

OCT-DEC 2023

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

HAPPY  
HALLOWEEN  
Thank  
MAS



Hallo Thanks Mas

## ACTIVITY CORNER

It's hard to believe three months have gone by since our last newsletter. The residents had a great summer with many days outdoors enjoying the sunshine, lemonade, strolls 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 a couple of times. Thank you to Schroeder's Ag and Kenny Sporrer for supplying the delicious sweet corn! 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.

Fall is officially upon us. We will continue to take advantage of as many days outdoors as we can. Starting off the month of October we have a picnic to Swan Lake planned and hope the weather cooperates with us. As we prepare for autumn and Halloween we have many fun activities

coming up. Residents will be making crafts. There will be many word games using Halloween and autumn words. 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 31<sup>st</sup> we will have a resident Halloween party in the afternoon at 3pm followed by trick-or-treating from 4:30p-5p for grandchildren of residents and children of St. Anthony Staff. This will all take place in our 2<sup>nd</sup> 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 mini Halloween candy for the residents to pass out. If you know of anyone that has 3 dozen small pumpkins and gourds or wanting to donate bags of candy please have them call Angie at 712-794-5289 by October 13<sup>th</sup>. We would gladly accept monetary donations as well.

I hate to even mention Christmas already but since the next newsletter will not be out until the 1<sup>st</sup> week of January I wanted

to have everyone mark your calendars for the planned resident Christmas parties. Second floor will be on Tuesday, December 19<sup>th</sup> at 2:30p in the dining room and the Memory Care Unit will be Wednesday, December 20<sup>th</sup> at 10:30a in their dining room. 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.

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, instant coffee maker to use and a restroom. 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, Connie, Donna, & Lindsey



# ALZHEIMER'S SUPPORT GROUP

The monthly Alzheimer's Support Group meetings will be on Oct 18,



Nov 15 and Dec 20.

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

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

Find the words hidden above and try some of these interesting foods you may have never tried before! Each color of foods contains different nutrients, so always try to have a variety of colors on your plate!

- Red: Apple, Raspberries, Tomatoes, Watermelon
- Green: Avocado, Broccoli, Kale, Kiwi, Peas, Zucchini
- White: Chicken, Mushroom, Onion, Pita, Popcorn, Rice, Yogurt
- Yellow: Banana, Cornbread, Grapefruit, Lemon, Peanut Butter, Pineapple
- Orange: Cantaloupe, Mango, Papaya, Salmon, Sweet Potato
- Brown: Beef, Oatmeal Tortilla, Tuna, Walnuts, Pasta
- Purple: Beets, Eggplant
- Multi-Color: Beans, Pear, Peppers, Squash

# ADMINISTRATOR

## Newsletter Changes

Starting last quarter 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:

Janet Snyder,  
Norma Berger,  
Joyce Paulson,  
Arlene Wolterman,

Mary Schneider,  
Sally Carstens,  
Joe Koster,  
Don Wieland,  
Rosemarie Kruse,  
Harry Siegler



## NOTES FROM SPIRITUAL CARE

*Gentleness is given to those who have learned that God will not have his kingdom triumph through the violence of the world, for such a triumph came through the meekness of a cross. ~ Stanley Hauerwas*

I love this story of the prophet Elijah hiding in a cave. He fears he will be killed. God asks him why he is in the cave and then tells him to stand outside the cave. God will appear to him.

Elijah expects God to present himself in a grand and explosive way, like in the wind, in the earthquake, and in a fire. Except God is not in any of those things. This sentence captures the magnificence and unexpectedness

of God: "After the earthquake, there was a fire, but the Lord was not in the fire. After the fire, there was a **quiet, gentle sound.**" (1Kings 19:12)

In a world that values big, expensive, and loud things; it can be easy to dismiss the small, soft and quiet. And if we have those grand things, we pursue to have more bigger and louder things. Nothing is never enough. And sometimes we even think that God had nothing to do with all that grand things.

Well, I have seen the greatness of small actions and words. I have seen a person hug and hold a hand of a loved one as they experience a traumatic situation.

Their mere presence of their loved standing next to them offers peace and confidence.

Or this one time, when I was leaving for home, a random note was placed on my windshield. It was a simple note that was hand written that said, "You are the best." Well, that put a smile on my face and it concluded my day in a good way.

In short, if you feel small or quiet, God is there. And if you do small and quiet things, God does it, too.☐

Blessings,  
Chaplain Angelo



## BIRTHDAYS

### October Resident Birthdays:

- Oct 2—John Ingalls
- Oct 3—Ruth Tigges
- Oct 9—Margaret Tigges
- Oct 17—Anthony Stalzer
- Oct 18—Rita Freese
- Oct 28—Ann McHugh

### October Employee Birthdays:

- Oct 7—Donna Pemble
- Oct 8—Chloe Venteicher
- Oct 9—Amy Snyder
- Oct 10—Sr Jovitha Mtenga
- Oct 18—Esther Van Horn
- Oct 20—Angie Potthoff

### November Resident Birthdays:

- Nov 4—Lois Sturm
- Nov 9—Dean Boell
- Nov 11—Bill Foval
- Nov 20—Rose Chapman
- Nov 20—Mae Knobbe

### November Employee Birthdays:

- Nov 9—Lisa Jenkins
- Nov 9—Frannie Roe
- Nov 12—Heather Curnyn
- Nov 15—Kaci Peter
- Nov 20—Ronda Nepper
- Nov 25—Deb St. Peter
- Nov 28—Jacki Strabley

### December Resident Birthdays:

- Dec 11—Elsie Hausman
- Dec 19—Regina Frischmeyer
- Dec 19—Violet Mulloy
- Dec 21—Mary T Hoffman
- Dec 21—Mary Schultz
- Dec 31—Sandy Hill

### December Employee Birthdays

- Dec 4—Lindsey Bornhoft
- Dec 5—Annette Douglas
- Dec 11—Sr. Carolina Assenga
- Dec 11—Aricka Sibenaller

- Dec 12—Marilyn Kruger
- Dec 17—Alejandra Nieto
- Dec 17—Samantha Simmons
- Dec 25—Christy Sturm
- Dec 27—Sr. Eleonora Shirima



## NEW RESIDENTS

Patricia Morenz,  
JoAnn Riesselman,  
June Bernholtz,  
Maryls Devries,  
Lillian Ferneding  
Rita Dentlinger

## 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

LaVonne Thobe—Lap Quilts, Schroeder Ag—Sweet Corn, Arlene Wolterman Family—Lift Chair, Availa Bank—Carnations for Residents, John & Mary Schultz—Cherry Tomatoes for Bingo, Betty Riesenberg—Bingo Prizes



# INFECTION CONTROL NURSE

## COVID-19: Updated mRNA Vaccines for Patients 6 Months & Older

On September 11, the [FDA approved and authorized for emergency use](#) updated [Moderna](#) and [PfizerBioNTech](#) COVID-19 vaccines formulated to more closely target currently circulating variants and provide better protection against serious consequences of COVID-19, including hospitalization and death. These vaccines have been updated to include a monovalent (single) component that corresponds to the Omicron variant XBB.1.5. The [CDC recommends](#) everyone 6 months and older get an updated COVID-19 vaccine. More information to follow when available.

## **Influenza**

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>

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)



# Fair Day

