



NEWS LETTER

A bi-monthly newsletter for the friends and family of Christian Care Retirement Community

March/April 2019

Library Area Renovation

We are pleased to announce the completion of our recent Library Renovation! In recent weeks, our library area has seen several updates and additions including - new book shelves, furniture, coffee station, and TV (for those who like to watch the movie more than read the book!) The library area was moved in 2017 after construction of our new addition was complete, however many of the furnishings, book shelves and other amenities were not changed at that time. Many residents take advantage of the library area and the books that are rotated every few weeks by the Wells County Public Library. Thank you to the Wells County Public Library and its staff for their support!

Good Samaritan Fund

The Library Renovation project was made entirely possible through generous donations by friends and families of Christian Care to the **Christian Care Good Samaritan Charitable Fund**. In addition to helping residents who have exhausted their financial resources, the Good Samaritan Fund also helps provide educational scholarships and assistance to employees, and helps fund campus improvements that benefit residents in a direct and meaningful way.

We want to say **THANK YOU** to all who helped make this project a success!

Happy Spring to you all!

— Preston D. Kachr
Executive Director

*Our library area has
seen several updates
and additions...*

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Activities Department

Boy what a winter we have had! The weather has made it difficult for us to go on many van rides and other outings. However we have kept busy with indoor activities. We made a real snowman. We celebrated the Super Bowl with a party, and went to the circus in the fellowship room, along with so many more activities.

We continue our relationships with Bluffton Middle School and Hope Missionary Preschool, and are now partnering with the Wells County Public Library for a different community outreach; our hope is to be able to bring happiness to everyone. My goal as activity director is to make sure our residents are living their best life, and having fun while they are doing it. We are truly blessed to be able to continue these important relationships.

I am very pleased to announce that we now have four church services at Christian Care. Apostolic, Methodist, First Reform, and Catholic. Please check your activity calendar for specific dates and times.

Rene has kept Assisted Living and Independent Living busy the past few months. They dined out, went on shopping trips, did some crafts and decorating, and made seasonal trees. Please stop down in Three Oaks to see their trees – they are beautiful. Our residents also enjoyed a trip to DeBrand Chocolate in Fort Wayne.

Healthcare has been busy doing crafts, dominoes, bingo and other activities.

The Activity Department is changing once again. Doris Stubblefield is retiring after many years of service. She is full of life and will be greatly missed. She is planning on spending her extra time with her children and grandchildren. I would like to welcome Cathy Halterman to our team. Cathy will be working part time in Healthcare. Please help us make her feel welcome.

Leon and Pat Gerber are planning a trip to the Tulip Festival in May. This will be an overnight trip. Holland, Michigan is beautiful in May!

A few upcoming events: April 19th will be our Good Friday Service in the Chapel at 3:30, so there will be no church service on Thursday. The annual Mother's Day Tea is fast approaching, and we will be having our tea in May. More details will be mailed out at a later date. Reminder: due to limited seating, each female resident will be allowed to invite one guest to attend.

We look forward to spring and warm weather. Hope you have a blessed Easter Season!

– Betty Lough
Activity Director



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Web Site:
www.christiancarerc.org

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Retirement Community consisting of:

Independent Living

- North Shore Estates
- Lakeview Estates
- Patio Pines Apartments

Assisted Living

- Three Oaks Apartments
- Sugar Maple Suites

Skilled Nursing

- The Orchard
- Golden Apple
- South Woods – Rehab/Skilled

ADMINISTRATION

Executive Director Preston D. Kaehr
Administrator Donna Emshwiller
Director of Nursing Rachel Quillen
Business Office Donna Geisel
Social Service Director Maria Bates
Residential Services Director ... Emma Rhoderick
Dir. of Food & Nutrition Svcs Lolly Harter
Maintenance Supervisor Dion Dubbeld
Executive Housekeeper Kandy Kahn
Laundry Supervisor Rita Davis
Activity Director Betty Lough
H.R. Coordinator Leann Nash
Volunteer Coordinator Kim Maller

Members of:

- Leading Age Indiana
- Wells County Chamber of Commerce

Mission Statement:

**"Enriching senior living
with Christian values and
compassionate quality service."**

Happy Birthday!!!!!!

Residents

HEALTHCARE

Patricia Moser	April 10
Bernice Fiechter.....	April 12
Patricia Mitchel.....	April 12
Edna Wenger	April 17
Marcella Yergler	April 23
Jerome Rauch.....	May 5
Stu Miller	May 8
Thomas Williams	May 8
Josephine Schwartz	May 12

THREE OAKS

Thelma Hill	April 28
Sandy Myers.....	May 5

SUGAR MAPLE SUITES

Florence Kellogg.....	April 5
Emmaline Hinshaw.....	May 13

PATIO PINES

Marilyn Gerber.....	April 3
Ken Hilliard.....	April 11
Phyllis Shady	April 24

VILLA RESIDENTS

Jerry Flack	April 10
Connie Frauhiger.....	April 12
Dwight Troxel.....	April 14
Harold Meyer	April 19
Elizabeth Diehl	April 21
Rosemary Gerber.....	April 29
Tom Frauhiger	May 3
Lester Gerber	May 4
Ramon Stoller.....	May 4
William Longenberger	May 8

Carolyn Meyer	May 10
Delores Heyerly	May 17
Carol Stern.....	May 19
Stan Ellison.....	May 20
Betty Bynum	May 24
Luann Fahl.....	May 30

Employees

Filipinas Bonjour.....	April 2
Diane Johnson	April 5
Shannon McEvoy.....	April 5
Barb Werling.....	April 5
Emma Rhoderick.....	April 8
Reis Myers.....	April 11
Donna Emshwiller.....	April 13
Jonathan Prater	April 13
Beverly McCartney	April 14
Lindsey Grube	April 19
Jonilda Blair.....	April 20
April Neuenschwander.....	April 21
Valerie Lynch	April 25
Holly Zurcher-Suman.....	April 25
Ethan Dunnuck	April 29
Marissa Capatina	May 2
Dylan Craighead	May 7
Dillon Higginbottom	May 7
Paige Schwieterman	May 8
Lisa Recker.....	May 11
Hannah Mosser.....	May 13
Madison Castator	May 20
Samantha Rigby	May 21
Sarah Bothast.....	May 23
Robin Myers	May 23
Catherine Halterman	May 24
Barbara Miller.....	May 24
Janice Flowers	May 25
Luann Fahl.....	May 30
Beth Hanni.....	May 31

Nursing Notes

CCRC Welcomes Nurse Practitioners to Healthcare

We are very pleased to announce our partnership with Rounding Providers Nurse Practitioner Group! This group provides medical management and psychiatric care in nursing facilities in our area and will be coming into our building twice a week to see healthcare residents.

How does this benefit our residents? The NPs will still work with the resident's primary care physician and notify them as needed. By having the NPs in the building routinely it increases the frequency of a practitioner visualizing, assessing and making medication adjustments that promote optimal care and outcomes for residents. Acute changes in condition can be caught much quicker and addressed to decrease the chance of hospitalization or failing health. NPs are great at discussing conditions and plans of care with residents and families and are dedicated to providing high quality care.

The list could go on and on!!

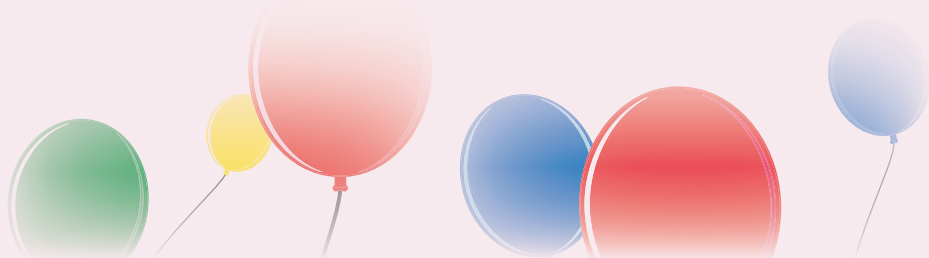
Meeting our NPs - We would like to welcome three Nurse Practitioners to CCRC. Joel Nagel has many years experience in the hospital setting in trauma and critical care at Lutheran Hospital. He also has a great amount of knowledge and experience in providing geriatric care to residents in long term care facilities. He will be with the team during the initial transition to CCRC. Julie Frazee has been an ER nurse for 25 years at Lutheran Hospital and has recently joined Rounding Providers as a Nurse Practitioner. Rene Phillippe is a local Wells County resident and her nursing experience has been in long term care and hospice. We are pleased to welcome them and look forward to the great care they will provide for our residents.

If you have any further questions or would like more information on Nurse Practitioner services at CCRC, please contact me at 260-565-3006, extension 2150.

- Rachel Quillen, RN
Director of Nursing



Left to Right: Joel Nagel, NP;
Rene Phillippe, NP; and Julie Frazee, NP



Welcome!!!!!!

Healthcare Admissions

Healthcare welcomed Hedy Vaughn on December 27, 2018 from Signature Care. She is a widow. She has five living children. She worked as a Certified Nursing Assistant for many years. Welcome Hedy!

Healthcare welcomed Doris Inskip on January 2, 2019 from her home. She is a widow. She has two daughters and a son. She worked at Wells Community Hospital for 30 years. She is a member of the Liberty Center United Methodist Church. Welcome Doris!

Healthcare welcomed Janet Turmail on January 16, 2019 from Bluffton Regional Continuing Care. She is a widow. She has two sons. She retired from Walmart. She is a member of the First United Methodist Church. Welcome Janet!

Healthcare welcomed Betty Johns on January 25, 2019 from Bluffton Regional Medical Center. She is a widow. She has a son and daughter. Welcome Betty!

Healthcare welcomed Bernice Fiechter on February 1, 2019 from Bluffton Regional Medical Center. Her husband is Alvin Fiechter. She has two living children. She retired from General Electric. She is a member of the Apostolic Christian Church. Welcome Bernice!

Healthcare welcomed Josephine Schwartz on February 11, 2019 from Assisted Living here at Christian Care. She is a widow. She has two living children, a son and daughter. She worked as a housekeeper at Wells Community Hospital for 26 years. She is a member of the Apostolic Christian Church. Welcome Jokie!

Discharged

Florence Kellogg came to Christian Care Healthcare for rehabilitation on September 15, 2018, from Lutheran Hospital. She completed her rehabilitation and moved back to her Assisted Living apartment here at Christian Care on December 29, 2018. We wish Florence the best!

Phyllis Shady came to Christian Care healthcare for rehabilitation on December 13, 2018, from Bluffton Regional Continuing Care. She completed her rehabilitation and moved to her Independent Living apartment here at Christian Care on January 5, 2019. We wish Phyllis the best!

Karen Barcus came to Christian Care Healthcare for rehabilitation on December 20, 2018, from Bluffton Regional Continuing Care. She completed her rehabilitation and moved back to her home on January 17, 2019. We wish Karen the best!

Residential Admissions

Assisted Living welcomed Emmaline Hinshaw to her Sugar Maple apartment on December 15, 2018. Emmaline was born and raised in Wells County. She worked as a beautician, school bus driver, and helped with farming. Emmaline spent time water-skiing, square dancing and was also an aerobics instructor. She is a widow and has five children, including twin girls! Emmaline is a member of Murray Missionary Church.

John and Judith Cupp recently joined the North Shore Family on January 16, 2019. Being natives of Bluffton, John spent 30 years with National Oil and Judith worked 18 years at the Hallmark Store. They have four children and nine grandchildren. One of their favorite past times is attending Norwell ball games, both boys' and girls'. The Cupps are members of St. Mark's Lutheran in Uniondale. They are adjusting to their new life here at Christian Care. Welcome Cupps!

Farewell to Dear Friends...

Lewis "Dale" Topp came to healthcare on August 23, 2011 from the hospital and passed away December 18, 2018. He is survived by two sons, three daughters, two step-sons, a step-daughter, twelve grandchildren and twelve great-grandchildren. He retired from Lyon, Greenleaf Flour Mill. He was a member of the Wawasee Community Nazarene Church. We express our deepest sympathy to his family.

Beverly Merchant came to healthcare December 7, 2018 from Bluffton Regional Medical Center and passed away on December 20, 2018. She is survived by her husband, Ron, a daughter, five grandchildren and nine great-grandchildren. She retired from Rutenberg-Surge. She was a member of Hope Missionary Church in Bluffton. We express our deepest sympathy to her family.

Frankie McFarren came to healthcare on December 31, 2008 from Bluffton Regional Medical Center and passed away on February 9, 2019. She is survived by two daughters, a son, six grandchildren and six great-grandchildren. She retired as an administrative assistant with Three Rivers Literacy Alliance. She was a member of the Bluffton First Church of Christ. We express our deepest sympathy to her family.

Alfred Beitler came to healthcare on February 5, 2019 from Parkview Hospital and passed away on February 22, 2019. He was from Berne and is survived by a brother, a sister, and a nephew. We express our deepest sympathy to his family.

And he showed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb.

— Revelation 22:1

~ RECIPE ~

Monster Cinnamon Roll Cookies

Makes 12 – 14 cookies

¾ c butter, softened
1 c sugar
½ tsp vanilla
3 c flour
1 tsp baking soda
¾ c buttermilk

Filling:
2 Tbsp butter, softened
½ c brown sugar
1-2 Tbsp cinnamon

Glaze:
2 c powdered sugar
½ tsp vanilla
3-4 Tbsp milk

Add baking soda to the buttermilk and stir. In another bowl, cream butter and sugar together until creamy, then mix in vanilla. Add one cup of the flour slowly to the butter mixture until combined. Pour in the buttermilk, soda mixture and mix until combined. Add remaining flour and mix until just combined (do not over mix). Put dough in refrigerator for at least one hour. Preheat oven to 350°. Prepare cookie sheets with baking parchment or cooking spray. Turn out dough onto a generously floured surface. Shape into a 12" x 8" rectangle by ¼ inch thick. Spread 2 Tbsp softened butter evenly over the dough. Sprinkle the brown sugar and cinnamon over butter. Roll up dough starting from the long side, rolling as tightly as possible without breaking the dough. If dough splits just lightly pinch to close the splits and continue rolling up. Put rolled dough in the refrigerator for 15 minutes, then slice into 1 inch thick slices, cleaning the knife between each slice. Place 2½ inches apart on prepared cookie sheet. Gently reshape cookie into a circle as needed, making sure the cinnamon/sugar spirals show. Bake at 350° for 18-20 minutes until lightly browned. Transfer to wire rack to cool. Stir glaze ingredients together until smooth. Spoon glaze over cookie, covering completely with glaze. Let glaze set before serving.

Dietary News

March is National Nutrition Month. Did you know that an average 2000 calorie diet requires: 6 ounces of grains, 2 cups of veggies, 2½ cups of fruit, 7 teaspoons of oil, 3 cups of milk, and 5½ ounces of meat/beans per day?

Another part of being healthy is to stay hydrated. Lack of water can lead to dehydration. This is a condition that occurs when you don't have enough water in your body to carry out normal functions. Some symptoms of dehydration are: dry skin, headache, muscle cramps, feeling dizzy, confusion and weakness.

How much water should a person drink each day? Men should drink 13 cups of water and women should drink 9 cups of water. Our body is made up of 60% water. Some foods that have high water content are: watermelon, spinach, cucumbers, celery and berries. March 22nd is National Water Day. So try setting a goal to increase your water intake!

April is soft pretzel month. We will be preparing an afternoon snack sometime during the month. April 6th is caramel popcorn day.

We always enjoy the special treats!

You can visit www.christiancarerc.org to look at the current menus.

Food Safety Tip:

Did you know that in a recent study, 65% of consumers did not wash their hands before starting meal prep? The recommendation for hand washing is to wet your hands with warm running water, apply soap and rub your hands together for 20 seconds, then rinse your hands under warm running water then dry with a clean cloth or paper towel.

Easter is April 21st this year. We will be serving smoked pork chops, sweet potatoes, Prince Charles Blend, a dinner roll and dessert. We look forward to celebrating the resurrection of our Lord and Savior Jesus Christ.

– Lolly Harter, CDM, CFPP
Director of Food & Nutrition Services

Food For Thought – Then the same day at evening, being the first day of the week, when the doors were shut where the disciples were assembled for fear of the Jews, came Jesus and stood in the midst, and saith unto them, Peace be unto you.

– John 20:19

Volunteer Connection

I want to take a minute to brag on the volunteers we have here at Christian Care. During all the snowy icy days when all the schools in the area were closed our volunteers did not disappoint us. Our volunteers came in for Snack & Chat, Wheelchair rides, Mail, Passing Ice Water and of course to help out in our Beauty Shop. We are so Blessed by all of you!

In April, I plan to organize a day in which we will be having our Annual Volunteer In-Service Meeting in the Fellowship Room. I think this year I might try something a little different, but I have not completely decided if that will work. One thing that will definitely be the same is that you will be getting your yearly Mantoux test. Be sure to watch for your invitation to arrive sometime in March with all your specific details on it. We will be discussing how to keep you safe, our residents

safe and how to react in an emergency if you are here at the time of a disaster. Since we only have one meeting a year, please try your best to make it.

We have several long term volunteers who are no longer able to volunteer due to age or life circumstances. At this time if you know of anyone that may be interested in volunteering once a month just bring them along with you. I will do my best to answer any questions they may have about beginning their own journey here at Christian Care as a volunteer.

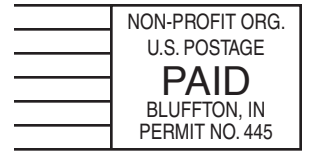
Until we meet together, I hope you all stay well.

Warm Wishes From The Volunteer Connection Desk,

– Kim Maller
Volunteer Coordinator



720 Dustman Road • Bluffton, Indiana 46714-1214
Phone (260) 565-3000



Return Service Requested

Let us do your Spring Cleaning this year!

Brand new Independent Living apartments are currently available and move-in ready.

All apartments feature:

- One or Two bedrooms
- Full Kitchens with dishwasher/microwave
- Steps away from restaurant-style dining
- Daily activities and weekly trips
- Private patio space
- Carport parking with covered walkway
- First month FREE when you move in!

