

# LINES FROM HOME



SPRING 2019

## NEW THINGS

Sometimes new ideas come from unexpected places.

In one of our weekly meetings, someone brought up the possibility of doing a drive-through fish fry. We hashed around the details and decided unanimously to go ahead with this new fundraiser.

No one knew what to expect. There were many other fish fry dinners in the area in the weeks surrounding ours. Would this fundraiser draw only the most loyal of our supporters, or would the community come as they have come for every Homecoming Day Benefit?

If you were paying attention to our website or our Facebook page, you probably saw the advertisements. Many of you came, and throughout the evening, we

received many comments about how our fundraiser was blessing people. We were also blessed by your support.

The evening's turnout was impressive. Our community has always been so faithful about backing our endeavors—through volunteering, through donating, through supporting our fundraisers, through spreading the word about the care we offer.

The Fish Fry was just another example of how blessed we are with the community in which we live and work.

It seems like we've been doing many new things around here lately.

We are currently working on getting a new Senior Well service up and running so that our residents have easily accessible in-house

podiatry, dentistry, audiology, and optometry services.

While this is getting set up, we are also organizing and setting up our first clients and caregivers with our new Victory Home Care service.

New is often a scary thing to embrace, especially if there is a cost if that new thing doesn't pan out.

But God holds the unknown and we know that as we follow Him, He will be guarding and guiding us—even as we charge into new and scary things.

Please pray for our Home as we continue to make decisions about upcoming changes and improvements.

Nathan Hoffman  
*Administrator*

## REMINDERS:

- *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 are planning to eat lunch or supper with your loved one, please contact the kitchen, ext. 141, by 9:30 a.m. or 2:30 p.m., respectively, so that we can prepare enough food for everyone.*

## INSIDE THIS ISSUE:

ACTIVITIES	2-5
ESSENTIAL OILS	6
STAYING HYDRATED	6
AN EXERCISE STUDY	7
JR. VOLUNTEERS	8
EMPLOYMENT	8
COMING UP	9
JOY IN EVERY DAY	9



## CRUISE WEEK—FEBRUARY 11-15

### MONDAY



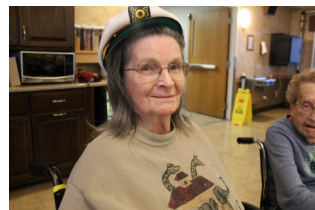
The first activity of cruise week was an aerial tour of New York City, our port of departure. Residents enjoyed seeing such sites as Central Park, Lady Liberty, and Radio City Music Hall.



In the afternoon, we held a Bon Voyage Party in the dining room. We passed around a captain's hat, snapped pictures, and ate fresh fruit. It

was a good beginning to a busy week.

**Clockwise from upper right:** Residents Elaine Lauf-fenburger, Gloria Zilm, Helen Hoffman, Erma Moser, Sue Provenzano, and Phyllis Remmert try on the captain's hat. A few of the decorations and snacks featured at the party.



### TUESDAY

LAND WAS CREATED  
TO PROVIDE A PLACE  
FOR BOATS TO VISIT.  
-BROOKS ATKINSON

Tuesday afternoon, Activity Assistants Carol Martin and Diane Yuill demonstrated towel animal folding, making snakes, crabs, and even an elephant!



### WEDNESDAY

On Wednesday morning, we had a special delivery—our very own ice sculpture donated by the Chanticleer Restaurant in Eureka! Residents, staff, and volunteers all marveled at the beautiful design.

**Right:** Staff members Nancy Hoffman, Katie Barhum, Wayne Spencer (**below**), residents Barb Keisewetter, Paul Courtright (with wife Marcia), and Gloria Zilm enjoy the intricate carving.





## THURSDAY

Thursday morning, residents and staff enjoyed playing shuffleboard in the Activity Room. **Below:** Visitor Wayne Blunier and CVA tenant Harold Roth compete.

Our Gala Captain's Valentine's Day Banquet was held



at noon. Just a few of the special menu items included shrimp, homemade dinner rolls, spinach salad, Uncle Bob's ice cream, French silk pie, and red velvet cake. Tables were decorated with beautiful red roses and Valentine napkins.

In the evening, Polkas and More came to entertain in the dining room for Family Night. The music was so lively that we even caught some of our guests dancing!

**Clockwise from upper right:** Resident Helen Hoffmann with daughter Bonnie Kauffmann, resident Phyllis Remmert, Polkas and More, volunteer Joan Tallyn, residents enjoying their banquet, and some of the food served at the banquet.



## FRIDAY



Friday morning, residents posed in front of a Bahamas beach scene and enjoyed a picture slideshow from the week.

**Left:** Miranda Leman, RN and resident William Blain.

**Below:** Residents Sarah Dallery and Janet Beetler (with CNA Ashley May).

In the afternoon, the Home celebrated a safe return home from our cruise with a Welcome Home party, featuring

miniature key lime and cherry pies (**below**).

**Below Right:** Activity Aide Diane Yuill and volunteer Rachel Schroeder put together the miniature pies and resident Marjorie Blunier and her husband Wayne enjoy the refreshments.

THERE IS NOTHING MORE ENTICING, DISENCHANTING, AND ENSLAVING THAN THE LIFE AT SEA.  
-JOSEPH CONRAD





## FUN WITH SOWER'S KINDERGARTEN CLASS



**Below:** Resident Carol Adams enjoys the time with her young friend and teacher's assistant Jan Tol.



On Friday, February 22, the Sower's Kindergarten class made a trip to our Home to tell us about the things they're learning about animals. They sang songs and interacted with the residents. Together, residents and students traced the outline of their hands and colored.

**Below:** Resident Virginia Small outlines her friend's hand.



Then on March 22, residents from the Home loaded the bus and headed out to visit their Kindergarten friends at Sower's Elementary. Together, we enjoyed a beach party, coloring sea animals, playing with a brightly-colored parachute, reading stories, playing in the sand, and eating beach snacks.

**Below:** CVA tenant Harold Roth and Resident Helen Zobrist enjoy a snack.



CVA tenants Anna Marie Ruetter and Lois Klotzle (**above**) and Resident Leona Onnen (**below**) join in on the fun.



"MUSIC WASHES AWAY FROM THE SOUL THE DUST OF EVERYDAY LIFE."  
-BERTHOLD AUERBACH

## HARP MUSIC

On February 28, Adrienne Waible, the granddaughter of CVA tenant Lois Klotzle, brought her harp into the Home to entertain the residents with beautiful hymns.

**Right:** Four generations: Adrienne Waible, Mary Beth Lehman with Lizah Waible, and Lois Klotzle.



## LITTLE LIFE

On Friday, March 8, Marge Hodel, RN, brought in a turkey poul for the residents to see, feel, and pet. Later that morning, volunteer Jamie Zoss brought in several of her baby chicks. Then on Monday, March 18, volunteer Kevin Yoder brought in a baby kid for the residents to pet. Pictured are volunteer Kevin Yoder and Resident Lavern Kennell.

Do you have animals you'd be willing to share with the residents? Call Deb at 309-923-2071, ext. 170.





## MERRILEE DANCE COMPANY

On March 15, Merrilee Dance Company performed for our residents in the dining room. This studio has been coming annually to our Home for the past six years, and the residents always look forward to their performance.

Under the direction of Lida Berg, sixteen dancers between the ages of nine and seventeen performed with a variety of musical pieces—everything from jazz and classical to Broadway, tap, and

contemporary music styles.

These young performers were preparing for a competition in Chicago, and we were thrilled to host their first dress rehearsal.

Many thanks to the performers and their director for the hours of labor and practice to make this performance possible!



## MAKING SOME DOUGH



**Above:** Rebekah demonstrates to Resident Sue Provenzano how to make the dough.

On the afternoon of March 21, volunteer Rebekah Hoffman brought in the supplies for residents to help make homemade playdough for her elementary classes. Residents enjoyed this unique and entertaining activity, kneading the dough and experimenting with the different cutters and rollers Rebekah brought

PERFECTION IS NO SMALL THING, BUT IT IS MADE UP OF SMALL THINGS.

-MICHELANGELO

along.

**Below:** CVA tenant Anna Marie Reutter watches as Rebekah explains how playdough can be used for education, as Resident Erma Moser gets to work kneading the dough.



## OUTREACH HYMN CHOIR

Some of our oldest and greatest hymns go unsung; modern praise songs (though valuable) are slowly but surely edging them out of many church services. The mission behind the Outreach Hymn Choir is this: to bring back some of those old favorites, the well-loved hymns that many of our residents grew up with. On

March 25, under the direction of Dr. Joseph Henry, a small ensemble led our residents in a time of Spirit-filled worship.

**Right:** All the singers of this ensemble are volunteers who enjoy the purity of acappella hymn singing.



## ESSENTIAL OILS

On March 13, thirteen of our staff participated in a continued education course on essential oils and hand massage. Karen Leman connected with our presenters who willingly came from the Chicago area to explain some of the science of essential oils, and teach us hand massage techniques.

Human touch is part of the art of nursing that can't be replicated by a computer or machine or explained away. Touch has always been a part of healing and nursing care for centuries. Calming anxieties, relieving pain, and connecting with our residents is a goal of all of our staff. As a family member or friend, simply holding hands with

## PENNY MAHER, DIRECTOR OF NURSING

your loved one is a special connection. We hope to incorporate the hand massage as non-pharmacological intervention with our residents.

More than one resident

has already benefited from this education, and one recently reported, "My hand massage today was amazing!" It was a good day of practical learning and a stellar lunch,

thanks to nurses Karen Leman and Shar Moser.

**Below:** Staff gives the presentation a thumbs up!



## THE IMPORTANCE FOR SENIORS TO STAY HYDRATED

EMILY OSTERLOO, SOCIAL SERVICE COORDINATOR

Dehydration occurs when a person uses or loses more fluid than they consume. When this happens, the body does not have enough water and fluids to carry out its normal functions. Dehydration can lead to delirium, infections, and other illnesses. It is especially important for seniors to pay attention to hydration because as we age our bodies tend to hold less and less water. As a result, older adults typically become dehydrated more quickly. Seniors may also have a muted perception of thirst, so they may not know they need to drink something until signs of dehydration begin. Some seniors may have added diffi-

culty getting water for themselves due to physical impairments. Others may try to limit their intake to avoid frequent trips to the bathroom.

Some common signs of mild dehydration include a dry mouth, thirst, dry skin, decreased urination, headaches, sleepiness, irritability, cramping in the limbs, and weakness. Signs of severe dehydration include lack of sweating, severe muscle cramps, low blood pressure, rapid breathing, confusion, dry and sunken eyes, unconsciousness, delirium, and a rapid but weak pulse. Frequent or chronic dehydration can cause serious complica-

tions such as swelling in the brain, seizures, kidney failure, coma, or death. Surprisingly, a study by UCLA researcher Janet C. Menten states that individuals who stay hydrated may even experience fewer falls.

Encourage your loved ones to drink plenty of water each day, increasing daily intake gradually if necessary. We do our best to keep water easily accessible at all times. Many fruits and vegetables contain water as well. Eating foods like cucumbers, tomatoes, and watermelon can help keep you hydrated. Minimizing your sodium and caffeine intake can also help.

Correcting dehydration

can allow an older person to return to a full and normal life.

As the adage says, "An ounce of prevention is worth a pound of cure."





## EXERCISE COUNTERS COGNITIVE DECLINE

JENNIFER GETZ, PHYSICAL THERAPY



A recent study in the journal *Medicine Science in Sports & Exercise* adds to the ever-growing body of evidence supporting the benefits of exercise. In addition to the

plethora of physical benefits, it was found that moderate to vigorous exercise can reduce the risk of cognitive decline by 36%, as reported in *Time* ("Exercise Keeps the Brain Young: Study," December 29, 2016).

With an aging population and continued projected increases for age-related cognitive impairments such as Alzheimer's disease and other forms of dementia, these find-

ings give hope that older adults can help delay the onset of cognitive decline.

The study provided 6,400 people aged 65 years and older with an activity tracker for a week, and assessed their cognitive abilities during tasks. After 3 years, people who performed moderate to vigorous levels of physical activity were significantly less likely to experience cognitive problems than

those who were sedentary or did light physical activity.

As movement experts, physical therapists can design exercise programs for people with dementia or Alzheimer's disease to include keeping them active and independent for as long as possible.

MoveForwardPT.com, the official consumer website of the American Physical Therapy Association, 2019

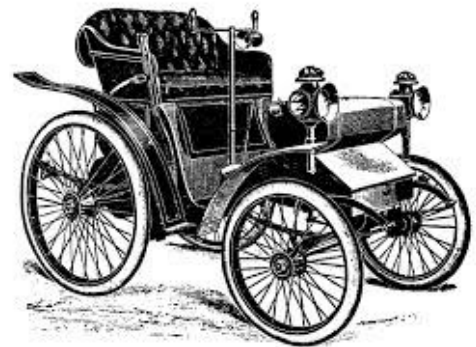
## THE PRICE IS RIGHT—PRICES FROM 1935

One of our evening activities is a spoof of the popular game show *The Price is Right*. Residents are often surprised at how expensive things are now. And it's no wonder!

Here are a few prices from the days that some of our residents can remember:

Bacon	\$.38/lb.
Loaf of Bread	\$.08
Ground Beef	\$.21/lb.
Pure Lard	\$.15/lb.

Flour (5 lbs.)	\$.25
Round steak	\$.36/lb.
Butter	\$.36/lb.
Eggs	\$.37/doz.
Milk	\$.47/gal.
Coffee	\$.25/gal.
Sugar (5 lbs.)	\$.28
Ford V-8, 4-door	\$495.00
Gasoline	\$.11/gal
House	\$6,300.00
Postage Stamp	\$.03
Cream of Wheat	\$.23
Motor Oil	\$.75/2 gal.
Post Bran Flakes	\$.11



## MEMORIALS



We have received memorial contributions in the amount of \$9,595.00

January - March 2019 for the following individuals:

Susan Blunier  
Mardell Bowald - Resident  
Linda Damman  
Arlette Fehr  
James Hinthorne

John Hinthorne

Jerry Kaisner

Robert Kennell - Resident

Pearl Leman - Resident

Martha Lyons

Jim Martin

Raymond Mellin - Resident

Virginia Small - Resident

Arthur 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.



## COLLECTIONS NEEDED

Are you interested in displaying a collection in one of our shadowboxes along the West hall? We have the opportunity to display small, seasonal

items for residents, staff, and visitors to view and enjoy. All items will be returned after the season or holiday is over. To find out more or to lend

items, contact the Activity Department at 309.923.2071, ext. 172, and ask for Phyllis or Diane.



## CONGRATULATIONS, GRADUATES!

LAURA BACHMAN, DIETARY AIDE

LYDIA BURMOOD, DIETARY AIDE

ALYSSA MUZZARELLI, DIETARY AIDE



## JUNIOR VOLUNTEER PROGRAM

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 Michelle Kennell, Volunteer Coordinator, at 923-2071 ext. 114 by Thursday, May 23 to get registered for the training meeting the following week.



EVERYBODY CAN BE GREAT...BECAUSE ANYBODY CAN SERVE. YOU DON'T HAVE TO HAVE A COLLEGE DEGREE TO SERVE...YOU ONLY NEED A HEART FULL OF GRACE, A SOUL GENERATED BY LOVE.  
-MARTIN LUTHER KING, JR.

## EMPLOYMENT OPPORTUNITIES

### CNA

PART-TIME POSITON, ANY SHIFT - INCLUDES EVERY OTHER WEEKEND

### PRN NURSE

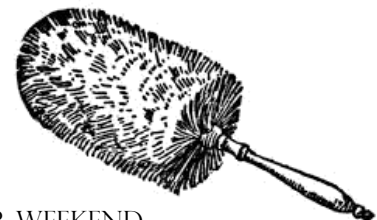
EVENING/NIGHT SHIFT, NO SET WEEKEND COMMITMENT AND MINIMAL HOLIDAYS

### ENVIRONMENTAL SERVICES AIDE

PART-TIME - INCLUDES EVERY OTHER WEEKEND AND SOME HOLIDAYS

### DIETARY COOK

PART-TIME AFTERNOON, THREE DAYS A WEEK, INCLUDING EVERY OTHER WEEKEND AND SOME HOLIDAYS





## COMING UP...

Put these upcoming  
dates in your planner!



MAY 15	BIRTHDAY PARTY
MAY 23	FAMILY NIGHT: PRAIRIE CHORISTERS
JUNE 13	FAMILY NIGHT: DEER FRY INTERNATIONAL
JUNE 19	BIRTHDAY PARTY
JULY 17	BIRTHDAY PARTY
JULY 25	FAMILY NIGHT: PEORIA AREA SENIOR CITIZENS' BAND
AUGUST 23-24	HOMECOMING DAY BENEFIT

## May

Su	Mo	Tu	We	Th	Fr	Sa
			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	

## June

Su	Mo	Tu	We	Th	Fr	Sa
						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

## July

Su	Mo	Tu	We	Th	Fr	Sa
	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			

## August

Su	Mo	Tu	We	Th	Fr	Sa
				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

## RESIDENT BIRTHDAYS

## MAY

2	LILA HERBST
23	ERMA MOSER

## JUNE

12	WINIFRED MCCURDY
23	JAMES WIEGAND

## JULY

6	DONA GRIMM
17	CAROL KNOLL
30	SUE PROVENZANO

## EMPLOYEE BIRTHDAYS

## MAY

1	DEANNA DONOVAN
1	HOLLY GERDES
10	GAY KNAPP
10	REVA PETERSON
11	MARK HODEL
12	TRACIE PIERSON
26	HAILLEE HARSHBARGER

## JUNE

1	JAYME MAGNUSON
6	MEGAN HODEL
11	KELLY SCHULTZ
13	ALYSSA MUZZARELLI
14	HOLLY ARMSTRONG

## JULY

1	JACIE FEHR
10	STACY WOLF
11	KAREN PHELPS
13	LAURA BACHMAN
13	JUDY MAGNUSON
13	BILLIE SWOFFORD
14	PHYLLIS EDEN
18	BARBARA KLEIN
23	DENISE WILCOX
24	ANGELA OBERLANDER
25	MICHELLE KENNELL
26	GAYLE GREBNER

THE TWO MOST IMPORTANT DAYS IN  
YOUR LIFE ARE THE DAY YOU ARE BORN  
AND THE DAY YOU FIND OUT WHY.  
—MARK TWAIN.





## Apostolic Christian Home of Roanoke

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

Phone: 309.923.2071  
Fax: 309.923.7919

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CHECK OUT OUR WEBSITE:  
[WWW.ACHROANOKE.ORG](http://WWW.ACHROANOKE.ORG)

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COMPASSION IS AT THE  
HEART OF OUR CARE!

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WOULD YOU LIKE TO RECEIVE  
OUR NEWSLETTER BY EMAIL?  
CALL 309.923.2071, EXT.  
114 OR EMAIL  
[MICHELLE@ACHROANOKE.ORG](mailto:MICHELLE@ACHROANOKE.ORG)

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## NEWS FROM DIETARY CHRIS JENKINS

We will be starting a new menu cycle on May 12, 2019. The new cycle includes more fresh fruits and some new desserts and will run until November 11, 2019. We will also alter the menu choices around the summer holidays to meet with the resident choices. We will continue to offer ice cream sundaes on Wednesday, with the exception of the monthly birthday party when the dessert will be birthday cake and ice cream. We will also continue to have supper early on family nights. If you have any questions or to reserve a meal to eat with your loved one, call the Kitchen at 309.923.2071, ext. 141.



## JOY IN EVERY DAY

I've never been an optimist, probably because I grew up in a somewhat cynical family. My tendency is to see a dark cloud on the horizon and forget that this moment is sunny.

But this does not build a joyful life. God calls us higher—to a life that is perfumed with joy, one that's stuffed to overflowing with unshakable joy.

Joy is different from happiness.

Happiness is outward-focused. You can be happy that your coworker brought donuts to work today or happy that you finished your taxes.

Joy is focused inward. You have joy in resting your iden-

tity and security in Jesus. You have joy knowing that He is a just judge when it's hard for you to be impartial.

Sometimes it's difficult to look for those moments that center your life on joy, but here are a few thoughts to help:

—It's not the big things. I have a sign on my desk that simply reads {joy}. It reminds me to look for those moments in parentheses, not the loud exclamation point moments, but the quiet, understated whispers of joy—a walk on a spring day, wearing your favorite sneakers, drinking coffee as the sun comes up. Let those moments soak into your soul. They remind us that God is involved in the details of our

lives—and this knowledge gives us joy.

—No bad day is pointless. Yes, it feels like it sometimes. But that is never the case. God, who sees beyond what we can imagine, had you live this day for a reason. Maybe you can't see that reason yet, but that doesn't mean there isn't one. How have our bad days shaped us? Have we grown?

—Connection builds joy. I'm not talking about gossiping at lunch break about your coworker. I'm talking about sharing deep personal struggles with someone who can identify with you. Find someone who connects with your heart and make them a regular part of your life.

—Have a healthy perspective of self. When we are egocentric, with either a super-sized or undersized view of self, our failures and successes take on a whole new dimension. There is joy in knowing that we can both succeed and fail without becoming an egotist or a failure.

Changing our mindset from negative to positive takes time, effort, and patience. But God calls us to the sort of life that radiates His joy.

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## FROM OUR BLOG