



NEWS LETTER

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

May/June 2019

South Woods Update

It has been roughly six months since we had to temporarily close our South Woods skilled nursing area. It remains one of the hardest things we have had to do in recent years, and we again are appreciative of the understanding shown by residents, families and staff. People often ask, "When will South Woods re-open?" The answer continues to be, "It depends." The following three things must happen before we are able to re-open South Woods:

- Properly staff our current resident care positions in the Orchard and Golden Apple (**still need several full-time and part-time nurses and aides on all shifts**).
- Demonstrate strong resident census in the Orchard and Golden Apple nursing areas (**we are seeing improvement in this area**).
- Receive consistent demand for private rooms at our facility (**demand continues to be strong**).

We want to see South Woods re-open as soon as possible since we have invested a great deal of time, energy and money into that area. However, the on-going lack of qualified healthcare staff industry-wide continues to delay this. Please pray that God will provide us with the people we need and that we will have wisdom to know when the timing is right to re-open this area.

I remain available for questions related to this topic.

Sincerely,
Preston D. Kaehr
Executive Director

*Please pray that
God will provide...*



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Activities Department

The birds are singing and the flowers and trees are blooming. Warmer temperatures and sunny days just put a smile on your face. We look forward to being able to take walks outside and sit on the patio. I hear the fish are biting and ready for us to catch them.

We continue to be blessed with visits from Bluffton Middle School's community circle and Hope Missionary Preschool. With that being said, May will be our last month for visits until August when school starts again.

Wells County Library teen group has joined us a few evenings. Our residents taught them how to play dominoes and other games. We hope to continue to grow each of these relationships.

We will celebrate Mother's Day with a Mother's Day Brunch on Wednesday May 8, 2019. We are trying a new idea this year. I hope all of our ladies will enjoy the brunch.

On June 18, 2019 at 5:30pm, we will celebrate Father's Day with our annual "Lolly's Fish Fry." All Christian Care men are invited and may bring one guest. Invitations will be mailed at a later date.

We hosted a question and answer session with the mayoral and the city council candidates. Our residents had a lot of good questions.

The voting board was here on April 18 for early voting, and we had several residents who voted.

Rene has kept Assisted and Independent Living busy with lots of dine outs, shopping trips and van rides. Decorating the "seasonal tree" keeps our AL ladies busy. They put a lot of hard work into them. Orchard and Golden Apple residents have been keeping busy this winter with van rides, crafts, bingo and other activities.

Thank you to all of our families and residents who came to Christian Care to celebrate Easter Sunday Church Service. We had 104 guests in our chapel. We are so thankful to all of our families and friends who take the time out of their busy schedules to spend these moments with our residents. We are truly blessed to be part of a good community.

As this school year comes to a close, we are excited about the prospect of many young people visiting. If your Bible School class would like to visit or entertain us, please let us know when you would like to come in and we will put you on the calendar. Have a safe and happy summer.

– Betty Lough
Activity Director



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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 DirectorPreston D. Kaehr
Administrator Donna Emshwiller
Director of NursingRachel Quillen
Business Office..... Donna Geisel
Social Service DirectorMaria Bates
Residential Services Director ... Emma Rhoderick
Dir. of Food & Nutrition Svcs.....Lolly Harter
Maintenance SupervisorDion Dubbeld
Executive HousekeeperKandy Kahn
Laundry SupervisorRita Davis
Activity Director.....Betty Lough
H.R. CoordinatorLeann Nash
Volunteer CoordinatorKim Maller

Members of:

- Leading Age Indiana
- Wells County Chamber of Commerce

Mission Statement:

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

Nursing Notes *A Look at Diabetes*

Type 2 diabetes is the most common form of diabetes. With this type, your body does not use insulin properly. The pancreas attempts to make extra insulin to keep up with the extra sugar found in the blood. Over time, the pancreas cannot keep up to maintain normal blood sugar levels. Interventions such as lifestyle changes (diet modifications and exercise), oral diabetic medications and insulin are used to control blood sugar levels.

When glucose builds up in the blood stream instead of going into the cells, it causes your cells to be starved for energy, and over time is damaging to the eyes, kidneys, nerves and heart. As we age, we become more prone to develop insulin resistance and develop diabetes. Our genetics also play a big factor as a precursor to diabetes. Normal fasting blood sugar should be below 100, a fasting range

from 100 to 125 is considered pre diabetes and over 125 on two separate tests could be indicative of diabetes.

Another common way to monitor blood sugar levels over a period of time is called a hemoglobin A1C. Results over 6.5% may mean you have diabetes. Most new cases of diabetes are diagnosed through routine lab work that has been performed. Diabetes is on the rise in our nation due to a higher percentage of body fat and sedentary lifestyles that Americans have.

It is important to know your risk factors and talk to your doctor about them. There are also plenty of resources available to provide a plethora of education on this topic.

Wishing the best health to you all!

– Rachel Quillen, RN
Director of Nursing

Happy Birthday!!!!!!

Residents

HEALTHCARE

- Barbara Barger..... June 2
- James Kleinknight June 6
- Marcile Biberstine..... June 16
- Lucile J. Frauhiger June 21
- Delores Fry..... June 22
- Leona Schwartz..... June 24
- Janice Reinhard June 25
- Elizabeth Steffen June 25
- Mabel Moser..... July 2
- Betty LeMaster July 4
- Janet Turmail July 9
- Thomas Stephens July 12
- Margaret Gerber..... July 17
- Richard Snider..... July 19
- Don Diehl..... July 20

THREE OAKS

- John Fogwell..... July 25

WILLOW LANE

- Betty Davis July 5

SUGAR MAPLE SUITES

- June Dresser June 1
- Barb Smekens July 15

PATIO PINES

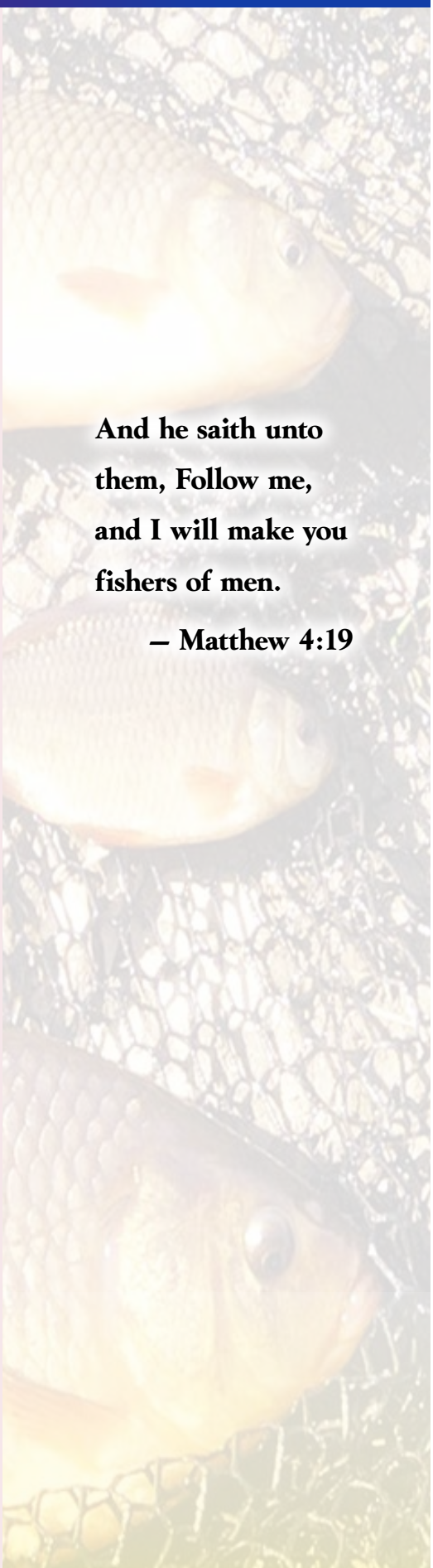
- Ray Shaw..... July 5
- Sherry Hilliard..... July 18

VILLA RESIDENTS

- Violet Meyer June 2
- Virginia Rauch June 2
- Rudy Frauhiger..... June 11
- Doyle Stern June 12
- Cheryl Flack June 16
- Pete Heyerly July 5
- Janet Smith July 16
- Al Ringer..... July 21
- Melvin Frauhiger July 31

Employees

- Patricia Ketron..... June 4
- Debra Elsten June 8
- Kirsten Bennett..... June 12
- Abigail George..... June 12
- Joshua Vanhorn June 12
- Dawn Brickley June 17
- Stacey Quinones June 18
- Jenny Gerber June 21
- Lacey Funk June 23
- Ashley Green June 24
- Jilian Iida June 24
- Jolan Gerber June 30
- Daisy Herrera..... June 30
- Diana Ebbinghouse July 1
- Nicole Affolder July 3
- Cecily Kaehr..... July 4
- Rebecca Bradtmueller..... July 7
- Melissa Clark..... July 7
- Teresa Osborne..... July 8
- Jennifer Baumer July 9
- Frederica DeBolt July 25
- Terri Urshel..... July 25
- Jamie Gregory July 28
- Rita Davis..... July 30
- Khloe Brown..... July 31
- Angela Kiefer July 31



And he saith unto them, Follow me, and I will make you fishers of men.

– Matthew 4:19

Welcome!!!!!!

Admissions & Discharges

Christian Care welcomed...

- Walter Erxleben
- Richard Snider
- Lela Moser

Assisted Living welcomed...

- Phyllis Shady moved from her Patio Pines independent apartment to Sugar Maple Suites on April 2, 2019.

Christian Care discharged...

- Walter Erxleben completed his therapy and returned home with his wife.

Assisted Living discharged...

- Alice Shannon moved from her Three Oaks apartment to be closer to her family in Fort Wayne on April 16, 2019. We wish her the best!

Christian Care Says Farewell

Evelyn Graber came to healthcare on February 14, 2019 from Bluffton Regional Medical Center and passed away on February 25, 2019. She is survived by many nieces and nephews. She was a homemaker and assisted with the family dairy farm operations. She was a member of the Apostolic Christian Church. We express our deepest sympathy to her family.

Maymie "Geneva" Kiser came to healthcare on February 27, 2018 from her home and passed away on March 29, 2019. She is survived by five sons, 15 grandchildren, 22 great-grandchildren and several great-great-grandchildren. She worked in the housekeeping department of Caylor-Nickel Clinic. We express our deepest sympathy to her family.

Volunteer Connection

Today I bring you a heartfelt greeting and thank you for all those who set aside the time to come to our annual volunteer in-service, which was held on April 24th. We did things a little different this year by having two different meeting times in hopes to catch a few more volunteers, and to target a few specific items to each group. This year we paid more attention and focused on delivering assistance and a safer exit to our residents if there would be an emergency in the building. If you could not make the meeting, you have until May 24th to come in and get your TB test and to pick up your information from the meeting.

I would like to welcome the Adam and April McAfee family to our Thursday evening bingo team, as they will be replacing Dean and Marlene Vanhorn. Dean and Marlene's family have helped with bingo on Thursday evenings for several years and will be greatly missed. Also leaving the volunteer squad was Lori Ullmer, Colleen Landrum, Marge Hite and

Lorene Baumgartner from the meal delivery team. Lorene will be helping with bingo and will be a good asset for that group. I also wanted to welcome Jolin Whicker to the mail delivery squad. She is our office receptionist's mother and it is quite a delight for all of us to have her in our building. Jacki Ripple and Dwight Troxel are joining the Wheelchair ride squad and Alyssa Aschliman plans to tickle the ivory's for us each month on the third Wednesday. Martha Gentis is returning to the snack and chat group and we greatly appreciate her returning. New to the beauty shop squad is Karen Isch, Joan Gerber and Joni Longenberger. They will be transporting our residents back and forth to the shop and assisting the operators wherever needed. As you can see, we have a very active volunteer base and are VERY thankful for each of you and the tasks you deliver to Christian Care. We could not do all that is getting done without you.



As I look into the future, I plan to recruit a few more volunteers in the areas that have a need, and will work on getting a bigger substitution list for each area. I hope if I call you, you take time to consider coming on board to our fun volunteer squad one time a month.

– Kim Maller
Volunteer Coordinator

~ RECIPE ~

S'MORES BARS

- 8 to 10 whole graham crackers
- 1 c. chocolate chips
- 1 pkg. fudge brownie mix
- $\frac{2}{3}$ c. chopped peanuts (optional)
- 2 c. miniature marshmallows

Place crackers in a single layer in a greased 9x13 pan. Prepare brownies according to package directions. Spread over crackers. Bake at 350 degrees for 25 to 30 minutes or until toothpick inserted near the center comes out clean. Sprinkle with marshmallows, chips, and nuts. Bake 5 minutes more or until marshmallows are slightly puffed and golden brown. Cool before cutting.

Dietary News

Spring is a sign of new life in creation. It is also a time for our seniors to start their new lives after graduation. The Food & Nutrition Services Department has eleven staff members that are graduating this year. They are Abigail Bertsch, Khole Brown, Marissa Capatina, Megan Cardinale, Lauren Isch, Claire Murray, Reis Myers, Katelyn Pfister, Samantha Rigby, Josh Vanhorn, and Emily VanOver. It's refreshing to see young people that care about the residents. Let's all extend "best wishes" to them as they start a new journey for their futures.

May and June are VERY busy months in the kitchen. Wednesday, May 8th we are having a new twist to Mother's Day. We will be enjoying "Mother's Day" brunch in the fellowship room. Our menu will include: boiled egg casserole, French toast casserole, fresh fruit, and cinnamon rolls. We will start serving at 11:00 a.m..

Memorial Day is Monday, May 27th. This is also National Barbeque Day! We will once

again be grilling hamburgers and hot dogs for our residents, rain or shine! May 13th is Apple Pie Day and the 15th is Chocolate Chip Cookie Day.

June is national seafood month. We will be serving shrimp cocktail with the lunch meal on Wednesday, June 12th. Friday, June 7th is national donut day! So, we will be having a treat from Heyerly's. Tuesday, June 18th will be the Father's Day fish fry in the fellowship room. Supper will begin at 5:30 p.m.

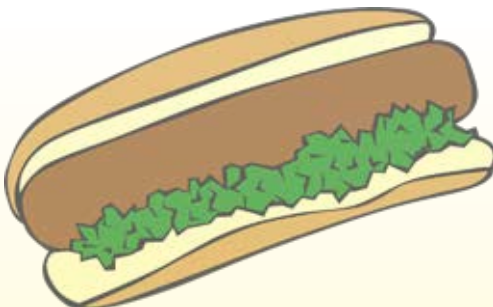
We live in the greatest country in the world, and we should be thankful and blessed to have three meals a day plus snacks any time we desire. As we look out the window and see the new buds on the trees, the green grass, the spring flowers and hear the birds sing, let us remember the One who created all of this for us. When we are having a troubled day, let us look out the window and thank God for who we are and where we are.

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

What does "FUTURE" mean to you?

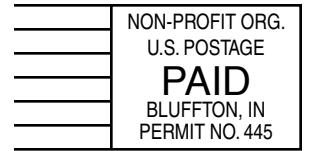
- F** - Faith that God will help you in your endeavor
- U** - Unction to get started and stay motivated
- T** - Thoughtful planning
- U** - Undying persistence
- R** - Reliance upon help from others
- E** - Endurance through tough times

Food For Thought – Obstacles are those frightful things you see when you take your eyes off the goal.





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



Return Service Requested

Coming Home Never Felt So Good!

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
- Private patio space
- Carport parking with covered walkway



Move-in Specials are currently available including first month rent free!

Contact Emma Rhoderick, Residential Services Director at 260-565-3000 for more information.