

LINES FROM HOME



WINTER 2019-2020

HAPPY NEW YEAR!

The year 2020 seemed like such a futuristic date. It even sounded funny to say...yet, here we are.

The start of every year is always exciting for me and I look forward to what each new year will bring. To be honest, I have sometimes been disappointed in what transpires some years, but even so, each year starts off new. Maybe it's the hope that I feel—that each new year will bring new blessings and prosperity.

I feel hopeful for this new

year of 2020 and excited about some of the projects that are planned here at the Home. As many of you know, we plan to replace the canopy on our front driveway, remodel the lobby area and hopefully remodel the activity room. This is a little ambitious, but we feel we can accomplish these projects by the end of 2020.

The picture below is a drawing of how our new canopy will look. We have also been remodeling resi-

dent rooms when we have the opportunity. Our goal is to create a homelike environment for our residents. It may feel like work for those of us that are employed here, but we must remember that it's home to those that live here. May God bless each one of you this year as we serve together to further His kingdom.

Nathan Hoffman
Administrator



REMINDERS:

- 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.
- See a picture of your loved one in this newsletter? If you would like it emailed to you, contact michelle@achroanoke.org
- Please be sure no other residents or staff are included in pictures with your loved one unless they give you permission.
- Interested in supporting our ministry of caring for those who cannot care for themselves? Visit our [website](http://www.achroanoke.org) to donate or see our current volunteering needs.

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COMMUNITY CAMPFIRE AND SINGING



Our community campfire and singing on Friday, October 25 was a hit with residents and the community alike. We sang along with guitar music (played by Dustin Hodel and Brett Leman) to old songs and hymns and watched the glorious sunset.

Afterward, we served s'mores and hot drinks. It was a wonderful night of fun and fellowship.



Above: Volunteer Chad Martin serves s'mores to Kaylin Pugh and Mercedes Baker.

THE WILLINGNESS WITH WHICH OUR YOUNG PEOPLE ARE LIKELY TO SERVE IN ANY WAR...SHALL BE DIRECTLY PROPORTIONAL TO HOW THEY PERCEIVE THE VETERANS OF EARLIER WARS WERE TREATED AND APPRECIATED BY THEIR NATION.

- GEORGE WASHINGTON

HONORING OUR VETERANS

On Veteran's Day, we celebrated the heroes in our Home with a special Step Back in Time activity.

Right: Resident Wilmer Blunier and Country View tenant Al Arnold pose with Wilmer's World War II uniform.

Far Right: Country View tenant Sim Bates displays a purple heart he received for his service in World War II.



MADRIGAL SINGERS

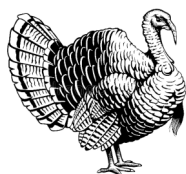


It's always a treat when Roanoke-Benson high school madrigal singers come to entertain for our November birthday party. This year, they came on November 13 and serenaded us with Christmas-themed songs. Many thanks to the high schoolers and their director Jake Behrens for their hard work. Our residents look forward to this program each year!

GIVE THANKS

On November 26, we enjoyed a Thanksgiving feast with our Kindergarten friends. Under the leadership of Stacey Graham, Tamara Betts, and Janet Tol, the kids sang songs, recited poems, and made bead bracelets to commemorate the first Thanksgiving. Afterward, we feasted on the traditional Thanksgiving dinner—turkey, mashed potatoes, gravy, pumpkin pie, and other sides.

Pictured: Mrs. Graham's and Mrs. Betts's Kindergarten classrooms (**upper right**). Residents Paul Courtright (**lower right**) and Bernice Knapp with husband Willis (**lower far right**) get to enjoy time spent with their young friends.



DECK THE HALLS

Many thanks to those who helped to get our Home ready for Christmas!

Activity Staff and Residents

Mary Aeschleman

Fred & Phyllis Eden

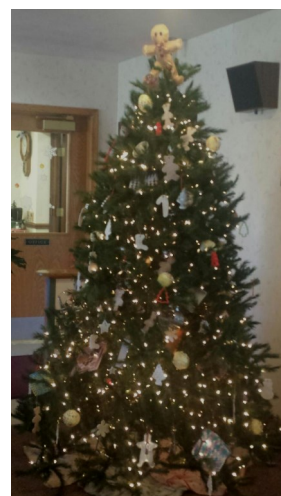
Marge Hodel

Michelle Kennell

Erica Quick

Valerie Wuthrich

Diane Yuill



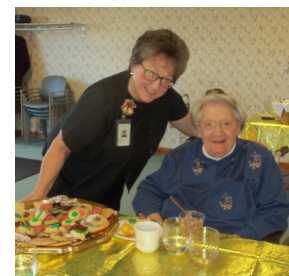
On November 19, residents helped make ornaments in Crafts. These ornaments were used to trim a Christmas tree in Country View on December 4.

Above: Activity Aide Phyllis Eden and Country View tenant Lyle Martin.

KITCHEN KLUB CHRISTMAS PARTY

We held our annual Christmas Kitchen Klub Luncheon for the ladies on December 5. Tables were covered with gold tablecloths, and the theme was a village-style Christmas, with centerpieces consisting of Christmas Village houses. Homemade lasagna, Italian vegetables, salad, and garlic knots were on the

menu, along with spumoni ice cream and homemade Christmas cookies for dessert.



Left: CVA tenants Pat Landes and Lois Klotzle

Above Left: Residents Erma Moser with daughter Jeanni Hoffman

Above Right: Activity Assistant Judy Magnuson with CVA tenant Anna Marie Reutter

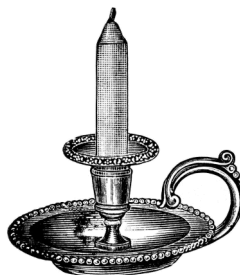
CHRISTMAS PARTY

AS FOR ME, I LIKE
TO TAKE MY
CHRISTMAS A LITTLE
AT A TIME, ALL
THROUGH THE
YEAR.

-DAVID GRAYSON

On Tuesday, December 24, residents gathered in the activity room for a Christmas party. Administrator Nate Hoffman started it off with reading the Christmas story from Luke 2. Following this, residents, guests, and staff joined in singing a few Christmas carols. Refreshments included seasoned pretzels, Christmas cookies, and punch. Centerpieces were

arranged by our talented Activity Assistant Phyllis Eden.



NEW YEAR'S EVE PARTY



Our New Year's Eve Party was held in the Activity Room on December 31. We sampled traditional foods from around the world—apples dipped in honey (Israel), deviled eggs (ancient Persia), grapes (Spain), and homemade egg rolls made by Jim Yuill (China). A slideshow of 2019 pictures played for the residents to look back on the year. Volunteer Martha King and Teri Cargill (**far left**) assisted with the party. Nurse Erica Quick (**upper left**) and husband Allen brought in sock snowmen, penguins, and gnomes for each resident. Residents Erma Moser and Mary Ann Schlupp (**lower left**) joined in on the fun.

WE'VE WANDERED MANY THE WEARY
FOOT SINCE AULD LANG SYNE.

-ROBERT BURNS

WILD & WACKY WINTER GAMES

January 13, we broke up the tedium of winter by hosting a Wild and Wacky Winter Games party. Two former Junior Volunteers, Brock Magnuson and Brock Martin, helped out. Residents and volunteers played 3-pin bowling, and "Ring the Brock." **Right:** Resident Annette Sherman prepares to take down the wacky-faced pins.

Far right: Country View

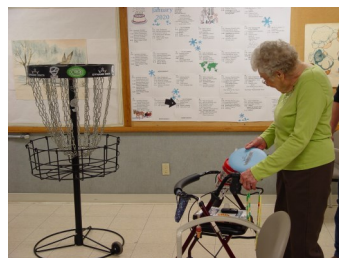
tenant Betty Hodel tosses a ring onto Volunteer Brock Martin's head.



SHARE A HOBBY

Tuesday, January 28, we had several special guests come in to tell us about their hobbies. Norah Gerdes (**bottom right**) told us how her grandpa Stan Gerdes taught her to draw about a year ago. She and her friends have raised money through an art sale for research on Juvenile Dermatomyositis (JDM). CNA Mary Aeschleman (**upper right**) brought in some of the jewelry she has

made. She began crafting jewelry about three years ago, and gets inspiration from internet sources, but tweaks the styles to make them her own. Dan and Brock Magnuson (**upper left**) brought in a disc golf basket and discs and shared about the history and art of playing disc golf. The residents even got to have a chance to throw discs at the basket (Pictured: Helen Zobrist, **lower left**).



EMPLOYMENT ANNIVERSARIES

On Wednesday, November 6, 2019, we recognized the following employees for their years of faithful service:



Joan Swartz, LPN-35 years

Vickie Kandel, PTA-25 years

Gay Knapp, RN-25 years

Mark Hodel, Dietary Aide-25 years

Teri Cargill, CNA-20 years

Necha Jording, LPN-20 years

Jessica Weber, CNA-15 years

Angie Oberlander, CNA-15 years

Amy DeLay, Payroll Personnel Coordinator-15 years

Kim Howell, Dietary Cook-15 years

Soni Aeschleman, RN-15 years

Megan Lovings, CNA-10 years

Ann Stoller, Laundry-5 years

Kelly Schultz, LPN-5 years

Brenda Martin, RN-5 years

Sheila White, CNA-5 years

WELCOME TO A NEW DECADE!

Is there really anything new under the sun? Solomon said no, and who am I to argue with a man of such vast amounts of God-given wisdom? This year—like every other—will bring changes, which will make this year “new.”

There are changes that we enjoy in their newness, like babies, fresh air, and clean sheets. These things that are new are also connected to a sense of familiarity, and the longer we are around, the more familiarity is comfortable. While there are senior citizens who are all about change and are hang-gliding

(check out YouTube for this) or taking free college courses on physics, the majority of residents (and the rest of us) are content with familiarity. Familiar doesn’t mean boring, but it *does* mean routine.

Brush your teeth after every meal for 100 years and no cavities. Why stop now? Do the daily puzzle in the paper until you have it solved. Why stop now? Eat brown donuts each day. Why stop now? Go to bed at ten o’clock. Why stop now? Play Bingo twice a week for candy. Why stop now? Pray before you get out of bed in the morning. Why stop now?

While some routines may be deemed good or bad, the “routineness” of life is what keeps us sane. “Losing it” when uncomfortable changes happen is par for the course.

So this decade take the challenge to find what routines are important to help you embrace the new in your life.

PENNY MAHER, RN, DON

THEREFORE IF ANY MAN BE IN CHRIST, HE IS A NEW CREATURE: OLD THINGS ARE PASSED AWAY, BEHOLD ALL THINGS ARE BECOME NEW.
-2 CORINTHIANS 5:17



REFLECTIONS ON 2019

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:

Marcia L. Bachman
Henry E. Bisco
William C. Blain

Mardell L. Bowald
Helen E. Brown
Mary K. Crow
Lola M. Earl
Earl C. Franks
Robert J. Hock Jr.
Helen L. Hoffmann
Lavern E. Kennell
Robert L. Kennell
Verla R. Leman
Donna L. Mallie
Harvey E. Martin

EMILY COOKSEY, SOCIAL SERVICES COORDINATOR

Betty L. Oltman
Delmar G. Peterson
Edwin E. Ringger
James B. Schneider
Linda L. Schoppet
Albert I. Shapiro
Virginia W. Small
Shirley A. Studebaker
Jane L. Whelan
Arthur L. Wilkey
Harriet L. Wolfe
Gloria Zilm

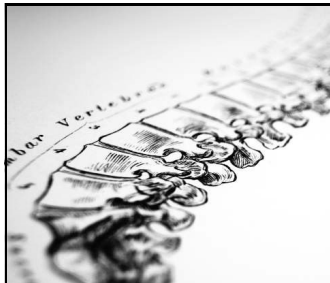
In 2019, we had 59 admissions, 34 discharges, and 27 deaths. We sometimes talk about our “revolving door.” Each resident is special to us in their own special way. We would like to say thank you to the families of our residents for allowing them to be a part of our family. We are honored you trusted us with their care.

SIX TIPS TO SHOVEL SNOW SAFELY

JENNIFER GETZ, PHYSICAL THERAPIST

Snow shoveling is a repetitive activity that can cause muscle strain to the lower back and shoulders. Back injuries due to snow shoveling are more likely to happen to people who may not know that they are out of condition.

Following these tips can help you avoid injuries:



- Lift smaller loads of snow, rather than heavy shovelfuls. Be sure to take care to bend your knees and lift with your legs rather than your back.
- Use a shovel with a shaft that lets you keep your back straight while lifting. A short shaft will cause you to bend more to lift the load. Using a shovel that's too long makes the weight at the end heavier. Step in the direction in which you are throwing the snow to

prevent the low back from twisting. This will help prevent “next-day back fatigue.”

- Avoid excessive twisting because the spine cannot tolerate twisting as well as it can tolerate other movements. Bend your knees and keep your back as straight as possible so that you are lifting with your legs.
- Take frequent breaks when shoveling. Stand up straight and walk around periodically to extend the lower back.

- Backward bending exercises while standing will help reverse the excessive forward bending of shoveling: stand straight and tall, place your hands toward the back of your hips, and bend backwards slightly for several seconds.
- If you or anyone you know is experiencing back pain, consult a licensed physical therapist.

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EMPLOYMENT OPPORTUNITIES

NURSE

Part-time position, second shift, including every other weekend and some holidays

PRN NURSE

All shifts, no set weekend commitment, including a few holidays

CNA

Full- and part-time positions, first and second shift, including every other weekend and some holidays

EVS AIDE

Full-time, including every other weekend and some holidays, 7:00-2:30

Full-time, including every other weekend and some holidays, 6:00-1:30

DIETARY AIDE

Part-time morning shift three days a week, including every other weekend, 5:00-1:00

DIETARY COOK

Part-time afternoon shift, three days a week, including every other weekend, 10:30-6:30



****For more information or to apply, visit our website at achroanoke.org or stop in during business hours (Monday-Friday, 8:00-4:30). ****

MEMORIALS

"HOPE" IS THE THING WITH
FEATHERS
THAT PERCHES IN THE SOUL
AND SINGS THE TUNE
WITHOUT THE WORDS
AND NEVER STOPS AT ALL.
-EMILY DICKINSON

We have received memorial contributions in the amount of \$12,535.00 from October-December 2019 for the following individuals:

<i>Helen Brown</i>	<i>Verla Leman</i>	<i>Albert Shapiro</i>
<i>Don Fehr</i>	<i>Betty Olman</i>	<i>Shirley Studebaker</i>
<i>Christina Funk</i>	<i>Delmar Peterson</i>	<i>Sharon White</i>
<i>Mike Hinrichsen</i>	<i>Edwin Ringger</i>	
<i>Helen Hoffmann</i>	<i>Roger Rumbold</i>	



COMING UP

FEBRUARY 19	BIRTHDAY PARTY, 1:00
FEBRUARY 20	FAMILY NIGHT: POLKAS AND MORE, 7:00
MARCH 18	BIRTHDAY PARTY, 1:00
MARCH 19	FAMILY NIGHT: TIMBER CREEK STRINGS, 7:00
MARCH 20	DRIVE-THROUGH FISH FRY, 4:30-7:00
APRIL 9	FAMILY NIGHT: MARY SHERWOOD, 7:00
APRIL 15	BIRTHDAY PARTY, 1:00

RESIDENT BIRTHDAYS

FEBRUARY

7 JoAnn Harris
8 Elaine Lauffenburger
23 Mary Ann Schlupp
25 Janet Beetler
28 Sarah Dalley

MARCH

28 Carol Sauder



APRIL

4 Phyllis Remmert
10 Carol Hacker
10 Ken Thompson
12 Viola Hinthorne
14 Marjorie Blunier
18 Eugene Fogliani
18 Trudy Moya
18 Shirley Spencer
21 Marlis Sauder
23 David Moritz
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
29 Amy DeLay
29 Jessica Weber
30 Michelle Schmidgall
31 Megan Lovings
31 Sheila White
31 Mandy Yordy

APRIL

9 Deb Reilman
22 Heather Simmons

I WILL NEVER BE AN OLD
MAN. TO ME, OLD AGE IS
ALWAYS FIFTEEN YEARS
OLDER THAN I AM.

-FRANCIS BACON



APOSTOLIC CHRISTIAN HOME OF ROANOKE

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

Phone: 309-923-2071
Fax: 309-923-79119

Website: www.achroanoke.org

COMPASSION IS AT THE
HEART OF OUR CARE!

THEY MAY FORGET
WHAT YOU SAID,
BUT THEY WILL NOT
FORGET HOW YOU
MADE THEM FEEL.

-CARL BEUCHNER

OUR RESIDENTS DO NOT LIVE
IN OUR WORKPLACE. WE WORK
IN THEIR HOME.

**VICTORY HOME CARE IS
HIRING! CHECK OUT THEIR
WEBSITE FOR MORE
INFORMATION:
VICTORYHOMECARE.ORG**

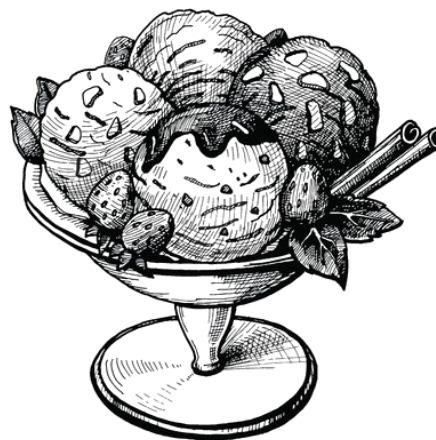
NEWS FROM DIETARY

CHRIS JENKINS, DIETARY COORDINATOR

Well, it's official. I will be retiring on February 21, 2020. I started working here on April 30, 1985—over 34 years ago. For the first six and a half years of working here, I was a dietary aide. I became a dietary cook and for a while even held the position of an assistant. In September 1991, I accepted the position of Dietary Coordinator.

I have had the chance to meet many people since I started working here—residents, staff, and family members. I have also seen many changes to policies and procedures, some mandated by our governing bodies and some brought about by our facility to make this a better home for the residents.

My assistant, Cindy O'Neill will be taking over for me as Dietary Coordinator. She is currently in training and will be preparing someone for the assistant position. Please encourage her as she takes over as Dietary Coordinator.



MAKING CHANGE LAST

Every new year, millions of people promise themselves that they are going to do better in the new year. They are going to exercise more, drink more water, be a more responsible employee, be a more intentional mom, etc., etc.

Research shows that only 8% of these same people claim to have accomplished their resolutions by the end of the year. What's more, fewer than twenty-five in a hundred were still doing them by January 31st.

Even worse, these statistics don't really surprise us. New

Year's resolutions have become something to laugh at—or aim for without really expecting to accomplish. How do we make lasting change?

Maybe it's not the answer we're looking for when we're full of New Year's Eve party food, but the biggest determining factor is discipline. How badly do we want to change? How determined are we to succeed? How well can we manage to keep our goal in front of us when all we want to do is cheat? Another deciding factor in making change last is by

FROM OUR BLOG

starting small. Most New Year's resolutions do just the opposite; we create grand resolutions that require us to jump into something full throttle, and as the year goes by, we get more and more lax with ourselves. But change begins small. If your goal is to exercise for half an hour each day, make that your goal by four months. Start with two days a week, then three... gradually work your way up to every day. As one of my professors quipped, "The best way to eat an elephant is one bite at a time."

Lasting change doesn't happen miraculously on New Year's Day. It takes time, discipline, and the ability to grow. In other words, don't make New Year's Resolutions. Make life goals.

Did you enjoy this article? Subscribe on our website (achroanoke.org) to receive the latest news and blog posts in your inbox.

LASTING CHANGE
DOESN'T HAPPEN
MIRACULOUSLY ON
NEW YEAR'S DAY.