



NEWS LETTER

A quarterly newsletter for the friends and family of Christian Care Retirement Community

November 2020–January 2021

Healthy Habits

To Benefit Your Brain And Body

Although research is still developing, there is strong evidence that people leading a healthy lifestyle can lower their risk of developing Alzheimer’s disease and other types of dementia. By following these tips, you can take the steps to reduce your risk of cognitive decline.

...take the steps to reduce your risk of cognitive decline.

1. Cardiovascular Exercise

Incorporate physical activity that raises your heart rate and increases blood flow to your brain and body such as walking, swimming, and aerobics.

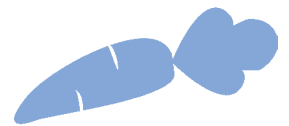


2. Brain Challenge

Stimulate your brain by playing bridge, chess, and crossword puzzles. Challenge your brain by trying something new like learning a new language or playing an instrument.

3. Healthy Diet

The Alzheimer’s Association suggests a diet that is rich in vegetables and fruits and low in fat may help to protect brain cells.



4. Laughter

Most people agree that laughing can cheer you up, but did you know laughing can lower stress hormones, stimulate your brain, and reduce stress? Tell a funny story to a friend or watch a comedy movie.

5. Sleep

During sleep, the brain is able to repair and regenerate. Quality sleep is essential for healthy brain function.



If you or someone you know is having problems with completing daily tasks, comprehending and/or expressing thoughts, please talk with a doctor. Ask your doctor if you could benefit from physical, occupational, or speech therapy.

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- Submitted By

Therapy Department at Healthcare Therapy Services, Inc.

Activities Department

The cooler air is rapidly approaching as we have enjoyed a very mild fall. We have enjoyed our van rides and time outside. We will continue to go on our van rides as the weather permits and our COVID numbers allow. We have been very thankful to be able to do family visits. Our residents are so happy! We can't wait until we are able to give our families hugs—we miss physical touch. The voting board was here in October so that residents who were registered could vote. We have kept ourselves busy doing crafts, golf cart rides, and many other activities.

We celebrated Street Fair this year with elephant ears, funnel cakes, lemon shake-ups, fair food and games. We also celebrated National Apple Dumpling Day and Banana Split Day. We love doing special treats for our residents and team members.

We love our veterans! We are thankful for their service and for their families. Veterans Day is November 11. We salute all who have served or are currently serving in our military.



Plans are being made for the upcoming holiday season. Deb and her staff have planned a traditional Thanksgiving and Christmas dinner to be served to all in-house Christian Care residents. Unfortunately we will not be able to have our gathering in the Fellowship Room. We will do our best to navigate through the holidays the best we can, keeping as many traditions as possible.

We will again be offering Christmas Light Tours this holiday season. Details for these trips will be determined at a later date.

We have said good-bye to two of our team members. Janet Jones has retired after nineteen years of service. She has been such a blessing to all of us. Lindsey Grube has taken a new position at a different facility. She will work PRN for our team. We will miss them both and wish them the best of luck in their new adventures. I will be taking over duties as Volunteer Coordinator for now. We miss all of our volunteers and cannot wait to have you back in our facility. Thank you to all the meal delivery volunteers who have taken their time to make sure we can still serve our community.

May you have a blessed and safe holiday season.

- 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

ADMINISTRATION

Executive DirectorPreston D. Kaehr
Administrator Donna Emshwiller
Director of Nursing.....Rachel Quillen
Business Office..... Donna Geisel
Social Service DirectorMaria Bates
Hospitality Services DirectorDeb Dove
Scheduling Coordinator.....Barb Werling
Maintenance SupervisorDion Dubbeld
Human Resources DirectorKatie Holloway
Activity Director.....Betty Lough

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

Keith Fuller.....	December 4
Anita Bertsch.....	December 12
Fred Perrin.....	December 12
Richard Longenberger	December 15
Imogene Abbott	December 16
Bea Alberson.....	December 17
Gloria Shinn.....	December 19
Marcia Terhune.....	December 19
Norma Sweeten.....	December 22
Carol McCune.....	December 25
Theresa Kipfer.....	December 27
Bill Triplett	January 2
Dick Clark.....	January 3
Rita Snider.....	January 3
Jon Aschliman.....	January 4
Karolyna Farling.....	January 6
Lois Gerber.....	January 7
Pat Gerber.....	January 8
Jan Diehl.....	January 8
Charles Stevens.....	January 13
Sonja Hook.....	January 23
Althea Sharpe.....	January 24
Janis E. Elliott.....	January 29
Wilmer Gerber.....	January 29
Frank Ifer.....	February 2
Dave Reinhard.....	February 2
Emma Hamilton.....	February 2
Barbara Pfister.....	February 4
Earl Gerber.....	February 5
Joyce Neuenschwander.....	February 6
Nilah Aschliman.....	February 9
Jerry Hook.....	February 11
Alice Curry.....	February 13
Gwen Fogwell.....	February 14
Lorena Steffen.....	February 14
Dottie Jones.....	February 18
Marty Davis.....	February 20
Martha Rupel.....	February 22
Pauline Kaehr.....	February 22
Mildred Huss.....	February 24
Wanda Steffen.....	February 26
Harry Steffen.....	February 27

Employees

Kinyette Briede.....	December 3
Kathy Steffen.....	December 4
Victoria Hilliard.....	December 5
Lindsay Holmes.....	December 8
Devin Smith.....	December 9
Natalya Goddard.....	December 11
Lillian Lanning.....	December 12
Kathryn Hanson.....	December 18
Ashlyn Mechling.....	December 18
Hayley Moriarity.....	December 20
Lou Wall.....	December 20
Elaine Bricker.....	December 21
Mary Lynn Frank.....	December 23
Autumn Parker.....	December 29
Jennifer Ley.....	December 30
Megan Brown.....	January 6
Donna Geisel.....	January 6
Madeleine Plumley.....	January 6
Hannah McCullough.....	January 22
Misty Kincaid.....	January 25
Ashleigh Houtz.....	January 29
Corina Rector.....	January 31
Morgan Hofstetter.....	February 1
Sidney Nash.....	February 1
Maria Bates.....	February 2
Katy Harris.....	February 2
Shelby Koteskey.....	February 3
Sarah King.....	February 6
Kimberly Schreiber.....	February 8
Makenna Garza.....	February 11
Brooke Hummer.....	February 15
Shara Thomas.....	February 17
Eric Craighead.....	February 21
Cindy Petty.....	February 23
Emma Elwell.....	February 25
Whitney Isch.....	February 26



Nursing Notes

Continued changes, slow progress, patience and grace are some of the words that come to mind as the year 2020 wraps up. We have definitely all seen things and lived through some experiences this past year that we could have never seen coming.

We still have a lot of unknowns that we will face day to day and no one has a magic answer of when this will end. One thing I do know is that I'm so pleased at how well the residents, staff and families are holding it together and making it through this. There are so many reasons one can be angry at this situation we have been dealt, but we can choose to make the best of it!

The residents have been staying busy, entertained and taken care of thanks to the great activities staff, amazing nurses and CNAs, talented Hospitality Department, helpful maintenance men and all other administration at CCRC. The best part of all of our days is to see the smile that a resident gives you and to be able to make them happy in the small task that you may have helped them complete. One of the main statements we hear from staff on why they stay at CCRC is because of the residents. Our staff love the residents and consider them family.

We are so thankful for all the family visits that have occurred over the last several months. We offer a huge thank you to Sarah King, Betty Lough and Maria Bates for orchestrating these visits. The time invested in this process has been well worth it for both the residents and their families, allowing them to spend this much needed time together!

Blessings to all as we venture into a New Year!!

- Rachel Quillen, RN
Director of Nursing and Residential Services

Hospitality Services

Street Fair may have been canceled for the town of Bluffton, but our residents and team members still enjoyed some of the “must have” foods: corn dogs, fish sandwiches, taco salads, pancakes and sausage. Arguably the most exciting was the pineapple whip we had available all week.

We’ve been trying out a few new recipes: homemade beef pot pie, Parmesan crusted tilapia, and multiple soups and desserts. It’s been fun taking around samples and seeing what the residents and team members think.

While this year’s Thanksgiving meal may look a little different, we are still excited to serve our residents the best we can. And even though we haven’t seen our visitors and neighbors for awhile, please know we haven’t forgotten about you. You may even find a few surprises down the road to show our gratitude for you.

We continue to count our blessings and remain thankful for our health and safety.

- Deb Dove
Hospitality Services Director



Assisted Living

Even though social gatherings and outings look really different these days, the Assisted and Independent residents are making the best of it!

They are still enjoying indoor and outdoor visits with families and friends as well as activities with staff. As the COVID positivity rates change in our county so does how much freedom we have for outings and excursions into the community.

If the county is under 5%, Assisted and Independent residents are able to

venture out a little more on excursion type activities without any quarantine time. If the rate is 5-10%, there is a 3 day quarantine on return. And if the county is over 10%, there would be a 14 day quarantine on return. Medical appointments are allowed without any quarantine time.

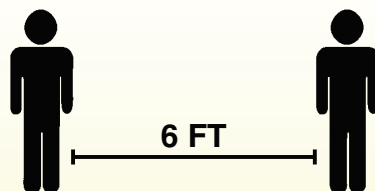
If there would be any positive cases in our building then all visits and outings could be affected and may have to cease for awhile. We will continue to keep you

up to date with any changes as we become aware of them.

The best practices when around others is to avoid large groups, wear a mask, wash hands and use alcohol-based sanitizers. Stay home when not feeling well, and stay at least 6 feet apart. This will help to keep you and your loved ones healthy!

Thank you all for your continued understanding and support!

- Rachel Quillen, RN
Director of Nursing and Residential Services



Positivity Rate.....	Quarantine Time
Under 5%	None
5-10%	3 Days
Over 10%	14 Days

Medical appointments are allowed without any quarantine time.

Welcome!!!!!!

Admissions & Discharges

Christian Care welcomed...

- Jeanette Gilbert
- Darrell Gilbert
- Marcia Terhune
- Charles Gerber
- Harry Steffen
- Bill Sawyer

Assisted Living welcomed...

- Carol McCune
- Fred Perrin
- Janet Turmail

Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?

– Matthew 6:26

Christian Care Says Farewell

Bernice L. Fiechter came to Healthcare on November 27, 2017 from Bluffton Regional Medical Center and passed away on August 1, 2020. She is survived by her husband Alvin, a son and a daughter, six grandchildren and nineteen great-grandchildren. She was a homemaker and worked at the Dutch Mill Restaurant. She was a member of the Apostolic Christian Church. We express our deepest sympathy to her family.

Freda Hayes came to Healthcare on June 10, 2020 from BRMC Continuing Care and passed away on September 13, 2020. She is survived by a daughter, fourteen grandchildren and several great- and great-great-grandchildren. She retired from factory work at Franklin Electric after 30 years. She attended Life

Community Church. We express our deepest sympathy to her family.

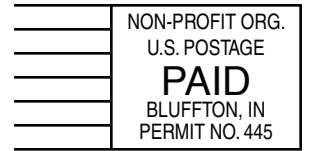
Mary Parker came to Healthcare on January 21, 2020 from Assisted Living and passed away on September 18, 2020. She is survived by a son and a daughter, six grandchildren and twelve great-grandchildren. She retired from Eagle Pitcher. She was a member of Prince of Peace Lutheran Church. We express our deepest sympathy to her family.

Anna Johnson came to Healthcare on July 9, 2020 from River Terrace and passed away on October 5, 2020. She is survived by her husband, a son, four daughters, thirteen grandchildren and eighteen great-grandchildren. She was a homemaker. She was a member of the Six Mile Church. We express our deepest sympathy to her family.

Bill Sawyer came to healthcare on October 6, 2020 from BRMC Continuing Care and passed away on October 10, 2020. He is survived by his two sons, five grandchildren and a great granddaughter. Bill worked at Rosehill Dairy, Gerber Central Dairy and retired from Food Marketing in Fort Wayne after 22 years. He proudly served his country in the United States Army and the United States Army National Guard. Bill enlisted in the United States Army in 1943 and served during WWII until 1945. He retired from his military career on January 7, 1980 after serving his country for a total of 31 years, 9 months and 12 days. He was a member of the former Mulberry Street Wesleyan Church. We express our deepest sympathy to the family.



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Preston D. Kaehr, MBA, HFA
Daily Money Manager
Bluffton, IN

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