

OCT-DEC 2025

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



## ACTIVITY CORNER

Fall is here! 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. 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. We've had many successful bus rides that included getting ice cream at Dairy Queen in Denison, Dairy Mart in Glidden, going to Deal's Orchard and bringing back some tasty apples and cider, and lastly picnic at Swan Lake. We have many more fun trips planned in the months to come.

Even though fall is officially upon us we will continue to take advantage of as many days outdoors as we can.

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 430p-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 Halloween candy for the residents to pass out. If you know of anyone that has 3 dozen small pumpkins or wanting to donate bags of candy please have them call Angie at 712-794-5289 by October 13<sup>th</sup>. In October our candy monster will be making another appearance in the entryway that staff or family members can feed! These bags of candy will be used towards our trick-or-treaters. 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 let everyone know that we plan on resident Christmas parties shortly before Christmas in which 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. Exact dates to be announced later.

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, 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 794-5785.

Bountiful blessings to you all!

Angie, Donna, Whitney, & Sarah



## ALZHEIMER'S SUPPORT GROUP

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The monthly Alzheimer's Support Group meetings will be on October 15, November 19 and December 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.



## SOCIAL SERVICES

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**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.

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 Fall approaching and cooler 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 fall please let us know if there are items you are looking for.

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



## FOOD AND NUTRITION NEWS

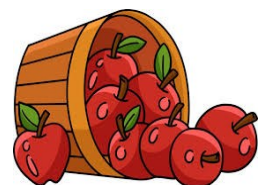
**Autumn Apple Abundance**  
Fall is here! The weather is changing, combines are in the fields, and soon little ghosts, goblins, ballerinas, and princesses will be stopping by for a treat! Our apple trees are looking full with apples this year. We had to support a few branches so they don't break from the weight. So I will be busy making applesauce, apple crisp, and apple pie throughout the season! I have

a machine that peels, slices, and cores the apple all in one. You spear the apple on 3 prongs, and then use man power (or in my case, kid power) to turn a crank and Bing! the apple is ready to go! My kids love doing this kind of chore. They always have a contest to see who can produce the longest string of peel! Of course, the cows love this chore as well, because then they get to eat all the left over peels and

cores. Did you use any special machines or techniques to help you process apples? Have you ever made Apple Fritters or Apple Dumplings? What is your favorite apple treat?

Happy fall from everyone in Food and Nutrition!

Catherine Wernimont,  
RD, LD



## 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>

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](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:

- ♦ Annette Baumhover
- ♦ Elise Pick
- ♦ Helen Leiting

- ♦ Ann McHugh



## NOTES FROM SPIRITUAL CARE

*“The holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us.” ~*

Terri Marshall

Wow! The changing of the season is upon us. Many of the residents and staff are looking forward to the changing of the colors. However, we are not looking forward to the white stuff and freezing temperatures. Well, this is Iowa. We will take what we can get.

There are major holidays coming up and I hope you are excited for it. These special occasions allow for opportunities to spend time with family and friends. I hope warm and loving feelings come forth from

them. In these times, we need a sense of belonging and grounding. So cherish those connections. It will get us through these dark and cold months.

For the Advent and Christmas season, you can order poinsettias for \$25. These poinsettias will be in the chapel throughout the Christmas season. If you are interested, please inform me or Luanne K. If you would like to memorialize a person, please submit it with your cash or check.

Also, if you would like to submit Mass intentions, please have \$10 and a name to be said. We are fortunate and grateful to have priests and volunteers to celebrate

Mass with the residents. St. Anthony Nursing Home is blessed.

Let us pray,

*We bless you,  
God of Seed and Harvest  
And we bless each other  
That the beauty of this world  
And the love that created it  
Might be expressed through our  
lives  
And be a blessing to others  
Now and always. Amen.*

God Bless,

Chaplain Angelo

In all things,  
give  
*Thanks*  
1 Thessalonians 5:18



## BIRTHDAYS

### October Resident Birthdays:

- Oct 2—John Ingalls
- Oct 2—Betty Venteicher
- Oct 3—Ruth Tigges
- Oct 9—Roman Steffes
- Oct 9—Margaret Tigges
- Oct 15—Eunice Ausman
- Oct 16—Myra Stangl
- Oct 18—Ryta Freese
- Oct 22—Pauline Schenkelberg

### October Employee Birthdays:

- Oct 1—Clara Seufert
- Oct 7—Donna Pemble
- Oct 10—Sr. Jovitha Mtenga
- Oct 13—Tammie Wetzel
- Oct 18—Esther Van Horn
- Oct 20—Angie Potthoff

### November Resident Birthdays:

- Nov 4—Lois Sturm
- Nov 9—Dean Boell

- Nov 15—Randy Warnke
- Nov 20—Rose Chapman
- Nov 20—Lois Hinners

### November Employee Birthdays:

- Nov 4—Jessica Ratcliff
- Nov 9—Lisa Jenkins
- Nov 9—Frannie Roe
- Nov 12—Heather Curnyn
- Nov 20—Ronda Nepper
- Nov 22—Hannah Andersen
- Nov 25—Deb St. Peter

### December Resident Birthdays:

- Dec 19—Yvonne Klaver
- Dec 20—Scott Heinrichs
- Dec 21—Mary T Hoffmann
- Dec 24—Mary Schultz
- Dec 27—Fritz Riesselman
- Dec 27—Bev Rolfes
- Dec 29—Joan Trobak
- Dec 30—Ann Topf
- Dec 31 Karen Gingery

- Dec 31—Sandy Hill
- Dec 31—Jean Staiert

### December Employee Birthdays

- Dec 5—Annette Douglas
- Dec 11—Sr. Carolina Assenga
- Dec 11—Aricka Sibenaller
- Dec 17—Samantha Simmons
- Dec 25—Christy Sturm
- Dec 27—Sr. Eleonora Shirima
- Dec 29—Agnes Onditi



### NEW RESIDENTS

Scott Heinrichs, Louis Martin,  
Dixie Crouse, Jean Staiert  
Luanne Moeller, Joni Badding  
Pauline Schenkelberg

## THANK YOU!

### Religious Services

Fr. Hoffman, Fr. Schrad, Fr. Snyder, Fr. Schott, Glen and Dottie Heithoff, Char Rupiper, Lorraine Danner, Joan Bernholtz, Pat Sanders, Diane Boell, Diane, Tom Schmitz, Jean Haviland, Denise Higgins, Roselyn Diers, Sheryl Wegner, Winnie Potthoff, Kelly Foley

### 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

Kenny Sporrer—Sweet Corn, Oran Kohorst—Sweet Corn, RSVP—Walker Bags, Cards, Elaine Pottebaum—Bingo Prizes, Pat Miller—Bingo Prizes, Betty Riesenberg—Bingo Prizes



# Tips for Fall & Winter Wellness

As the days grow shorter and the festive season approaches, the later part of the year brings unique joys — and unique health considerations.

**Vaccinate to Boost Your Defenses:** Immunizations are a cornerstone of preventive health, especially as we move into seasons where respiratory illnesses are more common. They provide your body with a powerful defense mechanism, helping you avoid serious illness and keep yourself and your community healthy. Getting recommended vaccines, like the annual flu shot, is a responsible and effective way to prepare for the months ahead. Influenza Vaccinations are tentatively scheduled for administration to residents who have given consent on Wednesday, October 15<sup>th</sup>.



**Practice Good Hygiene:** Simple habits like frequent hand washing with soap and water for at least 20 seconds, especially after coughing, sneezing, or being in public places, remain incredibly effective in preventing the spread of germs. Carry hand sanitizer when soap and water aren't available.





# Fair Fun

