



where caring counts

A quarterly newsletter for family and friends of St. Luke's Home and Park Avenue Villa

Winter 2024

CHRISTMAS SPIRIT ~ PARK AVENUE VILLA ~ CHRISTMAS DECORATING ~ COFFEE WITH A COP ~ HAPPY NEW YEAR

Sharing the Christmas Spirit

Christmas is one of the favorite times of year for St. Luke's residents. This holiday brings back many great memories for the residents. St. Luke's would like to thank those from the community who shared the Christmas spirit with the residents, whether it was caroling, visiting or bearing gifts.

The sound of Christmas music filling the halls; had many residents singing along with carolers to their favorite Christmas songs. On December 21st, the students from Lincoln Elementary continued their tradition of bearing gifts for the residents and caroling. Many gifts were also donated by community members, including the Christian Mothers from St. Joseph Catholic Church, Tammi Hintz, Don & Sarah Froehlich, Mary Voigt and St. Mary's Catholic Church, South Heart. The presents were distributed to the residents by Santa (Kirk Roll) & his elf (John Cloutier), St. Luke's Staff, and the Catholic Daughters during the Christmas party. Ernie Hecker provided the wonderful entertainment for the party.

St. Luke's would like to thank all who shared the Christmas spirit with the residents. We wish all of you a Happy New Year and many blessings in 2024!



▲ Santa spread Christmas cheer to Herb and Kathy Billman



▲ Ernie Hecker provided the wonderful music for the party.



▲ Patsy Huckabay was happy for the visit from Santa.



◀ Dan Thielen with Santa and his elf

Our newsletter has just a fraction of all the great events that occur.

If you would like to see more photos of events, please like St. Luke's Home and Park Avenue Villa's Facebook pages.

St. Luke's Home Park Avenue Villa

Park Avenue Villa

As we welcome the New Year, 2024, We want to take the moment to wish each of you a Joyous and Peace-Filled New Year that is overflowing with many new memories to cherish!



▲ Anna Marie putting the final touches on the Christmas tree.



▲ Mary W, Mary G, Venita and Leona sharing their highlights from 2023.



▲ Ann and Rose Mary wishing you a Happy New Year!



▲ Jim and Mary Klym starting off the new year with some fun!



▲ Sherri having fun with The Grinch.



▲ The Grinch was spreading Christmas joy by sharing candy with Louann.



Audrey and Violet having fun decorating our Angel Tree. ►



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St. Joseph Volunteers Decorate for Christmas

St. Luke's Home looked festive this holiday season, thanks to the help of volunteers from St. Joseph Catholic Church. Christmas trees were decorated on each of the households and the common areas were decorated with wreaths and other décor. A beautiful Christmas village donated by Gerald & Yvette Schubert in memory of Gerald's mom, Shirley, was displayed in the lobby area. Outside of the Chapel a tree and poinsettias were placed, and the nativity scene positioned by them.

The nativity scene reminds Christians of the true meaning of Christmas and Jesus' humble birth. The nativity scene displayed outside of St. Luke's Chapel has special meaning to residents who are members of St. Joseph Catholic Church. That nativity set is the same set they saw each Christmas at church. The nativity scene was donated to St. Luke's Home when the church purchased a new nativity scene.

Thank you to St. Joseph Catholic Church volunteers for making St. Luke's festive for Christmas.



▲ The nativity scene donated by St. Joseph Church.



▲ Charolette Holverson sets up the Christmas tree on the Prairie Household with assistance from Avone Kukla & Willis Johnson.



▲ Steven Cuypers & Maggie Buchmann, Activity Aid put the final touches on the Western Household Christmas tree.

Residents/tenants and family members –

show you care for those who care for you or your loved one. The North Dakota Long Term Care Association (NDLTCA) would like to honor and recognize that special person who makes a difference in your life. Applications to nominate someone can be picked up at St. Luke's Home or by visiting the NDLTCA website, www.ndltca.org. The application for Caregiver of the Year is under the Resource tab, Programs and Services. The Award recognizes employees who go above and beyond to substantially enhance the quality of life for residents/tenants. All employees working in North Dakota long term care facilities are eligible for the Award. All entries must be postmarked by February 2, 2024.



Helpful Tips for Visiting Someone with Dementia/Alzheimer's

The following are some pointers suggested by Jolene Brackey in her book, *Creating Moments of Joy for the Person with Alzheimer's Disease*.

- Begin by introducing yourself, using a familiar nickname, and addressing your loved one by their favorite name. If awakening them, try gentle massage, a kiss, or a warm hello.
- Visit as a third person. Instead of saying, "mom," say her name. She thinks her kids are little and now you might be lying because you cannot be her kid...you are old!
- Avoid conversations dealing with the "here and now." Tap into their pleasant past memories.
- Visit in small groups. Sometimes one to one is best.
- Give your loved one enough time to respond to questions or directions – do not rush him/her.
- Consider the person's interests and abilities and discuss what they might enjoy doing. You may have to adapt this activity depending on changes in the person's cognitive and physical ability.
- Consider planning activities for visits ahead of time, then be flexible according to the person's mood or level of abilities during the visit.
- When planning an outing be sure to keep it simple with little stimulation. Maybe it is just going for a drive in the country, walking in the park or having a picnic in a quiet area. The less people involved, the simpler the tasks, the more enjoyment you will both have.

St. Luke's Staff Donate Christmas Gifts

Christmas is the time of year when we celebrate the birth of Christ and giving to others. St. Luke's Home staff shared the spirit of Christmas with children at St. Jude Hospital by donating money to be used towards Christmas presents for them. During the months of October and November, staff who donated money could wear jeans for those months. St. Jude Research Hospital has a list of Christmas presents on their website to fulfill the children's wish list for Christmas. St. Luke's Home was able to provide presents for nine children with the donations.

The Domestic Violence and Rape Crisis Center (DVRCC) in Dickinson has served domestic violence victims and their children in southwest North Dakota since 1979. The DVRCC is funded through local, state, and federal grants but there is a great need for donations from the community. Personal care items, food, and monetary donations help the DVRCC provide the needed services. St. Luke's Home raised money during the month of December to provide items needed for the shelter.

St. Luke's Home wishes to contribute to great causes in our community and other charities. Each month a different charity will be chosen to donate to with the money collected by staff to wear jeans. St. Luke's would like to thank all the staff who contributed for these wonderful causes.



▲ Armand Crist and Officer Bates.

“Serving as a police officer is the toughest job in our country. As they put themselves on the line to keep us safe, they deserve our gratitude and support.” — William Barr



◀ Officer McClintic, who is a former employee of St. Luke's visits with Donald Kerl while having a cup of coffee.

Officer Peters joins Charlene Mische and Marco Vrem for coffee. ▶



Thank you to the Dickinson Police Department for visiting and having coffee with St. Luke's Home residents.



◀ Paula Lengowski delivers presents from St. Joseph Christian Mothers.

The Girl Scouts caroling for the residents. ▶



Happy New Year from St. Luke' Home!

St. Luke's residents rang in the New Year with Tom and Jerry's and wonderful music! The New Year's party was held in the Chapel with music provided by Dennis Paulson.

At the stroke of the hour, "Auld Lange Syne" was played, and the residents blew their party horns to celebrate the New Year. Confetti in plastic champagne party bottles was blown across the rooms as the residents rang in the New Year.



▲ Martin & JoAnn Decker ring in the new year popping open a bottle of champagne confetti.



▲ Arnie Betlaf helps blow confetti to celebrate the new year.



Shari Bohnhoff singing Auld Lang Syne. ►



Brittney Huether, Activity Aid and Tillie Volesky pop open a bottle of the bubbly to ring in the new year. ►



▲ Al Sadowsky enjoying a Tom & Jerry.

Memorials and Donations

Your contributions to St. Luke's Home and Park Avenue Villa help us create a home-like environment for everyone we serve. You help us to reach our mission of providing quality care that enhances the dignity of each person we serve.

IN MEMORY OF

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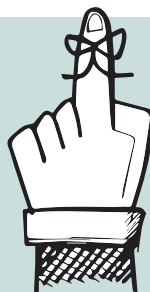
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Reminders

- Please remember to give all new clothing items to the charge nurse or social services to be sent down for marking.
- When you are applying for Medicaid, please stop in or call the Social Services Department at St. Luke's Home and let the social workers know.

St. Luke's Home has the option of reading our newsletter online (www.stlakeshome.com) or a paper copy. If you prefer to read online and would like to be removed from our mailing list, please contact:

Joyce Decker / joyced@stlakeshome.com / 701-456-8251

St. Luke's has the option to pay your bill or to donate on our website.

www.stlakeshome.com