

APRIL-JUNE 2025

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



## ACTIVITY CORNER

Spring is here! 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 11<sup>th</sup> and Father's Day is June

15<sup>th</sup>. We will plan something special for the men and women those dates. With these dates and Easter approaching 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.

May 11<sup>th</sup>-17<sup>th</sup> is National Nursing Home week. The theme is "Tapestry of Life". During this special time we acknowledge our nursing staff and the dedication and compassion they show our residents each day. We celebrate the bond between staff, residents, and their families. We will have many special events and activities that week amongst staff and residents to celebrate.

Let's have a great Spring!  
Angie, Donna, & Whitney



## ALZHEIMER'S SUPPORT GROUP

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The monthly Alzheimer's Support Group meetings will be on April 16, May 21 and June 18.

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

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### Dental Health and Nutrition

Good nutrition is essential to dental health. Some of the most important dental care begins early in life.

Maintenance of teeth and gums, as well as general oral care, is essential throughout life. For best dental health, follow these suggestions.

#### See your dentist regularly

This is essential for both prevention and wellness. It is like going to the doctor for regular check-ups.

#### Brush thoroughly

Brush thoroughly, twice a day, with a fluoride toothpaste that has the American Dental Associations Seal of Acceptance. Brushing after each meal or snack is best. After eating, acids in the mouth attack sugars for at least 20 minutes. This can harm the teeth and gums. Brushing thoroughly removes plaque and harmful acids.

#### Floss teeth once a day

Use floss or other interdental cleaner to remove foods that may get caught between teeth. This will prevent trapped bacteria from turning into dental caries.

#### Know your fluoride

In areas that do not use community water and rely on wells or alternate methods for household water use, make sure you supplement appropriately with fluoride. In most cases, 1 part per million (ppm) fluoride is recommended to reduce dental caries and keep teeth strong. Too much fluoride may cause mottling, which is spotted teeth. Mottling is not dangerous, but sometimes is less aesthetically pleasing.

#### Drink water

Water is essential for good health. It can promote clean teeth by rinsing off residual sugars that are not attached to the teeth.

#### Watch the soda

Almost all sodas contain phosphoric acid and citric acid.

These acids are extremely damaging to the teeth and may cause erosion of tooth enamel, which weakens teeth. Non-nutritive sweeteners, such as those found in diet sodas, are highly acidic and also are responsible for enamel erosion. Sugar-based sodas are damaging by contributing both the sugars and the acids that bacteria need to thrive.

[Wishing you happy and healthy teeth!](#)

Catherine Wernimont, RD, LD



**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 cycles.

## FAMILY COUNCIL

**Meetings are on the 1<sup>st</sup>  
Tuesday of every month,  
4:30-5:30 PM 2 ways to join!**

- On location: Courtyard  
Garden Conference Room  
(1st floor of nursing home)

Join Zoom:

<https://nursinghome411.zoom>.

[us/j/89671377183?pwd=96UTeRHdQEARboqKBaiw0bgfUyqY6o.1](https://us/j/89671377183?pwd=96UTeRHdQEARboqKBaiw0bgfUyqY6o.1)

Meeting ID: **896 7137 7183**

Passcode: **352826**

One tap mobile:

**+16469313860,,89671377183#,,\*352826# US**

Dial by your location: **+1 646**

**931 3860 US**

Meeting ID: **896 7137 7183**

Passcode: **352826**

*For more information or questions,  
contact:*

Randi Boell Phn# 712-210-0505  
(text or call) Email  
[randi.boell@gmail.com](mailto:randi.boell@gmail.com)

## 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:

- ♦ Dorothy Riesberg
- ♦ Mary Sailer
- ♦ June Bennett

- ♦ Alma Book
- ♦ Butch Meier
- ♦ Donna Lewis
- ♦ Julie Schmitz
- ♦ Ron Chapman
- ♦ Elsie Hausman
- ♦ Dorothy Bellinghausen
- ♦ Mary Feldman



## NOTES FROM SPIRITUAL CARE

**"Spring is when life's alive  
in everything."**

~Christina Rossetti

The season of Lent coincides with the season of Spring. During the season of Lent, we put ourselves out of our comfort zone like Jesus. Jesus went into the desert and wilderness for 40 days without much of a safety net. He relied on the Holy Spirit to get him through the dangers and temptations.

Just like Jesus, we intentionally go through struggles, like fasting, to understand our mortality and revitalize our faith. And when we like Jesus, go into Holy Thursday, Good Friday, and Easter Sunday, we come out

of it renewed. New life blossoms. Jesus rises out from a dark cave to show to the world that death has no grip on us. We have nothing to be afraid of.

And so like Lent and Easter, Spring is a rebirth and renewal. It has been a cold and dark winter. But it is not forever, as we will see in the coming months. We will witness new life emerging out from the ground. New colors will pop out. It will be so refreshing, that we will want to get out there.

So, go out and have some fun out there. Enjoy and let go of what is burdening you for a bit and

feel the sun on your skin. It is good therapy.

Let us pray,

***Dear God,***

***As the flowers bloom and the  
days grow longer,***

***Fill our hearts with hope.***

***Help us to see the beauty in  
each day and grow in your  
love.***

Blessings,

Chaplain Angelo





## BIRTHDAYS

### April Resident Birthdays:

- April 10—Helena Tank
- April 23—Margaret Drey
- April 24—Gene Muhlbauer
- April 29—Mary Jane Collison
- April 29—Mary Lou Janning

### April Employee Birthdays:

- April 1—Donna Hartl
- April 10—Mike Houska
- April 12—Norma Nichols
- April 19—Darsi Kautzky
- April 20—Amya Meyer
- April 26—Patty Hauswirth
- April 28—Sr. Simi Koottappillil Mathew

### May Resident Birthdays:

- May 3—Paul Bauhover
- May 3—Monica Summers
- May 13—John Ehrichs

- May 27—Juana Estrada

### May Employee Birthdays:

- May 3—Sr. Santhy Thyil
- May 5—Sheryl Vonnahme
- May 6—Kim Warnke
- May 11—Megan Irwin
- May 14—Sr. Jetty Mannamcheril Simon
- May 14—Marguerite Nielsen
- May 14—Jack Olberding

### June Resident Birthdays:

- June 7—June Bernholtz
- June 7—Claire Pudenz
- June 8—Louis Starman
- June 11—Joan Drey
- June 14—Connie Petersen
- 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

Lois Hinners, Connie Petersen, Marie Tuel, Yvonne Klaver, Mary Royer, Eunice Ausman, Louis Starman, Matt Warren and Roman Steffes

## 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, Pastor Ryan—St. Paul Lutheran

### 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

Esther Halverson Family—Treats for Staff, Dorothy Riesberg Family—Bingo

Prizes, Kuemper Class of '25—Care Package, Kuemper 5th Grade—Valentines, Addington Place—Treats for Staff, Lucille Wittrock Family—Lift Chair, Alma Book Family—Lift Chair and Walker, Mary Feldman Family—Cupcakes for Staff

**THANK  
YOU**

# INFECTION CONTROL NURSE

## SUSPECT A URINARY TRACT INFECTION (UTI)? HOW TAKING ANTIBIOTICS WHEN YOU DON'T NEED THEM CAN CAUSE MORE HARM THAN GOOD.

**Antibiotics are Powerful Drugs when Used for the Right Reasons** Antibiotics are drugs to treat infections caused by bacteria. They do not work for illness caused by viruses, like the flu. Overuse of antibiotics can cause problems and should be used only when needed.

**How Antibiotics Can Cause More Harm Than Good** Older people can have more side effects from medicines, which can cause problems all over the body. Some antibiotics can: cause nausea, vomiting, diarrhea, rashes or allergic reactions. Antibiotics can damage kidneys or other organs. They can also cause a highly contagious form of diarrhea which is called C. Diff this results from the bacteria *Clostridium difficile*. Each time you take an antibiotic, you increase your risk of developing a resistant infection in the future.

**UTI in Older Adults** One of the most frequent reasons older adults are prescribed antibiotics is UTI. Diagnosis of UTI can be challenging to diagnose and using a structured criteria that requires **both** finding bacteria on a urine test **and** the presence of specific symptoms help to provide accurate diagnosis. Having **both** criteria is important, because bacteria can and do live naturally in the bladder without causing any pain or symptoms. This is called **asymptomatic bacteremia**, which is present in many residents living in long term care settings.

**How do we Identify UTI's at St Anthony Nursing Home?** We utilize an evidence-based criteria developed by the CDC called McGeer's Criteria. Nursing staff evaluate residents for potential infections. Nursing will assess for fever, confusion, sudden change in behaviors, disorganized thinking or altered level of consciousness.



Pushing fluids – dehydration/being dry can mimic the signs and symptoms of an UTI – we encourage residents to drink – before we try to test for a UTI.

### What is the Criteria for a UTI?

- Painful urination or swelling or tenderness
- Fever
- Elevated WBC - leukocytosis
- New need to urinate frequently, repeated strong urges to urinate, inability to hold urine
- Blood in urine

Monica Pate, RN –  
Infection Preventionist –  
St. Anthony Nursing Home  
[mpate@stanthonyhospital.org](mailto:mpate@stanthonyhospital.org)

# Queen Sandy and King Fritz

Staff voted for our Valentine's Queen and King and winners were announced out at our annual Valentine's party.  
Congratulations Sandy and Fritz

Happy  
Valentine's  
Day



# Carroll Community High School Choir

