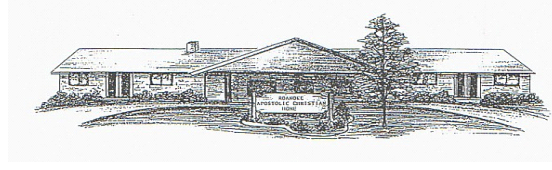




Lines From Home



Apostolic Christian Home of Roanoke

Can You Hear Me Now?

Communication is simply the act of transferring information from one place to the other. We have all been told that the key to a successful organization or partnership is good communication.

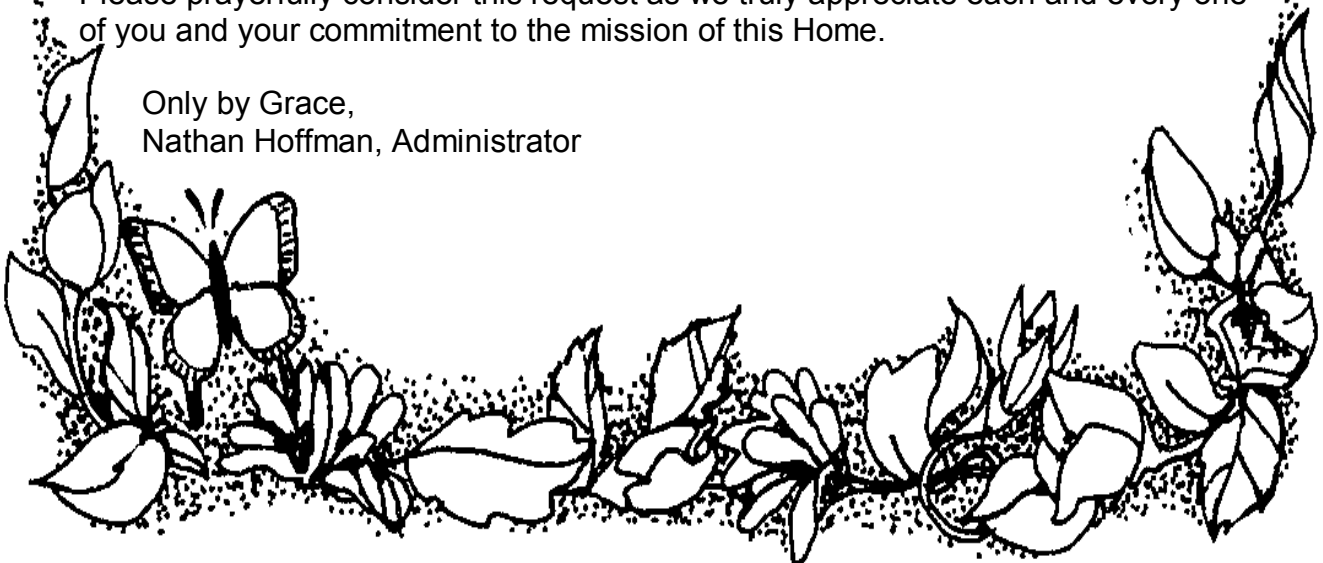
Although the devices that we use to communicate have changed over the years, the necessity to relay important information to others remains imperative. I'm not sure if email and texting have taken over the most used form of communication, but I do know that the telephone is still a very effective device in staying connected and informed.

We continue to struggle with our outdated phone system here at the Home. We are no longer able to obtain new parts, so the parts we are able to find are used and many times unreliable. This situation has caused us to move "purchase a new phone system" up on our list of priorities.

We have started to take a collection for this new purchase and wanted to make our readers aware of our need. As you will notice, the envelopes in the newsletter have been pre-labeled as a donation for an updated phone system. This is our current need and we humbly ask for your assistance. Any donation, big or small, will impact our ability to accomplish this.

We currently have reached 40% of our total fundraising goal of \$50,000. Please prayerfully consider this request as we truly appreciate each and every one of you and your commitment to the mission of this Home.

Only by Grace,
Nathan Hoffman, Administrator



BUNNY, EGGS & LOTS OF SMILES!



On Good Friday, March 29, the annual Children's Easter Party was held in the dining room. The children began by hunting for the eggs that had been hidden around the room by the Easter Bunny and her helpers. This was followed by a bunch of fun games: bunny bowling, ring toss, and bean bag toss. Following these games, special group games were played with the Easter Bunny and her helpers. Snacks included Easter cookies and Surprise Cup Cakes. Special thanks to volunteers Susie Bertschi, Tonia Coone, Robin Nelson, and Michelle Schmidgall for providing the many delicious and beautifully decorated cookies. A big thank you to Rylie Dameron (Easter bunny) and her helpers: Kari Kennell, Rachel Lindberg, Maggie Luginbuhl, Joanna Moser, Alyia Sauder, Faith and Leah Schuster.



Above: Left: Cason Fischer (great nephew of resident Carol Sauder), playing bean bag toss. Right: Danielle Schmidgall, daughter of Michelle Schmidgall, RN enjoying the bunny ears ring toss game.

EASTER PARTY PIC'S CONTINUED . . .



Left: Jordan and Riley Schwind pose for a picture. Children of Tim and Rebekah Schwind.

Below left: Logan, great grandson of resident Louise Solley, shares a piece of candy while his friend, Gladys watches.

Below right: Lilly Oltman shows her great-grandma, resident Teresa Martino, her bucket of eggs.



Below: Director of Nurses Penny Maher's two daughters enjoying activities at the Easter Party:
(L) Elsie Maher trying out her skills at bowling
(R) Gwyneth Maher coloring an Easter picture.



MEMORIALS

We have received memorial contributions in the amount of \$14,895.00
January – March 2018 for the following individuals:

Ida Mae Barth, resident
Roberta "Jane" Faucon, resident
Carmen Hinck, resident
Shirley Hohulin, resident
Betty (Rassi) Lindwall
Phyllis McElheney, resident
Cecil Nohl, resident
Esther Sauder, 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

CONGRATULATIONS TO OUR GRADUATES!



High School
Holly Armstrong, Dietary Aide
Ryley Burmood, Dietary Aide
Haillee Harshbarger, CNA



**We wish these graduates God's blessings as they take this
next big step into their future!**

CONGRATULATIONS TO DIETARY

The Dietary Department received a score of 98% on a recent Woodford County Health Department sanitation inspection. A fan in the dishwashing area had some dust, so 2 points were deducted. Otherwise, the Home would have received a perfect 100%. The employees of the Dietary Department work very hard to maintain our consistent very high level.

Starting in July of this year, the inspections will be scored differently. They are going to "pass or fail" type of grading system. More information will be available when this system starts to be used.

Congratulations to all the Dietary Department staff!

Chris Jenkins, Dietary Coordinator





WILL YOU BE MY VALENTINE?

On Tuesday afternoon, Feb. 13, residents and Country View tenants enjoyed a celebration of Valentine's Day in the activity room. Balloons and lots of pink, red, and white heart decorations covered the tables where all enjoyed Valentine cookies, flavored popcorn, and cherry 7-up. Many thanks to the volunteers who helped make the beautifully decorated treats, including Laura Hodel, Arlene Kennell, and the HOPE girls from the Apostolic Christian Church.

Left: Pat and Edwin Ringger enjoying the refreshments and fellowship at the party.

GOURD BIRD HOUSES

These ladies spent an afternoon painting large gourds (donated by late resident, Cecil Nohl) that had been drilled out to make bird houses:

L to R:

CVA tenant Anna Marie Reutter
Resident Teresa Martino and her daughter Colleen Oltman
Resident Sara Dalley, and
Activity Aide Carol Martin.



LUCK O' THE IRISH PARTY!

In celebration of St. Patrick's Day, tables were decorated with bright green shamrocks, leprechauns, and gold coins (chocolate candy) in little black pots. Rainbow fruit - small oranges, pineapple, kiwi, blueberries, grapes, and strawberries - were served in clear plastic cups. Green Hawaiian Punch along with sugar cookies with gold sugar sprinkles was also enjoyed. Lots of Irish trivia was shared as well as singing together "Danny Boy" and "When Irish Eyes are Smiling."

Left: Resident Louise Solley and Activity Aide Carol Martin getting ready to enjoy the treats!



TABLE GAMES

Many games are played in the lobby twice a month. These ladies enjoy playing Pinochle together:

L to R:

Volunteer Rosemary Heiniger
Resident Lillian Meginnes
Volunteer Kathryn Herambourg
Resident Helen Zobrist
Resident Caroline Schlachter





THE RESULTS ARE IN!

The State Survey process is known as a “prepare for the worst, expect the best, million mile paper trail, ulcer causing, pull your hair out, lose sleep over it” kind of event. Due to daily preparation and excellent care, our Survey process this year went remarkably well.

First, the State of Illinois has implemented a new survey process that is a lot more resident focused, more observational, and computer driven questioning. The second thing that made this year different is that the Home had a new administrator, a new DON, and a new Corporate RN to assist in the process. The third thing was the Survey inspection team showed up on a Sunday morning when our church family and community were aware and prayed for us.

The Survey resulted in one tag related to care plan paperwork for only one resident. This is evidence of what a great job our staff does providing quality care that reflects Christian love, respect, and concern for our residents.

Please thank all our employees for what they do the next time you come to visit us at the Home!

Penny Maher, RN, DON

EMPLOYMENT OPPORTUNITIES

RN/LPN

Full/Part-time night shifts, 10 pm-6 am - Includes every other weekend

CNA

Part-time position, any shift - Includes every other weekend

Environmental Services

Full-time housekeeping/laundry aide - Includes every other weekend

Dietary

Dietary Aide, early morning shift, 6 am-8 am 3-4 days per week- to serve breakfast
Includes 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


FYI from Physical Therapy: Living with Chronic Pain

Are you tired of dealing with pain every day? Is it keeping you from sleeping or from doing what you love to do? While there may not be an automatic cure, there are many things that may help.

The first step with dealing with pain is to know your body and what activities trigger it. Each person and their pain are different- we have different genetics, backgrounds and lifestyles - no two people are exactly alike.

Keeping a journal and figuring out what causes your pain, and when it's at it's worst can help determine which route is appropriate in dealing with your particular pain experience.

Medications can help keep pain at a manageable level, but it's not the only option to help keep it under control. Ice can be very useful in helping reduce acute inflammation and nerve pain as well as heat for reducing chronic joint pain and muscle spasms. Soft tissue massage and stretching regularly can help reduce discomfort from tight muscles and keep joints healthy and limbs moving properly. Keeping up with your regular daily activities and proper exercise is vital with keeping pain underneath control as it keeps muscles strong, which helps prevent joints from additional strain and potential injury.



APOSTOLIC CHRISTIAN HOME OF ROANOKE TELEPHONE EXTENSIONS

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



SPRING CLEANING TIME

♦ CLEAN OUT CLOSETS

It is time to remove the winter clothing from the closets. Our residents' closets can become quite crowded with clothes for all seasons. Thank you for removing winter clothes.

This would also be a good time to clean out your loved one's nightstand and dresser drawers, too.

♦ MARK ALL CLOTHING

Make sure all clothing brought in is marked with the resident's name. A permanent marker is available at the nurses' stations. New clothing should also be added to the resident's clothing

BETTER SLEEP BENEFITS EVERYONE!

The month of May is designated as “Better Sleep Month” and there’s a wealth of information available to learn how to maximize your rest time. So why is sleep important? According to the Better Sleep Council, sleep is a key part of maintaining a healthy lifestyle. “Like eating right and exercising, sleeping well is essential to feeling your best during the day. It affects how you feel, your relationships, your productivity, and your quality of life. While you sleep, your brain goes to work, consolidating the day’s learning into memory and re-energizing the body.”

Of course, a good mattress and pillow are essential to good sleep, and it's worth investing in something that aids in tranquil relaxation. Since our bed and bodies naturally change over time, consider replacing your mattress every seven years and replacing your pillow every year.

Also, in this age of flourishing technology, one primary rule is to power down smartphones, laptops, tablets, etc., early due to the bright backlighting that may trigger stimulating chemicals in the brain and trick you into thinking it's time to be awake.

The Better Sleep Council offers other tips to practice good sleep hygiene: make sleep a priority; create a sleep sanctuary; exercise early; replace caffeine with water after lunch; eat light in the evening; and set a snooze button quota.

Finally, how many hours of sleep should you get every night? The National Sleep Foundation breaks it down by age:

Newborns (0-3 months): 14-17 hours

Infants (4-11 months): 12-15 hours

Toddlers (1-2 years): 11-14 hours

Preschoolers (3-5 years): 10-13 hours

School age children (6-13): 9-11 hours

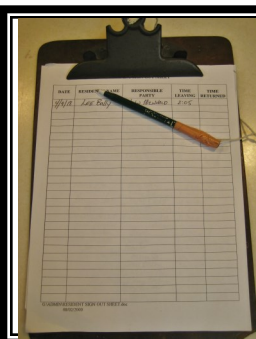
Teenagers (14-17): 8-10 hours

Adults (18-64): 7-9 hours

Older Adults (65+): 7-8 hours.

Sleep well and sleep smart!

Emily Osterloo
Social Service Coordinator



NOTICE FOR FAMILIES:

WHEN TAKING YOUR LOVED ONE OUT OF THE BUILDING, BE SURE TO SIGN THEM OUT AT THE NURSES' STATION SO STAFF KNOWS WHERE ALL RESIDENTS ARE. THANK YOU!



CALLING FOR JR. VOLUNTEERS!

The nursing home will be starting their annual Junior Volunteer Program for the summer months. This is an opportunity open to any student 6th grade or older. Any student wishing to become a Junior Volunteer or anyone wanting more information on the Program should contact Patsy Kaeb, Volunteer Coordinator, at 923-2071 ext. 114 by Friday, May 18, to get registered for the training meeting the following week.

WE APPRECIATE OUR VOLUNTEERS!!

On Tuesday, May 8, we plan to honor our volunteers at a Dessert/Tea from 2:00-3:00 in our Multi-Purpose Room at the nursing home. We have approximately 200 volunteers who give their time to enrich the lives of our residents. We would like to express our appreciation to our wonderful, dedicated volunteers who save the Home a lot of money by helping out with various tasks:

- ◆ Baking cookies & desserts
- ◆ Assisting in Cooking activities
- ◆ Picking up the mail & run errands
- ◆ Passing mail to residents & CVA
- ◆ Assisting in the beauty shop
- ◆ Assisting when the foot doctor comes
- ◆ Playing the piano
- ◆ Assisting in Bingo & other activities
- ◆ Conducting & assisting in church services
- ◆ Popping & passing popcorn
- ◆ Assisting with Family Night
- ◆ Painting & landscaping
- ◆ Assisting with outings
- ◆ Driving to doctor appts & outings
- ◆ Helping with large mailings
- ◆ Assisting with serving breakfast
- ◆ Having lunch prayers & Bible studies
- ◆ Quilting to raise money for the Home

As each volunteer arrives, they are to sign in the Volunteer Book in the front lobby to record their hours. This helps us to know about how many hours each year are given to our Home, which is used in reports for the State. In 2017, approximately 3,428 volunteer hours were recorded.

We cannot express enough gratitude to each and every one of our volunteers who give their time so unselfishly. We know that what you do for the least of these you do for the Lord.

May He bless each of you for your love and generous time you give to our Home.

Patsy Kaeb, Volunteer Coordinator

Right: Volunteer Bubs Bachman assists in the beauty shop with resident Leona Onnen.

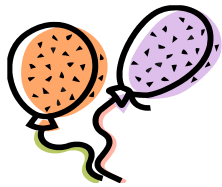


UPCOMING MAY, JUNE & JULY EVENTS

May 11: Mother's Day Luncheon
May 16: Birthday Party
May 17: Family Night - "Prairie Choristers"

June 13: Birthday Party
June 15: Father's Day Family BBQ
June 28: Family Night: "Deer Fry International"

July 18: Birthday Party
July 12: Family Night: "Peoria Area Senior Citizen's Band"



HAPPY BIRTHDAY TO:

May Employees' Birthdays:

5/01 Deanna Donovan
5/01 Holly Gerdes
5/10 Gay Knapp
5/10 Reva Peterson
5/11 Mark Hodel
5/12 Tracie Pierson
5/22 Rose Miller
5/26 Haillee Harshbarger
5/26 Dana Martin

June Employees' Birthdays:

6/01 Jayme Magnuson
6/06 Megan Hodel
6/11 Kelly Schultz
6/14 Holly Armstrong



July Employees' Birthdays:

7/10 Stacy Wolf
7/11 Karen Phelps
7/13 Judy Magnuson
7/18 Barbara Klein
7/24 Angela Oberlander
7/25 Michelle Kennell
7/26 Gayle Grebner

May Residents' Birthdays:

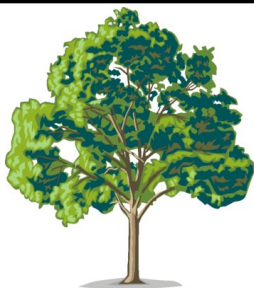
5/02 Lila Herbst
5/06 Evelyn Pomeranke
5/06 Pearl Leman
5/22 Rena McLeese
5/23 Erma Moser
5/28 James Schattler

June Residents' Birthdays:

6/02 Rita "Joyce" Ryan
6/12 Winifred McCurdy
6/18 Louise Solley
6/23 James Wiegand
6/25 Lillian Meginnes

July Residents' Birthdays:

7/06 Dona Grimm
7/14 Mardell Bowald
7/17 Carol Knoll
7/21 Gloria Zilm



GOING GREEN

Here at the Home we are watching for ways that we can cut energy costs as well as saving on paper. We recycle as much as possible and are recently cutting back on the amount of paper copies we make by emailing staff instead of printing facility notifications.