

LINES FROM HOME



SUMMER 2019

LIFE'S HIGHEST HONOR

I recently saw this photo posted on someone's Facebook page and it made me stop and think. It is an honor to be trusted to care for someone as they become frail and can no longer care for themselves. We all get into our daily routines, and sometimes it's good to just stop for a moment and reflect on why we do what we do. This industry of caring for others—whether it be a skilled nursing home, home care, or assisted living—is such rewarding work that it hardly seems like work some days. Oh yes, sometimes it's very difficult for our care staff, and stressful situations arise as we deal with all the regulations the State imposes on us, and the constant maintenance and repair that is needed for all of our equipment. But as I look around at the staff here in every department, I notice one thing we all have in common—we love what we do. I think this is evident in the care we give our residents. We are proud to be recognized as a 5 star facility by Centers for Medicare and Medicaid Services and by US News and World Report. It takes a lot of effort to acquire these ratings and we feel that we

owe this effort to those that live here—those who once took care of us. What we do is important to us and we hope and pray that when this facility becomes our home, future staff will also treat us with dignity, respect and love.

As most of you know, our annual Homecoming Benefit is coming up in August. I want to thank you for your support once again. We could not continue to provide this level of care and maintain our facility without your help. This community continues to love

and support this little non-profit organization year after year, and I know that this year will be no different. Every dollar donated helps us to help and care for others. If you think you are too small to make a difference, you haven't spent the night with a mosquito! There is great power in a community that has discovered what it cares about. The Apostolic Christian Home of Roanoke is proof of that.

Respectfully,
Nathan Hoffman
Administrator



REMINDERS:

- *Want to provide transportation for your loved one to go to appointments, reunions, church services, etc.? We would love to help you get your bus/caravan license! Just call Michelle at 923-2071, ext. 114.*
- *If you would like any pictures of your loved one from the newsletter or website, give us a call. We will gladly email them to you!*

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ALL TIED UP IN KNOTS

On Tuesday, May 7, residents and Country View tenants knotted fleece blankets for this year's benefit auction on August 24.

Right: CVA tenants Helen Brown and Mary Lou Martin show off the finished product.



MOTHER'S DAY LUNCHEON



On Friday, May 10, we hosted our annual Mother's Day Luncheon. Many friends and family members were able to come, and our residents were so pleased to eat lunch and enjoy the entertainment with their guests. There were far too many pictures to include in our newsletter, but here are some of our favorites.



A big thank you to everyone who made the effort to come!



Clockwise, from upper right: CVA tenant Lois Klotzle with daughters MaryBeth Lehman and Kathy Sauder. Resident Sarah Dalley and sister-in-law Betty Dalley. Resident Teresa Martino with daughters Colleen Oltman and Mary Jo Roseman. Chef salad and blueberry cheesecake were on the menu. Resident Carol Knoll with friends Colleen and Mary Bachman. Resident Pat Ringger with daughter Brenda Wieland. Resident Dorothy Wilson with daughter Marsha Millar. CVA tenant Betty Hodel with daughter-in-law Patty Hodel. Resident Trudy Moya with granddaughter Tammy Brown.



MOTHER'S DAY LUNCHEON CONTINUED

Upper Right: CVA tenant Dorothy Sauder with daughters Kathy Finley and Ellen Bachman. CVA tenant AnnaMarie Reutter with daughters Cheryl Nardoni and Annette Fischer.

Right: Resident Angie Haase with daughter Vickie Bittner. CVA tenant Mary Lou Martin with daughter-in-law Jan Martin.

Row Below: Resident Barbara Kieseewetter with friend Carol Schuley. Resident Carol Sauder with sisters JoAnne Beutel and Rachel Schroeder. Resident Lavern Kennell with daughter Cheryl Dela-grange.



Row Above: Décor included folded books and flowers. Resident Helen Hoffman with daughters Barbara Gerber and Bonnie Kauffmann. Resident Marie Hohulin with daughter-in-law Cathy Hohulin.

Left: Resident Marjorie Blunier with daughter Linda Kupferschmid. Resident Verla Leman with daughters Deb Lavaux and Sue Zobrist.



Lower Left: Resident Erma Moser with daughters Jeanni Hoffman and Jan Bates. Resident Lila Herbst with sister Carol Engle.

SPECIAL VISITORS



On May 1, Sherry Eckstein brought her Future Homemakers of America class in to serve snacks to the residents and discuss the “good old days” with them. She is pictured here with resident Marie Hohulin. Also pictured is student Riley Beer sharing a laugh with resident Dona Grimm. It was a special time of connecting across the generations.

HOW DOES YOUR GARDEN GROW?

May 9th found both staff and residents busily potting plants in the lobby, due to the chilly weather out of doors. It was a treat to dig in the dirt and plant our garden. Residents Erma Moser and Barbara Keisewetter help Volunteer Coordinator Michelle Kennell plant flowers (**Upper Right**). EVS Aide Wayne Spencer showing the platform he made for our tomato plants (**Lower Right**). Resident Wilmer Blunier shows the growth that has happened by July (**Far Right**).



TO PLANT A GARDEN IS TO
BELIEVE IN TOMORROW.

-AUDREY HEPBURN

PICNIC AT THE PARK



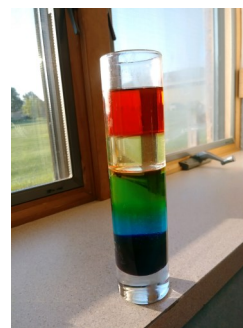
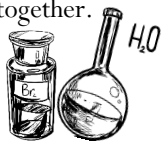
On May 24, our residents and Country View tenants celebrated the end of school with the Sower's Kindergarten class. They enjoyed the children's program and the picnic that followed.

Above: Residents Edwin and Pat Ringger enjoy the food with the Kindergartners.

SILLY SCIENCE

Sometimes we forget just how incredible our world really is. We know the basics about science from our elementary classes, but seldom experiment to find out *why* something occurs.

Starting May 28, residents began a new activity, Silly Science. It's a way for us to do simple experiments that show us our wonderful world. It's also a chance to just have fun doing unusual things together.



Pictured: Residents Ken Thompson and Jim Wiegand.

APPETIZERS AND DRINKS

Another new activity for our Home is a late afternoon drinks and appetizer party under the pergola. Together, we soak up the summer sunshine, relax, enjoy special drinks, and eat appetizers. This is the perfect activity for warm summer evenings, a great way to help us socialize

and keep the hunger down until suppertime. One resident said of the first appetizer, "This is wonderful!"

We think so too.

Far Right: The new activity is a hit with residents, often drawing quite a crowd.



TACO SALAD LUNCH

On June 25, 2019, the Home enjoyed its third Make-Your-Own Taco Salad Lunch. There were plenty of options for toppings and everyone enjoyed fried ice cream for dessert. Staff also contributed to the meal and enjoyed the fun activity. Activity staff did a wonderful job of decorating and hosting the event. Thanks to volunteer Don Reilman for helping to prepare ingredients.



WAYS TO MY HEART:
BUY ME TACOS,
MAKE ME TACOS,
BE TACOS.

-ANONYMOUS



PUPPY VISIT

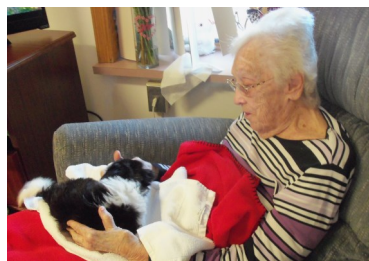


Above: Volunteers Riley Beer, Jessica Beer, and Aliya Sauder holding three of their puppies.

Right: Residents Lucille Broers, Verla Leman (**above**) and Eugene Fogliani (**below**) especially enjoyed holding the puppies.

On July 8, Jessica Beer with daughter Riley and friend Aliya Sauder brought Havanese puppies into the Home from ABC Doggy, Neal and Jessica Beer's dog breeding business.

The residents always enjoy holding and petting animals, and these dogs, with their silky long hair, were a special treat!



SIGHTSEEING CRUISE



Friday, July 12 was a beautiful day to cruise the Illinois River on the *Spirit of Peoria*. Residents, volunteers, and staff headed out to the river. It was too hot to be outside for long, but we enjoyed looking out the windows and listening to the tour guide.

"It was a really good day," one resident commented,

Left: Resident Helen Zobrist

Below, left to right: Resident Dona Grimm with daughter Wendy Gutwein. Director of Nursing Penny Maher with resident Erma Moser. Activity Assistant Diane Yuill with resident Sarah Dalley. Residents Pat Ringger and Shirley Studebaker with Junior Volunteer Jordan Mueller.

THERE'S NO TIME
TO BE BORED IN A
WORLD AS
BEAUTIFUL AS
THIS.

-ANONYMOUS



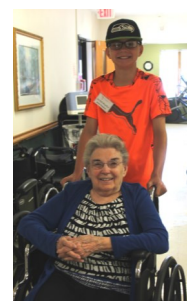
JUNIOR VOLUNTEERS

Over the summer, we've had the privilege of working with some wonderful junior high and high school workers. These Junior Volunteers will be hard at work until they return to school on August 15. Here is just a small glimpse of the work they've accomplished for us this summer.

Top row, left to right: Hattie Hodel; Riley Beer; and Kari Kennell with resident Sarah Dalley.

Right, left to right: Aliya Sauder; Jordan Mueller with resident Dona Grimm; and Holly Braman.

Bottom, left to right: Cody Kennell with resident Ken Thompson; Gabby Yordy, Aliya Sauder, and Riley Beer; and Maggie Luginbuhl with resident Dorothy Wilson.



WE ARE TAKING THEM OUT!

PENNY MAHER, RN, DON

LOVE IS TAKING
A FEW STEPS
BACKWARD, MAYBE
EVEN MORE...TO
GIVE WAY TO THE
HAPPINESS OF THE
PERSON YOU LOVE.

- WINNIE THE POOH



This is the phrase we hear more and more now that the weather is nice. While it is exciting and encouraging to know how involved and caring our resident families are, it is also a phrase that can ignite some hesitation and anxiety if not done without consideration of the resident's needs.

The first thing to consider is the planning of medications when taking your loved one out. A trip that spans a med pass is not a big deal, but

please communicate with the nurse if you would like to take the medications with you or delay administration till your loved one returns home.

Another thing to consider is time of day. When a resident is removed out of their normal routine, it can be refreshing to some and detrimental to others. Consider whether your loved one has dementia or known anxieties that worsen as the day progresses. A morning out may be doable, but an afternoon would be

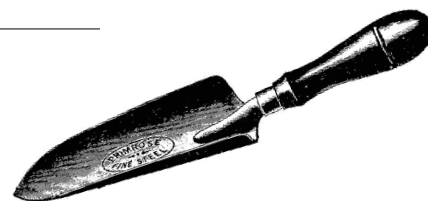
more than some could handle.

Third, consider the length of time out. If it will be a long and taxing day, your loved one may need more assistance that evening to dress or toilet due the extra energy expended.

Make sure to always sign out and sign back in your resident. Please, also make sure a nursing staff member is aware of your return and any immediate needs that your loved one might have.

AVOID ACHES AND PAINS WHILE GARDENING

JENNIFER GETZ, PHYSICAL THERAPY



Gardening is a strenuous activity, and it is very easy for people to overdo it. Common gardening tasks such as digging, planting, weeding, mulching, and raking can cause stress and strain on muscles and joints, especially for seniors or those who are normally sedentary. The shoulders, back, neck, and knees are prime targets. Following these tips can help you minimize the risk of injury:

- Warm up before you begin. Get your heart rate up by taking a 10-minute walk followed by some stretches for your upper and lower back, neck, arms, and legs. Roll your shoulders back in a circular motion and slowly

move your head from side to side a few times to loosen up.

- Don't overdo it. Be mindful of how your body feels. If you experience an aching back or neck, then slow down and stretch or stop and switch to a different task.

- Use a garden cart or wheelbarrow to move tools and heavy planting materials.

- Don't kneel on both knees. Keep one foot on the ground to give your back more stability. If you have to kneel, use knee pads or a pillow to absorb some of the pressure.

- Change positions and take frequent breaks to avoid stiffness or cramping.

- Start with smaller projects

and build gradually. Don't try to do it all at once.

- Practice proper body mechanics. When you grab something or pull a weed, bend your knees and contract your abdominal muscles to avoid straining your back.

- End your gardening session with a short walk or some light stretching. Take a warm bath or shower to help prevent next-day soreness.

- If you experience pain, contact your physical therapist.

As experts in the way the body moves, physical therapists help restore and improve mobility and motion, in many cases providing a first-

choice alternative to surgery or side-effects of long-term prescription medication use.

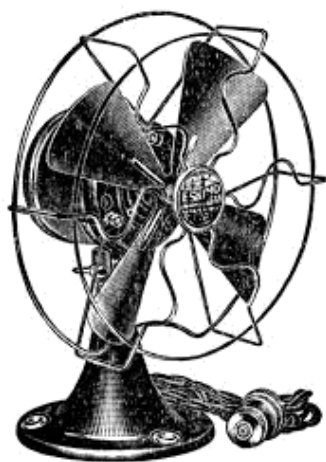
© 2019 American Physical Therapy Association

I'VE ALWAYS FELT
THAT HAVING A
GARDEN IS LIKE
HAVING A GOOD
AND LOYAL FRIEND.

- C. Z. GUEST

STAYING COOL IN THE SUMMER

EMILY OSTERLOO, SOCIAL SERVICES COORDINATOR



Now that summer is officially here it is important to remember to keep cool. Seniors especially need to be conscious of this because their bodies can't adjust to high temperatures as well as younger bodies can. Some prescription medicines can also impair the body's ability to regulate temperature or could actually prevent sweating, which is our body's way

of cooling off. It is important to drink plenty of water and stay hydrated, and avoid caffeine and alcohol, as these can dehydrate you. You should also avoid being outdoors during the warmest part of the day. If it is necessary to be outside, wear sunscreen and try to stay in the shade. Wearing lightweight clothing and a wide-brimmed hat could be helpful as well. Tak-

ing a cool shower or bath can help bring your body temperature down. If it isn't a convenient time for this, you can soak a cloth in cool water and drape it around your neck or on top of your head to help cool down. Remember, if you suspect heat stroke call 911 or summon medical personnel immediately.

EMPLOYMENT OPPORTUNITIES

PRN CNA

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

CNA

FULL-TIME AND PART-TIME FIRST SHIFT—INCLUDES EVERY OTHER WEEKEND AS NEEDED AND SOME HOLIDAYS

NURSE

PART-TIME POSITION, SECOND SHIFT

PRN NURSE

ALL SHIFTS, NO SET WEEKEND COMMITMENT, ONE HOLIDAY PER YEAR

EVS AIDE

FULL-TIME, INCLUDING EVERY OTHER WEEKEND AND SOME HOLIDAYS

DIETARY AIDE

PART-TIME MORNING SHIFT

PART-TIME MORNING AND AFTERNOON SHIFT (PERFECT FOR SCHOOL HOURS)

Download an application on our website, achroanoke.org, or visit the front office during business hours (Monday-Friday 8:00-4:30).

MEMORIALS

We have received memorial contributions in the amount of \$23,341.00 from April - June 2019 for the following individuals:

William Blain – resident

Patricia Blue

Mardell Bowald – resident

Rosie Heining

Jim Hinthorne

John Hinthorne

Lavina Hostetler

Robert Kennell – resident

Lavern Kennell – resident

Kim Leman

Daniel Magnuson

Harvey Martin – resident

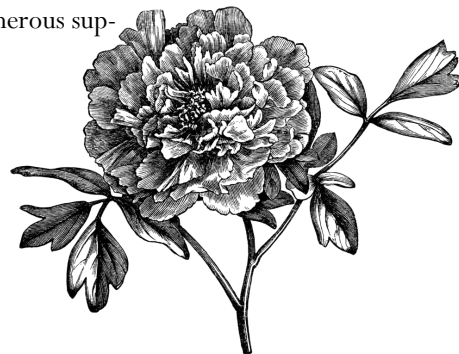
Delmar Peterson – resident

Jerome Rauch

Virginia Small – resident

Art Wilkey – 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.



COMING UP



AUGUST 14	BIRTHDAY PARTY
AUGUST 15	FAMILY NIGHT: SOLID ROCK
AUGUST 23-24	HOMECOMING DAY BENEFIT
SEPTEMBER 18	BIRTHDAY PARTY
SEPTEMBER 26	FAMILY NIGHT: ACCORDION CLUB
OCTOBER 16	BIRTHDAY PARTY
OCTOBER 17	FAMILY NIGHT: DEER FRY INTERNATIONAL

August							September							October							November						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23
25	26	27	28	29	30	31	29	30						27	28	29	30	31			24	25	26	27	28	29	30

RESIDENT BIRTHDAYS

AUGUST

4	Leona Onnen
5	Edwin Ringger
18	Verla Leman
20	Marcia Bachman
25	Marga Ahrens
27	Pat Ringger

SEPTEMBER

6	Angie Haase
6	Dorothy Wilson
14	Barbara Kiesewetter

CHERISH ALL YOUR HAPPY
MOMENTS; THEY MAKE A FINE
CUSHION FOR OLD AGE.
—BOOTH TARKINGTON

OCTOBER

5	Carol Adams
8	Marge Fischer
12	Lillian Wiseman
16	Connie Hoerr



EMPLOYEE BIRTHDAYS

AUGUST

1	Angela Tramel
3	Marjorie Hodel
6	Julia Greenland
8	Edward Jenkins
9	Sue Pettyjohn
15	Patsy Kaeb
26	Julie Tibbs
27	Barbie Glaser
29	Penny Maher
30	Kayti Barhum
30	Rebekah Causgrove
31	Asia Higgins-Nino

SEPTEMBER

4	Terri Burns
6	Joan Swartz
8	Timothy Leman
20	Julie Block
21	Tammy Guth
23	Mary Aeschleman
24	Madge Sullivan
27	Soni Aeschleman

OCTOBER

4	Valerie Wuthrich
5	Karen Leman
6	Nate Hoffman
7	Amy Beer
10	Sierra Kleen
11	Ashley May
11	Madelyn Wells
12	Necha Jording
22	Savannah Beer
22	Emily Osterloo
28	Mary Beth Banwart
31	Cindy O'Neill



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OF ROANOKE

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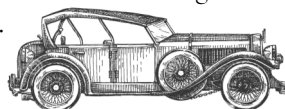
COMPASSION IS AT THE HEART OF OUR CARE!

Do you have any tennis balls lying around at home? Our therapy department has a need for new or used tennis balls. If you would like to donate, drop them off at the front desk or take them directly to therapy.

OUTINGS WITH YOUR LOVED ONE

MICHELLE KENNEL, VOLUNTEER COORDINATOR

This time of year, we are taking a lot of outings—country drives, trips to the Dairy Queen, fishing trips, and more. If you would like to go on an outing with your loved one, please let me know! I enjoy finding family members and close friends who can participate in outings. Usually this creates an even better experience for your loved one. Please try to let me know several days before the outing if you intend to go with us or if you plan to meet us at our destination. This helps us to plan bus and caravan seating as well as the number of necessary escorts for our residents.



INTERESTED IN SUPPORTING OUR MISSION?

DONATE ON OUR [WEBSITE](#).

LEMONADE: HISTORY AND RECIPE TWISTS

FROM OUR BLOG

Summer begs for lemonade, and it has for well over a thousand years.

Believe it or not, our first written mention of lemonade dates to about A.D. 1000. Egyptian peasants were enjoying a slightly modified version of this drink by mixing a honey-water syrup with lemons and dates.

In the 17th century, a French company, *Compagnie de Limonadiers*, further popularized the drink by having street vendors walk around with tanks of lemonade strapped to their back, selling the now-popular refreshment by the cup.

My family has enjoyed lemon iced tea for as long as I can remember (they're called Arnold Palmers, but I didn't know them by that name until I was an adult). However, in my early twenties I tasted a few new twists on the traditional recipe that caught my attention. Both of these recipes used herbs

from my garden and tasted "summery." Feel free to try them out this summer!

Basil Lemonade

Ingredients

For basil lemon syrup:

2 c. packed fresh basil
2 c. water
1 c. sugar
5 large strips of lemon zest

For lemonade:

2 c. cold water
2 c. ice cubes
1 ¼ c. fresh lemon juice

Preparation

Bring all syrup ingredients to a boil in a medium saucepan, stirring until sugar is dissolved. Let stand at room temperature, covered, for one hour, then transfer to an airtight container and chill until cold, about one hour. Strain syrup through a sieve into a bowl, pressing hard, then discard the solids. Stir together the rest of the ingredients with the syrup and adjust to taste.

www.epicurious.com

Lavender Lemonade

Ingredients

Small handful fresh or 1 Tbsp. dried lavender flowers
1 c. sugar
2 c. boiling water
1 ½ c. freshly squeezed lemon juice
2 c. cold water
Ice

Preparation

Cut the lavender flowers from the stems and place in a

medium bowl. Pour the sugar over the flowers and gently rub the flowers into the sugar with your fingers. Pour boiling water over the lavender sugar and stir with a spoon until the sugar has dissolved. Cover and let infuse for 30 minutes. Strain into a serving carafe or pitcher. Stir in the lemon juice. Add cold water. Taste and adjust for tartness.

www.simplyrecipes.com



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the latest news and blog posts in
your inbox.*

2019 HOMECOMING DAY

SCHEDULE OF EVENTS

FRIDAY, AUGUST 23

- 12:00 - 2:00 DROP OFF AUCTION ITEMS AT THE AUCTION TENT
- 4:00 - 8:00 PUBLIC PREVIEW OF AUCTION ITEMS IN AUCTION TENT
- 12:00-3:00 BAKE SALE ITEMS DROPPED OFF AT COUNTRY VIEW LOBBY
FARMER'S MARKET ITEMS DROPPED OFF AT NORTH END OF FOOD TENT
- 4:30 - 7:30 GRILLED MARINATED CHICKEN BREAST OR FRIED FISH DINNER IN FOOD TENT
- 4:00 - 8:00 BAKE SALE IN COUNTRY VIEW LOBBY
- 4:00 - 8:00 FARMER'S MARKET – NORTH END OF FOOD TENT
- 6:15 – 7:30 ALIVE IN HYMN—MEN'S QUARTET GOSPEL SINGING (Reggie Wuethrich, Jim Hodel, Brent Hodel, and Ben Leman)

SATURDAY, AUGUST 24

- 7:00 – 9:30 PANCAKE & SAUSAGE BREAKFAST IN FOOD TENT
- 9:00 – 9:40 GOSPEL SINGING (Randy, Jan, and Ross Martin)
- 9:30 CHILDREN'S ACTIVITIES START
Inflatable Dual Slide, Ninja Challenge Obstacle Course, balloon art, face painting, puppy petting area, free Snow Cones and Cotton Candy all with purchase of wrist band (\$10) for entry into children's activities.
- 9:45 WELCOME, PRAYER, & TESTIMONIAL
- 10:00 AUCTION STARTS
- 11:00 FOOD BOOTHS OPEN FOR LUNCH

**COME AND BRING YOUR FAMILY FOR A FUN DAY
WHILE YOU SUPPORT OUR NURSING HOME!**

2019 HOMECOMING DAY

FOOD STANDS

FRIDAY, AUGUST 23

4:30-7:30 FRIED FISH OR GRILLED MARINATED CHICKEN BREASTS

No advance-ticket sales; first-come, first-serve basis

\$10 for fried fish or grilled marinated chicken breasts

Includes: Baked potato w/ butter & sour cream
Green beans
Bread & butter
Iced tea and lemonade

Homemade pie is sold separately by the slice

SATURDAY, AUGUST 24

7:00 – 9:30 PANCAKE/SAUSAGE BREAKFAST

Served with applesauce, orange juice, milk, or coffee

\$6 Adult
\$3 Child (ages 3 – 12)
2 & under FREE

11:00 FOOD BOOTHS OPEN FOR LUNCH

Grilled butterfly pork chop sandwich.....\$5
Grilled hot dogs..... \$2
Barbecued pulled pork sandwich.....\$5
Walking tacos..... \$4
Nachos & cheese.....\$2
Homemade pie by the slice.....\$3
Homemade chocolate chip cookies..... \$1.50 (2 cookies for 3 tickets)
Soft-serve ice cream.....\$2
Cotton candy & snow cones (free with purchase of child's wrist band for \$10)
Hot & iced latte/cappuccino.....\$4
Lemon shake-ups.....\$2
Pop & bottled water.....\$1

SATURDAY LUNCH ITEMS WILL BE SOLD BY PURCHASING TICKETS. EACH TICKET COSTS \$1.

FOOD TICKETS MAY BE PURCHASED THE DAY OF THE BENEFIT IN THE CASHIERS' TENT.