

---

# The Flashlight

March 2011

Midwest Covenant Home, Stromsburg, NE

## Irish Blessing

May your day be touched  
by a bit of Irish luck,  
brightened by a song in your heart,  
and warmed by the smiles  
of the people you love.



# Welcome to The Midwest Covenant Home

## New Residents

Emma Stromberg

Marilyn Fredrickson

Morris Nielsen



## New Staff

Emily Robinson

Monica Milleson

Dietary  
CNA

## Our Deepest Sympathy

*Blessed are they that mourn: for they shall be comforted.  
Matthew 5:4 (King James Version)*

Stanton Moore

Bonnie Wittgren

Josephine Rystrom

Arlene Struble

Irene Johnson

## Meet our Department Managers

Administrator: Chris Young [chris@midwestcovenanthome.org](mailto:chris@midwestcovenanthome.org)

Activity Director: Michelle Roesener [michelle@midwestcovenanthome.org](mailto:michelle@midwestcovenanthome.org)

Office Manager: Darcy Rystrom [darcy@midwestcovenanthome.org](mailto:darcy@midwestcovenanthome.org)

Assisted Living Coordinator: Linda Perry [linda@midwestcovenanthome.org](mailto:linda@midwestcovenanthome.org)

Assistant Assisted Living Coordinator: Alice Petro

Dietary Manager: Doug Chos [doug@midwestcovenanthome.org](mailto:doug@midwestcovenanthome.org)

Housekeeping/Laundry Supervisor: Trish Murray [trisha@midwestcovenanthome.org](mailto:trisha@midwestcovenanthome.org)

Maintenance Supervisor: Vern Tallman [vern@midwestcovenanthome.org](mailto:vern@midwestcovenanthome.org)

Interim Director of Nursing: Helen Werth [helen@midwestcovenanthome.org](mailto:helen@midwestcovenanthome.org)

Assistant Director Of Nursing: Katherine Adkins [katherine@midwestcovenanthome.org](mailto:katherine@midwestcovenanthome.org)

Social Service Director: Joyce Micek [joyce@midwestcovenanthome.org](mailto:joyce@midwestcovenanthome.org)

## MCH Mission Statement & Our Scripture

The Mission of Midwest Covenant Home is to provide a Christian living environment in which residents are able to live with dignity while receiving quality care.



*As for me and my House, We will serve the Lord  
Joshua 24:15*

## April Care Plans

### April 5

Mardelle Krueger  
Dorothy Laporte  
Orpha Moore

### April 12

Bernice Anderson  
Gordon Carlson  
Myron Larson  
Helen Mangelsen  
Maurine Peterson

### April 19

Glenda Fisher  
Art Heiden  
Jeannette Hengelfelt  
Irene Mundt  
Hubert Dey

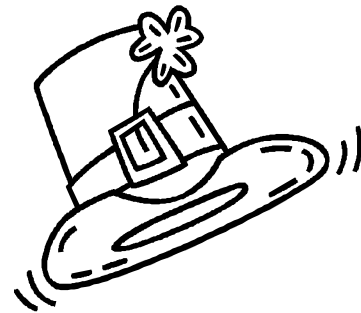
### April 26

Stewart Hays  
Nadine Naber  
Don Zersen  
Gladys Schulze  
Gene Morey

\*Subject to  
Change

## Thank You's

- Thank you to those of you who brought in Magazines for our Elders to enjoy.
- Thank you to Marilyn Fredrickson for the TV's and VCR's that you donated.
- Thank you to the family of Bonnie Wittgren for the lamp and chair.
- The family of Stanton Moore for the chair and reading lamp.



## March Birthdays

7 Joyce Elgin  
10 Irene Mundt  
11 Jessie West  
11 Carolyn Larson  
14 Emma Stromberg  
14 Morris Nielsen  
14 Leroy Hansen  
14 Clarence Nielsen  
17 Dona Wieseman  
25 Eleanor Stromberg



## Wish List

- Cricket machine cartridges
- Wheelchair/walker bags



## Park Villa Minutes

February 25, 2011

Members present were Betty Nielsen, Annette Lingburg, Dorothy Simpson, Betty Corbit, Grace Russell, Connie Dittmer and Chris Young.

Devotions were led by Dorothy Simpson.

Treasurers report: \$36.27 is the balance for today.

Minutes were read by Chris Young from the last meeting and approved as read.

Old Business:

The fire alarm installation had gone well.

The flu bug has been bad and residents discussed keeping to their own side.

New Business:

Chris discussed that on the 2012 budget Park Villa will propose new siding and color samples will be available for PV residents to help choose the color of siding.

No PV residents want to go shopping today due to the cold weather.

The new lighting in the Chapel was discussed.

Next meeting will be March 11th

Meeting was adjourned by Annette Lindburg at 10:15am.

## Dishes and Dessert

Please mark your calendar for Saturday, April 16th.

We are planning a dish display event.

We are in need of anyone who would be willing to “host” a table. Tables will consist of 4 place settings. If you are interested in being a host please call Michelle in the Activity Department. 402.764.2711





# March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 10:00 Baptist Video 2:30 Bingo 6:30 Manicures 7:00 Bible Study	<b>2</b> 9:00 Cookies 10:00 Meth. Video Resident Council Wii Wednesday	<b>3</b> 11:00 Murry's Music 2:30 Chips and Dip 6:30 Read the Polk County News	<b>4</b> 1:00 Bookworms 6:30 Movie Night	<b>5</b> 10:00 Lutheran Video
<b>6</b> 9:45 Morning Worship	<b>7</b> Men's Coffee Library Cart 2:30 Sing Along 6:30 Games Joyce Elgin	<b>8</b> 10:00 Baptist Video 2:30 Bingo 6:30 Manicures 7:00 Bible Study	<b>9</b> Ash Wednesday 9:00 Cookies 10:00 Meth. Video 2:30 Bible Study Wii Wednesday	<b>10</b> 11:00 Murry's Music 10 Most Wanted Day! 6:30 Read the Polk County News Irene Mundt	<b>11</b> Bell Choir 1:00 Bookworms 6:30 Movie Night Jessie West Carolyn Larson	<b>12</b> 10:00 Lutheran Video
<b>13</b> 9:45 Morning Worship	<b>14</b> Birthday Party  6:30 Games Leroy Hansen Clarence Nielsen Emma Stromberg Morris Nielsen	<b>15</b> 10:00 Baptist Video 2:30 Bingo 6:30 Manicures 7:00 Bible Study Evelyn Olson	<b>16</b> 9:00 Cookies 10:00 Meth. Video 2:30 Bible Study Wii Wednesday	<b>17</b> 10:00 Meth. Communion 11:00 Murry's Music St. Patrick's Day Dinner 2:30 Gospel Hymn Sing 6:30 Read the Polk County News Dona Wieseman	<b>18</b> 1:00 Bookworms Rootbeer Floats 6:30 Movie Night	<b>19</b> 10:00 Lutheran Video
<b>20</b> 9:45 Morning Worship Leona Bennett	<b>21</b> Men's Coffee Library Cart 2:30 Sing Along 6:30 Games	<b>22</b> 10:00 Baptist Video 2:30 Bingo 6:30 Manicures 7:00 Bible Study 4-H Talent Show	<b>23</b> 9:00 Cookies 9:00 Shopping Day 10:00 Meth. Video 2:30 Bible Study Wii Wednesday	<b>24</b> 11:00 Murry's Music Cornerstone Bank Cherry Pie Open House 6:30 Read the Polk County News 3:30 Cov. Communion	<b>25</b> Rhythm Band 1:00 Bookworms 6:30 Movie Night Eleanor Stromberg	<b>26</b> 10:00 Lutheran Video
<b>27</b> 9:45 Morning Worship	<b>28</b> Library Cart 2:30 Sing Along 6:30 Games	<b>29</b> 10:00 Baptist Video 2:30 Bingo 6:30 Manicures 7:00 Bible Study	<b>30</b> 9:00 Cookies 10:00 Meth. Video 2:30 Bible Study Wii Wednesday	<b>31</b> 11:00 Murry's Music Italian Day  6:30 Read the Polk County News		*subject to change



# March 2011

## The Plaza Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 10:00 Baptist Video 2:00 Manicures 2:30 Bingo 7:00 Bible Study	<b>2</b> Coffee & Conversation 10:00 Meth. Video Wii Wednesday	<b>3</b> 2:00 Dice Game 2:30 Chips and Dip	<b>4</b> Shopping	<b>5</b> 10:00 Lutheran Video
<b>6</b> 9:45 Morning Worship	<b>7</b> Men's Coffee Library Cart 1:30 Bingo 2:30 Sing Along 6:30 Games Joyce Elgin	<b>8</b> 10:00 Baptist Video 2:00 Manicures 2:30 Bingo 7:00 Bible Study	<b>9</b> Ash Wednesday Coffee & Conversation 10:00 Meth. Video 2:30 Bible Study	<b>10</b> 2:00 Wheel of Fortune <b>10 Most Wanted Day!</b> Irene Mundt	<b>11</b> Shopping Jessie West Carolyn Larson	<b>12</b> 10:00 Lutheran Video
<b>13</b> 9:45 Morning Worship	<b>14</b> <b>Birthday Party</b>  6:30 Games Leroy Hansen Clarence Nielsen Emma Stromberg Morris Nielsen	<b>15</b> 10:00 Baptist Video 2:00 Manicures 2:30 Bingo 7:00 Bible Study Evelyn Olson	<b>16</b> Coffee & Conversation 10:00 Meth. Video 2:30 Bible Study	<b>17</b> 10:00 Meth. Communion 11:00 Murry's Music <b>St. Patrick's Day Dinner</b> 2:00 Trivia 2:30 Gospel Hymn Sing Dona Wieseman	<b>18</b> Shopping Rootbeer Floats	<b>19</b> 10:00 Lutheran Video
<b>20</b> 9:45 Morning Worship Leona Bennett	<b>21</b> Library Cart 2:00 Walk Down Memory Lane 2:30 Sing Along 6:30 Games	<b>22</b> 10:00 Baptist Video 2:00 Manicures 2:30 Bingo 7:00 Bible Study <b>4-H Talent Show</b>	<b>23</b> Coffee & Conversation 10:00 Meth. Video 2:30 Bible Study Wii Wednesday	<b>24</b> 2:00 UNO <b>Cornerstone Bank Cherry Pie Open House</b> 3:30 Cov. Communion	<b>25</b> Shopping Eleanor Stromberg	<b>26</b> 10:00 Lutheran Video
<b>27</b> 9:45 Morning Worship	<b>28</b> Library Cart Coffee & Conversation 2:30 Sing Along 6:30 Games	<b>29</b> 10:00 Baptist Video 2:00 Manicures 2:30 Bingo 7:00 Bible Study	<b>30</b> Coffee & Conversation 10:00 Meth. Video 2:30 Bible Study	<b>31</b> 2:00 Fact or Crap <b>Italian Day</b> 		*subject to change

# St Patrick's Day Recipes

## Runza Casserole

2 lbs. hamburger  
2 onions, chopped  
4 c. shredded cabbage  
Salt & pepper to taste  
2 tubes refrigerated crescent rolls  
1 lb. Mozzarella cheese, shredded

Use 9"x13" pan. Begin to brown hamburger and onion for a few minutes in a large pan and add cabbage to steam. Spread 1 tube of crescent rolls over bottom of pan. Spread meat on top and add cheese. Place second tube on top and pinch together again. Bake 350 degrees for 35 to 40 minutes. Cover last 10 minutes to soften crust. Perfect for Runza lovers and so much easier than making individual ones.

## Hot Rueben Dip

10 oz. deli corned beef  
1 (16 oz.) can sauerkraut  
1 c. Thousand Island dressing  
10 oz. shredded Swiss cheese

Chop corned beef into small pieces. Drain and chop sauerkraut. Mix all ingredients together in heavy saucepan over medium heat until hot and cheese is melted. Serve on cocktail bread or crackers.

## Alzheimer's Support Group

**March 14**

**6:30pm-8:00pm**

**Midwest Covenant Home  
Family Dining room.**

**Aloha Schmidt RN, Tabitha Health Care will  
be the presenter  
(The group meets every 2nd Monday)**



## Chris's Corner

It is hard for me to grasp that it has already been a year since we saw the heavy equipment company moving in next door to begin construction on Prairie Creek Family Medicine's new campus. Residents and staff have very much benefitted from and enjoyed having them join the neighborhood.

In the February issue of the Flashlight, we summarized our annual CMS Survey, administered by the Nebraska Health and Human Services. Since that article, we have participated in an annual inspection of "Life Safety Code" administered by the State of Nebraska Fire Marshal's Office.

We had the pleasure of working with a recently re-assigned Deputy Fire Marshal. Mrs. Ruth Orthen-gren served as the Deputy Fire Marshal for this area for many years up until 2003. She commented during her inspection this year of how amazed she was at how things had changed. She was quite complimentary of the additions since she last visited. She mentioned Items such as the carpeted halls, new ceilings, wall-coverings, Country Store/Front Porch, Main and Family Dining Room among many others. It is always nice to hear feedback from officials who have been in the facility in years past and then experience some of those changes.

Much like that of the CMS survey, the Life Safety Code deficiencies are intended for us to improve the operations of the facility, ensuring a safe environment for all residents, families, guests and staff.

Though unofficial until we receive the actual statement, deficiencies noted from this most recent visit included:

- holes in fire-wall, above ceiling grid, in the whirlpool room,
- gap around the top of resident room doors on North hall,
- roller latches in storage room, North end of Chapel,
- soiled linen storage area without smoke barrier into corridor,
- new door caps causing fire doors to latch poorly
- gaps in door frames greater than ½ inch, inadequate smoke barrier.

Also much like that of the CMS Survey, the process from here includes a formal written report from the State, followed by a plan of correction that we develop and implement.

I was again pleased with the results. Items that we had been found deficient previously are no longer a concern, meaning system changes implemented by the staff have worked just as they are intended. Those items found deficient with this inspection will be addressed and monitored for compliance in the future.

On a personal note, thank you to everyone for your encouragement and congratulations as my daughter Hallie Elizabeth was born February 11, 2011. It has been an enjoyable time and we look forward to introducing her to you all, soon. By the time that I write to you in April, I will have completed my third year as Administrator at Midwest Covenant Home. It continues to be a sincere pleasure to serve residents, families, guests and staff during my time. Thank you also for all that you do to support our efforts here.

Stay tuned to the website for events here at the facility. If you would like to subscribe to our electronic newsletter, you are welcome to send your email address to [info@midwestcoventanhome.org](mailto:info@midwestcoventanhome.org).

Best regards  
Chris Young, Administrator

# Greetings from The Plaza

Greetings Everyone,

It's nice to be able to see everyone once again! We appreciate your understanding during this difficult time, and a special thank you to all my staff for the extra hours that everyone put in with the room trays everything else that is to go on during the day to day process.

We would like to welcome Jerry Stauber to the Plaza family. We would like to express our sympathy to the families of Arla Quick and Stanton Moore. They will both be missed, they both touched our lives here in the Plaza.

I have started a meeting with each resident , going over there care level assessment and discussing any concerns that they may have. We do have a resident council every month, and ask if anyone has any concerns they would like to discuss, but I feel some people are a little reluctant to voice some concerns and it is more personable talking one on one.

We celebrated our Valentines Day Party later on in the week, due to the influenza, and enjoyed Pizza and pop and celebrated Missy Heins birthday, fun was had by all. It won't be long and the birds will be singing and the days are starting to get a little longer, I'm so ready for spring!! Feel free to stop in and say hi, the coffee is always on!!

Linda Perry LPN, ALC.

## ***A Time for You*** **Family Caegiver Retreat**

The Aging Partners is hosting a caregiver retreat on April 27 & 28th at Mahoney State Park in Ashland, Nebraska. Anyone who cares for a person of any age with special needs should consider attending. This two day retreat will give you emotional, physical, spiritual and mental respite that is vital for caregivers.

Registration deadline is Tuesday, March 22nd. If you are interested in attending please call Donna Washburn at 1.800.247.0938.



**Midwest Covenant Home,  
Inc.  
615 East 9th Street  
PO Box 367**

**Phone: 402.764.2711**

**The Plaza Phone:  
402.764.2710**

**Fax: 402.764.4352**

**Return Service Requested**



**We're on the Web  
[www.midwestcovenanthome.org](http://www.midwestcovenanthome.org)**

**US Postage Paid  
Non Profit Org.  
Stromsburg, NE 68666  
Permit NO. 33**

**Midwest Covenant Home Invites you  
to be our special guest.**

**ONE COMPLIMENTARY MEAL**

**Please call the kitchen (402) 764.2711**

**before 9:00am for**

**Either our Noon or Evening Meal.**

**615 East 9th Street**

**Stromsburg, NE**

**\*Please redeem this coupon at the  
time of your visit.**

dining with \_\_\_\_\_ on

**March \_\_ 2011.**

**Expires March 31, 2010**

