

APRIL-JUNE 2026

*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. Some of us brave souls 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 be celebrating Mother's Day with a Lady's Tea on Friday, May 8<sup>th</sup> at

3pm and Father's Day with a grill out on Friday, June 19<sup>th</sup> at 1130a. Details and invites for family to follow. With these celebrations 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 10<sup>th</sup>-16<sup>th</sup> is National Nursing Home week. The theme is "Moments in Bloom". 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, Sarah & Whitney



## ALZHEIMER'S SUPPORT GROUP

The monthly Alzheimer's Support Group meetings will be on April 15, May 20 and June 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) 790-5244.



## SENIOR SERVICES ADMINSTRATOR

### Family members, Guardians and POA's,

If you receive a new Medicare number or change insurances please provide a copy to the facility in order for us to update our records. Also just as a reminder the only Medicare Advantage Plan that we are contracted with is

Wellmark. All other Medicare Advantage Plan are considered out of network and will deny any services provided. For example if a resident would need therapy services or skilled care those charges would be billed as private pay since we are not contracted with them.

If you have any questions regarding this give me a call at 712-794-5295 or email [jwordekemper@stanthonyhospital.org](mailto:jwordekemper@stanthonyhospital.org).

Jerry Wordekemper

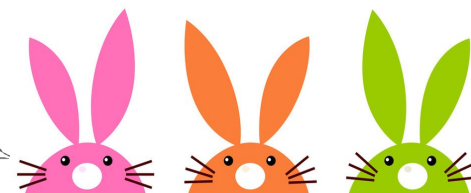
## FOOD AND NUNUTRITION NEWS

### Fun Food Quiz

Can you Name That Food? Take this fun quiz and see what you know!

1. I'm red and round and contain vitamins C and A. Though most people call me a vegetable, I'm really a fruit. I taste best when I'm stores at room temperature away from direct sunlight.
2. While I'm often thought of as a vegetable side dish, I also can be served as a meat-free entrée. I'm kidney or oval shaped. I provide protein, fiber and am an excellent source of folate.
3. I'm a green fruit that is a source of "monounsaturated" fat, a heart-healthy fat. Store me at room temperature until I ripen.

4. I'm on the nutty side of the same plant family as peaches and apricots. I'm a good source of vitamin E. There are 23 of me in one ounce, about a handful.
5. I'm a member of the grain food group and a good source of fiber. I increase in size after I'm prepared. Three cups of me, served without added fat or sugar, provide less than 100 calories. I'm often eaten as a snack.
6. A cup of me is similar to milk in calcium content. I'm available in several flavors. I'm a good source of protein and the B vitamin, Riboflavin.
7. I'm a good source of potassium. Store me at room temperature until I ripen; then refrigerate me. Though my skin darkens in the



refrigerator, I'll still be light inside.

8. I belong to the morning glory family. I'm orange and high in vitamin A. I taste best stored in a cool, dry, dark place and stay fresh for 3-5 weeks. At room temperature, I'm at my peak for about a week. I'm sometimes served mashed.
9. You throw away the outside of me and cook the inside. Then you eat the outside and throw away the inside. I'm yellow in color.

Answers: 1. Tomato 2. Dried beans 3. Avocado 4. Almond 5. Popcorn 6. Yogurt 7. Banana 8. Sweet Potato 9. Corn on the cob

Catherine Wernimont, RD, LD

## SOCIAL SERVICES

I think I am settling in to the new position! Thank you to all the staff, residents and families who have welcomed me and helped with the transition. After 33 years in the hospital I wasn't sure if I would adapt well, but I guess you can teach an old dog new tricks!!!

I certainly appreciate the staff and their dedicated care for your loved ones; They are

very thorough and detail oriented. I hope you feel the same. Please let us know of any concerns we can address for your loved one.

Springtime means a wardrobe change for some; Please make sure to check closets and thin out any of those bulky winter clothes and decorations.

Looking forward to warmer

weather, sunshine and fresh air! Hope you are able to visit us and enjoy some of the opportunities available.

Take care, please call with any questions or concerns

Melissa Schultes,  
Social Worker

712-794-5395



## 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:

- ◆ Carolyn Taphorn
- ◆ Donna Malloy
- ◆ Randy Warnke
- ◆ Mary Bellinghausen

- ◆ Pauline Schenkelberg
- ◆ Yvonne Klaver
- ◆ Helena Tank
- ◆ Donna Malloy
- ◆ Margaret Tigges



## NOTES FROM SPIRITUAL CARE

*Spring is far more than just a changing of seasons; it's a rebirth of the spirit.* ~ Toni Sorenson

It has been a hard winter, but don't be hardened and bitter. Rather, let spring allow us to be grateful. Without the cold and dark of winter, the light and warmth of spring will not be appreciated as much.

Jesus would die on the cross and on the third day rise. Well that death and resurrection makes life more vital and meaningful. Throughout his time on Earth and with people, Jesus stressed life and its importance.

I know from experience and stories of others that once

people are gone, it seems that the world is just emptier. Well, their absence makes it all more apparent that their life had meaning and impact.

So as we celebrate Easter and spring, cherish and celebrate life. Before we know it, life and seasons change. And the cycles of life and seasons continues on.

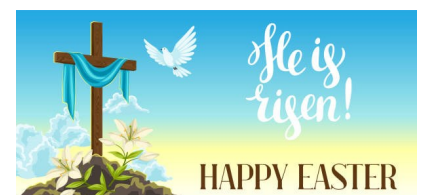
Easter Mass will be celebrated on Sunday, April 5th at 10:30am with Fr. Schrad presiding. You are invited to attend with your loved ones.

Let us pray,  
Good and gracious God, We give you praise for an even

greater sign of new life: the resurrection of your Son, Our Lord Jesus Christ that we especially celebrate at this time. The sadness and despair of his death has given way to the bright promise of immortality. Light will overcome darkness, and love will conquer death.

Amen. (*Ascribed from Xavier University*)

On behalf of St. Anthony Nursing Home, may you have a blessed and joyful Easter! Blessings, Chaplain Angelo



## BIRTHDAYS

### April Resident Birthdays:

- April 18—Rose Obman
- April 23—Margaret Drey
- April 24—Gene Muhlbauer
- April 29—Mary Lou Janning

### April Employee Birthdays:

- April 1—Donna Hartl
- April 10—Mike Houska
- April 19—Darsi Kautzky
- April 28—Sr. Simi  
Koottappillil Mathew

### May Resident Birthdays:

- May 5—Monica Summers
- May 13—John Ehrichs
- May 27—Juana Estrada

### May Employee Birthdays:

- May 3—Sr. Santhy Thyl
- May 5—Sheryl Vonnahme
- May 6—Kim Warnke
- May 9—Sr. Sherin

Vattamattathil

- May 11—Megan Irwin
- May 14—Sr. Jetty  
Mannamcheril Simon
- May 14—Jack Olberding
- May 23—Kallie Hilgenberg
- May 29—Maycie Wiederin

### June Resident Birthdays:

- June 7—Claire Pudenz
- June 7—June Bernholtz
- June 8—Louis Starman
- June 9—Lenora Gross
- June 11—Joan Drey
- June 18—Jan Eich
- June 22—Louis Martin
- June 25—Michele Allen
- June 27—Katie Hoffman

### June Employee Birthdays

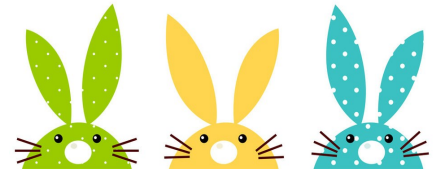
- June 4—Rylie Riesberg
- June 6—Sr. Segolena Tarmo
- June 11—Donna Stephen

- June 16—Jasmine Williams
- June 18—Rylie Moranville
- June 30—Ashley Flathers



## NEW RESIDENTS

Ray Daniel, Rosie Obman,  
Kathleen Mauer,  
Lenora Gross, Jan Eich,  
Darlene Niehaus,  
Bryce Nobiling &  
Regina Schultes



Tuel Family—Bingo Prizes,  
New Creation Resource  
Center—Blankets, RSVP—  
Cards for Residents,  
Ferneding Family—Bingo  
Prizes, Breda Legion  
Auxiliary—Cookies for  
Veterans and Wives, Chezney  
& Brynlee Flathers—Bingo  
Prizes

## THANK YOU!

### Religious Services

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

### Devotions

Angelo Luis, Pastor Jay—1st  
Baptist, Pastor Ryan—St. Paul  
Lutheran

### Nursing Home Volunteers

Betty Riesenber, Pat

Schultes, Mary Swanson,  
Elaine Pottebaum, Marlene  
Riesberg, 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

Carol Sweeny Family—  
Puzzle Books

KHS Religion Class—  
Rosaries for Residents, Marie



# INFECTION CONTROL NURSE



Spring is when we see plant life begin to bloom for the year, which causes many of the most common allergens, including pollen, mold and grass.

RSV (Respiratory Syncytial Virus) can appear with cold like symptoms and is increasing throughout the country in nursing homes and expected to continue. What are the key differences between Allergies and RSV?

<u>Symptom</u>	<u>RSV</u>	<u>Allergies</u>
<b>Fever</b>	Common (often 100-102°F)	Never
<b>Itchy Eyes/Nose</b>	Rare/Mild	Very Common
<b>Wheezing/Chest Symptoms</b>	Common	Possible (if asthma present)
<b>Duration</b>	1–2 weeks	Weeks to months
<b>Sneezing</b>	Less common	Very Common
<b>Onset</b>	Acute (Fast)	Seasonal or sudden

## STAY HEALTHY THIS SPRING!



# Valentine Court Queen Carolyn & King John



# Grace Baptist Glidden Church kids perform for us

