



where *caring* counts

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

Spring 2024

VALENTINE'S DAY ~ PARK AVENUE VILLA ~ LOVE YOUR PET DAY ~ LOVE OF HORSES ~ OUTINGS IN THE COMMUNITY

Congratulations to St. Luke's Royalty

When a person hears Valentine's Day, they often think of flowers, candy or perhaps a romantic dinner. St. Luke's Home residents on the other hand, think of polka music and crowning of our royalty.

Ernie Hecker had the residents singing and dancing to old-time music during the Valentine's Day party on February 14th. When the time arrived for the coronation, the residents' names were called, and the crown was passed to their family members to have the honor of crowing their loved one.

St. Luke's extends congratulations to the royalty:

Kings: Roy Hartman, Herb Billman, Al Sadowsky & Patrick Bailey

Queens: Fern Goldsberry, Kathy Billman, Patsy Huckabay & Kat Lynch



▲ Homestead King & Queen,
Al Sadowsky & Patsy Huckabay



▲ Badlands King & Queen,
Herb & Kathy Billman



▲ Western King & Queen,
Patrick Bailey & Kat Lynch



▲ Prairie King & Queen,
Roy Hartman & Fern Goldsberry



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.

[f St. Luke's Home](#) [f Park Avenue Villa](#)

Park Avenue Villa



▲ Cara and ladies having fun golfing.



▲ Loraine is serious about her golf game.



◀ Susie practicing her putting skills.



▲ King and Queen are Jim and Mary Klym



Prince is Richard Davis and Princess Violet Walth ▶



When living alone requires a little help,
Park Avenue Villa is here for you.

**Assisted Living Apartments
Available Today!**

For a tour or more information
Call Beth at 701-483-3000



▲ Thank you to the Kuck family for sharing your horses.

The Love of Horses

Who would imagine that on March 15th, the temperature would be in the fifties? The conditions were perfect to be outdoors... and to have some horses pay a visit. Tanessa Kuck, Infection Control Nurse at St. Luke's Home shared her love for horses with the residents.

Tanessa, her husband, Cole and son, Cash guided their horses, Turbo, Tikka & Tumbleweed to the residents in the courtyard. The residents' faces beamed when seeing the horses and while patting them. The residents recalled their horses and riding in the green pastures of North Dakota.

Thank you to the Kuck family for sharing your beautiful horses with St. Luke's Home residents!

Carole Wlos
treasured seeing
Turbo. ▶



Anticipatory Grief

Grief is often understood to happen after a loss occurs, for example after a loved one dies. People expecting a loss may also experience anticipatory grief. This means experiencing the emotions associated with grief before the expected loss actually happens. Rather than grieving the loss of a person, anticipatory grief might be better understood as grieving the loss of experiences, possibilities, or an imagined future together. When facing a significant loss, like the death of a loved one, it is natural to feel many strong emotions. It is also normal to think about what your life will be like after they have died and how you will cope. This does not mean you have given up on the person or that you don't care for them.

How can I manage anticipatory grief?

There are many ways to help you manage feelings of anticipatory grief, such as:

- Find someone to talk to about your feelings. This may be a close friend or family member, social worker, or member of your (or your loved one's) medical team. You may also choose to speak to a professional counsellor or psychologist.
- Keep a journal to record and work through your feelings.
- Try to maintain a healthy, balanced diet.
- Limit the amount of caffeine and alcohol you consume.
- Exercise can help reduce feelings of anger and improve your mood.
- Try meditation or relaxation exercises. These can also help any sleep problems you may be having.
- Seek advice from your doctor for other symptoms you may be experiencing, such as sleep, mood or appetite problems.

Grief, including anticipatory grief, can be intense and overwhelming. If you are struggling with intense feelings lasting longer than a few weeks, speak to your doctor. They can provide advice, support, and a referral to a mental health professional.

There is no right or wrong way to grieve. Whatever your feelings and whether they occur before or after you lose someone you care about, it is important to accept how you feel, find ways to cope and ask for help when you need it.

Adapted from <https://www.healthdirect.gov.au/understanding-anticipatory-grief#:~:text=Anticipatory%20grief%20is%20feelings%20of,before%20the%20loss%20actually%20happens.>

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

LORRAINE LOH

Jeff Loh

DECEASED ELBERG FAMILY

Evelyn Elberg

DECEASED KRAUTER FAMILY

Evelyn Elberg

DECEASED WALERI FAMILY

Evelyn Elberg

OTHER GIFTS

Belfield Lutheran Church
Benevity Community Impact Fund
Leo & Maxine Braun
Daglum Lutheran Church
LouAnn Dobitz
Dale & Glenice Hanson
EMEP Operating LLC
Linda Kittleson
Pepsi Cola of Dickinson
Rodney Rychner
St. John Evangelical
Lutheran Church
Zion Lutheran Church

Outings in the Community



◀ *Pizza Ranch was a favorite outing for Amie Bettlaf.*

Scottie Bird checking out at Wal Mart ▼



◀ *Steven Cuypers was "sold" on going to the livestock auction.*



Dining out is one of the residents' favorite outings. McDonald's famous slogan "I'm Lovin' It" is accurate. Their famous French fries and quarter pounder with cheese are on the top of the list for the residents, and of course the chocolate shake to go with the meal. The residents also dined at Taco John's on Taco Tuesday, Dairy Queen, Arby's, and Pizza Ranch.

In addition to meeting the physical needs of the residents, meeting the residents' spiritual needs is essential. The residents have been attending church at local parishes. To date the residents have attended Mass at the following Catholic churches, St. Joseph's, St. Patrick's, Queen of Peace, and St. Wenceslaus. The residents attended St. John Evangelical Lutheran, Peace Lutheran, and Our Saviour's Lutheran Churches. The residents will be visiting more of the residents' parishes during the spring and summer months.

The men were "sold" on going to Stockman's Livestock. Hearing the auctioneers brought back many great memories. The men reminisced about their cattle and the price of cattle over the years, when visiting the sale.

Going on van outings helps the residents stay connected to the community. They see many neighbors and life-long friends while on outings. The smiles these outings bring to the residents' faces are priceless.

National Oreo Cookie Day

In the year 1912, New Mexico was admitted as the 47th state & Arizona the 48th state in the United States, The Titanic sank after striking an iceberg in the Atlantic Ocean, Minnie Pearl was born, and the Oreo cookie was invented.

The Oreo has been the best-selling cookie in the United States since it was created on March 6, 1912. The cookie is so popular that it has its own holiday every year on March 6th. Over the years there have been many flavors of Oreo cookies. People eat their Oreos differently, some like to dunk them, some twist them open & eat the filling and some like to take a bite out of them. The residents preferred to make Oreo mousse with the famous cookies to celebrate "National Oreo Cookie Day."

Wikipedia – [wikipedia.org/wiki/1912_in_the_United_States](https://www.wikipedia.org/wiki/1912_in_the_United_States)
National Today – [nationaltoday.com/national-oreo-day.com](https://www.nationaltoday.com/national-oreo-day.com)



◀ *Donald Kerl is ready to help make the Oreo mousse.*

Al & Becky Sadowsky whipping up the mousse. ▼



RECIPE



Ingredients

- 24 Oreo cookies
- 2 cups heavy cream
- 2/3 cup powdered sugar

Oreo Mousse

Directions

1. Crush Oreo cookies into fine crumbs and set aside.
2. In a large bowl whip heavy cream and powdered sugar to stiff peaks.
3. Fold in crushed Oreos.
4. Refrigerate for at least 4 hours.



▲ Charlie loved Gloria Gresz rubbing behind his ear.



▲ Cookie snuggling with Betty Zimmerman.



▲ Cookie rested on Willis Johnson's shoulder.



▲ Marilyn Oyhus showers Cookie with love.

National Love Your Pet Day

The old saying: "dog is a man's best friend" proved to be true at St. Luke's Home. The residents showed their love to some four-legged friends who stopped for a visit in observance of "National Love Your Pet Day," on February 20th.

John Cloutier, Human Resources and his wife, Nicole, brought four of their dogs to visit the residents. The residents showered their love on Rosie who is a terrier mix, Charlie, a Shih Tzu mix, Cookie who is Shih Tzu, and a husky mix named Milo. The dogs cuddled and played with the residents. They also showed their love of the many treats they were supplied with.

John & Nicole foster pets for Bakken Paws. Bakken Paws is a non-profit animal rescue and foster group in Dickinson. St. Luke's Home Staff shared their love for pets, by paying to wear jeans for the month of February. The money raised was donated to Bakken Paws.



▲ Edwin Hecker entertains for the last time before retiring his accordion.

Edwin Hecker Retires His Accordion

Edwin Hecker began playing the accordion at an early age. Over the years he has shared his natural talent for playing the accordion, playing any song by ear. He has had the residents of St. Luke's Home, singing and dancing for many years.

Edwin began playing at St. Luke's Home with "The Happy Sing Along," which won the Group Volunteer Award for the North Dakota Long Term Association in 2012. After the group dissolved, Edwin continued to play for the residents.

February 6th, at the age of ninety-two, Edwin retired his accordion. St. Luke's would like to thank Edwin for the many years he shared his musical talent with the residents and wish him a happy retirement!



◀ Aggie McCarty & Jon Williamson, Activity Aid share a dance during the entertainment.

Resident and Family Picnic

Mark your calendars! St. Luke's Resident and Family Picnic will be June 26, 4:30-6:00pm. The picnic will be on the patio area, on the south side of St. Luke's. Watch our Facebook page for updates.

Wednesday, June 26
4:30-6:00pm



Long Term Care & Assisted Living

242 10th Street West
Dickinson, ND 58601
701-483-5000

where
caring
counts



"We exist to Demonstrate the Compassion of God by Providing Quality Care that Enhances the Dignity and Respect of each Person we Serve."

www.stlukeshome.com

Thank you to
Quality Quick Print
for sponsoring the St. Luke's Home Newsletter.
We are grateful for your continued support.

DESIGNED & PRINTED BY



Quality Quick Print inc.

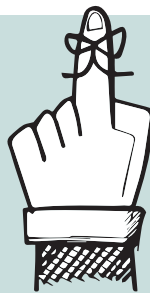
YOUR NEW GENERATION printer

Reinventing the printing industry.

Serving the area for over 40 years

Shop local.
Located in Downtown Dickinson

701.483.4070 | www.qqprint.net | orders@qqprint.net



Reminders

- 1) Please remember to give all new clothing items to the Charge Nurse or Social Services to be sent to Laundry for labeling.
- 2) 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.
- 3) Please do not bring any medications to resident rooms (i.e.: Tylenol, tums, vitamins, etc....) If your loved one is asking for medications, please talk to the Resident Care Manager or Charge Nurse. We would be happy to be in contact with their Physician to get orders for any medications they need/want. However, due to regulations, we must keep medications stored in the nurse's station.

Thank you for your understanding and cooperation.

St. Luke's Home has the option of reading our newsletter online (www.stlukeshome.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@stlukeshome.com / 701-456-8251

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

www.stlukeshome.com