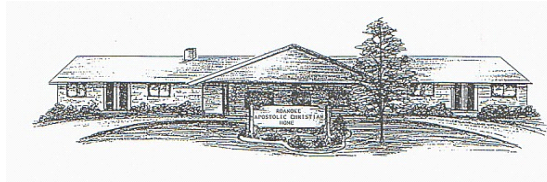


Fall 2018

Lines From Home



Apostolic Christian Home of Roanoke

October 23, 2018

Dear Friend and Supporter,

As the end of the year approaches, we would like to remind you of the Good Samaritan Fund, which assists residents in financial need here at the Roanoke Home. The Apostolic Christian Home of Roanoke is a non-profit, charitable organization serving those in need from all denominations and backgrounds in our surrounding area. We believe our supporters feel it is the mission of our Home to provide quality care to as many in our community as possible, regardless of their financial status. To continue our mission, we need the help of our community and friends.

We would be grateful if you would consider including the Good Samaritan Fund in your charitable year-end giving. If you wish to support us, please make your donation payable to the *Apostolic Christian Home of Roanoke* and write *Good Samaritan Fund* on the memo line of your check. An addressed envelope is enclosed for your convenience. We will send you a receipt for tax purposes.

We are very thankful for your support and prayers and ask that God will bless you for being an active part in this important charitable mission work.

Sincerely,

Nathan J. Hoffman, Administrator
For the Board of Directors
Apostolic Christian Home of Roanoke

*Cast me not off in the time of old age; forsake
me not when my strength faileth.
-Psalm 71:9*



**See the cover page for more
information on how to donate to the
Good Samaritan Fund.**

2018 HOMECOMING DAY BENEFIT FOR THE NURSING HOME BEGINNING ON FRIDAY EVENING ...



Above: (Left) The board members grilled marinated chicken breasts while **(Right)** Duane Blunier and Lonnie Kupferschmidt fried fish for our Friday evening meal. The St. Joseph Catholic Church helped prepare and serve the meal along with resident family members.

Below: (Left) Jim and Marge Braker serve the evening meal, **(Center)** Brock Magnuson keeps busy helping, and **(Right)** Raymond Fogliani and Mike Ratliffe take a break from battering fish.



Below: (Left) Doug Martin and Dennis Hodel entertained throughout the evening while everyone enjoyed the dinner and perused the auction items. **(Right)** Jenny Hodel sold produce in the Farmer's Market Friday evening and Saturday.



THEN ON SATURDAY MORNING:

(Right) Richard Isaia and Dan Maher work hard grilling sausages while Eldon Witzig (**below**) helps to serve breakfast.



Colleen Bachman and Mary Jo Roseman shared their testimony, telling about their experience in caring for their mother, Teresa Martino, and how the Home has become like family to them. If you're interested in hearing this testimony and several past testimonies, please check the Testimonials tab on our website (achroanoke.org).



(Upper left) Dennis Gibbs, Don Reilman, and Deb Reilman enjoy the breakfast and conversation.

(Upper right) The Sauder and Metz girls brought us our Saturday morning entertainment—lovely harmony and songs. One person referred to them as “a little group of angels.”



(Left) The auction was a hit, with auctioneers Clark Stoller, Walt Edelman, and Justin Kaeb providing entertainment and laughs.



(Right) The Fire Department and the Ambulance Squad lent their assistance in carrying and displaying auction items.

Fun for all ages...



Children enjoyed the many different activities offered in the children's area: face painting; balloons; snow cones and cotton candy from the Matt Feucht family; jumbo slides and ninja course; and Cockapoo puppies.



Thank You To:



Roanoke Community
for cooking breakfast

United Methodist Church
for serving breakfast

St. Peter's Lutheran Church
for serving sandwiches

Roanoke American Legion
for grilling pork chops
& hot dogs



Rohn & Karen Peterson
for preparing
specialty coffee drinks

Happy Hustler's 4-H Club
for making lemon shake-ups

A.C.T.I.V.E. boys group
for serving pop & water

H.O.P.E. girls group
for serving nachos & cheese



Lois Klotzle family
for serving soft serve
ice cream

Apostolic Christian ladies
for making and selling
homemade pie slices

Activity department
& residents
for making and selling
chocolate chip cookies



Joan Swartz
for selling her handmade
crafts

Midwest Food Bank
for providing a refrigerated
truck

(Unfortunately, all these
giving groups are not
pictured.)



***Thank you to everyone who supported the event!
We raised over \$177,000!***

Flu Season



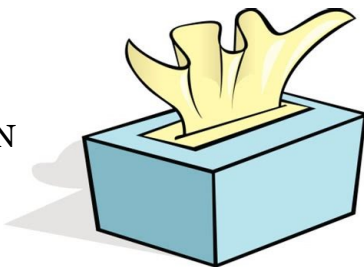
The flu season is upon us. Flu is a respiratory virus that can put elderly and immunocompromised persons at high risk for extended illness and even death. Influenza is very contagious. It can be spread by droplets from the nose or throat from coughing and sneezing. Annual vaccination is recommended for all people more than six months of age.

Traditionally flu season is from October 1st to April 1st each year although the flu can strike at any time. Seventy-five percent of flu seasons peak in activity during January or later, and 58% of those flu seasons peak February or later according to the CDC (Centers for Disease Control) 2018 article update on influenza. There are a few contraindications to immunization, including egg allergy, but there are specific vaccines that are safe for those with this allergy as well. If you have never been vaccinated, please talk to your health care provider about the risks and benefits.

The best intervention against influenza is prevention. Prevention measures include good hand hygiene, immunization, and staying away when you are feeling ill. The flu shot is now available at most pharmacies and doctor offices. Depending on your insurance, it can be obtained for free or a nominal fee. A flu shot clinic will be available for Apostolic Christian Home campus personnel and a convenience clinic for volunteers will be happening the first week in November. If you are a volunteer or employee please give proof of your immunization to me or check with your department head for cost and details.

Stay well!

Penny Maher, RN, DON



WE SALUTE OUR HEROES VETERANS DAY – NOVEMBER 11



Al Arnold
Served in the Army
stationed in Korea for
two years during the
Korean War.



Wilmer Blunier
Served in the Army
as a medic in World
War II.



Hank Bisco
Served in the army,
was a POW in
Germany during
World War II.



Harvey Martin
Served in the army
as a medic stationed
in France and
Germany during
World War II.



Lyle Martin
Served in the Air
Force during
World War II.



Delmar Peterson
Served in the army as
a private stationed in
Georgia during World
War II.



Edwin Ringger
Served in the Army
as a cook during
World War II.



Harold Roth
Served in the Army
as a medic during
World War II.



Robert Simpson
Served in the Navy
discharge office.

*Please join us in thanking
our local veterans for
giving of themselves!*

4 Tips to Stay Active and Independent As You Age



Aging can have a bad reputation; however, there is no reason that growing older can't be a journey full of adventure and opportunities to live life to the fullest. All you need is proper guidance, proactive steps, and a positive attitude.

And there is proof. Research suggests that improvements in physical function are possible well into older adulthood, and supports that continued activity as you age helps fight cognitive decline.

With the guidance of a physical therapist, you can improve mobility, maintain your independence, and continue participating in your favorite daily activities. As a movement expert, a physical therapist can provide an evaluation and design a treatment program to address any of your ailments and deficiencies, make modifications based on other preexisting conditions, and help you achieve your goals.

The following tips can keep you active and independent as you age:

Staying fit. Whether you participate in regular exercise or just want to stay fit for daily activities, exercise is necessary. Exercise is proven to help improve balance, strengthen bones, and prevent heart and brain conditions. A prescribed strength training and aerobic exercise program will help you maintain and strengthen critical muscle groups needed for your life.

Staying balanced. Maintaining balance and avoiding falls are imperative to maintaining a quality of life and living independently. A physical therapist can prescribe a customized program of static and dynamic balance activities and exercises to improve your balance and prevent dangerous falls.

Assessing the terrain. A physical therapist can make recommendations that make your home and other environments safe by eliminating dangerous barriers. Typically this means removing throw rugs, loose carpets, clutter, and modifying entry thresholds with ramps.

Staying engaged. Successful aging is not only impacted by one's environment, but also how one interacts with their environment. Fear and social isolation are substantial factors that increase fall risk and jeopardize independence. To ensure active and successful aging, continue to engage with friends, family, and the community. Social experiences with friends and family help diminish fear and improve physical and mental capabilities.

MESSAGE BOARD FOR FAMILIES

TRANSPORTATION FOR APPOINTMENTS



Getting residents to doctor appointments, x-rays, etc. is ultimately the responsibility of the family. If the resident can go by family vehicle, it is the responsibility of the family to see that their loved one gets to their appointment.

Transportation arrangements for use of the facility handicapped vehicle will be made for only those residents who cannot be transported by family vehicle. When the resident is transported by the facility vehicle (volunteer or staff driver), it is the family's/POA's responsibility to provide an escort. If no escort is available to go with the resident to the appointment, the appointment will need to be rescheduled when an escort is available.

ARE YOU INTERESTED . . . ?

A family member only needs to take a simple driving test to get a JO5 placed on his license before he is able to drive our vehicle (a mini van with a ramp and hook-ups for a wheelchair). Having this ability to take your loved one out for appointments and family gatherings provides some independence for you both to enjoy.

If you are interested, please call Michelle Kennell @ 923-2071, ext. 114 to arrange a time to get your license.

Christmas Caroling?

In anticipation of the approaching holiday season, any groups or families planning to Christmas carol at the Home or Country View apartments should contact Deb Reilman, Activity Director at 923-2071, ext. 170.



Don't forget . . .



If you purchase new clothing for your loved one in the nursing home, make sure that you print their name in the clothing. If it goes to the laundry without a name, it may not find its way back to the owner. These items should also be added to the resident's personal inventory list kept on the chart at the nurse's station.

FEELING A LITTLE ICKY?

If you are ill, the loving thing to do is call, send a card or an e-mail, or let another healthy family member visit in your place instead of visiting face-to-face. Residents can receive an e-mail by sending it to deb@achroanoke.org and Deb Reilman, Activity Director, will print it for them.



NEW...EVENING ACTIVITIES!



We've always offered select evening activities for our residents, but soon we will be offering after-dinner activities almost every night. Keep that in mind when you want to come in and share your musical talent, hobby, etc. (anything that you would think to be of interest to our seniors), and please give us a call so that we can accommodate your plans and make our residents aware. If your chosen date isn't available, we still want you to come—we'll work together to find a mutually acceptable date to schedule. Call Deb Reilman, Activity Director, to schedule a date or for more information. (309) 923-2071, ext. 170

Education on the POLST Form

One of the first forms we have residents or their authorized representative sign upon admission is called the POLST (Physician Order for Life-Sustaining Treatment) form. A POLST form does not replace an advance directive-but they do work together. An advance directive describes a legal document used to provide guidance about what types of treatments you may want to receive in case of a future, unknown medical emergency. It is also the form that says who can speak for you to make medical decisions when you cannot for yourself. A POLST is a medical order for the specific medical treatments you want during a medical emergency. POLST forms are appropriate for individuals with a serious illness or advanced frailty near the end of life. Here at the Home, we need to know exactly what the resident would like to be done in these types of situations.

There are several options on the POLST form, but the two main options are a full code or DNR. A full code means a person wishes that all possible interventions to get their heart restarted will occur. This may include chest compressions and defibrillation to shock the heart out of a life-threatening heart rhythm. Placing a breathing tube in the airway to assist with ventilation and medications to treat the heart are all resuscitation interventions. Not all patients require each step.

A patient who chooses the DNR (do not resuscitate) option does not want any resuscitation measures taken if their heart is not beating or they are not breathing. Patients who do not wish to be resuscitated must have a DNR order signed by a licensed physician in their medical record. Patients may decide to be a DNR for numerous reasons. Some may have a terminal illness, be elderly, or have a decreased quality of life. A DNR that chooses “comfort-focused treatment” has the primary goal of being kept comfortable. This means relieving pain and symptom management through the use of medications, using oxygen, suctioning, and manual treatment of airway obstruction.

“Selective treatment” is a type of DNR. Selected treatment means the patient wants some interventions, but not all. In addition to the treatment described in comfort treatment, the resident can specify medical treatment they would or wouldn’t want, including IV fluids and IV medications (including antibiotics). The resident may consider less invasive airway support such as a CPAP or a BiPAP. They could be transferred to the hospital if they want to be, but the intensive care unit is generally avoided.

Every resident here at the home has a POLST form signed on admission. If you have any questions or concerns, or want to discuss updating code status please feel free to contact me at 309-923-2071. Remember how important it is to discuss your loved ones’ wishes while they can.

Emily Osterloo, Social Service Coordinator



Furry Friends Visit

On September 25, our residents enjoyed a special visit from Deb Moreland and her Furry Friends Pet Therapy. It was such a treat to see and pet the variety of animals she brought with her—rabbits, guinea pigs, a cat, a dog, a Chinese silky chicken, a duck, a chinchilla, an albino skunk, and even an alpaca!

Many, *many* thanks to the family who anonymously donated the funds to make this event possible for our residents!



Mystery Outing

On September 14, residents, Country View tenants, volunteers, and staff loaded the bus and several vans and took off on the annual Mystery Outing. They arrived first at Jubilee College State Park for a picnic in a remote pavilion. Afterward, they headed to Christ Orchard near Elmwood. Everyone enjoyed browsing the produce and eating fresh pumpkin donuts before making the trip to the Home again.



Meet the Volunteer Coordinator...



Hi, I'm Michelle Kennell, and I might be calling you sometime. Patsy Kaeb, who has been the Home's Volunteer Coordinator for years and whose face and voice you are all used to seeing and hearing, moved into semi-retirement as of October 1.

Don't worry—she is still around. She will be spending a whole year working two days a week to train me and make sure that I can do my job well. This opportunity to work with her and learn the ropes for so long is ideal.

I spent three years working in the Activity Department before moving into my current position, so many of you will recognize my name and face.

A little about me: I grew up in the country northwest of Roanoke, and have always loved our small, close-knit community. I never had a passion for caring for the elderly until my grandparents began to need more care, but I can honestly say that working with our residents has been one of the most fulfilling jobs of my life. I've been writing for a hobby for years and am super excited about taking on the quarterly newsletter, among other aspects of the job. A few of my other hobbies include being with my family, cooking, hosting praise and worship sessions with friends, and reading.

I'm excited about this new position and can't wait to meet all of the wonderful volunteers who make this Home possible.

-Michelle Kennell, Volunteer Coordinator

CURRENT EMPLOYMENT OPPORTUNITIES

CNA

Part-time second and third shifts, includes every other weekend

PRN NURSE

All shifts



Applications are available:

Monday – Friday from 8:00 a.m.- 4:00 p.m. at the Business Office
OR

Visit our website to download an application at www.achroanoke.org

Our Campus is Tobacco Free



Apostolic Christian Home
OF ROANOKE

Holiday Meals

The holidays are fast approaching. If you would like to eat a holiday meal with your loved one, please let Dietary know at least two weeks ahead. We need to be able to purchase enough food for all and have time to prepare it.

Also, due to the limited space in our dining room, the number of guests is limited to two per resident. If there are more than two guests, the Activity Room or the Multi-Purpose Room can be reserved and food brought in by family since the Dietary Department is not staffed to serve guests in these other areas. Call the business office (309-923-2071) to make reservations.

The cost of a holiday meal is \$7.00. Meal tickets should be purchased before the holiday. They are available at the business office during regular hours of Monday through Friday 8:00-4:00.

Thanksgiving Lunch	Christmas Lunch	New Year's Day Lunch
Roast Turkey	Roast Turkey	Lasagna
Glazed Ham	Cranberry-Glazed Ham	Turkey Bake Crunch
Mashed Potatoes and Gravy	Mashed Potatoes and Gravy	Mashed Potatoes and Gravy
Sweet Potatoes	Dressing	Buttered Peas
Green Bean Casserole	Green Bean Casserole	Creamed Corn
Buttered Corn	Baby Carrots	Salad Bar
Salad Bar	Salad Bar	Garlic Bread Stick
Dinner Roll	Dinner Roll	Brownie Pie
Pumpkin Pie with Whipped Topping	Dutch Apple Pie	

MEMORIALS

We have received memorial contributions in the amount of \$12,960.00
July - Sept 2018 for the following individuals:

Marvin Aeschleman - Resident
 Everett Aeschliman - Resident
 Marvin Eckhoff – Past Resident
 Leona Janssen
 Marjorie Knapp – Past Resident
 Pearl Leman - Resident
 Lillian Meginnes – Resident
 Evelyn Pomeranke - Resident
 Rita “Joyce” Ryan - Resident
 Lola Schlipf - Resident
 Louise Solley – Resident
 Richard Stoller - Resident
 Delbert “Gene” Whitten - 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!



HAPPY BIRTHDAY TO:

November Employees' Birthdays:

11/01 Brenda Jenkins
11/07 Emily Wettstein
11/08 Connie Klusman
11/10 Carla Calvetti
11/12 Natalie Overocker
11/15 Dan Magnuson
11/15 Erica Quick
11/18 Diane Yuill
11/29 Jill Overocker

December Employees' Birthdays:

12/01 Vickie Kandel
12/07 Emily Boyer
12/15 Sally Hodel
12/27 Kaitlyn Gangloff

January Employees' Birthdays:

01/07 Mary Jording
01/14 Barb Mead
01/15 Brandon Durand
01/16 Nancy Hoffman
01/25 Miranda Leman
01/26 Nicole Keefer
01/27 Joyce Anne Christner
01/29 Heather Wacker

November Residents' Birthdays:

11/05 Delmar Peterson
11/09 Teresa Martino
11/30 Ruth Thompson

December Residents' Birthdays:

12/06 Harvey Martin
12/10 Helen Zobrist
12/12 Robert Kennell
12/14 Virginia Small

January Residents' Birthdays:

01/26 Henry Bisco

**UPCOMING
NOVEMBER,
DECEMBER, &
JANUARY EVENTS**

November 15:	Family Night: Banjo Bash
November 14:	Birthday Party
December:	No Family Night
December 19:	Birthday Party
January 17:	Family Night: Illinois Rail
January 16:	Birthday Party

***A HUGE thank you to everyone who
helped us update our phone system!***