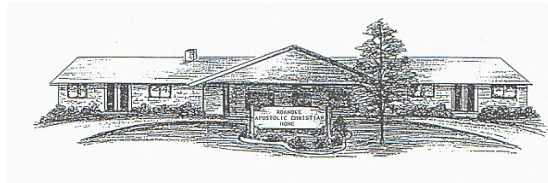


# Lines From Home



*Apostolic Christian Home of Roanoke*

## The Value of Old

Many of us have heard the saying, "it will come back into style someday." When I hear this, I can't help but think of pictures of my dad wearing his plaid leisure suits back in the 70's. There are some things that just won't come back into style...nor do we want them to!

We are currently making plans and looking at options to remodel our lobby area. We have joked that if we just wait a few more years, all this may come back into style. None the less, tentative plans are set to begin this project after our upcoming Homecoming Day fundraiser.

It seems like we as Americans are obsessed with replacing the old with the new. I often hear some of our residents tell people that it is no fun getting old. As I approach the 50-year mark of my own life, I'm beginning to understand that comment a little better.

I've had conversations with residents who struggle to still find meaning in their lives and often ask, "Why am I still here?" It has caused me to stop and think of the great value of an old life. Being a positive influence never goes out of style. I try to reassure them that God has a purpose for them; and it may be to continue teaching me as I have a lot to learn yet.

There is not a week that goes by that I don't learn something from one of our experienced residents. There is purpose for all life at any age. We are to trust in God with all our heart and lean not on our own weak understanding as instructed in Proverbs 3.

I pray that as we age each one of us realize that our lives still have value; and whether intentional or not, we are still teaching and influencing the lives of those who are younger.

Nathan Hoffman  
Administrator

**Check out the benefit information (pages 2 & 3) and the auction list**

# 2018 HOMECOMING DAY

## SCHEDULE OF EVENTS

### **FRIDAY, AUGUST 24**

12:00-2:00 DROP OFF AUCTION ITEMS AT THE 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

4:00-8:00 PUBLIC PREVIEW OF AUCTION ITEMS IN AUCTION 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

6:30-8:00 MEN'S GOSPEL SINGING & INSTRUMENTAL - (Steve Aeschleman, Dennis Hodel and Doug Martin)

### **SATURDAY, AUGUST 25**

7:00-9:30 PANCAKE SAUSAGE BREAKFAST IN FOOD TENT

9:00-9:40 GOSPEL SINGING GROUP- METZ-SAUDER GIRLS FROM BLOOMINGTON

9:30 CHILDREN'S ACTIVITIES START - Barnyard Discoveries Petting Zoo, Hippo Chow Down, Giant Slide (dual lanes), Tony's Tool Town Playground, Face Painting, Unique Twist (Balloon Man), and free Snow Cones and Cotton Candy 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 (Check out page 3 for listings of food items.)

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

# **2018 HOMECOMING DAY FOOD STANDS**

## **FRIDAY, AUGUST 24**

### **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

Sold Separately: Homemade pie (by the slice) / Soft Serve Ice Cream

## **SATURDAY, AUGUST 25**

### **7:00 – 9:30 PANCAKE/SAUSAGE BREAKFAST**

Served with applesauce, orange juice, milk, or coffee

\$6 Adult

\$3 Child – 3 - 12

2 & under FREE

### **11:00 FOOD BOOTHS OPEN FOR LUNCH**

GRILLED BUTTERFLY PORKCHOP SANDWICH \$5

GRILLED HOT DOGS \$2

BBQ PULLED PORK SANDWICH \$5

WALKING TACO'S \$3

NACHO'S & CHEESE \$2

HOMEMADE PIE BY THE SLICE \$3

HOMEMADE CHOC. 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 (CHOCOLATE, VANILLA & CARMEL) \$3

COFFEE & ESPRESSO \$2

LEMON SHAKE-UPS \$2

## **“A MOTHER’S LOVE BUILDS A HAPPY HOME”**

On Friday, May 11, ladies enjoyed the annual Mother’s Day Luncheon with their daughters and female guests. The theme “A Mother’s Love Builds a Happy Home” centered around birdhouses painted and decorated by Activity Director Deb Reilman and Activity Assistant Judy Magnuson. The birdhouse centerpieces were given as door prizes at the end of the Luncheon. There was beautiful piano music by Kay Ulrich upon arrival and harp music by Pam Winterroth throughout the delicious meal. The dinner consisted of hot ham & Swiss croissants, homemade potato salad, strawberry/orange garnishes, and key lime desserts served in small Mason jars. Thank you very much to the many volunteers who assisted with food preparation and helping set up and take down tables.





**Mother's Day Luncheon pictures continued . . .**



We had many great photos of mothers & daughters, sisters, nieces and friends. Unfortunately we do not have the space to display them all.





## **MEN'S CLUB**

Each month on the first Wednesday Men's Club meets at 9:00 in the dining room to enjoy coffee and donuts. A special thank you goes to Don Reilman for making the fresh donuts that morning as well as volunteers Dennis Gibbs and John Sauder for joining the group's conversation and sharing memories.

## **FRESH PRODUCE WELCOME!**

The nursing home is able to accept donations from local produce growers of any produce they wish to donate to the Home. The State does allow us to accept produce, as long as it is from a trustworthy source.

We will accept fresh fruits and vegetables. Please call ahead and let us know that you are bringing produce, so staff can be available to accept it.

These donations do help keep food cost down, and the residents enjoy helping shuck corn, top strawberries, snap beans, peel apples, etc. Plus, they really enjoy consuming the fresh food items. Thank you for the delicious sweet corn served earlier in July and other donations of produce.

The Home and the Dietary Department  
Chris Jenkins, Dietary Manager, CDM, CFPP



## **MEMORIALS**

We have received memorial contributions in the amount of \$5,510.00  
April - June 2018 for the following individuals:

Roger Braman, resident  
Marvin Eckhoff, past resident  
Carl Haas  
Ann Hodel  
Larry Johnson, resident  
Betty Rassi Lindwall  
Lillian Meginnes, resident  
Louise Solley, resident  
Florence Wuthrich, 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.



## QUALITY TIME

Have you ever wondered if your visit meant anything? Why come if mom or dad didn't remember? They may not remember who came or what they did, but they will either have a pleasant or unpleasant response that will last the rest of day.

Quality of life is made up of quality moments. Not minutes, hours, or days...just moments. The moment of recognition in their eyes, the moment they remember the words to an old hymn, the moment they remember their favorite pets' name, or even the moment they smile. What we do as healthcare workers or family members is not for fame, money, or prestige; it is because we have learned the value of joy moments with those who God has placed in our lives.

As the director of nursing, I want to encourage those of you who visit, to keep coming, and those who don't as often, to come more frequently. You don't need to be vastly talented in music, theater, tricks of hand, or dance (although we will take you if you are!) Just be willing to be present and drop in when you can.

Here are some simple things that would make our days and especially our evenings better at the nursing home:

Come and be present!

...talk about memories of meeting their spouse, baling hay, dancing in the rain, dreaded chores, games they liked to play and anything that keeps them engaged.

...bring a pet, a kitty, dog, fish, bunny, goat, horse (you get the picture!)

...bring in your children or grandchildren to play in the middle of the circle, just shake hands, or have them entertain.

...practice your piano or instrument piece on either the piano or keyboard, to a captive audience.

...sit in the court yard and blow bubbles, use sidewalk chalk, play hopscotch, etc.

...bring in your green beans to snap.

...gather some flowers to put in vases on the tables, and have some residents help you.

...push a resident around the loop of the court yard to keep them occupied.

Thanks for sharing your joy!

Penny Maher, RN, DON

Right: Miranda Leman, RN and her sister, Jenna (Jr. Volunteer) brought in some out-of-state friends to play the piano and violin and sing for our residents.



# HOOKED ON ON FISHING



Thursday morning, June 28, was the first Hooked on Fishing Outing and Picnic Lunch this summer in East Peoria. Several residents and Country View tenants enjoyed the fresh air by the lake while fishing for a couple hours. Above with their trophies: Jim Wiegand won the prize for the largest fish; which was 18 inches; Harold Roth for the first fish caught; Carol Knoll for the most fish, which was four; and Dona Grimm for the smallest fish, which was 4 inches. Many thanks go to the wonderful volunteers at Hooked on Fishing who always are so welcoming and accommodating. Thanks to volunteers Teri Cargill, Dennis Gibbs, Gene Hangartner, Don Reilman, and junior volunteer Lanita Hooley who went along.





## VOLUNTEERS BRING FLOWERS TO BRIGHTEN OUR HOME!



Left: Volunteer Lloyd Stoller, son-in-law of resident Dona Grimm, planted many, many flowers in our courtyard making it a beautiful haven for our residents and staff to be able to enjoy. He is continuing to maintain the courtyard all summer with watering, weeding, and trimming bushes.

Right: Volunteer Martha Braker planted all of our flower pots at the Home. They brighten our entrances both to the nursing home and Country View apartments.



Thank you to Roanoke Dollar General for donating flowers for our residents. Left: Volunteer Phyllis Eden, along with resident Gloria Zilm and CVA tenant Anna Marie Reutter enjoyed arranging the flowers in vases to distribute on all the dining room tables as well as a couple pretty vases for our lobby.

### UPCOMING AUGUST, SEPTEMBER, OCTOBER EVENTS

August 9: Family Night: "Phyllis & Betty Entertain"

August 15: Birthday Party

August 24 & 25: Homecoming Day benefit

September 13: Family Night: "Accordion Club"

September 19: Birthday Party

October 17: Birthday Party

October 25: Family Night: "Deer Fry International"



# OUR JR. VOLUNTEERS ARE SO APPRECIATED!

Once again this summer the Home benefited from 14 students who gave their time doing a variety of tasks for us such as: passing mail to the residents and apartment tenants, popping popcorn and passing popcorn, serving lunch to the residents, helping with yard work around the nursing home, apartments and duplexes, helping in activities and field trips, serving refreshments at Family Night, and helping with the newsletter mailing.

These students are learning a valuable lesson of giving to others who cannot give back to them. They are learning at a young age the importance to blessing others. When giving time to help someone else, it brings joy and fulfillment to your own heart and life.

May God bless each of these students for the time they have given to our Home.

## L to R

1. Riley Beer playing games with the residents.
2. Rylie Damron passing mail.
3. Hattie Hodel passing mail

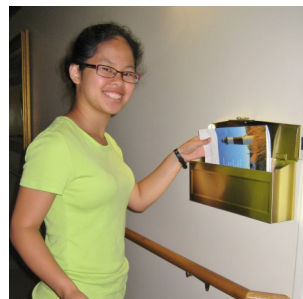


## L to R

1. Dexter Hodel passing mail.
2. Lanita Hooley serving lunch.
3. Simon & Jonah Kaeb popping popcorn.

## L to R

1. Kira Kennell serving lunch to residents.
2. Jenna Leman serving lunch to residents.
3. Daniel Moser playing games with the residents.



## L to R

1. Brock Martin & Brock Magnuson popping popcorn.
2. Joanna Moser passing mail.
3. Faith Schuster serving lunch to residents.



***“It used to be knee-high”  
by the 4th of July!”***



This corn stalk was brought in by Roger & Dolly Norman on July 6. The stalk was over 10 feet tall. This picture was taken in our dining room which is 10 feet tall. Roger got this stalk from Larry Tjaden.

## **FREE PODIUM!**

**We have a podium we are willing to give to anyone that could use one. Call the front office at 923-2071, ext. 111**



## **8 Tips for Managing Stress**

Everyone can get stressed. Life gets busy and it is important to de-stress for our own health. Here are some of Healthline.com's tips for winding down and managing stress:

**Listen to music.** If you're feeling overwhelmed by a stressful situation, try taking a break and listening to relaxing classical music. Playing calm music has a positive effect on the brain and body, can lower blood pressure, and can reduce cortisol, a hormone linked to stress.

**Call a friend.** Take a break to call a friend and talk about your problems. A reassuring voice can put everything in perspective.

**Eat right.** Stress levels and proper diet are closely related. Fruits and vegetables are always good, and fish and high levels of omega-3 fatty acids have been shown to reduce the symptoms of stress.

**Try tea.** Instead of coffee or energy drinks, try green tea. It has less than half the caffeine of coffee and contains healthy antioxidants, as well as theanine, an amino acid that has a calming and soothing effect on the nervous system.

**Be mindful.** From yoga and tai chi to meditation and pilates, these systems of mindfulness incorporate physical and mental exercises that prevent stress from becoming a problem in the first place.

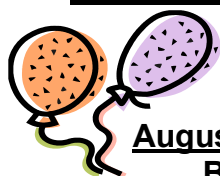
**Exercise (even for a minute).** A short walk around the office or simply standing up to stretch during a break at work can offer immediate relief to a stressful situation.

**Sleep Better.** Make it a point to get seven to eight hours of sleep.

**Breathe easy.** Take a deep breath! Deep breathing oxygenates your blood, helps center your body, and clears your mind.

## **“JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT”**

Tuesday evening, July 10, a busload of residents had the privilege of seeing the musical “Joseph and the Amazing Technicolor Dreamcoat” at Pontiac’s Historic Chautauqua Park Pavilion. After eating an early supper to get on the road, the excited group boarded the bus at 5:00 for the Vermillion Players Theatre-in-the-Park. A local church youth group awaited the arrival of several nursing homes’ buses/vans of residents to assist with unloading and pushing wheelchairs into the pavilion. The children’s presentation of this well-known production was outstanding with great singing and many beautiful costumes on their very nicely decorated stage. Popcorn and lemonade was served during intermission. Many thanks to volunteers Deb & Don Reilman and Nancy & Rebekah Hoffman for making this special evening filled with memories become a reality.



## **HAPPY BIRTHDAY TO:**

### **August Employees’ Birthdays:**

8/01 Jeanette Lavallier  
8/03 Kent Duffield  
8/03 Marjorie Hodel  
8/05 Ashley Cannon  
8/06 Julia Greenland  
8/08 Edward Jenkins  
8/09 Sue Pettyjohn  
8/11 Emmie Fehr  
8/15 Patsy Kaeb  
8/26 Julie Tibbs  
8/27 Barbie Glaser  
8/29 Penny Maher  
8/30 Rebekah May  
8/30 Kayti Barhum

### **September Employees’ Birthdays:**

9/06 Joan Swartz  
9/09 Sarah Craig  
9/21 Tammy Guth  
9/23 Mary Aeschleman  
9/26 Danielle Layne  
9/27 Soni Aeschleman

### **October Employees’ Birthdays:**

10/04 Valerie Wuthrich  
10/05 Karen Leman  
10/06 Nate Hoffman  
10/07 Amy Beer  
10/11 Ashley May  
10/11 Madalyn Wells  
10/12 Necha Jording  
10/22 Emily Osterloo  
10/31 Cindy O’Neill



### **August Residents’ Birthdays:**

8/04 Leona Onnen  
8/05 Edwin Ringger  
8/19 Lavern Kennell  
8/20 Marcia Bachman  
8/27 Pat Ringger

### **September Residents’ Birthdays:**

9/06 Dorothy Wilson  
9/06 Angie Haase  
9/14 Barb Kiesewetter

### **October Residents’ Birthdays:**

10/05 Carol Adams  
10/11 Harriet Wolfe  
10/12 Lillian Wiseman  
10/18 Carol Whitten  
10/27 James Thompson