



where caring counts

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

Fall 2025

ICE CREAM ~ PARK AVENUE VILLA ~ CHRISTMAS PHOTOS ~ OUTINGS ~ COMPANION AWARD

St. Luke's Residents Make Home-Made Ice Cream

Making ice cream is one of the residents' favorite activities, after Bingo of course. Going hand in hand with making the ice cream is sampling it while listening to Old-Time or Classic Country music.

Dennis Paulson and Nano Johnson have the residents singing along to their favorite classic country songs and Ernie Hecker shares his amazing talent for playing the accordion.

Cherry Almond and huckleberry are at the top of the list of favorites and are on the list to make every month. The residents and Activity Staff have also made pistachio, cookies & cream, peaches & cream, mint chocolate chip, chocolate, snickerdoodle, raspberry cheesecake, caramel brownie, birthday cake, chocolate marshmallow and turtle.

Usually, our ice cream makers take a break during the winter, but the residents cast their vote to continue making the delicious treat into the colder months.

Tom King loved
the birthday cake
ice cream. ▶



◀ Ernie Hecker brings Old-Time
music to life on the accordion with
songs of yesteryear.



Cherry Almond was
Lillian Kovash's favorite
flavor of ice cream. ▶



◀ The New England
ladies, scooping up
the birthday cheer!



Alexa Kellar, Activity Aid
and Bonnie Ross share
a dance. ▶



RECIPE



Ingredients

6 cups whipping cream
5 cups of milk
2 tsp. vanilla
½ tsp salt
1 can sweetened cond. milk
1 ½ cups sugar
1 white cake mix

Directions

Mix and blend ingredients well and pour into ice cream canister. After the ice cream is frozen, layer sprinkles & six crumbled white cupcakes in, and lightly stir.

Birthday Cake Ice Cream

Park Avenue Villa

Park Avenue Villa kicked off National Assisted Living Week with big smiles and even bigger adventures! This year's theme, Ageless Adventure, reminds us that the journey never stops—no matter your age.

Whether it is sharing stories, dancing to oldies, or exploring new hobbies, our residents remind us every day that adventure has no age limit.



▲ Adeline, Mae, John, Bonnie, and Suzie - ready and anticipating the Medora Musical.



▲ Agnes and Bobbie at the Smok'n Grill in Richardton.



▲ Supper at the Belfield Pavilion with family and friends!



▲ Park Avenue Villa tenants and staff enjoying the beautiful weather with lemonade on the front patio.



▲ Staff members Ella, Ade, Honor and Liz pictured with tenants after sharing their culture and traditions through food, dance, and crafts.



▲ Tony & Beverly enjoying supper together at the Park Avenue Villa family picnic.



▲ Bonnie Hugret and family celebrating Assisted Living week together at the family picnic.



Mabel and Marian admiring a traditional African vase during our cultural celebration. ►



◄ PAV Tenants are all smiles and ready to head to Richardton for lunch at the Smok'n Grill.



▲ Cara getting ready to enjoy live music at Town Square in Medora.

hello FROM SOCIAL SERVICES

My Daily Creed

Author unknown

*Let me be a little kinder,
Let me be a little blinder
To the faults of those about me.
Let me praise a little more.
Let me be, when I am weary,
Just a little bit more cheery.
Let me serve a little better
Those that I am striving for.
Let me be a little braver
When temptation bids me waver.
Let me strive a little harder
To be all that I should be.
Let me be a little meeker
With the brother that is weaker.
Let me think more of my neighbor
And a little less of me.*

While it's not the holidays yet, they are just around the corner, and this can be a hard time of the year for those in nursing homes. We welcome you to come and spend time with your loved one. We have several rooms that are available for family gatherings or meals. Rooms will be reserved on a first come, first serve basis and the availability will also depend on the number of individuals in your party. We ask that you please call the Social Services Department and we will reserve a space for you!

Residents enjoy having their rooms decorated for the holidays and we welcome you to help them celebrate the season in this way. Just a reminder that state regulations do not permit the use of extension cords and power strips in residents.

We would also like to remind everyone that the open enrollment period for Medicare part D plans will be upon us soon. Please contact your pharmacies to see if you would qualify for a better plan or you can go to

Have a wonderful fall and stop in to visit us anytime!

Aileen & Tasha

DEMENTIA

Faces and names are forgotten.... Personalities undergo changes.... Someone who was always happy may become frequently angry. Unfortunately, many elderly suffer from dementia. This can be a very difficult time not only for the individual but for the family. The physician tells you that your loved one has Dementia or Alzheimer's disease, but what does that mean?

Dementia refers to a category of diseases that cause loss of memory and deterioration in other mental functions. Dementia occurs due to physical changes in the brain and is a progressive disease, meaning it gets worse over time. For some people, dementia progresses rapidly, while it takes years to reach an

advanced stage for others. The progression of dementia depends greatly on the underlying cause of dementia. While people will experience the stages of dementia differently, most people with dementia share some of the symptoms. There are many types of dementia some of the more common ones are: Alzheimer's Disease, Vascular Dementia, Frontotemporal Dementia, Parkinson's disease dementia, Dementia with Lewy Bodies, and Mixed dementia to name just a few. There are over 100 diseases that may cause dementia. Treatments for dementia depend on the many different causes. But there are drug treatments that may temporarily improve symptoms. The same medications used to treat Alzheimer's are among the drugs sometimes prescribed to help with symptoms of other types of dementias. The Alzheimer's Association is a wonderful resource not only for written resources, but they are also sometimes available to come to the nursing home for consultation for families. They can also observe the individual and offer suggestions to the staff for providing care.

Dementia help and support are available. If you or a loved one has been diagnosed with dementia, you are not alone. The Alzheimer's Association is one of the most trusted resources for information, education, referral and support. Call the 24/7 Helpline: 800.272.3900 or visit their website at www.alz.org

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.

OTHER GIFTS

Janel Kolar
Northern Bottling CO.
St. John Evangelical Church

IN HONOR OF

LILLIAN KOVASH
Brad & Brenda Fong

IN MEMORY OF

AGGIE MCCARTY

Joan Berger
Lisa Gibbens
Bryan & Kari Hanstad
Craig & Deb Hoffman
Timothy & Carol Kachel

Kevin & Jaylene Kovash
Rick Larson

Mark & Judy Lundgren
Maysil Malar
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David & Cindy Selinger
Allan & Marilou Voegele
Neil Williamson
Barbara Zimmerman

ROBERT PORTSCHELLER

Carol Thompson
Shelly Weisz

LORAIN RASZLER

Wayne & Fern Rau

THANKSGIVING BAKE SALE

Tuesday, November 25th

9:00 am – 3:00 pm in the coffee shop

We appreciate donations of baked goods.



Please bring your baked goods by Monday, November 24th.

CHRISTMAS BAKE SALE

Tuesday, December 23rd

9:00 am – 3:00 pm in the coffee shop

We appreciate donations of baked goods.

**Please bring your baked goods
by Monday, December 22nd.**



Safety Reminders for Holiday Decorations

It is that time of the year again when our residents and staff will be busy decorating their homes. We want your loved ones here at St. Luke's Home to have a safe holiday season by sending out the following safety tips, references, and regulatory reminders.

- Artificial Christmas trees and decorations that are non-combustible or flame retardant may be displayed. However real Christmas trees and wreaths are not allowed.
- UL approved lighting may be used.
- Holiday decorations, including wreaths, ornaments, photos, etc. can be used on resident doors and in the hallways as long as they do not exceed 3 ½' in depth and they are not blocking the doorway.
- Holiday decorations and wreaths may be hung on the door if they do not hinder the door from closing and properly latching. Over the door wreath hangers are not allowed.
- No extensions cords or octopus plug-in can be used. Power strips may be used.

By following these safety tips and regulations, we can keep our residents and staff safe throughout the holiday season.

Thank you,
Jake Olheiser
Environmental Services Director



Christmas Photos

On October 4th, countless smiles were captured as Linda Heidt took Christmas photos of the residents. Linda has a natural talent for photography and has taken Christmas photos of the residents for over 15 years.

Christmas photo day is a special day each year. Special outfits for the photos are picked out in advance by the residents' families. A Christmas background is set up and photos taken of the residents for the holiday. Linda touches up the photos which are provided to St. Luke's Home. The photos are then emailed to the families of the residents. Many choose to have cards printed for their families and friends for Christmas.

Thank you, Linda, for the phenomenal job on the photos!



Linda captured John Roth's radiant smile in our Christmas photos. ▼





Companion Award

Pets provide unconditional love and companionship. St. Luke's had a furry friend who did just that. Connie Williams and her cat, Boody had visited the residents at St. Luke's Home since 2016.

The residents anticipated Connie's and Boody's Friday afternoon visits. Boody was dressed in different attire each week. The residents anticipated seeing what outfit Boody had on, but they mainly looked forward to their visit from Connie and Boody.

Recently, Boody received the "Companion Award" from the North Dakota Veterinary Medical Association at their annual conference in Medora on August 9th. Dr. Jessie Evoniuk of State Ave Veterinary Clinic nominated Boody for the Award. Although Boody passed prior to receiving her award, Connie proudly accepted the award in her memory.

Outings in the Community

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 El Sombrero, Taco John's on Taco Tuesday, Dairy Queen, Arby's, Phat Fish, Paragon Bowl, 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. Wenceslaus and St. Mary's, New England. The residents attended Our Redeemer Lutheran Church, New England for church in the park, followed by lunch. The residents will be visiting more of the residents' parishes during the fall and winter 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. The guys also had a men's night out to the St. Anthony Club. The men shared many laughs and shot a few games of pool at the club.

The residents had some "reel" smiles on their faces while fishing. St. Luke's residents, Activity Staff, and volunteer Dave Aasmundstad casted their lines at Patterson Lake. The residents had a friendly competition about who would have the catch of the day.

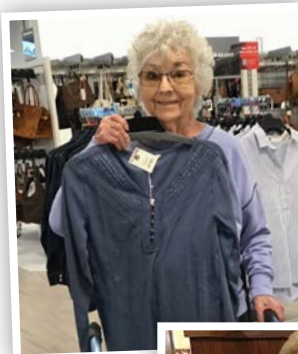
Going on van outings helps the residents stay connected to the community. They see many neighbors and life-long friends while on outings. The smiles these outings bring to the residents' faces are priceless.



◀ Al Sadowsky cheers on the Big Sticks with his wife, Becky and son, Todd.



▲ Willis and his daughter, Candace enjoying a lovely church service in the park in New England.



▲ Ann Wert found some new attire at TJ Maxx.



◀ Wilma Fitterer enjoying Mexican cuisine at El Sombrero.



Herb Billman is joined by his grandson at the St. Anthony Club, for a beer. ▶



Long Term Care
& Assisted Living

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The installation is complete! St. Luke's replaced the carpet in our Chapel with plank flooring.

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

www.stlukeshome.com

*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