

JAN-MARCH 2026

*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 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 for us and made our Christmas spirit even brighter! Thank you also to the area school kids that made pictures and

treats 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.

Though the weather has been tricky we were able to take 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 been enjoying trips each month but with the winter season upon us we will take a few months off from bus trips and look forward to see what new adventures lies ahead this spring.

We have loads of fun and creating moments of joy planned for January and the upcoming year. I'm optimistic that 2026 will be another extraordinary year! Wishing you all a safe, healthy, and happy 2026!

Take care,
Angie, Donna,
Whitney, & Sarah

ALZHEIMER'S SUPPORT GROUP

The monthly Alzheimer's Support Group meetings will be on January 21, February 18 and March 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 Melissa Schultes at (712) 794-5395.



LAUNDRY



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.

FOOD AND NUNUTRITION NEWS

Small Changes Make a Big Difference in 2026

If healthy eating is your New Year's resolution in 2026, here's some tips to help you reach your goals.

1. **Size Your Servings Right.** A portion of meat should be the size of a deck of cards, a baked potato is about the size of a computer mouse, a cup of cereal or pasta looks like a tennis ball, and a serving of peanut butter or salad dressing is a ping pong ball.
2. **Switch Out the Saturated Fat.** Simple changes like switching to skim or 1% milk or using margarine in a tub rather than stick butter or margarine can help you accomplish this goal. If you've already made those changes, try using low fat or fat-free mayonnaise, sour cream, cream cheese, or salad dressings.
3. **Make Good Habits More Delicious at Home.** By cooking at

home, rather than dining out, you can control the nutritional value of your meals.

4. **Fit Fruits and Vegetables Into Your Diet.** Add fruit into your breakfast routine and purchase "convenience" veggies, such as prewashed salads, baby carrots or celery sticks. Keep fruit out where kids can see it. Top your next homemade pizza with pineapple, pepper strips, mushrooms, tomato slices, even broccoli!
5. **Eat Less Salt.** Look for other forms of salt when reading food labels, such as sodium benzoate, sodium nitrate, sodium ascorbate, and MSG. Choose more fresh or frozen fruits and vegetables, which are naturally low in sodium.
6. **Watch Out for Solid Fats and Added Sugars.** Try to eat less grain-based desserts, regular cheeses, regular soda, candy, butter, and pizza. Did you know a 12oz. can of regular cola has 33 grams of sugar?

That's almost 12 sugar packets in one can!

7. **Enjoy More Seafood and Choose a Variety of Protein Foods.** Choose steaks or roast with the word "round" or "loin" in the name. Remove the skin from chicken before cooking.
8. **Make Half Your Grains Whole.** Look at the ingredient list and if the first word isn't "whole" then it isn't a whole grain, no matter what color it is.
9. **Keep Your Food Safe.** Hand washing is the most important thing you can do to prevent foodborne illness.
10. **Move More!** Choose an exercise that you enjoy and can do all year round. Remember this needs to be something outside of what you are all ready doing at work.

Best wishes for a happy and healthy New Year!

Catherine Wernimont, RD, LD

SOCIAL SERVICES

Luanne Kustra, Social Worker at St. Anthony Nursing Home is embarking on a new chapter in the near future. There are a couple of quotes that have stuck with me over the years, that has made a difference in my life.

"I can do everything through him who gives me strength
Philippians 4-13

"Spread love where ever you go. Let no one ever come to you without leaving happier. "
Mother Teresa

The past 24 years here at St. Anthony Nursing Home has been an experience I will never forget. I can say, it has become my home away from home. It is getting harder to say, I will be Retiring as, The Social Worker, here at St. Anthony Nursing Home in 2026.

Not sure where to begin, but I wanted to say, Thank You!!!, to all of

you. It has been my privileged to get to know all of you here in the Nursing Home, & to get to know your love ones. I have made some great friendships with Residents, Families and Staff. Melissa Schultes, a Social Worker, in the Hospital will be taking my place here in the Nursing home. She has worked at St. Anthony Regional Hospital over 30 + years. She will do a great job here. You are all very lucky to have her here. Be sure to stop and say hi to her and introduce yourself.

I will miss this job, but I have to say that a lot of times, it was not a job, it was something I loved to do every day. Saying, "I'm retiring" is something I did not think would ever happen. I guess you can say there are several other chapters ahead. What a journey this has been. Thank you, for letting me advocate, help, & be a part of your love ones journey and of

course this journey with all of you. The best part was getting to visit and hear all the beautiful stories your love ones have experienced and to see your love ones, live here and grow and be a part of this St. Anthony family, here daily in the Nursing Home. It has been a beautiful journey. I am always around, so for now, so long, but never good-bye. Take care and God Bless all of you & hope that 2026 is a great year for all of you!!



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:

- ◆ Linda Ytterdahl
- ◆ Mary Jane Collison
- ◆ Dean Boell

- ◆ Fritz Riesselman
- ◆ Lois Sturm
- ◆ Ron Hauser
- ◆ Betty Lawler
- ◆ Luanne Moeller



NOTES FROM SPIRITUAL CARE

*EVERY DAY IS A RENEWAL,
EVERY MORNING THE DAILY
MIRACLE. THIS JOY YOU FEEL
IS LIFE. ~ GERTRUDE STEIN*

Life moves fast. How is it 2026? As you look back, I hope that 2025 was good for you. My prayer for you is that 2026 is a continuation of blessings.

Life can seem monotonous. It can seem that every day is the same. You can look at it that way, or you can see each day as a new thing.

As a New Year dawns, be open to new things. Recognize that it is never too late to start anything. Things don't have to be same old thing. This is your opportunity to just try.

If it doesn't work out, it's okay. You tried and it may not be your thing. Lesson learned and no regrets.

Trying new things keeps life vital, interesting, and fun. We are meant to explore. So with 2026 upon us, go and do a new

thing. It may be a start of something special.

Let us pray,

*Walk beside us, O Holy One,
as we question and welcome,
as we challenge and invite,
as we discover and understand,
as we see, touch, taste, smell,
and listen for the Newness
awaiting us in 2026.*

*May we, Your Holy People,
walk forward together side by
side.
Amen*

BIRTHDAYS

January Resident Birthdays:

- Jan 5—David Peters
- Jan 13—Jake Brinkman
- Jan 19—Bev Strandberg
- Jan 28—Warren Matt
- Jan 29—Donna Miller

January Employee Birthdays:

- Jan 4—Renee Grimsman
- Jan 5—Madison Sturm
- Jan 8—Luanne Kustra
- Jan 9—Adhel Aluat
- Jan 12—Jerry Wordekemper
- Jan 13—Taylor Grimsley
- Jan 17—Tanya Wanser
- Jan 18—Doris Wurr

February Resident Birthdays:

- Feb 7—Bob Gingery
- Feb 9—Donna Malloy
- Feb 17—Joann Cale
- Feb 21—Sharon Rasmussen
- Feb 21—Darlene Wittrock

February Employee Birthdays:

- Feb 3—Whitney Richardson
- Feb 7—Jamie David
- Feb 13—Kristen Molitor
- Feb 16—Deana Slater
- Feb 18—Cheryl Mincer
- Feb 23—Sarah Bruening

March Resident Birthdays:

- Mar 4—Linda McCollum
- Mar 5—Joann Lewis
- Mar 6—Rosalie Duitsman
- Mar 8—Arlene Brincks
- Mar 10—Mary Royer
- Mar 13—Edna Schrad
- Mar 15—Loretta Christensen
- Mar 20—Tracy Rich
- Mar 23—Joyce Schroeder
- Mar 25—Sharon Murray
- Mar 25—Carolyn Taphorn

March Employee Birthdays

- Mar 2—Sharon Beeber

- Mar 5—Ann Terlisner
- Mar 7—Molly Kasperbauer
- Mar 13—Felicia Pietig
- Mar 14—Cassandra Brown
- Mar 22—Rocio Heiman
- 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

David Peters, Ruth Noelck,
Carolyn Taphorn,
Bev Strandberg, Norman
Tapps, Carolyn Nieland and
Joel Harris

THANK YOU!

Religious Services

Fr. Hoffman, 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

Devotions

Angelo Luis, Pastor Jay—1st Baptist, 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

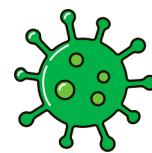
Donations

Mary Jane Collison Family—Lift Chair and Miscellaneous Items, Kenny Sporrer—Pumpkins, Kuemper 4th Grade—Treats and Pumpkins for Residents, Breda Legion Auxiliary—Posters and Treats for Veterans, Manning VFW—

Treat Bags for Veterans, Fritz Riesselman Family—Lift Chair and Meat and Cheese tray for staff, Dixie Crouse—Cake for Residents and Staff, Becki Miller, Scott Heinrich Family, Helena Tank Family, Warren Matt Family, Juana Estrada Family, Randy Warnke Family, Louis Martin Family, Gene Muhlbauer Family, Clair Schmitz Family, Louie Starman Family, Carolyn Taphorn Family, Catherine Wittry—Treats for Staff, Catholic Church Group—Gifts for Residents, New Hope Connections—Cookies



Respiratory Etiquette 101



Cover your cough and sneezes – use a tissue, if not available, cough or sneeze into your upper sleeve or elbow, NOT your hands, to contain the droplets.

Dispose of tissues – put used tissues directly into the trash can.

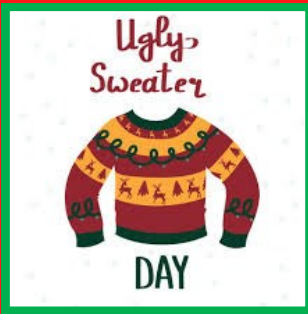


Clean hands: wash hands with soap and water for at least 20 seconds or use an alcohol based hand sanitizer immediately after coughing, sneezing or touching used tissues.

Avoid touching your face - keep hands away from your eyes, nose and mouth to prevent transferring germs.



Stay home if you are sick: if you feel unwell, stay home to prevent spreading illness. Stay safe at home until you have been fever or symptom free for 24 hours.



Christmas Fun



Christmas Party

