

JAN-MARCH 2024

*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 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 not only our residents but staff as well! Thank you to the Crafty Library Ladies and 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 and a couple of groups of children that

brought that extra Christmas spirit and cheer to us. Thank you also to the area school kids that made cards and holiday pictures for our residents.

A huge THANK YOU again to Brady Brehmer and his giving spirit! Several residents were able to ride in style and take a tour on his one-of-a-kind Christmas Bus to see Christmas lights. SO cool! 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.

We have loads of fun and creating moments of joy planned for January and the upcoming year. I'm optimistic that 2024 will be another extraordinary year! Wishing you all a safe, healthy, and happy 2024!

Take care,
Angie, Connie, and
Donna

ALZHEIMER'S SUPPORT GROUP

The monthly Alzheimer's Support Group meetings will be on Jan 17,



Feb 21 and March 20.

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

March is National Nutrition Month®, test your nutrition knowledge with these fun nutrition questions! Be sure to thank your Registered Dietitian on March 9, which is Registered Dietitian Day!

1. True or False: Nibbling on chocolate may actually be healthy.
 2. True or False: Cottage cheese isn't a particularly good source of calcium.
 3. True or False: Butter and margarine have about the same number of calories.
 4. True or False: Popeye was right: Spinach builds strong muscles!
 5. True or False: Snacking doesn't always make you fat.
 6. True or False: Frozen fruits and vegetables contain fewer nutrients than the fresh fruits and vegetables.
1. True: Researchers have found that cocoa, an ingredient in chocolate, may help prevent plaque from building up in the arteries and may reduce the risk of heart disease. Even though chocolate contains healthy ingredients, it is still loaded with fat and sugar and

should be enjoyed in small portions.

2. True: There are about 65 milligrams of calcium in a ½-cup portion of cottage cheese, while an 8 ounce serving of milk or yogurt contains nearly 300 milligrams and an ounce of cheddar cheese about 200 milligrams.
3. True: There are about 100 calories and 12 grams of fat per tablespoon of stick margarine or butter. Margarine is made from a liquid oil that is turned into a solid through a process called hydrogenation. This process adds unhealthy trans fats, which increase the risk of heart disease. If you prefer margarine, look for trans fat-free margarine spreads that are lower in calories and fat.
4. False: Dark leafy green vegetables are rich sources of folate. Spinach also contains iron and is super-nutritious but what builds strength is exercise, not iron or any other nutrient.

Eating a healthy diet and engaging in strength training is the recipe for building muscles.

5. True: The bottom line is the total number of calories you eat, not how often you eat them. Snacking may even take the edge off hunger so you don't overeat at mealtime. In order to prevent snacks from causing weight gain, enjoy them between meals and choose snacks that are rich in fiber and lean protein and low in fat and calories.
6. False: There's usually little difference. The frozen varieties may even have more nutrients because they are processed at their peak, during harvest. What is most important is to enjoy nine servings of fruits and vegetables each day regardless of fresh, frozen, canned, or dried.

Happy and Healthy Eating's!

Catherine Wernimont RD,
LD

ADMINISTRATOR

Our facility has some exciting news for this coming New Year! We have been approved by Medicare to start accepting Medicare Part A patients. This is often referred to as “Skilled Care” in nursing facilities in which patients receive Physical, Occupational and Speech therapies during a recovery from an illness or injury that is covered by Medicare. Previously patients would have to go to Regency Park or Accura to receive this Medicare benefit. We are in the process of testing our medical record system to ensure that everything that is required by Medicare can be

captured in our system. We plan on accepting our first residents towards the end of January or first part of February.

Newsletter Changes

Going forward the Socializer will be quarterly however, the month activity calendar will be posted on line in the same location.

HOW TO GET THERE: from the St. Anthony Regional Hospital -

www.stanthonyhospital.org. Click on the “Services” tab and hit “s” then hit search, on the page that comes up click on

“Senior Services/Assisted Living/Nursing Home” on the next page scroll down and select The Socializer on the right side of the page.

Another option to get you directly to the Socializer is the below QR code.

Jerry Wordekemper NHA MHA,
Senior Services Administrator



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:

- ◆ Rita Sporrer
- ◆ Audrey Weitl
- ◆ Helen Quinn
- ◆ Mildred Broich
- ◆ Regina Frishmeier
- ◆ Jerald Bennett



Thank You!

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

NOTES FROM SPIRITUAL CARE

Rest when you're weary. Refresh and renew yourself, your body, your mind, your spirit. Then get back to work. ~ Ralph Marston

St. Anthony is starting the new year with an addition to the pastoral care department. Sr. Pauline is the new staff chaplain at St. Anthony. She will be offering her gifts and talents of chaplaincy to the patients, residents, and their families.

I hope that you will get to know her when you visit your family at the nursing home. Also, please welcome her to the neighborhood. Below is a short bio of Sr. Pauline.
Sister Pauline Modestus comes from Imo State Nigeria. She is a member of the Congregation of the Daughters of Mary Mother of Mercy. In the United States of

America, Sister Pauline is assigned to the USA/Canada Region of her Order. Sister Pauline enjoys singing, prayer, reading and research. Sister Pauline is a Board Certified Chaplain with the National Association of Catholic Chaplains (NACC).

Now that Christmas has come and gone and that 2024 is upon us, I hope and pray that you and your family can take time to pause, reset, and renew. You do not need to move so quickly to do the things that you want for the new year or even go back to your old routines.

Rather, slow down and appreciate the little moments. Because before we know it, time has moved on ahead of us. It's why we ask this often stated question, *where has the*

time gone? Time will always win, so why fight it. Enjoy whatever it is front of you and don't rush it.

Let us pray,
*Holy and perfect God,
You know we want to be available.
Help that desire sink deeply enough into our being.
for us to actually change
and to say "no" to a least one worthy,
but not urgent, task today.
Give us the ability to be open to the life we are leading;
not the one we are planning to lead.
Amen.*

May God Bless You,
Chaplain Angelo

BIRTHDAYS

January Resident Birthdays:

- Jan 5—Mary Sailer
- Jan 6—Dale Wittry
- Jan 9—Sandra Heires
- Jan 13—Alma Brook
- Jan 13—Jake Brinkman
- Jan 14—Diane Krogh
- Jan 14—Brad Tate
- Jan 20—Pat Hinners
- Jan 29—Donna Miller

January Employee Birthdays:

- Jan 4—Renee Grimsman
- Jan 8—Luanne Kustra
- Jan 12—Jerry Wordekemper
- Jan 18—Doris Wurr
- Jan 19—Owen Ferneding
- Jan 24—Hayden Thooft
- Jan 27—Hailey Ostrander

February Resident Birthdays:

- Feb 9—Donna Malloy
- Feb 10—Larry Petersen
- Feb 17—Joann Cale

- Feb 21—Sharon Rasmussen
- Feb 21—Darlene Wittrock
- Feb 27—Butch Meier
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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 13—Edna Schrad
- Mar 15—Loretta Christensen
- Mar 20—Tracy Rich
- Mar 23—Joyce Schroeder
- Mar 25—Sharon Murray
- Mar 26—Mary Ann Schulte
- Mar 27—Lucille Wittrock
- Mar 28—LeRoy Rupiper
- Mar 30—June Bennett



March Employee Birthdays

- Mar 2—Sharon Beeber
- Mar 5—Ann Terlisner
- Mar 6—Julie Sibbel
- Mar 10—Morgan Roberts
- Mar 23—Sr. Elseena Pallithazhom
- Mar 31—Madison Friedrichsen
- Mar 31—Jody Hoffmann



NEW RESIDENTS

Sandy, Heires, Fritz & Velma Riesselman, Michele Allen, Donna Lewis, Donna Malloy, Butch Meier, LeRoy Rupiper, Sharon Rasmussen, Ronald Hauser, Urban Koster and Eugene Muhlbauer

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

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

Audrey Wietl Family—Misc Items, Breda Auxilary—Veteran Gift Bags, Cathy Potthoff—Bingo Prizes, Halloween Candy and cookies for staff, Shorty & Frances Wieland—Homemade Potato Chips for staff, Ann Chambers—Halloween Candy, Clair Schmitz Family—Halloween Candy, Becky Miller—Halloween Candy, Denny & Karen Kasperbauer—

Pumpkins and Gourds, June Bernholtz Family—Halloween Candy, Betty Riesenberg—Bingo Prizes and Candy, Marg Kohorst—Bingo Prizes, Pat Miller—Bingo Prizes, Darlene Wittrock Family—Corn Hole Game, RSVP—Christmas Cards and Ornaments, Catholic Parishes—Gifts for Residents, April Tigges—Gift for Residents, Tracy Murguia—MaryKay Gift Sets, Green County Elementary—Colored Pictures for Residents, Bob & Tim Schulte—Meat and Cheese for Staff, Kuemper Kindergarten—Christmas Cards

THANK
YOU

INFECTION CONTROL NURSE

COVID-19: Updated mRNA Vaccines for Patients 6 Months & Older

On September 11, the [FDA approved and authorized for emergency use](#) updated [Moderna](#) and [PfizerBioNTech](#) COVID-19 vaccines formulated to more closely target currently circulating variants and provide better protection against serious consequences of COVID-19, including hospitalization and death. These vaccines have been updated to include a monovalent (single) component that corresponds to the Omicron variant XBB.1.5. The [CDC recommends](#) everyone 6 months and older get an updated COVID-19 vaccine. More information to follow when available.

Influenza

Influenza (flu) is a potentially serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and flu can affect people differently, but during typical flu seasons, millions of people get flu every year, hundreds of thousands of people are hospitalized and thousands to tens of thousands of people die from flu-related causes.

Flu can mean a few days of feeling bad and missing work, school, or family events, or it can result in more serious illness. Complications of flu can include bacterial pneumonia, ear infections, sinus infections and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes. An annual seasonal flu vaccine is the best way to help reduce the risk of getting flu and any of its potentially serious complications. Vaccination has been shown to have many benefits including reducing the risk of flu illnesses, hospitalizations and even the risk of flu-related death. While some people who get a flu vaccine may still get sick with influenza, flu vaccination has been shown in several studies to reduce severity of illness.

Flu vaccination is especially important for people 65 years and older because they are at higher risk of developing serious flu complications. Three specific flu vaccines are preferentially recommended for people 65 years and older over other flu vaccines. The vaccine changes from year to year depending on what strains of influenza has been active in the Southern hemisphere during

their winter. People 65 and older should get a higher dose flu vaccine, including: Fluzone High-Dose Quadrivalent, Flublok Quadrivalent, or Fluvad Quadrivalent vaccine. Several studies have shown they are potentially more effective than standard flu vaccines for the 65 and older population.

Here at St. Anthony Nursing Home we **STRONGLY** recommend vaccination annually for influenza to provide the best protection available to your loved ones. Influenza vaccines will be available for your loved ones here at the nursing home.

Sources: <https://www.cdc.gov/flu/highrisk/65over.htm>

If you have any questions or concerns please reach out to our infection prevention nurse – Kasey Greteman, RN
kgreteman@stanthonyhosp



Holiday Fun

