

JULY-SEPT 2025

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



ACTIVITY CORNER

Summer is here! Hard to believe the year is half over! In case you were wondering what we've been up to we've included several photos to highlight some of the special moments we've shared. We all had a blast celebrating National Nursing Home Week which included staff and residents enjoying a pie & ice cream social, our own Doris Wurr and Deb St. Peter giving a beautiful presentation on quilt making and reminiscing. Jerry grilled for the entire facility, we enjoyed Godfather's pizza for lunch, and HyVee fruit bowl for an afternoon treat. The weather didn't quite cooperate so many of our residents watched from the dining room window while staff flew kites in the circle drive. The residents also enjoyed a car show by the Carroll RPM and Corvette Clubs. Several residents have taken advantage of the golf cart rides to take in the fresh air, see what's new in the area, and to check out the community gardens. Special thanks to Jet's Outdoor Power for making this possible each year. We want to give a

special shout out to all the Kuemper students that came to either visit us and show us their magic tricks, played in the middle school band for us, and decorated the outside of our main entrance with their beautiful chalk art! Thank you kids and you and other students in the area are welcome to come any time! We've had a couple of successful bus trips traveling around the local communities and enjoying Culvers treats. Soon we will be picnicking at Swan Lake and taking trips to Denison and Glidden for more treats and scenery.

What to expect the next couple of months? As much outdoor time as possible! We are blessed with a beautiful courtyard. Everyone is welcome to check it out. It's accessible through either the memory care unit or our courtyard gardens conference room. The residents were proud to assist in planting the flowers and vegetables and some even help with the watering. Everything is flourishing right now and we hope to have many cherry tomatoes and perhaps some cucumbers to enjoy later in the summer. The residents

love to snack on fresh fruits and vegetables and reminisce about their gardens and all it entailed. 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 snacks we can offer in the months ahead. Please reach out to Angie or Jerry if you would like to donate this season.

Other things coming up – mark your calendars for Friday, August 15th! We will host our yearly State Fair in the chapel at 2:30pm and family and grandchildren are invited! We have plenty of games, food, and some furry friends as well so hope to see you all then!

We have some really great groups and performers that entertain us each month but we are always searching for new and exciting entertainment. If you or someone you know has music abilities or any other talents they would like to share with us please have them reach out to Angie at 712-794-5289.

Enjoy your summer and take care until next quarter.

Angie, Donna, Whitney, & Sarah

ALZHEIMER'S SUPPORT GROUP

The monthly Alzheimer's Support Group meetings will be on July 16, August 20 and September 17.

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

Summer is here, and with it comes a vibrant variety of seasonal foods that aren't only delicious but packed with nutrients! Summer fruits like berries, peaches, melons, and cherries are rich in fiber, vitamins, and antioxidants. All of these are important nutrients that support digestion, immune systems, and even your brain health! Many of these fruits are also great for hydration, which is important during the warmer months.

Watermelon: High in water content, vitamin A, and vitamin C. It is a very refreshing fruit and helps keep you cool and hydrated.

Strawberries: A very tasty fruit that is rich in vitamin C, potassium, and fiber which helps digestive support.

Blueberries: Packed fiber, vitamin C, and antioxidants that support brain health and heart health.

Peaches: Have a great source of vitamin A, vitamin C, and fiber, and are super easy to enjoy!

Cherries: Contain vitamin C, potassium, and anti-inflammatory compounds that can help with reducing oxidative stress and control inflammation.

Pineapple: Contains bromelain, an enzyme that may help with digestion.

Mangoes: A good source of vitamins A and C, as well as fiber and antioxidants.

Cantaloupe: High in carotenoids, which can protect against cardiovascular disease and cancer.

Lemons: Great source of vitamin C and fiber, lemons may lower your risk of heart disease, cancer and kidney stones.

Summer fruits are tasty, healthy, and help you feel at your best! Whether it's a slice of watermelon or a few berries,

these fruits are a great way to stay healthy and cool during the summer season!

Catherine Wernimont, RD, LD



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 cycles.

FAMILY COUNCIL

Meetings are held quarterly—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>

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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:

- ♦ Paul Baumhover
- ♦ Esther Halverson
- ♦ Connie Petersen

- ♦ Dave Wolterman
- ♦ Alice Rieser



NOTES FROM SPIRITUAL CARE

*To love and be loved is to feel
the sun from both sides. ~*

David Viscott

Summer lends to more light and heat. It is the best and worst at the same time. I love that there is more sunlight, but it can be unbearably hot. Nonetheless, summer is the best season and I hope that you are cherishing it. Spend as much time appreciating it because before you know it, it will be colder and darker.

The days of summer usually gives way for families and friends to gather and have a good time. Some of the best memories of summer comes from hanging out and having a good time with good people.

So as you enjoy the summer months, I hope you

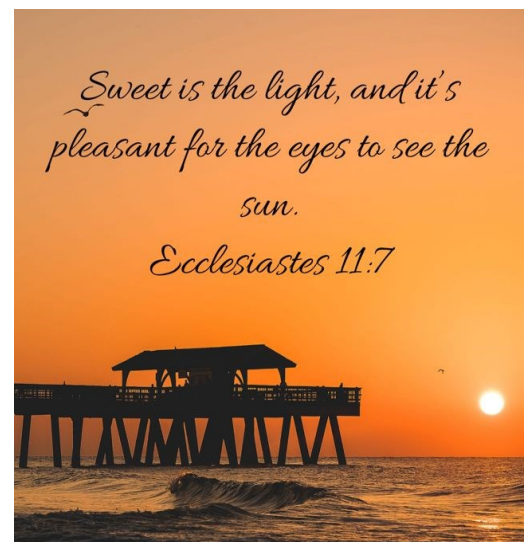
surround yourself with good people. I know that when people gather with good intentions, the likely result is a good time. I hope that happiness, joy, love, and other good things comes as result.

Let us pray,

*God, in your great love
for this world you
reconciled earth to
heaven through your
only Son. By the
darkness of our sins we
are often turned aside
from human love. Let
your light shine in our
souls and fill us with
your own sweetness.
Embrace our friends and
families in you and our
enemies for your sake,*

*and bind us together in
mutual affection. In the
name of the Father, Son,
and Holy Spirit.
(Prayer from the
Mozarabic Rite)
Amen.*

Blessings,
Chaplain Angelo



BIRTHDAYS

July Resident Birthdays:

- July 7—Catherine Wittry
- July 12—Pat Morenz
- July 16—Marie Tuel
- July 21—Clair Schmitz
- July 29—Catherine McInerney

July Employee Birthdays:

- July 4—Sarah Douglas
- July 5—Emily Hinners
- July 9—Lisa Kemble
- July 9—Monica Pate
- July 14—Sunny Bock
- July 23—Ruth Paker
- July 29—Kailey Britton

August Resident Birthdays:

- Aug 1—Annette Baumhover
- Aug 4—Betty Lawler
- Aug 8—Sharon Steadman
- Aug 25—Linda Yttredahl
- Aug 26—Sherrie Miller

- Aug 31—Margaret Hindman

August Employee Birthdays:

- Aug 5—Sr. Blanca Urassa
- Aug 7—Deb Steadman
- Aug 10—Kailee Sturm
- Aug 11—Annie Ankenbauer
- Aug 14—Jacob Irwin
- Aug 22—KaDee Sybesma
- Aug 23—Skarlett Allen

September Resident Birthdays:

- Sept 6—Irma Jean Pawletzki
- Sept 10—Ron Hauser
- Sept 27—Lillian Ferneding
- Sept 30—Elise Pick
- Sept 30—Louise Vogel

September Employee Birthdays

- Sept 1—Heather Bauer
- Sept 9—Ku Moo
- Sept 16—Samantha Tidgren
- Sept 19—Kassidy Wuebker

- Sept 22—Emma Kuhlmann
- Sept 25—Angie Downey
- Sept 25—Chloe Venteicher
- Sept 27—Marlene Tiefenthaler



NEW RESIDENTS

Mary Hoffman,
Linda McCollum,
Lois Wenzel

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, Cindy Haubrich, Kathi Peters, Monica Klocke, Sherry Anderson, St. Lawrence Ladies, Patty Alley, Lois Beyerink, Donna Pudenz

Donations

Esther Halverson Family—Lift Chair, Rose Chapman

Family—Pizza and Cookies for staff, Julie Schmitz
Family—Cookies for Staff,
Kalee Olberding—Girl Scout
Cookies for Residents, RSVP
Group—May Day Baskets, St
John Arcadia—Bingo Prizes,
Addington Place—Treats for
Staff, Betty Riesenberg—
Bingo Prizes, Elaine
Pottebaum—Bingo Prizes

THANK
YOU

PREVENT INFECTION

How do we keep safe??

DID YOU KNOW...

~Typically there are between 10,000 and 10 million bacteria on each hand

~Bacteria 40 million years old have been extracted and successfully grown from a fossilised bee.

~Saliva, tears, and ear wax have chemicals that can help kill germs



1. Clean your hands.....

- Use alcohol based hand sanitizer
- Use soap and water if your hands are visibly dirty
- Clean hands before eating or touching food

2. Remind your caregivers to clean their hands.....

- As soon as they enter the room
- This prevents the spread of germs
- Caregivers may wear gloves for their own protection and yours

3. Stay away from others when you are sick...

- Stay in your room
- Don't touch other or shake hands

4. If you are coughing or sneezing...

- Cover your mouth and nose
- Use a tissue or the crook of your elbow
- Clean your hands as soon as possible after you sneeze
- Keep distance between you and others

5. If you leave the nursing home...

- Clean your hands when you return
- Ask family and friends to clean their hands

6. Get shots to avoid disease...

- Make sure your vaccinations are current
- Help prevent diseases like the flu and pneumonia

“An ounce of prevention is worth a pound of cure.” – Ben Franklin

Car Show



Kuemper Middle School Band

