

APOSTOLIC CHRISTIAN HOME OF ROANOKE

LINES FROM HOME



WINTER 2018-2019

ANNOUNCING...

“VICTORY HOME CARE SERVICES”

I was reminded recently by one of our ministers that our bodies are only a temporary housing for our souls. This comes to mind often to those of us that work in a senior community or nursing home environment.

It also brought to mind how important our own homes are and how reluctant we are to move out of them; I know I will be this way when the time comes. We spend so much time and create so many memories in our homes. Therefore, we want to create another option for those seniors who want to remain in their own homes but could use some assistance.

After discussing this possibility with administration at the Apostolic Christian Home of Eureka, we have decided to partner together to offer these services. Victory Home Care Services is the name of this new service and will be a joint venture between the Apostolic Christian Homes of Roanoke and Eureka. We plan to eventually serve Woodford, Tazewell, Marshall, McLean, and parts of Livingston counties.

The application for a license has been completed and we are now awaiting approval from the State of Illinois. Once received, we will be able to provide ser-

vices to seniors who choose to stay in their own homes while aging. In addition, services will also be available to individuals in our apartments and the duplexes on our campus.

These are a few of the services we will be offering:

- Assistance with bathing
- Assistance with grooming
- Medication reminders
- Assistance with ambulation and transfers
- Assistance with laundry and light housekeeping
- Assistance with meal preparation
- Running errands
- Transportation to doctor appointments
- And much more!

More details will follow as Victory Home Care Services continues to develop.

May God bless each of you with a happy and healthy 2019!

-Nathan Hoffman
Administrator

REMINDERS:

- *Now is a great time to go through your loved one's closet and make sure that their name is marked on everything that goes to laundry.*
- *When taking your loved one out of the building, be sure to sign them out at the nurse's station so staff knows where all residents are.*
- *If you wish to take your name off of our mailing list, please call 309.923.2071, ext. 114 or email michelle@achroanoke.org.*

INSIDE THIS ISSUE:

ACTIVITIES	2-5
THERAPY	6
ANNIVERSARIES	7
REFLECTIONS	8
SURVEY RESULTS	8
COMING UP	9
EASTER LUNCH	10
EMPLOYMENT	10



THANKSGIVING WITH KINDERGARTNERS



Above: Erma Moser and Marie Hohulin enjoy their Thanksgiving feast with their young friends.

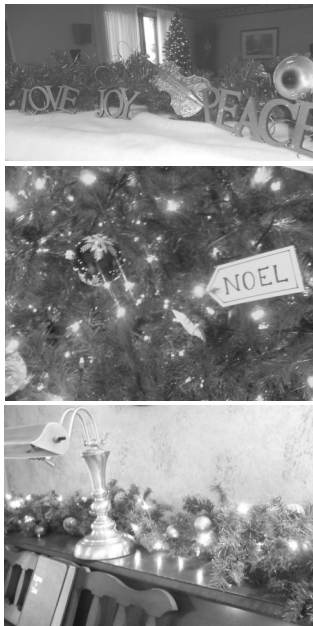
On Tuesday, November 20, residents enjoyed having the Sower's Kindergarten class in for a Thanksgiving program and feast. The children greeted the residents, performed a few songs and shared the Thanksgiving story via a colored bead bracelet.



Erma Moser listens to the Thanksgiving story told with colored beads.

CHRISTMAS SPIRIT

THANK YOU TO EVERYONE WHO HELPED TO PUT US IN THE
CHRISTMAS SPIRIT BY DECORATING THE HOME!



Teri Cargill—Village Christmas Tree

Phyllis Eden—Lobby

Brad and Patty Hodel family—CVA

Brett and Laura Hodel—Dining Room

Kim Howell—CVA Dining Room

Michelle Kennell—West Side Station

Michelle Schmidgall—East Side Station

Val Wuthrich—West Side Station

Diane Yuill—Curios

Gloria Zilm—Special Additions



GOING GREEN

Here at the Home we are watching for ways that we can cut energy costs as well as save on paper. Would you like to receive our newsletters by email instead of receiving a printed copy? Call or email Michelle Kennell, Volunteer Coordinator to be added to an email list.

(309) 923-2071, ext. 114 or michelle@achroanoke.org.

RECEIVE OUR
NEWSLETTER BY
EMAIL!

ANIMAL LOVE



We've been continuing to enjoy special visits from Furry Friends. These are no ordinary animals—there are many unusual pets including deer, chinchillas, and skunks.

Left: residents Harvey Martin and Erma Moser had fun seeing and petting a deer in the lobby, and **Right:** resident Sarah Dalley enjoyed holding a guinea pig.



"A BOY CAN LEARN
A LOT FROM A
DOG: OBEDIENCE,
LOYALTY, AND THE
IMPORTANCE OF
TURNING AROUND
THREE TIMES
BEFORE LYING
DOWN."
-ROBERT
BENCHLEY

MEET STELLA

In November, we asked people to submit puppy names in person or on the website.

You might have missed out on all that excitement, but that doesn't mean you have to miss out on meeting her!

Stella is Administrator Nate

Hoffman's special little Golden Doodle who will be making many trips into our Home to bring sunshine to the staff and residents. If you see her while visiting your loved one in the Home, be sure to give her a friendly welcome!



GIFTS FOR YANKS

On December 14, Legion Post 463 honored our veterans with gifts. Everyone enjoyed this special time.

Left: Harvey Martin

Right: Delmar Peterson



WE DON'T
KNOW THEM
ALL, BUT WE
OWE THEM ALL.

CHRISTMAS PERFORMANCES



Above: Madrigal singers provided lively Christmas entertainment for the residents. We enjoyed celebrating the season with them.

There were so many carolers, musicians, and visitors over the Christmas season that it is impossible to recognize everyone. If you came in to share your talents and bring joy to those in our Home, *thank you!*

YOU MAKE A LIVING BY
WHAT YOU GET. YOU MAKE
A LIFE BY WHAT YOU GIVE."
—WINSTON CHURCHILL



Above: For our December Birthday Party, a homeschool group performed the Christmas story. The residents always love this sort of entertainment.

NEW YEAR'S EVE PARTY



Above: Residents Harold Roth, Jim Weigand, and Edwin Ringger enjoy snacks, door prizes, and entertainment.

Many residents, Country View tenants, and guests enjoyed a lively New Year's Eve Party, ringing in the New Year early that evening. Everyone feasted on egg rolls made by volunteer Jim Yuill as well as party snacks. There was trivia, door prizes, party favors, and a countdown followed with horn blowing. Special guests "Father Time" and the "Baby New Year" appeared in full costume, played by husband and wife Jim & Diane Yuill (Activity Assistant), much to the delight of all. Thanks to volunteer Teri Cargill for assisting with the fun activity.

Below: Residents Helen Hoffmann, Leona Onnen, and Sarah Dalley relax while they wait for the countdown.



TAFFY PULL

On Wednesday, January 9, Jim and Marlene Plattner of Princeville came with a taffy mixture and pulled it in front of the residents. As it got longer and longer, staff and volunteers helped to hold it and take it outside to a cooling rack. When it was cooled, they broke off pieces and everyone got to taste the delicious treat.

CANDY IS CHILDHOOD,
THE BEST AND BRIGHT
MOMENTS YOU WISH
COULD HAVE LASTED
FOREVER.

—DYLAN LAUREN



Upper Left: Jim and Marlene Plattner demonstrated their taffy-making process for residents, visitors, and volunteers.

Lower Left: Volunteer Sherril West offers the fresh homemade taffy.

Above: Residents Mardell Bowald and Pat Ringer enjoy their sweet treat while watching the second batch being pulled.

MAKE YOUR OWN CLOTHESLINE TAFFY

Ingredients:

- 5 c. sugar
- 2 ½ c. whole milk
- 2 ½ c. white karo syrup
- butter, the size of an egg
- paraffin, the size of an egg
- 1 envelope plain Knox gelatin
- ½ c. cold water
- 1 c. black walnuts, chopped, opt.
- Butter 1 or 2 large jelly roll pans (something flat, but with sides) and set aside.
- Soften the gelatin in the cold water in

a small bowl. Set aside.

- In a large, heavy bottomed pot, stir sugar, milk, syrup, butter and paraffin together over medium high heat until it boils.
- Add the softened gelatin, and continue to cook, stirring constantly, to the hard ball candy stage (250° to 255°F).
- Stir in walnuts and pour onto buttered pans to cool. Cool until you are able to hold your hand on the bottom of the pan.
- Wash and butter hands. Have several

people pull the taffy (make sure it is cool enough), working in pairs. Work hand over hand, pulling and stretching between partners until taffy becomes hard to pull and white.

- When the taffy is stiff, white, and glossy, stretch it out with people holding it in a long, thin rope.
- Drape taffy over a clothes rack in a cool place and let harden (don't overlap the taffy).
- Break into pieces once hard and enjoy immediately or store in an airtight container.

SNOWBALL FIGHT

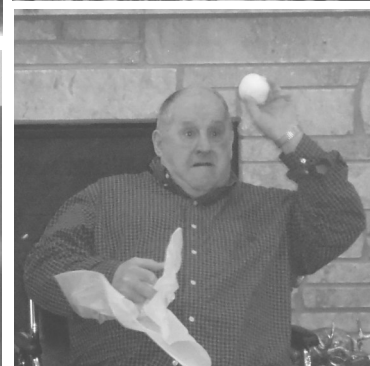
After the Taffy Pull on January 9, residents headed to the Lobby for a snowball fight. Administrator Nate Hoffman and DON Penny Maher stepped into the middle of the circle while residents and visitors pelted them with snowballs. Activity Assistant Judy Magnuson then read several snow-themed jokes.



THE AGING
PROCESS HAS YOU
FIRMLY IN ITS
GRASP IF YOU
NEVER GET THE
URGE TO THROW
A SNOWBALL.

—DOUG LARSON

Clockwise from upper right: Administrator Nate Hoffman, residents Harvey Martin, Eugene Fogliani, and Paul Courtright all participate in an afternoon of throwing snowballs, jokes, and laughter.



SHARE A HOBBY



On Tuesday, January 22, residents gathered in the Activity Room for a Share Your Hobby activity.

Charlene Monk (**right**) brought in pictures of her artwork and talked about how she especially enjoys using watercolors. She has painted for over forty years and her work is breathtaking. At the end of her presentation, she gave cards printed with her artwork to each of the residents.

and a spinning wheel. She demonstrated a little of both methods and talked about methods of dying fiber.

The residents really enjoy learning about special hobbies, and this year's Share a Hobby activity was a tremendous success! Thank you to all who participated!

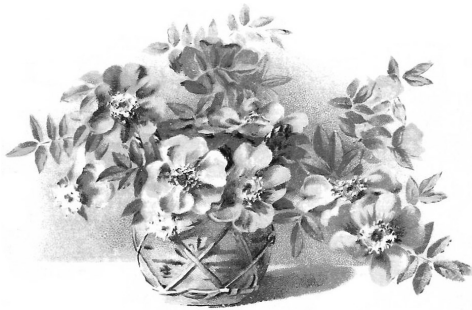


Marge Braker (**upper left**) brought in part of her snowman collection and explained the different ones that she got as gifts and why they were special. Her favorite, she said, is a small wool snowman that is roasting a marshmallow over a fire.

Rhoda Kennell (**lower left**) brought in her spinning wheel and explained how to spin yarn with both a spindle



MEMORIALS



We have received memorial contributions in the amount of \$7,750.00 from October through December 2018 for the following individuals:

Pearl Aeschliman - Resident

Susan Blunier

Arlette Fehr

Evelyn Kennell

Marjorie Knapp - Past Resident

Evelyn Pomeranke - Resident

Joyce Ryan - Resident

Ruth Thompson - Resident

Edith Whitten - Resident

These contributions are used to make improvements to our nursing home for the direct benefit of our residents and staff. May God bless each of you for your generous support.

DID YOU KNOW?

Do you constantly have headaches or a stiff, sore neck? Do your legs ache? Maybe, like millions of people in the United States, you are suffering from constant back pain.

Do you find yourself taking pain pills daily just to mask the pain only to have it return when the medication wears off? Maybe you tell yourself, "that's just the way it is—I have to live with this pain."

Pain is important but it isn't something that everyone has to live with. Pain is your body's way of communicating with you to say that something is wrong.

JENNIFER GETZ, PHYSICAL THERAPY

Did you know that the Apostolic Christian Home of Roanoke has skilled Physical Therapy personnel that specifically deal with pain, address its causes, and provide treatments that can significantly reduce or even eliminate pain altogether?

If you find yourself limiting your activity, if you are having difficulty sleeping, or if you struggle to perform simple daily activities because of pain, give us a call to discuss your options and to set up an evaluation with a physical therapist.

Contact the therapy at (309) 923-2071, ext. 130



WINTER MONTHS

After three major holidays in little more than a month, the new year feels like a drag.

So what can we do to make the months seem shorter and less dreary? The answer is to make it fun.

Here are a few ideas to get you started:

- Host an arts and crafts night with friends. Serve simple snacks and hot drinks. Remember, your friends did not come for the food, but for the fellowship. Keep it simple.
- Bake cookies and donate them to a homeless shelter. Try out a new recipe.

FROM OUR BLOG

- Start volunteering at a place you believe in.
- Make popcorn and settle down for a favorite movie. Even better, invite a few friends over to share the evening with you.
- Teach yourself a new skill. Youtube is great for learning new things, and the mental exertion will leave you little time to complain about the cold.
- Perform at a local talent night. Often coffee shops will host new and upcoming singers/comedians.
- Houseclean your messiest room.

Bonus: housecleaning doubles as exercise. It's a two-for-one deal.

- Join a community choir, band, or orchestra.
- Perform a random act of kindness every day for a week.
- "Adopt" a young person and pour love and time into their lives.

Often this time of year, I find myself becoming self-centered, focusing not on what joy I can give to others, but on keeping myself comfortable and cozy in my personal world. This year, I want to break that tendency, and I'm inviting you to join me.

EMPLOYMENT ANNIVERSARIES

On Friday, November 30, we celebrated employment anniversaries with a special potluck and gifts.

It's incredible to think about the many, many years our employees have been serving our Home. We really do not have the words to thank them for their dedication. Celebrating their working anniversaries is just a small way to recognize the huge impact they have had on us all.

A big thank you to all of our faithful employees. Let's continue to strive for excellence together.



Left: Valerie Wuthrich, *Accounts Receivable Coordinator*, 20 years

Right: Dan Magnuson, *Maintenance*, 25 years



Left: Amy Beer, *Rehab Assistant*, 25 years

Right: Sally Hodel, *Dietary Aide*, 30 years



Not Pictured:

Mary Aeschliman, *CNA*, 5 years

Patsy Kaeb, *Office Assistant*, 25 years

Karen Leman, *RN*, 35 years

WE NEED NEVER SHOUT ACROSS THE SPACES TO AN ABSENT GOD. HE IS NEARER THAN OUR OWN SOUL, CLOSER THAN OUR MOST SECRET THOUGHTS.

— A.W. TOZER



It's hard to remember the right extension when you call the Home, so we're making it easy by giving you a list of our most popular extensions. Feel free to cut it out and keep it handy!

IT IS BETTER TO KEEP YOUR MOUTH CLOSED AND LET PEOPLE THINK YOU ARE A FOOL THAN TO OPEN IT AND REMOVE ALL DOUBT.

-MARK TWAIN

LOVE SEEKS ONE THING ONLY: THE GOOD OF THE ONE LOVED. IT LEAVES ALL THE OTHER SECONDARY EFFECTS TO TAKE CARE OF THEMSELVES. LOVE, THEREFORE, IS ITS OWN REWARD.

-THOMAS MERTON

AC HOME OF ROANOKE TELEPHONE EXTENSIONS

100 -	Administrator	130 -Physical Therapy
110 -	Resident Accounts	140 -Dietary Manager
112 -	Personnel	141 -Kitchen
114 -	Volunteer Coordinator	150 -Laundry
115 -	Accounts Payable	160 -Environmental Services
120 -	Director of Nursing	170 -Activity Director
122 -	West Nurses' Station	185 -Social Service
127 -	East Nurses' Station	190 -Maintenance

REFLECTIONS ON 2018

EMILY OSTERLOO, SOCIAL SERVICE COORDINATOR

As we look forward to a new year, we cannot help but reflect on the past year. Many people have touched the lives of the staff here at the Home. The following residents have passed away this past year, but left their imprint on our hearts:

Marvin L. Aeschleman
 Everett C. Aeschliman
 Pearl L. Aeschliman
 Carol L. Damerell
 Roberta J. Faucon
 Larry D. Johnson
 Pearl M. Leman
 Lillian Meginnes

Raymond L. Mellin
 Cecil W. Nohl
 Evelyn M. Pomeranke
 Rita "Joyce" Ryan
 Louise D. Solley
 Richard L. Stoller
 James E. Thompson
 Ruth E. Thompson
 Don R. Unzicker
 Delbert E. Whitten
 Edith C. Whitten
 Florence E. Wuthrich

In 2018 we had 55 admissions, 27 discharges, and 21 deaths.

We sometimes talk about our "revolving door." Each resident is special to us in their own special way. We would like to say thank you to the families of our residents for allowing them to be a part of our family. We are honored you trusted us with their care.



SURVEY RESULTS FOR 2018

PENNY MAHER, RN, DON

Happy New Year! We are blessed to have some of the most dedicated staff who lives out our mission of providing quality care that reflects Christian love, respect, and concern for our residents.

"Survey" as a verb is an investigation of opinions or experience of

a group of people by asking them questions.

"Survey" as a noun is a general view, exam or description of someone or something.

Recently we have participated in both parts of speech.

Every year, we have our staff participate in a satisfaction survey. The results were more satisfactory than the previous year. While the satisfaction of our residents and their families is our primary objective, our staff definitely matter. Our staff members are the "how" in our mission.

Every year we are part of state survey. They were here recently and we received no nursing tags.

A huge thank you to staff members who perform excellent care every day.



"THE
 SATISFACTION OF
 OUR RESIDENTS
 AND THEIR
 FAMILIES IS OUR
 PRIMARY
 OBJECTIVE."

COMING UP...

FEBRUARY 14	FAMILY NIGHT— POLKAS AND MORE
FEBRUARY 13	BIRTHDAY PARTY
MARCH 21	FAMILY NIGHT— TIMBER CREEK STRINGS
MARCH 13	BIRTHDAY PARTY
APRIL 11	FAMILY NIGHT— MARY SHERWOOD
APRIL 17	BIRTHDAY PARTY
APRIL 19	EASTER PARTY, 9:30 AM



RESIDENT BIRTHDAYS

FEBRUARY

8 ELAINE LAUFFENBURGER
25 JANET BEETLER
25 BETTY OLTMAN
28 SARAH DALLEY

MARCH

24 JAMES REILLY
28 CAROL SAUDER
29 HELEN HOFFMANN

APRIL

4 PHYLLIS REMMERT
10 CAROL HACKER
14 MARJORIE BLUNIER
18 EUGENE FOGLIANI
18 TRUDY MOYA
27 WILMER BLUNIER

EMPLOYEE BIRTHDAYS

FEBRUARY

6 BRENDA MARTIN
14 WAYNE SPENCER
19 KIM HOWELL
21 AMBER TURNER
24 CHRIS JENKINS
27 CAROL MARTIN

MARCH

1 TERI CARGILL
2 LINDA BREACH
5 KATHY WIEGAND
9 ANN STOLLER
13 GAIL ZACK
29 AMY DELAY
29 JESSICA WEBER
30 MICHELLE SCHMIDGALL
31 MEGAN LOVINGS
31 SHEILA BRINKLEY
31 MANDY YORDY

APRIL

9 DEB REILMAN
19 CINDY SCHWIDERSKI
19 ERIN QUIRAM
22 HEATHER SIMMONS



"YOUTH IS HAPPY
 BECAUSE IT HAS THE
 ABILITY TO SEE BEAUTY.
 ANYONE WHO KEEPS
 THE ABILITY TO SEE
 BEAUTY NEVER GROWS
 OLD."
 —FRANZ KAFKA

Interested in volunteering?

A few of our special needs right now are:

- Bus/caravan drivers for appointments and outings
- Popcorn poppers

Fill out the form included or call Michelle Kennell for more details.
309.923.2071, ext. 114 or
michelle@achroanoke.org.

Have you had a positive experience with us? We'd love for you to Like and Share our Facebook page or to rate us on Google!

Would you like to stay on top of the news here at the Home?
Subscribe on our website (achroanoke.org) to get updates sent to your email.

EASTER LUNCH

Easter this year will be on April 21, 2019.

The noon meal will consist of:

Choice of Salad Bar

Glazed Ham

Roast Beef

Candied Yams

Mashed Potatoes & Gravy

Buttered Corn

Peas & Mushrooms

Homemade Dinner Roll/Butter

Choice of Bread

Beverage of Choice

Cherry Cheesecake

If you plan to dine with a resident, please let Dietary know two weeks before the holiday by calling 923-2071, ext. 141. We do ask that you limit the amount of guest to two, due to our limited space in our dining room and limited amount of staff working on the holiday. We ask for advance notice so we can purchase and prepare enough food for all. Thank you!



EMPLOYMENT OPPORTUNITIES

CNA

PART-TIME POSITION, ANY SHIFT - INCLUDES EVERY OTHER WEEKEND

PRN NURSE

EVENING/NIGHT SHIFT, NO SET WEEKEND COMMITMENT, AND MINIMAL HOLIDAYS

DIETARY COOK

PART-TIME, THREE DAYS A WEEK, INCLUDING EVERY OTHER WEEKEND AND SOME HOLIDAYS

EVS AIDE

PART-TIME, INCLUDING EVERY OTHER WEEKEND AND SOME HOLIDAYS

Applications are available:

Monday-Friday from 8:00 am - 4:00 pm at the Business Office

OR

Visit our website to download an application at: www.achroanoke.org

****Our Campus is Tobacco-Free****

1102 W. Randolph, P.O. Box 530 Roanoke, IL 61561

phone: (309) 923-2071, fax: (309) 923-7919



APOSTOLIC CHRISTIAN HOME OF ROANOKE
2019 VOLUNTEERING OPPORTUNITIES

DATE:_____

NAME: _____ EMAIL ADDRESS: _____

ADDRESS: _____
STREET P.O. BOX CITY STATE ZIP

PHONE: _____ DAYS/MONTHS I **CANNOT** VOLUNTEER: _____

Check all areas you would like to volunteer. *A checkmark does not commit you in any way!* Volunteering is very flexible with your schedule. You may help as little or as often as you would like.

- ☐ Bake cookies, pies, or desserts occasionally
 - ☐ Bingo: Tues. 10:00-11:00 a.m.; Fri. 3:00-4:00 p.m.
 - ☐ Pop-in - pass popcorn and drinks (Thurs., 2:30—4:00 p.m.)
 - ☐ Sun. morning dining room servers (6:45 – 8:00 a.m.)
 - ☐ Dining Room Melodies Mon./Thurs. 11:15 -11:45
 - ☐ Family Night - set up, serve refreshments, cleanup, etc., Thurs. 6:00-8:30 p.m.
 - ☐ Pick up mail at post office and pass to residents weekday mornings at 9:30 a.m.(approx.1 hr.)
 - ☐ Hobbies, collections, special interests, etc. you can share
 - ☐ Beauty Shop Volunteers (Tues. & Thurs. 8:00—10:30 a.m., push residents to beauty shop & assist beautician with minor duties)
 - ☐ Help with Christmas decorating
 - ☐ Landscape maintenance—clean, weed, and rake
 - ☐ Office help – typing, copying, filing, etc.
 - ☐ Painting, occasionally
 - ☐ Popcorn – made on Thurs. morning
 - ☐ Sing-a-Long—Mon. 3:00-4:00 p.m.
 - ☐ Transportation (cars & minivans needed for outings)
 - ☐ Nursing Home bus or van driver (takes a JO5 license—very easy to get!)
 - ☐ Cooking (assist our activity staff in various monthly cooking activities)
 - ☐ Mailings—help with quarterly mailing of our news-letter and/or help with a large end-of-the-year mailing
 - ☐ Playing table/card games, Mon. 2:30-3:30
 - ☐ Just call me once in a while if you need someone

PLEASE RETURN TO THE VOLUNTEER COORDINATOR AT THE NURSING HOME (JUST FOLD AND DROP IN THE MAIL).

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT MICHELLE KENNEL, VOLUNTEER COORDINATOR, AT 309-923-2071, EXT 114.

THANK YOU FOR YOUR SUPPORT! MAY GOD BLESS YOU FOR YOUR SERVICE.

PLACE
STAMP
HERE

APOSTOLIC CHRISTIAN HOME OF ROANOKE
P.O. BOX 530
ROANOKE, IL 61561

ATTN: MICHELLE / VOLUNTEER COORDINATOR