

JULY-SEPT 2023

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



## ACTIVITY CORNER

Though the men are a little outnumbered in our home, June was definitely a month geared towards them. The memory care residents had a great time checking out all the classic cars that the RPM Car Club of Carroll put together for us. So fun to see all the big smiles and reminiscing that took place! Most of the men took advantage of a delicious meal the Friday prior to Father's Day that consisted of pulled pork, mac-n-cheese, baked beans, and apple pie with ice cream. The residents also had the opportunity to participate in activities such as throwing, golf cart rides, courtyard & (root)beer, and bean bag toss throughout the month to name a few.

It's hard to believe we are already beginning the month of July! We look forward to more time outdoors and hopefully the start of enjoying fresh produce. 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 we can offer in the months ahead. So again, please

reach out to Angie or Jerry if you would like to donate this season.

You may not have heard but Angelo, the St. Anthony Chaplain, had the brilliant idea to start fundraising so that the Nursing Home can purchase our own used wheelchair accessible shuttle bus. We have had a variety of issues the past few years with transportation and trying to take outings with the residents. This would be a game changer if we had our own bus. We had a car wash planned in June but the weather did not cooperate so it has been rescheduled for July 15th, this is just a start and we have several more fun ideas in the months ahead while including the residents. RAGBRAI will be coming through Carroll Monday, July 24<sup>th</sup>. We expect many cyclists and guests around campus so we thought it would be a wonderful idea to have the residents frost & decorate sugar cookies to sell that afternoon along with bottles of water. All proceeds will go towards our fundraising goal so if you are in our area Monday, July 24<sup>th</sup> after 2pm please stop by for a yummy treat for a good cause! If you are interested in making a

donation or have questions regarding the fundraiser please call Angelo at 712-794-5434.

As Jerry announced last month the Socializer will now be posted on the St. Anthony Website quarterly. There will be no further mailings. The residents will still receive a printed copy along with the monthly activity calendars which will also be posted monthly on the website. Extras of each will be available at the nurse's stations.

Families often ask, "When is a good time to visit?" ANYTIME is a good time to visit especially since families can attend or participate with activities and mass. If you are wondering how the daily schedule goes to plan your visit here's a rundown - The residents on both floors typically go to breakfast between 730a-830a. Rosary & Mass are 910a-10a except Mon/Sat. Morning activities are usually around 10a-11a. Lunch is between 1130a-1230p. Afternoon activities around 3p-4p and they go to dinner around 530p-630p. Hope to see you soon!

Angie, Connie, Donna,  
& Lindsey



## CAR SHOW



## ALZHEIMER'S SUPPORT GROUP

The monthly Alzheimer's Support Group meeting will



be on July 19th.

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

Milk really does do a body good!

13 ways milk can help your body

1. Calcium- helps build and maintain strong bones and teeth.
2. Protein- helps provide sustained energy and build and maintain lean muscle.
3. Vitamin D- helps build and maintain strong bones and teeth and helps maintain a healthy immune system.
4. Phosphorus- helps build and maintain strong bones and teeth and supports tissue growth.
5. Vitamin A- helps keep skin and eyes healthy.

6. Riboflavin- helps your body use carbohydrates, fats and protein for fuel.

7. Iodine- helps your body use carbohydrates, fats and protein for fuel.

8. Vitamin B12- helps maintain a healthy immune system, blood and nervous system function and supports normal energy metabolism.

9. Pantothenic Acid- helps your body use carbohydrates, fats and protein for fuel.

10. Niacin- used in energy metabolism in the body.

11. Zinc- helps maintain a

healthy immune system, helps maintain healthy skin.

12. Selenium- helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.

13. Potassium- helps maintain a healthy blood pressure and supports heart health.

So have a glass of moo juice, a cup of yogurt, or a slice of cheese to help support your health!

Catherine Wernimont, RD, LD



# ADMINISTRATOR

## Newsletter Changes

Starting this month our newsletter is on line. Also going forward the Socializer will be quarterly however, the month activity calendar will be posted on line in the same location.

**HOW TO GET THERE:** from the St. Anthony Regional Hospital -

[www.stanthonyhospital.org](http://www.stanthonyhospital.org).

Click on the "Services" tab and hit "s" then hit search, on the page that comes up click on "Senior Services/Assisted

Living/Nursing Home" on the next page scroll down and select The Socializer on the right side of the page.

Another option to get you directly to the Socializer is the below QR code.

Jerry Wordekemper NHA  
MHA, Senior Services  
Administrator



**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.

Any new items please include a note of name with articles that need to be labeled so things can get to correct Resident.

## 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:

Lorna McNeill  
Dolora Brincks  
Bonnie Hein  
Leon Tigges

## NEW RESIDENTS



Esther Halverson,  
Calvin Blessington,  
and Ron Byerly

## NOTES FROM SPIRITUAL CARE

**Faith includes noticing the mess, the emptiness and discomfort, and letting it be there until some light returns.**

~ Anne Lamott

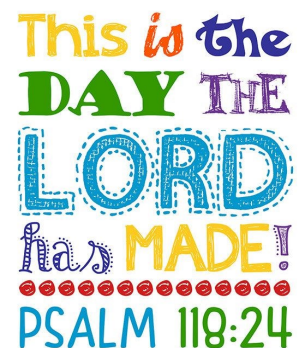
Light was the first thing that God brought into the world. Just as we turn on the lights to enter a room, God said the word light in a dark world. Then out of nothingness light broke out. He saw an abyss that needed good things in it, so he created a world and us.

When everything seems dark, sometimes the first and best thing to happen is light. I see that light emanating from people's eyes when they share a story of struggle or when they see a loved one visit them. Not just the light that comes from the sun, but we can be sources of light as well.

Light opens our eyes; it makes us see our true selves. It's as if our lives has been revealed and refreshed. It is as if we see what God sees in us; goodness. Because of

light, our lives can have meaning and joy. Light is good. It feels warm. It is bright. It gives power. It covers all. It shows where things in our lives need care and love. It shows us where to go. It can be shared with others. It is God.

Enjoy the summer.  
Blessings,  
Chaplain  
Angelo



## BIRTHDAYS

### July Resident Birthdays:

- July 7- Catherine Wittry
- July 10- Ron Byerly
- July 12- Audrey Weitzl
- July 21- Clair Schmitz
- July 30- Sally Carstens

### July Employee Birthdays:

- July 4- Sarah Douglas
- July 5- Emily Hinners
- July 9- Moni Pate
- July 23- Ruth Parker
- July 26- Tess Sturm

### August Resident Birthdays:

- Aug 8- Sharon Steadman
- Aug 11- Margaret Heithoff
- Aug 22- Mildred Broich
- Aug 24- Dorothy Riesberg
- Aug 25- Janet Snyder
- Aug 25- Linda Yttredahl
- Aug 26- Sherrie Miller
- Aug 27- Norma Berger

### August Employee Birthdays:

- Aug 5- Sr. Blanca Urassa
- Aug 9- Shawna Bradley
- Aug 10- Kailee Sturm
- Aug 11- Annie Ankenbauer
- Aug 19- Emma Boes
- Aug 22- KaDee Sybesma
- Aug 23- Skarlett Allen

### September Resident Birthday:

- Sept 6- Irma Jean Pawletzki
- Sept 22- RoseMarie Kruse

### September Employee Birthdays

- Sept 1- Heather Bauer
- Sept 11- Bobbie Weber
- Sept 25- Angie Downey
- Sept 25- Chloe Venteicher



## MEN'S LUNCH



## THANK YOU!

### Religious Services

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

Dolora Brinks Family—Cinnamon Rolls for Staff, FFA—Care Baskets for Residents, Cathy Potthoff—Bingo Prizes and Mints for Staff, Judy Stockbridge & RSVP—Twiddle Muffs, Joe Ankenbauer—Coffee Machine and Coffee for Staff



## INFECTION CONTROL NURSE

Influenza (flu) is a potentially serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and flu can affect people differently, but during typical flu seasons, millions of people get flu every year, hundreds of thousands of people are hospitalized and thousands to tens of thousands of people die from flu-related causes. Flu can mean a few days of feeling bad and missing work, school, or family events, or it can result in more serious illness. Complications of flu can include bacterial pneumonia, ear infections, sinus infections and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes. An annual seasonal flu vaccine is the best way to help reduce the risk of getting flu and any of its potentially serious complications. Vaccination has been shown to have

many benefits including reducing the risk of flu illnesses, hospitalizations and even the risk of flu-related death. While some people who get a flu vaccine may still get sick with influenza, flu vaccination has been shown in several studies to reduce severity of illness.

Flu vaccination is especially important for people 65 years and older because they are at higher risk of developing serious flu complications. Three specific flu vaccines are preferentially recommended for people 65 years and older over other flu vaccines. The vaccine changes from year to year depending on what strains of influenza has been active in the Southern hemisphere during their winter. People 65 and older should get a higher dose flu vaccine, including: Fluzone High-Dose Quadrivalent, Flublok Quadrivalent, or Fluvad Quadrivalent vaccine. Several studies have shown they are potentially more effective than standard flu

vaccines for the 65 and older population.

Here at St. Anthony Nursing Home we **STRONGLY** recommend vaccination annually for influenza to provide the best protection available to your loved ones. Influenza vaccines will be available for your loved ones here at the nursing home.

Sources: <https://www.cdc.gov/flu/highrisk/65over.htm>

There will be a letter and consent form coming to you the end of August or early September that we will need on file in order to provide your loved one with the influenza vaccine.

If you have any questions or concerns please reach out to our infection prevention nurse – Kasey Greteman, RN  
[kgreteman@stanthonyhospital.org](mailto:kgreteman@stanthonyhospital.org)