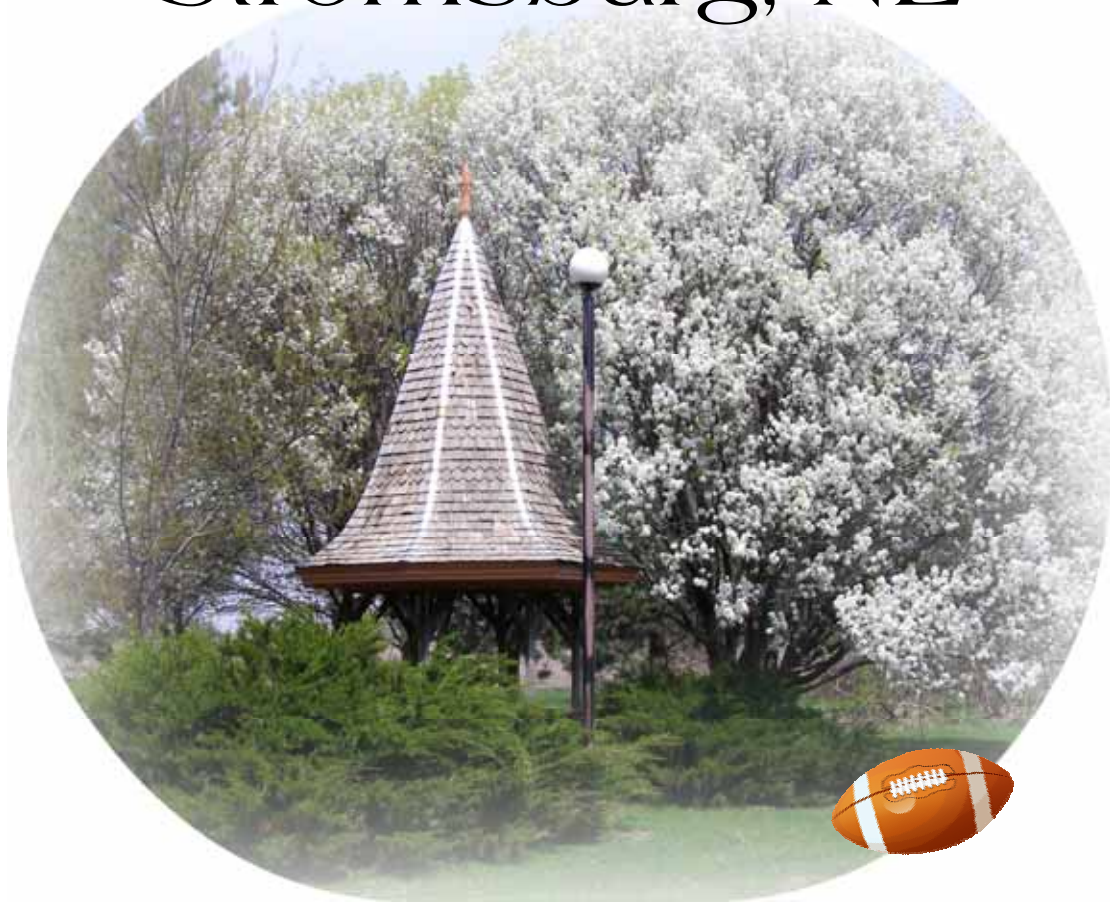


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# The Flashlight

September 2011  
Midwest Covenant Home  
Stromsburg, NE



As for me and my House, we will serve  
the Lord.....Joshua 24:15

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# Welcome to The Midwest Covenant Home

## New Residents

Sandra Burks

## New to The Plaza

Nyle Larson

## New Staff

No new staff this month.

## Our Deepest

Blessed are they that mourn: for they shall be comforted.

Matthew 5:4 (King James Version)

Keith Colson

Homer Cuddeford

Evelyn Olson

Eleanor Stromburg



## 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)

Business 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

Director of Dining Services: Doug Chos [doug@midwestcovenanthome.org](mailto:doug@midwestcovenanthome.org)

Environmental Service Director: Vern Tallman [vern@midwestcovenanthome.org](mailto:vern@midwestcovenanthome.org)

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

ADON/DON in training: Katherine Adkins [katherine@midwestcovenanthome.org](mailto:katherine@midwestcovenanthome.org)

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

Marketing Coordinator: Amy Kula [amy@midwestcovenanthome.org](mailto:amy@midwestcovenanthome.org)

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## October Care Plans

### October 4th

Glenda Fisher  
Myron Larson  
Maurine Peterson  
Gerald Stauber  
Bert Gissler

### October 11th

Stewart Hays  
Jeanette Hengelfelt  
Gene Morey  
Gladys Schultze  
Betty Tejada  
Robert Cermak

### October 18th

Faith Conrad  
Hubert Dey  
Herbert Richert  
Fern Wyman

### October 25th

Ralph Johnson  
Trudy Johnson  
Laverne Schmidt  
Don Zersen



\*Subject to  
Change

## Thank You's

- Chuck and Joyce Micek for the HP Pavilion Computer system.
- Jack and Lynelle Huck and Stephen and Sandra Fredrickson for the monetary donation.
- Carolyn Ekstrand and Warren and Betty Johnson for the purchase of a memorial brick in memory of Evelyn Olson.

## September Birthdays

- 1 Clara Wingfield
- 4 Stewart Hays
- 15 Elmer Corbit
- 19 Hubert Dey
- 24 Marcia Stoddard
- 25 Martha Morris
- 28 Gene Morey

The September Birthday Party will be held on Monday, September 12th at 2:30pm and will be hosted by the Covenant Church



# Park Villa Resident

August 12, 2011

Members present: Annette Lindburg, Grace Russell, Betty Corbit, Connie Dittmer and Chris Young.

Meeting started at 10:01am

Devotions were led by Annette Lindburg.

Treasurers report was given by Annette Lindburg for Dorothy Simpson who was absent. The balance was \$79.27. After offerings of \$8.00 the new balance is now \$87.27.

Last months minutes were read by Chris Young.

Old Business:

Still waiting to hear from the State Fire Marshalls office.

New Business:

Triumph was here to do cleaning and repairs on medical supplies.

Chris showed some colors for the siding for the villa. No decisions have been made as of yet. We are waiting on bids. There will also be repairs to the exterior of the Villa that was damaged this past winter.

No shopping trip today.

Meeting adjourned at 10:18am

Next meeting will be September 9, 2011

Respectively submitted,  
Annette Lindburg, President  
Connie Dittmer, Recorder

## September



A road like brown ribbon

A sky that is blue

A forest of green

With that sky peeping through.


Asters, deep purple,

A grasshopper's call,

Today it is summer, Tomorrow is fall!



# September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10:00 Lutheran Communion <b>Big Red Kickoff</b>	2 1:00 Bookworms 6:30 Movie Night	3 10:00 Lutheran Video <b>Husker Tailgate</b>
4 9:45 Morning Worship  <b>Stewart Hays</b>	5 Library Cart 6:30 Games	6 10:00 Baptist Video <b>Labor Day Lunch</b> 2:30 Bingo 6:30 Manicures 7:00 Bible Study	7 9:00 Cookies 11:00 Murry's Music 2:30 Bible Study Wii Wednesday	8 1:00 3rd Grade readers <b>Teddy Bear Day!</b> 6:30 Read the Polk County News	9 1:00 Bookworms 6:30 Movie Night	10 10:00 Lutheran Video  <b>Husker Tailgate</b>
11 9:45 Morning Worship  <b>Grandparents Day!</b>	12 Birthday Party Caregiver support group mtg. 	13 10:00 Baptist Video 2:30 Bingo 6:30 Manicures 7:00 Bible Study	14 9:00 Cookies 11:00 Murry's Music Wii Wednesday	15 <b>Elmer Corbit IHOP Night!</b> 6:30 Read the Polk County News	16 1:00 Bookworms 6:30 Movie Night	17 10:00 Lutheran Video  <b>Husker Tailgate</b>
18 9:45 Morning Worship	19 Library Cart 2:30 Sing Along 6:30 Games <b>Hubert Dey</b>	20 10:00 Baptist Video 2:30 Bingo 6:30 Manicures 7:00 Bible Study	21 9:00 Cookies 11:00 Murry's Music 2:30 Bible Study Wii Wednesday	22 <b>Fall Festival</b> 6:30 Read the Polk County News	23 1:00 Bookworms 6:30 Movie Night	24 10:00 Lutheran Video  <b>Husker Tailgate</b>
25 9:45 Morning Worship  <b>Martha Morris</b>	26 Library Cart 2:30 Sing Along 6:30 Games	27 10:00 Baptist Video 2:30 Bingo 6:30 Manicures 7:00 Bible Study	28 9:00 Cookies 11:00 Murry's Music 2:30 Bible Study Wii Wednesday  <b>Gene Morey</b>	29 Shopping Day 6:30 Read the Polk County News	30 1:00 Bookworms 6:30 Movie Night	<ul style="list-style-type: none"> <li>• <i>Subject to change!</i></li> <li>• <i>Daily Devotions at 9:45.</i></li> </ul>





# September 2011

## The Plaza Calendar

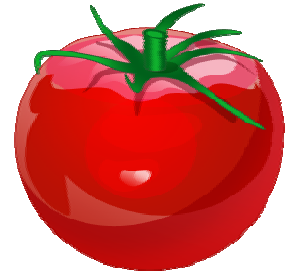
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10:00 Lutheran Communion Coffee and Conversation Clara	2 Shopping	3 10:00 Lutheran Video Husker Tailgate
4 9:45 Morning Worship  Stewart Hays	5 Library Cart 6:30 Games Labor Day	6 10:00 Baptist Video 2:30 Bingo Manicures 7:00 Bible Study	7 Coffee and Conversation 2:30 Bible Study	8 Teddy Bear Day! Shopping	9 Movie Night	10 10:00 Lutheran Video  Husker Tailgate
11 9:45 Morning Worship  Family Pot Luck!	12 Birthday Party Support Group meeting Pitch Tourney	13 10:00 Baptist Video Shopping in GI or Columbus	14  2:00 Bingo at Willowbrook	15 Elmer Corbit	16 Movie Night  Care Packages for Troops	17 10:00 Lutheran Video Husker Tailgate
Assisted Living Week						
18 9:45 Morning Worship	19 Library Cart 2:00 Bus Ride 2:30 Sing Along Hubert Dey	20 10:00 Baptist Video 2:30 Bingo Manicures 7:00 Bible Study	21 2:30 Bible Study Movie Night	22 Fall Festival Coffee and Conversation	23 1:30 Bingo	24 10:00 Lutheran Video Husker Tailgate
25 9:45 Morning Worship  Martha Morris	26 Library Cart 2:00 Bus Ride 2:30 Sing Along 6:30 Games	27 10:00 Baptist Video 2:30 Bingo Manicures 7:00 Bible Study	28 2:30 Bible Study Movie Night Gene Morey	29 Coffee and Conversation	30 Shopping	<ul style="list-style-type: none"> <li>• Subject to change!</li> <li>• Daily Devotions at 9:45.</li> </ul>

## A Delicious Salsa Recipe made with Fresh Ingredients

### Ingredients:

- 3 tablespoons finely chopped onion
- 2 small cloves garlic, minced
- 3 large ripe tomatoes, peeled and seeds removed, chopped
- 2 hot chile peppers, Serrano or Jalapeno, finely chopped
- 2 to 3 tablespoons minced cilantro
- 1 1/2 to 2 tablespoons lime juice

salt and pepper



Put chopped onion and garlic in a strainer; pour 2 cups boiling water over them then let drain thoroughly. Discard water. Cool. Combine onions and garlic with chopped tomatoes, peppers, cilantro, lime juice, salt, and pepper. Refrigerate for 2 to 4 hours to blend flavors. Makes about 2 cups of salsa. Serve with tortilla chips!

## Caregiver Support Group

Monday September 13th~6:30-8:00pm

In the family dining room.

This support group is open to all and will be held the second Monday of each month.

Meetings will be supportive and educational and are affiliated with the Alzheimer's Association of the Great Plains.

## Wish List

- Audio Books on CD
- Garden produce
- Nonperishable items for care packages for the Troops.

## Attention All

Join us each Saturday for our Husker Tailgate parties. We cheer for the Big Red on our Big Screens while munching on some great treats! You are welcome to join us , but be sure you are wearing your Husker attire!!



# Chris's Corner

BIG 10 Bound, go the Huskers!! Many thoughts have been shared in the media and around the coffee-shops surrounding the Conference move from the Big 12 to the Big 10 for University of Nebraska – Lincoln. Regardless of the official views and opinions of this move, what seems to mean for us here at Midwest Covenant Home, having access to the Big 10 Network, we will get to watch MORE HUSKER Football. This, for many, is terrific news. While nothing is confirmed from Direct TV nor the networks at this point, we are still quite hopeful that the Saturdays here will be filled with RED! Hope you can join us for either a tailgate on Fridays or game-day Saturdays.

Stay tuned for more updates on televised games being broadcast here at Midwest Covenant Home, The Plaza or Park Villa, tailgate parties and much more.

This will be the fifth year that residents, families and employees have been asked to participate in a satisfaction survey, managed by MyInnerview, which is a third-party survey company that we have partnered with to administer the surveys and the results.

We have been so blessed with the participation for these past few years and look forward to more of the same. Our Quality Assurance Committee here at the facility follows-up on the responses and puts plans in place to address those items found to be in need of improvement. Your feedback is vital to our success and improved services. THANK YOU to everyone who has participated in the past and who will plan to help again this year. You will want to watch your mailboxes for more information on receiving, completing and submitting those surveys. If you should have any questions, please let me know.

BEST OF LUCK AND WELL-WISHES to all of our area athletic teams, academic groups and other organizations that are all gearing up for the school-year. What an exciting time for them, their coaches/leaders and families.

As an ongoing reminder, if you would be interested in receiving *The Flashlight* electronically, please send your email to us and we will include that in our distribution list. In the meantime, you can stay tuned for updates at [www.midwestcovenanthome.org](http://www.midwestcovenanthome.org).

Happy Labor Day to everyone!!

Best regards,

Chris Young, Administrator



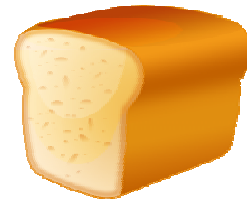
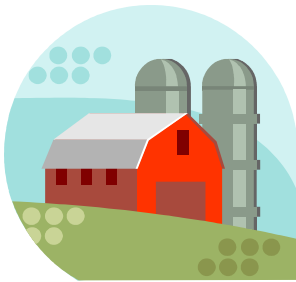
# Our Special Visitors

On Wednesday, August 24th we had some special visitors. Evelyn Hickam of Jamestown, Missouri brightened the day and brought smiles to many residents with her friend "Willie".





# Plaza Resident of the Month



## Bertha Youngland

Bertha was born January 7, 1927 to Martin and Margret Hablitzel. Bertha was born on a farm in Orofino Nebraska, her home town was Eustis Nebraska. Bertha had 5 brothers Adolph (Neta) they had 3 children. Paul (Edith) they had 1 child. Fritz (Shirley). Edwin (Donna). Roy (Donnie) had 4 children. Bertha also had 3 sisters Minnie (Elmer) had 1 daughter. Emma (Edwin) had 1 child. Irene (Gratton) Bertha attended 8 years of grade school she didn't attend high school her father didn't think it was necessary. She attended college at Northwest Nazarene studied Voice and music. Bertha also stated she recommends going to high school before starting college. In September 3, 1950 Bertha was united in marriage to Harlan Youngland. They adopted a son Jim in 1960. Jim lives here in Stromsburg, NE. Harlan was a farmer up until he passed away December 26, 1999. Bertha worked outside the home as a waitress in York at a hotel. Bertha also worked for Midwest Covenant Home for 18 years in the Dietary Department. Bertha liked to travel, during her vacation time they would go to Colorado, Kansas, and California. Bertha also stated her family saw to it that she was able to go to Florida and West Virginia. Bertha enjoys embroidering and especially cross stitching. She loved being a farmer's wife and singing. Bertha's favorite color is blue. Bertha loves to make and eat homemade bread; Things Bertha likes best about living here in The Plaza, she doesn't have to worry about cooking or cleaning. Bertha also stated she is very well taken care of here by our friendly staff. Once she came, she met some new friends and got close to a few of them. You can always see them walking the halls together. Bertha also enjoys her son coming up and surprising her with visits. He comes up on Sundays and attends church with her. Jim comes up and enjoy meals with her.

# From the Polk County Health Depart-

Your health is in your hands this flu season. You can protect yourself and your loved ones by getting vaccinated. Getting vaccinated is easy and it provides protection that lasts through the entire season. You aren't likely to get sick from the vaccination and staying healthy means you won't infect your family.

The recommendation from the National Advisory Committee on Immunization Practices is simple and universal-everyone 6 months and older should get a flu shot every year.

While flu can make anyone sick, certain people are at greater risk for serious complications and it is extremely important they receive the vaccine. People at highest risk are:

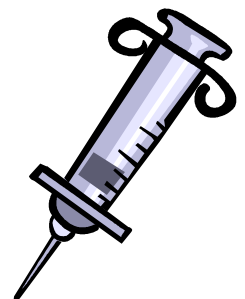
- Older people
- Young children
- People with chronic lung disease (like asthma and COPD), diabetes, heart disease, neurologic conditions and certain long term health conditions
- Pregnant women

The seasonal flu vaccine is safe, effective and rigorously tested. It is updated each season to protect against flu viruses that research shows will cause the most illness. And research has shown that the benefits from the flu vaccine will last for the whole year. After you receive the vaccine, it will take about two weeks for your body to build immunity.

The Polk Co Health Dept will be sponsoring flu vaccination clinics at the following locations:

- Sept. 6<sup>th</sup> from 9am-12noon at the Polk Senior Center
- Sept. 9<sup>th</sup> from 7am-10am at the Benedict Senior Center
- Sept. 13<sup>th</sup> from 9:30am-11:30a at the Shelby Senior Center
- Sept. 14<sup>th</sup> from 10am-2pm at the Polk County Health Dept in Osceola
- Sept 16<sup>th</sup> from 9am-11:30am at the Stromsburg Senior Center

The cost of a flu shot is \$25. Medicare payment is accepted for those ages 65 and older. Please bring your Medicare card with you. Call the Polk Co Health Dept. at 402-747-2211 to schedule your appointment for any of the above clinics.



# Greetings from The Plaza

Well August has come and gone, school bells are ringing and the fall sports competitions have begun! Bring on the tailgate parties!!! We would like to welcome Mavis Neville and Nyle Larson to The Plaza. We would like to wish Leland Peterson, Leroy Hanson well, as they have moved into the nursing home.

September 11-17th, Celebrates National Assisted Living Week, this year's theme is "Forever Proud". This patriotic theme commemorates the tragic events 10 years ago, on 9-11-01. The events were very tragic, but they also brought our country together! So to celebrate Assisted Living Week, we will kick off on Sunday, September 11th with our 3rd Annual Family Potluck, We have several different events scheduled through the entire week. Check out the activity calendar and feel free to come and enjoy some of the fun ideas we've come up with this year!

We are pleased to announce that the MCH Board of Directors have approved of the plans to expand the Assisted Living dining room. We will begin the process very soon, so look for more details.


Finally we would like to express our heartfelt sympathy to the family of Evelyn Olson. Evelyn was a long time family member of the Assisted Living, she came to know many of the staff and residents, she will be missed by all of us.

Go Huskers!  
Linda Perry, LPN, ALC



## National Assisted Living Week

Please join us as we celebrate National Assisted Living Week. Many fun activities have been planned, so mark your calendars and join in the fun!

Sunday	September 11th	Family Pot Luck	
Monday	September 12th	Pitch Tournament	
Tuesday	September 13th	Shopping in Grand Island or Columbus	
Wednesday	September 14th	Bingo at Willowbrook	
Thursday	September 15th	Spa Day	
Friday	September 16th	Care packages for Troops	



# Oh Dear....it's Deer!

Much joy and excitement abounds at MCH as the Elders watch the 2 fawns and mother deer each morning in the Arboretum behind MCH.



## Fall and Winter are Approaching

As the cooler temperatures near and you are bringing warmer clothes for your loved ones, please remember that you have their name on the articles of clothing. Also, please make sure the clothes you bring in get listed on the inventory sheet located on the resident's chart. Due to limited space in the closets, please take home the summer clothes to make room for the winter clothes. Just a reminder, no extension cords, heating pads or electric blankets are allowed in Midwest Covenant Home according to the State Fire Marshall. If you have any questions please ask.

## County Fair Time

Janet Gartner is shown working the Fair Booth at the York County Fair. MCH is very well known for our delicious popcorn that we hand out each year. Our booth was also displayed at the Polk County Fair.

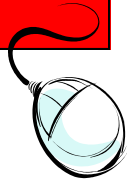


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We're on the Web



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.

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

