

APRIL-JUNE 2024

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

SPRING



## ACTIVITY CORNER

Spring is here! Hope everyone had a nice Easter spent with your loved ones. Hard to believe April is here and the weather has already been warming up. There has already been a few brave souls that have gone outdoors on our mild Iowa days to bask in the sunshine. We all look forward in the months to come to get back outside as often as possible. We are gearing up for warmer days by planting flower and vegetable seeds in the month of April. We then will take some of those plants once they are hardy along with a bunch of flowers we purchase and do the planting in our courtyard come May. Residents will also be making bird feeders from pine cones that we hang out for our feathery friends. We will be reminiscing of our gardening days and have some fun word games and crafts to coincide.

We look forward to scheduling bus trips and hopefully taking golf cart rides once again. This quarter we will also be celebrating Mother's

Day which is May 12<sup>th</sup> and Father's Day is June 16<sup>th</sup>. We will plan something special for the men and women those dates. If you are wanting to gather with your families but don't want to take your loved one out of the facility we have the courtyard gardens conference room available to reserve at no cost. It comfortably seats about 25 and there is a refrigerator, microwave, coffee maker, and attached rest room to use. It's available during the week after 5pm or anytime Saturday and Sundays. Call Angie at 794-5289 or Renee at 794-5758 to reserve the room. Other options to gather if there is just a few attending is using our Fireside room down east hall or you are welcome to take your loved one to the hospital cafeteria or atrium.

In the month of April we always celebrate our volunteers. They are invaluable to our organization and make many things possible that otherwise would be very challenging to carry out. In the nursing home volunteers assist getting

residents to and from mass, accompanying us on bus trips, help residents with Bingo, provide entertainment, music, and help with parties, activities, and even one to ones with residents. We are always on the search for new volunteers. If you or someone you know would be interested in this fulfilling and fun opportunity please reach out to Angie.

We want to welcome our new activity staff member, Jamie Venteicher. She will mainly be helping with activities in the memory care unit but will also be assisting upstairs on Fridays and some weekends. With bitter sweetness we will be saying goodbye to Connie Riesselman, our activity assistant, who is retiring at the end of April. Connie has assisted with countless duties and activities over her 13 year career here at St. Anthony Nursing Home. We wish her much fun, relaxation, and adventures in her next journey.

Take Care, Angie,  
Connie, Donna &  
Jammie

## ALZHEIMER'S SUPPORT GROUP

The monthly Alzheimer's Support Group meetings will be on April 17, May 15 and June 19.

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

### Asparagus

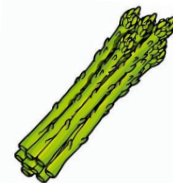
Spring had sprung, which means spring foods are in full effect! Asparagus is one of my favorite foods this time of year. It is so good for us and tasty! Asparagus is a very good source of fiber, folate, vitamins A, C, and K, as well as chromium. Chromium is a trace mineral that enhances the ability of insulin to transport glucose from the bloodstream into cells.

Asparagus is also a good source of antioxidants and can help prevent cancer, slow the aging process, and reduce inflammation. A question you may have is why does your urine have a funny smell after eating asparagus? The answer is it contains a unique compound that, when metabolized, gives off a distinct smell in the urine. It is not harmful in any way.

Some people do not have the ability to smell this, but it is believed that most people produce this compound after eating asparagus. Enjoy this tasty spring treat!

Wishing you health and happiness from everyone in Food and Nutrition!

Catherine Wernimont, RD, LD



## SOCIAL SERVICES

Just a reminder...



**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. When you bring new clothes, pillows and blankets in to the nursing home, please alert staff so that items can be marked with an iron-on label please include a note of resident's name with the articles that need to be labeled.

With Spring approaching and warmer weather temperatures, we want to remind our families that they will want to

assist their loved one with cleaning out their closets and drawers and take home any items that their loved ones are not using. As you are going through your loved one's closet to transition to spring please let us know if there are items you are looking for.

Any questions can contact Luanne Kustra, Social Worker 712-794-5395.



# ADMINISTRATOR

## Bus Update

As you are hopefully aware St. Anthony Nursing Home is fundraising and receiving donations for the purchase of a multi-passenger handicap bus. The bus will be used for resident outings such as; picnics, going for pie and ice cream or just a drive to look at the crops. We have successfully raised over \$35,000 with a goal of

\$50,000. If you are interested in donating to the bus you can make the check out to the St. Anthony Foundation and specify bus donation. If you should have any questions please feel free to call or email with any questions. Thank you.



Just a friendly reminder we recommend not having a large amount of money for our residents in their room. If for some reason there needs to be please supply a lock box for it.

Thank You

Jerry Wordekemper NHA  
MHA, Senior Services  
Administrator

[jwordekemper@stanthonyhospital.org](mailto:jwordekemper@stanthonyhospital.org)

## 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:

- ◆ Nick Topf
- ◆ Bernie Janning
- ◆ Sandra Heires
- ◆ Leroy Rupiper

- ◆ Diane Krough
- ◆ Doug Weidl
- ◆ Gerald Ott
- ◆ Tony Stalzer
- ◆ Mae Knobbe



## NOTES FROM SPIRITUAL CARE

*April is a reminder that life is a beautiful, ever-renewing cycle.*  
~ E.E. Cummings

The story of Easter has a great message for all of us. The struggle and suffering of Jesus dying on the cross leads to resurrection and renewal on on Easter Sunday. There is much to gain from reading this story. Light overcomes darkness. Old becomes new. Cold becomes warm. Night to day. Loneliness and fear to accompaniment and hope. Grief turns into joy. And I love that a garden was nearby the cave that Jesus was

laid to rest. It is life growing again. All of it is in tandem with the changing of the season. Spring is upon us and everything that winter killed is growing again. Leaves branch out as flowers begin to bloom. There is more daylight for us to enjoy. Birds are singing again. Kids are out playing. Life is brimming again. So in a way, our lives go through seasons as well. We all go through deserts and storms, but some how, we get through it and flourish. The Easter message and Spring grants us a hopeful message.

That all things and even bad things will transform into good things. We can be renewed. We can be forgiven. We can be refreshed. And lastly, we are loved because God showed us that his Son can rise from death and darkness. So share this bit of good news to everyone by saying and showing it. Let the light and hope of the resurrection be manifested in you.

Peace and Blessings,  
Chaplain Angelo

This is the  
**DAY THE LORD**  
has **MADE!**  
PSALM 118:24

## BIRTHDAYS

### April Resident Birthdays:

- April 2—Marlys DeVries
- April 10—Helena Tank
- April 21—Velma Riesselman
- April 23—Margaret Drey
- April 24—Gene Muhlbauer
- April 29—Mary Lou Janning

### April Employee Birthdays:

- April 1—Donna Hartl
- April 26—Patty Hauswirth
- April 28—Sr. Simi Koottappillil
- April 28—Connie Riesselman

### May Resident Birthdays:

- May 4—Donna Lewis
- May 5—Ron Chapman
- May 15—Joann Riesselman
- May 22—Elva Bernholtz
- May 27—Juana Estrada

### May Employee Birthdays:

- May 3—Sr. Santhy Thyil
- May 4—Christiana McGaughy
- May 5—Emma Bernholtz
- May 5—Sheryl Vonnahme
- May 6—Kim Warnke
- May 11—Megan Swanson
- May 14—Sr. Jetty Mannamcheril
- May 14—Marguerite Nielsen
- May 14—Jack Olberding
- May 20—Jazmin Cruz

### June Resident Birthdays:

- June 7—June Bernoltz
- June 11—Joan Drey
- June 15—Vernon Grote
- June 25—Michele Allen
- June 27—Katy Hoffman



### June Employee Birthdays

- June 3—Jessie Stock
- June 6—Sr. Segolena Tarimo
- June 11—Donna Stephen
- June 27—Peggy Hinners
- June 30—Ashley Flathers



## NEW RESIDENTS

Mary Lou Janning, Juana Estrada, Merle Wilken, Leona Schmitz, Karen & Robert Gingery, Alice Christiansen, Louis Vogel, Betty Venteicher, Russell Draves, Bob Heisterkamp

## 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 Blankets, Dean Boell Family—Food for Staff, Pat Miller—Treats for Staff, 712

Women on a Mission— Donation to Bus, Pat Hinners Family—Treats for Staff, Carroll Library and RSVP— Valentines, Addington Place—Care Package, Betty Risenberg—Bingo Prizes, Caylee and Melissa Olberding—Girl Scout Cookies

**THANK YOU**

# INFECTION CONTROL NURSE

## Hand Hygiene

Most germs/microbes are harmless, and some even help to keep you healthy. But some can make you very sick. Every day you come in contact with hidden germs, pretty much everywhere you go. Some of their favorite hangouts are bathrooms, kitchens, the cafeteria, the gym, and the locker room. And those are just the obvious places. They also hide on pencils (remember when you chewed on it?), remote controls or game controllers, phones, pet cages, computer keyboards, stair railings, light switches, and doorknobs — pretty much anything your hands can touch.

Germs can spread when people touch things that are covered with them (like the door handle in a public restroom). These germs get on your hand and spread to other parts of your body when you touch your eyes, ears, or mouth! And they don't stop there — you spread germs when you touch something or someone else. But there is one thing you can do to stop germs in their tracks.

## WASH YOUR HANDS!

The CDC shares the

following about hand hygiene:

## Key Times to Wash Hands

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before and after eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the restroom
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats

After touching garbage

## Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands **for at**

**least 20 seconds.** Need a timer? Hum the “Happy Birthday” song from beginning to end twice.

4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or an air dryer.

If soap and water are not available, use an alcohol based hand sanitizer!

Believe it or not, washing your hands is the *single most important thing you can do* to keep from getting sick or spreading your germs to others.

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)



# FFA Sheep



# Happy Easter



Thank you Carroll Middle School for coming and singing

