

LINES FROM HOME



AUTUMN 2019

OUR WINDOW IS OPEN

We can usually guesstimate within a few months when the State will show up for our annual survey; there is a window of time (albeit a large window) when they visit our facility—from November to April. This always generates a little anxiety as we anticipate their unannounced visit. No matter how prepared we feel, there always seems to be some issues the State inspectors feel need to be addressed. We ask for your prayers as we approach this year's survey.

Last year, our Nursing De-

partment did not receive any violations. This is an incredible feat and we would love to experience the same results again this year. It also is a direct reflection on the dedicated and caring staff that have chosen to make this Home their personal mission.

I wanted take this opportunity to remind our readers that Victory Home Care Services is available as an option for those that want to continue aging in their own homes. The Apostolic Christian Homes of Roanoke and Eureka have

joined together to offer this option to Central Illinois seniors. You can visit the website at www.victoryhomecare.org to find out more information, or call Holly Gerdes, Victory Home Care Coordinator, at 309-242-5316.

Nate Hoffman
Administrator



REMINDERS:

- See a picture of your loved one in this newsletter? If you would like it emailed to you, contact michelle@achroanoke.org.
- Do you have a special hobby or talent? We'd love for you to showcase your abilities for our residents! Contact Deb Reilman, Activity Director, for more information or to schedule. deb@achroanoke.org or 309.923.2071, ext. 170
- If you give the gift of clothing this Christmas, please remember that it must be marked so that we get laundry to the right residents.
- Do you have an eye for decorating? We'd love your help getting our Home ready for Christmas! Contact Michelle for more information. 309.923.2071, ext. 114

INSIDE THIS ISSUE:

HOMECOMING DAY	2-3
ACTIVITIES	4-7
FROM OUR BLOG	7
RESIDENT GEMS	8
COUNTRY VIEW	9
THERAPY	9
COMING UP	9
HOLIDAY MEALS	10
BIRTHDAYS	10

HOMECOMING DAY BENEFIT 2019

Our benefit on August 23 and 24, 2019 was a great success. May God bless all the wonderful groups and individuals who got involved. Thanks to our supportive community, we were able to raise \$178,000 for our Home!

FRIDAY EVENING

Friday evening, we held a fried fish and grilled chicken dinner, a bake sale, a farmer's market, an ice cream stand, and a homemade pie stand. Supporters who came by the auction preview were able to listen to a men's gospel quartet and bid on silent auction items.



CONTINUED

SATURDAY MORNING

We started off the next morning with a pancake and sausage breakfast, singing group, testimony, and auction. Children enjoyed the Kid's Area, which featured snow cones, cotton candy, balloon art, face painting, puppy-petting, and giant inflatables. Lunch stands offered something delicious for everyone.



A special thank you to:

Bev Luginbuhl and Brenda Martin—overseeing Friday supper
 Board Members—grilling chicken
 Deb and Don Reilman and friends—frying fish
 St. Joseph's Catholic Church—serving Friday supper
 Resident families—serving Friday supper
 Ladies from Linn Mennonite Church—bake sale
 Martha Braker and Jenny Hodel—farmer's market
 Sue Hinrichsen and Apostolic Christian Church of Roanoke ladies—homemade pie
 Lois Klotzle family—soft-serve ice cream
 Nathan and Jamie Hodel—sausage and pork
 Eureka Bible Church—cooking breakfast
 United Methodist Church of Roanoke—serving breakfast
 North Linn Amish Mennonite Church—serving breakfast
 Cheryl Baurer, Janet Bradle, Joyce Hodel, and Kathy Knapp—auction and logistics
 Nate and Holly Gerdes—overseeing Saturday lunch tent
 Nate Hoffman family—coffee stand
 Residents and Activity Department—giant chocolate chip cookies
 Happy Hustlers 4-H group—lemonade shake-ups
 Corbin and Friends—pop
 Gwyn and Friends—walking tacos
 St. Peter's Lutheran church—pork chops, hot dogs, and pulled pork
 American Legion—grilling pork chops and hot dogs
 Roanoke Ambulance Squad and Fire Department—assisting with auction
 Walter Edelman, John Hill, and Clark Stoller—auctioneers

WESTERN DAY



July 29, we celebrated Western Day with several themed activities. There was a photoshoot with a "Wanted" frame, Toss the Cowpie, Gold Panning, Ring the Rocking Horse, and Can Toss. Lunch featured barbecued ribs or Kentucky fried chicken, baked beans, green beans, corn muffins, biscuits, root beer, Texas sheet cake, and

cowboy cookies. In the afternoon, volunteer Libby Oltman brought her horse Tax in to meet the residents.

Pictured: Residents Sarah Dalley (**left**) and Marjorie Blunier (**middle left**). Activity staff enjoying the activities (**below**). Resident Erma Moser playing Can Toss (**middle right**). Administrator Nate Hoffman tips his hat

to the residents (**lower left**), Volunteer Libby Oltman and her horse (**bottom, second from left**), Resident Teresa Martino plays Toss the Cowpie (**bottom, third from left**), and Resident Wilmer Blunier pans for gold with Activity Assistant Mary Beth Banwart (**bottom right**).

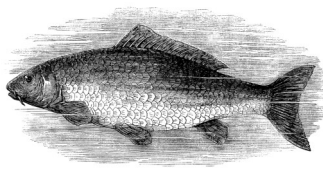


HOOKED ON FISHING

On August 8, Country View tenants and residents loaded the bus and headed to East Peoria Hooked on Fishing for a lovely morning of fishing, followed up with a grilled lunch shared with our friends from the Eureka AC Home.

Left: Resident Paul Courtright and wife Marcia (**above**), and Resident Ken Thompson (**below**).

Clockwise, starting upper right: Resident Herb Pinkham; the trophy winners: Sim Bates, AnnaMarie Reutter, and Herb Pinkham; CVA tenant Mary Ann Schlupp; and CVA tenant Sim Bates.



ANIMAL FRIENDS



Resident Sarah Dalley with niece Activity Aide Diane Yuill and an armload of kittens.



A lapful of happiness.



CNA Timothy Leman brought in his pet squirrel.



CVA tenant Willis Knapp with wife Bernice enjoying a few of our furry visitors—a bunny and a dove.

WATERMELON PARTY

August 21, we celebrated the beautiful outdoors with a watermelon party on the front porch. Residents enjoyed the good old-fashioned sweet treat served on plates and napkins that featured the same fruit.

Far Right: Resident Sue Provenzano enjoys her afternoon snack.



Above: Residents Sarah Dalley, Pat Ringger, and Edwin Ringger tuck in to juicy red slices.



SIX-FOOT BANANA SPLIT

On September 4, we built a six-foot banana split on the front porch, with the help of Volunteers Martha King and Martha Braker. Afterward, we dished out servings and enjoyed it before it melted in the warm summer afternoon.

Lower Right: Volunteer Martha King, Activity Aides Phyllis Eden and Carol Martin, and Volunteer Martha Braker.



LINCOLN MUSEUM



Our residents loaded the bus on the morning of September 12 and headed to Springfield to take in the Lincoln Museum. It was an enjoyable and memorable day, followed up by Michael's catering when they returned home.

Pictured, L-R: Deb Reilman, Lila Herbst, Martha King, Phyllis Eden, Erma Moser, Mary Beth Banwart, Dennis Gibbs, Bob Ott, Eugene Fogliani, Teri Cargill, Carol Knoll, Ken Thompson, Carol Martin, Sarah Dalley, Diane Yuill, Virginia Bates, Shirley Studebaker, and Sim Bates.

GOODBYE SUMMER, HELLO FALL



September 30, we spent the day celebrating the change of seasons with apple cider making in the morning and a fall party in the afternoon.

Volunteers Bob and Marilyn Ott brought in their cider press and everyone watched the process of turning apples into a drink. Afterward, the residents enjoyed the fresh cider in honor of autumn.



In the afternoon, we enjoyed a fall-time snack mix, pumpkin donuts, and apple cider under the front porch. Wild Style Design Company came and painted the faces and arms of residents, staff, and volunteers. Ali Fuller and children from Fuller Basket Daycare came in to be with the residents.

Left: Volunteers Bob and Marilyn Ott busy making cider for the residents.

Right: Activity Director Deb Reilman joins in on the fun and gets a scarecrow painted on her face.

Below: Claire Robertson (right) and Henley Banwart from Fuller Basket Daycare were excited to get their faces painted.



SHARE THE LOVE

On October 1, our residents decorated cloth gift bags for children in Haiti. Miss Liz Hofstetter and her classroom from Linn Mennonite Christian School joined in to create beautiful works of art. These cloth bags will be filled and distributed to Sunday School children in Haiti early next year. It was a special treat for us to be able to help out in this way!

Clockwise from upper right: CVA tenant AnnaMarie Reutter, CVA tenants Lyle and Mary Lou Martin, Resident Erma Moser, and Resident Sarah Dalley with Volunteer Kari Kennell.



WASHBURN PARK

ONE'S DESTINATION IS
NEVER A PLACE, BUT A NEW
WAY OF SEEING THINGS.

—HENRY MILLER

October 10, we loaded the bus and headed out to Washburn's Grant Memorial Park for a picnic of grilled hot dogs, baked beans, caramel and apples, cider, coffee, and s'mores.



Above, left to right: Residents Marie Hohulin and Helen Zobrist, CVA tenant Betty Hodel, and Resident Erma Moser were bundled up for a chilly but lovely picnic at Washburn Park.

AUTUMN: SEASON OF SENSES

This time of year makes me want to stay at home and bake. I have partially bruised apples in the fridge begging me to make an apple crisp. I have canned pumpkin in my pantry that is longing to be a pumpkin torte. Autumn is one long sensory delight. The smells and tastes draw me back to my childhood and the simpler days of life on the farm.

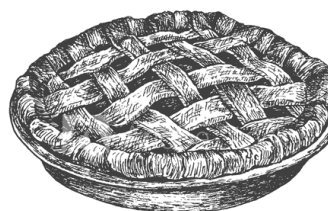
I wonder sometimes if autumn has this effect on our residents too. Does the taste of roasted squash or the texture of a knit blanket take them back to an autumn evening with their family? Does the smell of a campfire remind them of telling stories with friends? God's gift of senses helps to ground us to those happy times, even when we may

FROM OUR BLOG

have left other memories behind. The simple exploration of our senses can bring back the flood of memories that a thousand questions cannot touch. Remember this as you visit your loved one, especially if he has lost some of his ability to remember. Focus not on the questions, but instead on the feelings associated with the senses. You may be sur-

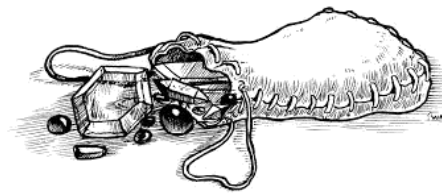
prised at the memories that surface.

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



RESIDENT GEMS

PENNY MAHER, RN, DON



Every fall, our staff participates in a mandatory education day. This is a great way to get new and old information taught to all departments. This year for dementia education, we walked through a training that helped me place dementia in the proper perspective. Teepa Snow is a premier educator and innovator in dementia education not only for caregivers, but also for family members.

This year we reviewed the GEMS, Teepa's registered trademark that explains how the brain changes over time. Since ten million people around the world are diagnosed every year with some form of dementia, going

through this education is important for everyone.

Dementia progresses through stages, and Teepa symbolizes each stage as a precious gem.

Sapphires are true blue—clear minds that haven't been diseased or damaged.

Diamond is the first stage of dementia. A Diamond is clear and sharp for the most part, but with some mild imperfections. These residents have a hard time with change, worry about money, and want to know who is in authority.

The second stage is the Emerald. Emeralds are green—"on the go!" Comprehension is slower, and these residents are starting to lose time and place. Word finding becomes

an issue. These residents like rhythms and tasks and need a friend, not a boss.

Ambers are the cautious third stage. Ambers are about sensations, like to explore their environment, and can be very resistant of care.

The fourth stage is the Ruby. Rubies are red and represent the stop sign. Rubies lose fine motor skills in their eyes, mouth, fingers, and feet. Their vision becomes monocular, and they are a high fall risk, lose details. Their speech can be limited except for rhythm and music, and their sleep cycle changes.

The final stage is a Pearl. This resident has been formed over

time by gradual change. They are still here, trapped in a shell. Their reflexes are slower. The goal for caregivers is to focus on connection in the moment. You may get a chance to see the beauty of that hard, rough shell opening and revealing the pearl inside.

Be encouraged. We are focusing on finding the moments when our resident gems shine. If you would like to learn more about dementia, I highly recommend *teepasnow.com* which was my resource for this article.

Find the God-given beauty in every moment.

EMPLOYMENT OPPORTUNITIES

PRN CNA	Part-time position, any shift - includes two weekend shifts a month
CNA	Part-time first shift - includes every other weekend and some holidays
Nurse	Part-time position, second shift - includes every other weekend and some holidays
PRN Nurse	All shifts, no set weekend commitment - includes a few holidays
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)



MEMORIALS

We have received memorial contributions in the amount of \$5,955.00 from July - September 2019 for the following individuals:

Marcia Bachman

Bill Blain

Betty Gangloff

Rosie Heining

Daniel Magnuson

Donna Mallie

Dorothy Sauder

Robert Simpson

Virginia Small

Donald Unzicker

Carol Whitten

COUNTRY VIEW APARTMENTS

EMILY OSTERLOO, SOCIAL SERVICES COORDINATOR

Are you or a loved one requiring more assistance to complete daily tasks? Our Country View Apartments may be a good fit! Country View Apartments consist of fourteen one-bedroom units. Each unit has a kitchenette with a microwave, refrigerator, and sink. Our bathrooms are handicapped-accessible, including a handicapped-

accessible shower. The building is two stories and equipped with an elevator. Included in the monthly rent are utilities, three meals per day, housekeeping, laundry, emergency response, and access to all activity and social programs of the Apostolic Christian Home of Roanoke. These independent living apartments are a great option

for those looking to downsize or not having to worry about keeping up with a house or yard, but not ready for the skilled level of care. If you are interested in a Country View Apartment, please contact Emily Cooksey, Social Service Coordinator, at 309-923-2071 ext.185 or emily@achroanoke.org.



DON'T BREAK YOUR BACK - LIFTING TIPS

JENNIFER GETZ, PHYSICAL THERAPY

Improper lifting technique can cause neck, shoulder, and back pain—and possibly even more serious injuries. Learning the proper way to lift will help you minimize the risk of pain and injury.

- Plan ahead before lifting heavy objects. Make sure you have a clear path. This will help you avoid any awkward or sudden movements that can strain your muscles.
- Test an object's weight before lifting by pushing it with your foot. If it seems too heavy, ask for help.
- Lift with your legs, not with your back. Don't lean over an object to lift it. Instead, stand close to the object, bend your legs and keep your back straight, then lift. Face the object to avoid twisting.
- Keep feet shoulder-width apart and maintain your balance by distributing the object's weight equally on both sides of your body.
- If a back injury does occur, seek help from a physical therapist. What starts as a minor back injury can progress to a chronic condition without early intervention.

All contents © 2009 American Physical Therapy Association. All Rights Reserved

THE PRESERVATION
OF HEALTH IS
EASIER THAN THE
CURE OF THE
DISEASE.

-ANONYMOUS



COMING UP

- November 13 Birthday Party
- November 14 Family Night: Banjo Bash!
- December 18 Birthday Party
- January 15 Birthday Party
- January 16 Family Night: Illinois Rail

THE MOST IMPORTANT
THINGS IN LIFE AREN'T
THINGS.

-ANTHONY J. D'ANGELO

November

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29



Apostolic Christian Home
OF ROANOKE

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

Phone: 309.923.2071
Fax: 309.923.7919
www.achroanoke.org

COMPASSION IS AT THE
HEART OF OUR CARE!

A NATION'S GREATNESS
IS MEASURED BY HOW
IT TREATS ITS WEAKEST
MEMBERS.

—MAHATMA GANDHI

NO ONE HAS EVER BE-
COME POOR BY GIVING.

—ANNE FRANK

HOLIDAY MEALS

CHRIS JENKINS, DIETARY COORDINATOR

Thanksgiving November 28, 2019, 12:00

Choice of salads
Roast Turkey
Cranberry Glazed Ham
Dressing
Mashed Potatoes
Gravy
Green Bean Casserole
Baby Carrots
Cranberry Sauce
Pumpkin Pie w/Whipped
Topping
Dinner Roll/Butter
Beverage

Christmas December 25, 2019, 12:00

Choice of salads
Roast Turkey
Cranberry Glazed Ham
Dressing
Mashed Potatoes
Gravy
Green Bean Casserole
Baby Carrots
Cranberry Sauce
Dutch Apple Pie
Dinner Roll/Butter
Beverage

News Years Day January 1, 2020, 12:00

Choice of salads
Lasagna
Turkey Bake Crunch
Mashed Potatoes
Gravy
Buttered Peas
Creamed Corn
Brownie Pie
Garlic Bread Stick
Beverage



Please remember that if you plan to eat a meal with your loved one, the kitchen needs reservations two weeks in advance. Also, due to limited space in the dining room, please limit your number of guests to two per resident. The multipurpose room and activity room are available for those wishing to hold larger parties.

RESIDENT BIRTHDAYS

NOVEMBER

9 Teresa Martino
10 Marie Hohulin

DECEMBER

10 Helen Zobrist

JANUARY

3 Paul Courtright
17 Bernice Knapp
22 Herbert Pinkham

IT TAKES A LONG TIME TO GROW YOUNG.

—PABLO PICASSO

EMPLOYEE BIRTHDAYS

NOVEMBER

1 Brenda Jenkins
4 Connie Klusman
12 Natalie Overocker
15 Dan Magnuson
15 Erica Quick
18 Nicole Lynn
18 Diane Yuill
29 Jill Overocker

DECEMBER

1 Vickie Kandel
7 Emily Boyer
15 Sally Hodel
21 Shar Moser
27 Kaitlyn Gangloff

JANUARY

14 Barb Mead
15 Brandon Durand
16 Nancy Hoffman
27 Joyce Anne Christner
28 Lisa Walraven
29 Heather Wacker

