The native of Spencer began her dietary career April 28, 1992, as a dietary aide at St. Luke Lutheran Home. She was promoted to also serve as a cook for the campus in 1995. During her 21-year tenure, Hughes has also been recognized by her peers for being a "go-to" person.

Mary and her husband, Matt, of Fostoria, have two children: Gage and Grace. The staff and residents of the St. Luke Homes and Services campus wish to salute Hughes for her most recent "true show of teamwork and leadership."