

JAN-MARCH 2025

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



ACTIVITY CORNER

Happy New Year! We hope everyone had a wonderful Christmas season and that you were able to spend time with the ones that matter most. It was a magical one here filled with special moments, singing, laughter, good food, and great company! We wouldn't have been able to pull it off if it wasn't for all the extraordinary people we are surrounded by within the St. Anthony Hospital family and our community. First of all, THANK YOU to all the amazing St. Anthony Nursing home staff. So many step up and help out when and wherever needed because they truly care for the residents. THANK YOU to the priests and pastors that give of their time so that we can celebrate our faith. THANK YOU to our volunteers and the added assistance you provide throughout our facility. Everyone plays a vital role and we made it through another year together.

Our Secret Angel tradition once again was

a success! Everyone was so generous that we were able to give each resident special gifts selected just for them. This made our resident Christmas party that much more memorable! THANK YOU to all the St. Anthony campus employees that participated we are so grateful for your generosity! THANK YOU to the St. John Paul II Catholic Parishes in the area and several others who also purchased gifts for our residents. Thank you to the RSVP group of Carroll that continually shows acts of kindness to our residents. Thank you to the Crafty Library Ladies for the beautiful items made for our residents. Thank you to everyone/groups around the area that dropped off goodies and items for our residents and staff. Thank you to the groups that stopped by and Christmas caroled or played music and to the Kuemper grade school students, girl scouts, and Carroll Area Moms that brought your kiddos and made our Christmas spirit even brighter!

Thank you also to the area school kids that made cards and holiday pictures for our residents.

Anyone else that contributed to our exceptional Christmas season THANK YOU! It's so obvious, especially this time of year, what a great community we live in and how blessed we truly are at St. Anthony Nursing Home.

This year we were excited to use OUR OWN BUS and take several tours to look at Christmas lights around the area. Many were in awe as we went by the Schrad farm, southern Carroll, and Swan Lake. We've also enjoyed trips each month to see local towns. With the winter season we will take a few months off from bus trips but look forward to see where we can all go this spring.

We have loads of fun and creating moments of joy planned for January and the upcoming year. I'm optimistic that 2025 will be another extraordinary year! Wishing you all a safe, healthy, and happy 2025!

Take care,
Angie, Donna, Whitney,
& Jammie

ALZHEIMER'S SUPPORT GROUP

The monthly Alzheimer's Support Group meetings will be on January 15, February 19 and March 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

Set a SMART Resolution for the New Year

The New Year is here! Maybe you have started thinking about what you will be changing or “resolving” this year. The gyms are packed with motivated people for a few months into the New Year. Many people do well in the beginning, but the goal fades away as the year progresses. This year plan on succeeding by setting SMART goals.

S- Specific, What exactly are you going to do? Answer the who, what, when where and why questions.

M- Measurable, You should be able to know how you are doing on your goal, if you have reached it or are making progress.

A- Attainable, Your goal should be something you can *actually* do. Consider starting with a smaller goal and increasing it gradually over time.

R- Realistic, Any goal should be something you are *willing* and *able* to

accomplish.

T- Time Frame, To accomplish a goal, it should have a specific time frame- set a date and stick to it! Goals with a shorter time frame are typically easier to accomplish.

Practical, measurable goals help with successful lifestyle changes. A goal that is hard to achieve would be “I will get in shape”. This doesn’t have a time frame, it isn’t specific or measurable. A SMART goal might say “I will walk for 15 minutes twice a day 4 days each week for 1 month”. This goal meets all the criteria for SMART, and after I accomplish this, I can choose to continue my goal or change it. Instead of “I will eat healthier”, a SMART goal would be “I will eat 5 servings of fruits or vegetables 3 days a week for 2 weeks”. This is a tangible goal and very easy to see if you have accomplished it. If you can’t accomplish this goal, you could change it to make it more realistic for you. Such as, “I will eat fruit for snack once per day 5

days a week for the next month”. Did you notice how these goals don’t say 7 days a week? That is because it isn’t very realistic for most people to accomplish a goal *all* the time. Nobody is perfect, and expecting yourself to be perfect isn’t realistic. Life happens; it isn’t about being perfect, it’s about doing your best the majority of the time.

Even goals that sound simple, like eating breakfast 3 times per week can help you change your habits to improve your health. Choose goals that are important to you, and you are confident you can achieve! After you have hit your target, change it, make it more challenging, or move it in a different direction to better yourself in other areas. Also remember to write your goals down, record your progress, and reward yourself when you reach the stars!

Have a Happy and Healthy New Year! From Everyone in Food and Nutrition!

Catherine Wernimont, RD,
LD

FAMILY COUNCIL

**Meetings are on the 1st
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=96UTe
RHdQEARboqKBaiw0bgfUyq
Y6o.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

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:

- ♦ Mary Ann Schulte
- ♦ Rose Pottebaum
- ♦ Elva Bernholtz

- ♦ Bob Heisterkamp
- ♦ Leona Schmitz



NOTES FROM SPIRITUAL CARE

You don't need a new year, a new week, or even a new day to start fresh. Every second can be a new beginning.

Wait, 2025 is here? I cannot believe it. It is hard to believe that 365 days has passed. Well, as you look back on 2024, I hope it was filled with good moments, people, and things. Take a moment to reflect and give thanks and praise to God.

The New Year is not only a time to look forward to the future, but also a time to take stock of what you went through in 2024. It is only then you can build upon what you want to do this year. You don't have to start from nothing.

So as we go into 2025, I pray and hope that it is Spirit-filled and joy-filled. Invite God to walk with you just as God has delivered you from the past year.

Let us pray,
As the dawn breaks on a new year, let us give thanks for all we hold dear: our health, our family and our friends.

Let us release our grudges, our anger and our pains, for these are nothing but binding chains. Let us live each day in the most loving ways, the God-conscious way. Let us serve all who are in need.

Let us keep God in our hearts and to chant God's name each day. Let us lead the world from darkness to

light, from falsehood to truth and from wrong to right.

Let us remember that we are all one, embracing all.

May our year be filled with peace, prosperity and love.

May God's blessings shower upon us and bestow upon each of us a bright, healthy and peaceful new year.

Amen.

(Prayer from Rev. Sheremetta)

Blessings,
Chaplain Angelo



BIRTHDAYS

January Resident Birthdays:

- Jan 5—Mary Sailer
- Jan 13—Alma Book
- Jan 13—Jake Brinkman
- Jan 29—Donna Miller

January Employee Birthdays:

- Jan 4—Renee Grimsman
- Jan 8—Luanne Kustra
- Jan 12—Jerry Wordekemper
- Jan 17—Tanya Wanser
- Jan 18—Doris Wurr

February Resident Birthdays:

- Feb 7—Bob Gingery
- Feb 9—Donna Malloy
- Feb 10—Larry Petersen
- Feb 13—Dave Wolterman
- Feb 17—Joann Cale
- Feb 21—Sharon Rasmussen
- Feb 21—Darlene Wittrock
- Feb 27—Butch Meier

February Employee Birthdays:

- Feb 7—Jamie David
- Feb 13—Kristen Molitor
- Feb 16—Deana Slater
- Feb 18—Cheryl Mincer

March Resident Birthdays:

- Mar 4—Esther Halverson
- Mar 6—Rosalie Duitsman
- Mar 8—Arlene Brincks
- Mar 13—Edna Schrad
- Mar 15—Loretta Christensen
- Mar 20—Tracy Rich
- Mar 23—Joyce Schroeder
- Mar 25—Sharon Murray
- Mar 27—Lucille Wittrock
- Mar 30—June Bennett

March Employee Birthdays

- Mar 2—Sharon Beeber
- Mar 5—Ann Terlisner
- Mar 6—Julie Sibbel
- Mar 7—Molly Kasperbauer

- Mar 14—Cassandra Brown
- Mar 23—Sr. Elseena Pallithazhom
- Mar 31—Jody Hoffmann

Thank You!

Thank you to all who brought in treats for staff over the Christmas season.



NEW RESIDENTS

Annette Baumhover, Helene Stanzyk, Julie Schmitz, Elise Pick, Margaret Hindman, John Ehrichs

THANK YOU!

Religious Services

Fr. Hoffman, Fr. Schrad, Fr. Snyder, Fr. Schott, Glen and Dottie Heithoff, Noreen Halverson, 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

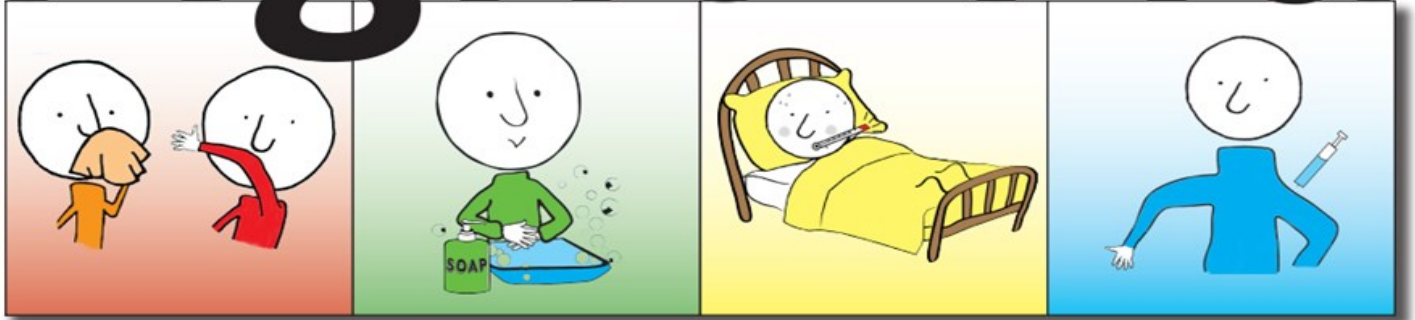
Donations

Kuemper 4th Grade Students—Treats for Residents, Breda Legion

Auxiliary and Daughters of the American Revolution—Gifts for Veterans and their wives, Crafty Library Ladies—Lap Blankets, RSVP—Cards and Ornaments, Bobbie Weber—Craft Paper, Glidden Ralston Students—Christmas Cards, St John Paul II Church's—Gifts for Residents, Mary Schultz—Candy for Residents, Pat Miller—Fruit and Goodies for Staff

**THANK
YOU**

Fight the FLU



**Cover
your cough.**

**Wash
your hands.**

**Stay home
when sick.**

**Get
vaccinated.**

It is that time of year again – the respiratory illness season. Fortunately we have a few things we can do to help fight them! Here at St. Anthony Nursing Home we **STRONGLY** recommend vaccination annually for influenza, this will help provide the best protection available to your loved ones! Other options that are available for your loved ones could be the Respiratory Syncytial Virus (RSV) vaccine. This was a new option last year, some of your loved ones may have already received this. Currently the RSV vaccine is not an annual vaccine so if they have received it, another is not necessary at this time. The COVID booster has been updated for the fall season as well. Unfortunately, we cannot offer it like we have in the past, but we are working with a local pharmacy to come to the Nursing Home and administer them for anyone who would like to receive the updated booster. Lastly, check if your loved ones Primary Care Provider (PCP) and see if they have received the pneumonia vaccine, or if they would benefit from receiving it or updating their current protection. You should have all received the letter and consent form for the vaccine. If you haven't please let us know and if you haven't returned it yet, there is still time to get the vaccine for your loved one! If you have any questions or concerns please feel free to reach out!

Kasey Greteman BSN, RN –
Infection Preventionist –
St Anthony Regional Hospital & Nursing Home.

kgreteman@stanthonyhospital.org



