

# final thoughts...

Even a small act of generosity can grow into something far beyond what we could ever imagine. The creation of a community of love in this world, and beyond this world, is stronger than death (1 Cor. 13:8) So when we give ourselves to planting and nurturing love here on earth, our efforts will reach out beyond our own chronological existence.

Greetings from Claire and the St. John Lutheran Home Foundation. October marks the beginning of a busy time of year in the Foundation with holiday events and the annual appeal on the horizon. Over the past few months I have had the pleasure of meeting many wonderful people within the community. I've also seen many examples of how the Foundation has touched the lives of residents within the St. John's Circle of Care and their loved ones. One of those moments came at the hugely successful Auxiliary Family Picnic on September 13th, where we served 410 meals! Our entertainment that evening was performer Sonny Bryant. There were so many comments from those who enjoyed his music that evening. It was a great example of the Foundation at work...living the mission of "benefiting the residents, their families, the staff and St. John's Circle of Care as a whole..." and how without the Foundation's help entertainment like Sonny would not be possible. As we near the end of the year, please remember St. John Lutheran Home Foundation in your charitable giving and thank you for your ongoing support.

Contact us at 507-723-3200

www.sjlhome.com  
Give online! Look for the pledge button on the Foundation page.



Dotty de Lambert, Joan Eischen & Roxane Saholt enjoying the music at the Auxiliary Family Picnic on September 13th.

### October Events Calendar

- Oct. 2nd **Maples Open House 2-4:30**
- Oct. 17th **Red Cross Blood Drive in Chapel 12-6 pm**
- Oct. 17th-21st **A Beary Special Intergenerational Week**
- Oct. 24th **Senior & Caregiver Expo at Comm. Center**
- Oct. 30th **Chapel Service & Open House 2 pm**

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**ST. JOHN'S  
CIRCLE OF CARE**  
A TRADITION... FOR ALL AGES

# Good News



## Greetings from St. John's

Someone once said "The only truly constant thing, is change". That saying holds true in many avenues, and especially for healthcare. But as time goes by, those changes become the norm. Take our campus for example. We are quickly arriving on the 4 year anniversary of The Maples at St. John, the 10 year anniversary of the chapel, the 20 year anniversary of the west addition to St. John Lutheran Home, which includes our dementia care apartments, Vista Ridge Suites and the 110<sup>th</sup> anniversary of St. John's itself!

Aside from bricks and mortar "change", healthcare in general is in a major state of transformation. The baby boomer generation is aging, and beginning to require more and more care at all levels. This is combined with the baby boomers retiring at a very fast rate, leaving fewer and fewer people available to care for those needs. All healthcare providers have recognized this and have been preparing for several years. From expanding the services we offer, to embracing technology, we are much better prepared for this wave of elders as they begin to need care.

With the discussion on the national level about the debt and spending, the one thing that healthcare providers are not prepared for is the rising costs of delivering quality care. Healthcare costs are surging, and nursing homes nationally have in fact received an 11% cut to their Medicare rates on October 1<sup>st</sup>. Cuts in Medicare rates do not impact the amount consumers will pay, but it does force providers to do more with less when coupled with increased regulations. Nobody wants to be in a nursing home, but when you need one, you want it to provide a very high quality of care. With the uncertainty at the State and Federal Level, St. John's Circle of Care will need your support to continue to deliver the high level of service the people of this area have come to expect. -Josh Jensen, CEO

### St. John's Board of Directors >>>

- Randy Therkelsen—Chair
- Darrin Meendering—Vice Chair
- Larry Pederson—Secretary
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St. John Lutheran Home is looking for part time nursing assistants. Positions are available on all shifts. Certified Nursing Assistants start at \$10.20 per hour plus differential pay for evening, night and weekend hours. Certified CNA's preferred, but training may be provided. Must be 18 years old. Applications can be picked up at the front desk or online at www.sjlhome.com, or call 507-723-3200. EEO/AA

Children are likely to live up to what you believe in them.

-Lady Bird Johnson

## Dear God: Kids' Letters to God

Dear God, I didn't think orange went with purple until I saw the sunset you made on Tuesday. -Margaret

Dear God, Did you mean for the Giraffe to look like that or was it an accident? -Norma

Dear God, I went to this wedding and they kissed right in church. Is that ok? -Neil

Dear God, I bet it is very hard for you to love all of everybody in the whole world. There are only 4 people in our family and I can never do it. -Nan

Dear God, If you watch me in church on Sunday, I'll show you my new shoes. -Mickey

Dear God, I want to be just like my daddy when I get big, but not with so much hair all over. -Sam

Dear God, Is it true my father won't get into Heaven if he uses his bowling words in the house? -Anita



Fall has arrived and we have so many fun things to look forward to. We are very excited to be taking a field trip to the Vesta Apple Orchard with the residents. We also have a trip to the Fire Station planned for Fire Prevention Week, Oct. 9th-15th. We love playing outside on our new playground and love jumping in the leaves. We currently have 3 openings in our preschool classroom and would love to have new friends join us.  
Chris Stark  
St. John's GrandKids/V.I.K. Director

## Activities and Recreation

A note from Activities Director

Debbra Peterson



Reaching out to the residents of St. John Lutheran Home through meaningful experiences and day to day socialization is the focus of the Activities Department. We aim to empower people, to enrich their cognitive, physical, spiritual and emotional well-being. For many residents their lives working on the farm, caring for families and maintaining a household didn't leave them much time at the end of the day to experience new things. When residents come to live at St. John's many experience for the first time activities that they never had the chance to try while at home. Bingo, painting, Ladies Red Hat Club, outings on the golf cart and hymn sings are just a few of the activities that residents have come to enjoy at St. John's. In the Activities department our work varies from one on one care to large group activities. The day to day resident interactions is also an important piece of life at St. John's. Involvement with others wards off depression and other mental and psychological effects. VOLUNTEERS NEEDED! Volunteers are crucial to the success of the activities department and so appreciated. Whatever time or talent you can offer will be appreciated. Enjoy a cup of coffee with a resident, read a book, help to write a letter, keep the gardens looking their best. Residents also have an interest in presentations about past traveling experiences, hobbies, or other interests. We can pair your interests with the needs of our campus and residents. For more information contact Debbra at 507-723-3224.



Marianne Schotzko celebrates 35 years of employment with St. John's Lutheran Home. Over 100 people joined in thanking Marianne for her years of service on August 24th.



### In the community >>>

## Walk to End Alzheimer's

On September 21st the Walk to End Alzheimer's was held in Riverside Park to raise money for the Alzheimer's Association of MN/ND in its ongoing mission to help find a cure for the disease. Over 75 participants braved the chilly weather for a stroll around the park, ate a Taco in a Bag, enjoyed entertainment and remembered those loved ones who have battled Alzheimer's disease. Thank you for your support.

St. John's Circle of Care offers a 19 bed secure unit that specializes in the care and treatment of individuals with dementia related disorders including Alzheimer's disease. The Riverhaven unit seeks to enhance the physical, spiritual and intellectual life of the residents who live within. We believe that every resident deserves a safe environment that minimizes the use of medication and allows freedom of movement. We strive to provide compassionate care while recognizing and building upon personal strengths which enhance self-esteem and dignity in a Christian environment.

For more information please contact Jody Pautzke, 507-723-3201



Rosemary Junker and Chris Stark met with Senator Franken's Aides in his D.C. office.

### On Location!

July 25-29th Chris Stark, Director of Grandkids/V.I.K. and Rosemary Junker, H.R. Director attended the Generations United 16th Intergenerational Conference in Washington D.C. which was made possible through a grant from 1st Children's Finance. Highlights of the trip, along with attending the conference, included spending a day on Capitol Hill, meeting with Senators Franken and Klobuchar and their aides, attending a Washington Nationals baseball game and sightseeing. "Having the opportunity to meet with people from around the world and discuss the importance of intergenerational play and network with those who are just as passionate about intergenerational opportunities as we at St. John's are, was amazing," said Chris Stark.



### Build a Bear Workshop at St. John's October 21st

Friday, October 21st during the MEA School Holiday, St. John's will be hosting a Build a Bear Workshop from 2:30 to 4 pm in the Chapel. This event will round off our Intergenerational Week where children in the Grandkids program and residents of St. John's will share in activities including building their own stuffed animals. For only \$13.50 choose 1 of the 4, 15" stuffed animals, a bear, cow, puppy or bunny, and build them with your child, grandchild or as a great stocking stuffer! Proceeds from the Build a Bear Workshop go back into the Foundation to help make more activities like this possible. Each stuffed animal will come with it's own St. John Circle of Care embroidered t-shirt too! Volunteers are needed to help. Please contact St. John's for more information.