



# where *caring* counts

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

Winter 2026

CHRISTMAS SPIRIT ~ PARK AVENUE VILLA ~ HAPPY NEW YEAR ~ VETERANS DAY ~ CAREGIVER OF THE YEAR

## Sharing the Christmas Spirit



▲ A visit from Santa and his elf had Les Albaugh grinning from ear to ear!

Christmas is a time for reflection, celebration, and connection with family and friends. We would like to express our sincere thanks to Carolers and Santa (Larry Miller) from the community who visited our residents, sharing the warmth and joy of the holiday season.

Christmas is also a time of giving. Lincoln Elementary students continued their tradition of bearing gifts for the residents. St. Joseph's Church Christian Mothers, St. Mary's Catholic Church, South Heart, Midwest Therapy Center, and Mary Voigt also shared gifts with the residents.

The joy of the season was palpable at our Christmas party, where Santa (Kirk Roll, MDS Nurse) and his elf (John Cloutier, Human Resources) with the help of the Catholic Daughters and St. Luke's Staff, distributed the presents to our residents. Ernie Hecker livened up the party with old-time music and Christmas carols.

A sincere thank you from St. Luke's Home to all who brought the joy of Christmas to our residents. Your generosity is truly appreciated. May the New Year bring you happiness and many blessings.



▲ Ann Wert received one of her favorite things: adult coloring books.

A big thank you to the Catholic Daughters for lending a helping hand at our Christmas party!



◀ Tanessa Kuck brought smiles and presents to Donald Kerl.



Ernie Hecker's Old-Time music and Christmas carols created a festive atmosphere at the party. ▶





# Park Avenue Villa

As 2025 comes to a close, I want to take this opportunity to thank everyone for another wonderful year at PAV. PAV has welcomed many new tenants who soon became our friends and a part of our PAV family. It has been heartwarming to see and listen to all the new memories that were created throughout the year. Sadly, we also have had to say goodbye to some of our dear tenants. Their smile and memories are forever carried in our hearts.

PAV has also been prosperous in having dedicated and caring staff. Each staff member is valued and appreciated for their own uniqueness and the skills and compassion that each of them brings to PAV.

So, as we welcome the New Year, I 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!

Happy New Year,  
Beth



▲ Marian showing her DIY "ugly sweater" for the holiday season.



▲ Suzie helping prep labels for our Christmas boxes.



▲ Mary and Monica at our "Grinchmas Party" with the Grinch.



▲ Agnes proudly holding her Roll-a-reindeer creation.



▲ Tenants out for a Christmas Light Tour by Sherri.



▲ Staff & tenants ready to pack boxes for our Operation Christmas Child project.



◀ Rosie raising a cheers into the New Year.



▲ Gingerbread house building with Annamarie and Venita.

Veteran Tony & Beverly at our Veterans Day Celebration.▶



▲ John & Hope with our Grinch guest.

# hello FROM SOCIAL SERVICES

We hope you had a Merry Christmas and have a wonderful New Year. Here's to hoping 2026 will be a wonderful year! With the new year your loved one may have had changes to insurance plans. Please send a copy of any new cards to us so we can add them to their medical record. Also please let us know if there have been any address or phone number changes for family members so we can ensure we stay in contact with you. As always, don't hesitate to call or stop in if we can assist you and your loved one.

Aileen Paluck & Tasha Rohde

## Help Seniors Avoid Holiday Blues

During the holidays and even as we move into the new year, it's a good time to reflect on what you're thankful for. Chances are your family and friends are at the top of the list. However, it's very common for seniors to deal with depression around this time of year because of loneliness. Maybe their family doesn't live nearby or are busy with work and their own families and just don't remember to visit often. In 2013, a study revealed that a century ago, 70 percent of widows and widowers lived with their children, but that number has since changed to about 38 percent. You may be asking yourself what you can do to help. Consider these questions: Do you have a neighbor who might enjoy a cup of tea or coffee with cookies? Or do you have a nursing home by your residence that you can visit? When you see the look of appreciation on a senior's face for taking the time to visit, it sure makes the holidays even merrier.

## Paying Tribute to Our Veterans

In a heartfelt tribute to our nation's heroes, St. Luke's Home held a Veterans Day Ceremony led by John Cloutier, Human Resources a retired Air Force Veteran. Veterans were honored with pins from the Disabled American Veterans Auxiliary and Bobbie Ackerman, Spiritual Care. The Catholic Community Quilters contributed by gifting patriotic quilts to our veterans.

The District 8 American Legion Riders and Marathon Petroleum Co. sponsored a complimentary meal at Pizza Ranch for the veterans and their families in appreciation for their dedication and service. A special thank you to the sponsors for supporting those who have served.



Gloria Gresz was thrilled to receive a complimentary meal at Pizza Ranch as a thank you to our veterans. ▶

▲ Al & Becky Sadowsky had a fantastic time at Pizza Ranch, celebrating our veterans.



▲ Steven Cuypers felt truly grateful for the complimentary meal at Pizza Ranch.



▲ The residents shared their branches of service and experiences with John Cloutier.

## Greetings from St. Luke's Home and Park Avenue Villa!

We have been blessed throughout the Holiday season with health and good weather. As we look forward to spring, we will be doing a small construction project around our campus this year. We will be remodeling our southwest courtyard to have more concrete so the residents can have added area to enjoy the outdoors. We are adding a fire pit so they can spend time around a safe fire area and a pergola to provide shade from the sun. We are also adding an American flag area as a tribute to our Veterans. This project should be completed in the summer of 2026. If you would like to make a donation to support the project, please contact myself to learn more about sponsoring an area.

Have a great winter season and remember our residents and tenants in your prayers.

Amy Kreidt, CEO



*Do you want to thank a healthcare worker who changed your life, or the life of someone you love?*



Nominate that person for the North Dakota Long Term Care Association (NDLTCA) Caregiver of the Year! Applications to nominate someone can be picked up at St. Luke's, Park Avenue Villa or by visiting the North Dakota Long Term Care Association website. [ndltca.org/caregiver](http://ndltca.org/caregiver)

The Award recognizes employees who go above and beyond to substantially enhance the quality of life for residents/tenants.

These employees can be:

- A nurse doing extraordinary things to help you or a loved one
- The nursing home aide who patiently fed your loved one during the confusion of their dementia
- The social worker who eased your grandma's distress
- The activity aid who took extra time with you or your loved one
- Or the physical therapist who helped you heal after surgery

***All employees working in North Dakota long term care facilities are eligible for the Award.  
Nominate someone who rendered care to you or a loved one by February 6, 2026.***



*Celebrating "Decorate Yourself for Christmas Day" event was a festive day. From Santa (Kirk Roll), an elf (John Cloutier) and wreaths (Jamie Koffler, Tanessa Kuck, Tasha Rohde and Aileen Paluck), staff embraced the day with cheer. ►*



▲ *A special thank you to Hope, great granddaughter of Alberta Kirsch, for her stunning violin recital! Our residents were mesmerized by the beautiful music and the joy it brought.*



*Arlys Dolyniuk brought the holiday spirit alive decorating the Christmas tree. ►*



▲ *Amy Kinsey, Activity Aid is all dressed up in her Who Attire for "Decorate Yourself for Christmas Day," and her little Who is arriving soon!*



▲ *Marilyn Oyhus discovered a new favorite at El Sombrero.*



# Happy New Year from St. Luke' Home!

New Year's Eve is a time when we reflect on the past year and look forward to health and prosperity in the new year. Festivities are held throughout the world with drinks, music, and fireworks. St. Luke's residents rang in the New Year with Tom and Jerry's and the wonderful music of Dennis & Beni Paulson and Nano Johnson.

At the stroke of the hour, the sound of party horns and "Auld Lange Syne" filled the halls, while confetti from plastic champagne bottles added a festive flair. As we bid farewell to 2025, we welcome 2026 with cherished moments and lasting memories.



▲ Tom & Sandi Ribb welcomed the New Year with a kiss.

Lorraine Bren celebrated the arrival of the new year with a cheerful blow of her party horn. ►



▲ Sissy and Sheri rang in the New Year together.

Wilma Fitterer and Trista Janssen, Activity Aid kicked off the New Year with a stream of confetti. ►



▲ Nano pops the champagne confetti as Dennis & Beni perform Auld Lang Syne.

## 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

**GUS ANDERSON**  
Tom & Lynn Wyckoff

**JOHN DAHL**  
James Dahl  
Joanne Dahl

**LORRAINE LOH**  
Jeff Loh

**AGGIE MCCARTY**  
Libby Gravnig  
Virgil & Karen Judah  
Rodney & Renee Kosteletzky  
Bruce & Brenda Selinger

**JACK OLIN**  
Dennis W. Johnson

**GEORGE OTT**  
Georgia Sigmon

**ROBERT PORTSCHELLER**  
Robert & Elanie Dvorak  
Kevin & Janice Martin  
Lois Myran  
Rebecca Sadowsky

**BOODY WILLIAMS**  
Debby Brock

### IN HONOR OF

**ROSE MARY VRANNA**  
Gary & Debra Conlon

### OTHER GIFTS

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Belfield Lutheran Church  
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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."*

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*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