

# Christian Homes Care Community

## News & Notes



OCTOBER, NOVEMBER, DECEMBER 2018

NEIGHBORS  
CARING FOR  
NEIGHBORS



### Upcoming Events

Wed, Oct 31st

Halloween Trick  
or Treating

4:15-5:15pm

Thurs, Nov 15th

give2Grow  
Donation

Opportunities

Sun, Dec 9th

Resident/Family  
Christmas Party

3:00pm - 4:00pm



## Notes from Cherlyn Hunt, Administrator



There always seems to be some type of natural disaster somewhere in the world. This past week, I watched the news and prayed for all the people affected by hurricane Florence. I kept staffs' family member in prayer as the storm made land fall. No one can ever plan for exactly what Mother Nature is going to do. In Nebraska, I don't believe we will ever see a hurricane, but we do need to prepare of winter weather and thunderstorms/tornados.

Christian Homes had the privilege to host part of the community wide tornado drill that was held on September 6, 2018. Many organizations spent about one year planning the drill. Everyone who participated in the drill learned something and gave positive feedback. The drill was centered on Christian Homes being hit by a tornado. Staff members had to problem solved and make decisions about how to react in such an event. This type of event was a first for Christian Homes, but it will not be the last. Each year the Centers for Medicare and Medicaid (CMS) require a full scale drill to be compliant with regulation.



Even though we can't predict everything Mother Nature will toss at us, it is always good to be prepared. On that note Old Man Winter is coming so please make sure to have your winter survival kit in your vehicles!

God's Blessings.

Cherlyn Hunt

Executive Director

**Happy**   
**Fall y'all** 

# Activities by Ellen Montgomery



Fall is here! We are so ready for football season, hot chocolate, and fall festivities at Christian Homes. We had an amazing summer spending time in the courtyard under the shade of our new outdoor umbrellas! The umbrellas were made possible for our residents through your give2Grow donations.

We've had some amazing weather that has allowed us to take some van rides around the community and to the Phelps County Museum. Residents really enjoy the museum trips to refresh their memories of the past. The stories they share with us as we tour the museum are truly amazing!

July always brings fun at the Phelps County Fair and this year we brought the Fair to Christian Homes. We were treated to a session with Dirk and his Quick Draw abilities and Brandy from BB's Balloons. We were able to take advantage of the nice weather and made a few trips to the fair as well. As our year begins to wind down we begin to plan for many events that take place at Christian Homes or around the community. We are looking forward to football season, give2grow opportunities, our annual Trick-or-Treat event on Halloween, and our annual Resident/Family Christmas Celebration.

FUN  
AHEAD

Fun at Christian  
Homes



**Top Right:** Sally McMinamen & BB's Balloons.

**Top Center:** Mary Runck shucking corn.

**Left:** Donna Carlson, Violet Osborn, and Betty Walker playing bingo.

**Right:** Donna Harmon received a visit from the United Methodist Youth.



**Left:** Irma Swanson showing her character drawing to other residents.

**Right:** Members of the Harlan County Dam Playhouse for an evening activity full of music and flair.



## Inspiration Point by Chaplain DeWane Dow

As I was thinking about what to write to you this quarter, I kept coming back to thinking about what is pure this day and age? Pure luck? Pure sugar? Pure and simple? In my devotional reading recently, I came across a verse that kept coming back to mind about the word "pure". Philippians 4:8 not only has the word in it but instructs us to think correctly. "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-think about such things." That gets harder to do in our current distractive culture!



I was curious about what the Bible says elsewhere about the word "pure". I found 104 references for it and about half are talking about "pure gold" many of those are found in the O.T. describing the utensils for the Tabernacle and the construction of it in the book of Exodus. Think about how that must have looked back then! Gold was not spared but used plentifully and skillfully to construct all of what God intended for His use. Imagine how much it would be worth at around \$1200/oz? What would you do with just a few pounds of it?

Looking through my concordance, I zeroed in on the others and found mentioned were pure olive oil, pure frankincense, pure myrrh which get me thinking of Christmas and the gifts given to baby Jesus. Your value found in Him as your Savior is invaluable by the way!

Other mentions include pure and upright, God says His doctrine is pure, prayer can be pure, the LORD's commandments are pure, Thy Word is very pure. Proverbs mentions being pure from sin, and again, the way we think pops back up. Here's what Prov. 15:26 says, "The LORD detests the thoughts of the wicked, but those of the pure are pleasing to him." But how can we think that way?

I fail miserably many, many times but know where to turn when I do. To the Lord. I can read the Holy Bible, cleanse my mind with it, pray, ask for prayer, listen to Christian music, gaze at nature, or contemplate His marvelous works which are evidenced all around us so we are not without excuse. Just like anything we want to become good at, we practice it.

Purify your hearts by doing any or all of these things on a regular basis and you will be worth your weight in gold! Think about it better yet, think about Him and all He's done for you!

# give2Grow



**The Foundation**  
 PHELPS COUNTY COMMUNITY  
 ATLANTA • BERTRAND • FUNK • HOLDREGE • LOOMIS

*Matching donors who care with causes that matter*

give2Grow is a one-day fundraising event being held on November 15, 2018 for the benefit of Phelps County non-profit organization and projects.

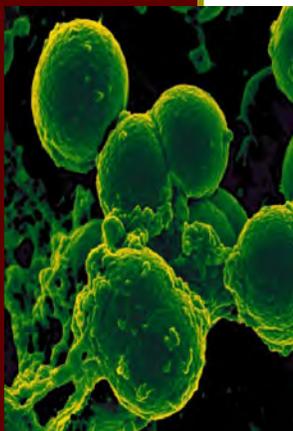
Please visit: [www.give2growphelps.org](http://www.give2growphelps.org) to find out more and to see all of the great projects and programs that you can support on November 15th.

Last year Christian Homes was blessed to receive designated donations which allowed us to provide many needed items for our residents & facility..

### give2Grow Wish List:

Kitchen Ceiling  
 Ice Machine for dining room  
 Lawn Mower for Maintenance Department  
 Dining Ware for dining rooms  
 Rose/Peony Replacement Flooring  
 Chrisoma West stove and dining room flooring  
 .....more to come on the website!

## Protect Yourself from Illness



1. Handle & Prepare Food Safely—Food can carry germs. Always wash fruits and vegetables. Cook and Keep foods at proper temperatures.
2. Wash your hands often-prevent the spread of viruses.
3. Clean & Disinfect Commonly Used Surfaces-germs can live on surfaces. Disinfect your bathroom and kitchen regularly.
4. Cough & Sneeze into your Sleeve.
5. Don't Share Personal Items-Avoid sharing items like razors, toothbrushes, or towels after bathing.
6. Stay Home When Sick—this is very important!
7. Protect yourself by getting the Flu and Pneumonia shots!

## Setting A Culture: Certified Dementia Practitioner Re-Certification



As we are attending to an aging population, it is important to look at all aspect of needs. Alzheimer's care techniques are something that is not always understood or explained. Christian Homes is excited to announce that Danielle Samuleson, A.D.O.N and Ellen Montgomery, Activities Director have renewed their certification to remain Certified Dementia Practitioners. With this continuation of certification, they will remain approved trainers.

His face may not be new around here but we would like to congratulate Darin Barnes for becoming the new Maintenance Director . Darin has been a valuable employee of Christian Homes for 15 years. He has had much experience with the maintenance needs of our facility and we know he will do an excellent job!

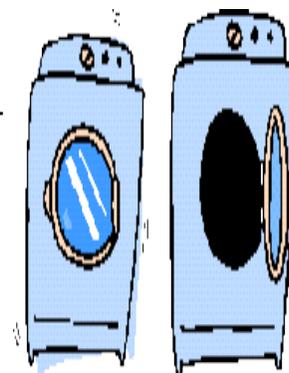


*"I appreciate how nice and tidy the workers keep our home!"-Sally McMinamen*

## Laundry & Housekeeping Requests:

With the holidays approaching and the season of gift-giving for loved ones upon us, remember to take all clothing items to Social Services to be marked by laundry. We will have the no-name rack out for families to thumb through.

Also, during the holiday decorating season we ask our families not to use surge protectors or power strips, extension cords, live trees, poinsettias, or live wreaths in resident rooms. Please see Maintenance as they have healthcare power strips available for purchase.



## Holiday Meals or Family Event Reservations at Christian Homes or Chrisoma West



We welcome and encourage loved ones to enjoy holiday meals with residents of our facilities. Please let us know when you will be coming so we can plan to have enough food for everyone! You may make arrangements by contacting Rose Rieck at (308) 995-4493 for the skilled nursing side of Christian Homes.

If you wish to make reservations for birthdays, holidays, or special family visits please contact Ellen Montgomery in Activities to reserve your space. We offer space in our facility Chapel and Conference Room. With the holidays approaching they fill up rather quick. Make sure you call and reserve your space ahead of time at (308) 995-4493.

### Chrisoma Villa

Chrisoma Villa is a beautiful apartment complex located on the east side of Christian Homes property.

Residents of the Villa own their apartments and are independent of assistance, but enjoy the benefits of living on the Christian Homes property, such as lawn care and maintenance, snow removal, and emergency assistance right across the street.

The residents get together monthly in the beautiful atrium for coffee, to play games, put together puzzles, and conduct business. There are currently one and two bedroom apartments for sale or rent. To tour an apartment, or for more information, please contact a realtor or stop in the business office.

Home Town Realty @ 308-995-8644

For more information: [www.chrisoma.com](http://www.chrisoma.com)



## Wishing to contact a resident?

We encourage our out of town or out of state family members to stay in contact with their loved one. One of the ways you can remain in touch is by emailing your loved one. To email your loved one please place their name in the subject line. Once the email is received by us, we will hand deliver the email to your loved one.

CHresident@chrisoma.com for Christian Homes

CWresident@chrisoma.com for Chrisoma West



# New West Therapy & Christian Homes Success Story



Therapy and rehabilitation are used to treat patients suffering from illness, disease, or injury. Therapies can improve one's mobility, strength, flexibility, coordination, endurance, and even reduce pain. At Christian Home we strive to ensure our residents reach their maximum levels of function and potential.

New West is Christian Homes' primary therapy group. We feel blessed to have had them in our facility for approximately 8 months with the same goal in mind, rehab to home. We have seen many clients come to our facility needing rehab for hip, knee, and other surgical needs. In our short term program, we ensure our patients achieve their maximum function to safely return to their home.

Secondary to her stroke, Jean Linder had little to no function in her left hand or left leg and muscle weakness that made it hard for her to sit on her own without support. Jean worked with Occupational therapy and physical therapy to help regain her function 5 times a week for 4 months. After hard work and endless exercises Jean is now able to stand up and walk with a front wheeled walker. She continues therapy and continues to surprise us everyday with how far she has come over the last few months.



## Bountiful Blessings

These names represent the friends, churches, businesses, resident's and resident families who have contributed to Christian Homes since our last newsletter. We are grateful for your support and donations to our facility.

### **Dwight Edwards Memorial:**

Marlys & Eddie Anderson

### **Carson Williams Memorial:**

Mike & Becky Williams

### **Karol Frecks Memorial:**

Glenn Frecks

### **Alvin Kellogg Memorial:**

Verlyn Johnson

Lloyd Zierlein



# Chrisoma West Assisted & Independent Living News and Notes



Greetings from Chrisoma West by Kelley Hanson (CW Activity Director)

July started off with a bang. We welcomed some new residents, Bob and Sue Engler, with a special coffee time. Craft time included Inspirational Rocks. We painted them and put sayings, words, and Husker themes on them. Some put them on their ledges outside their rooms or in the courtyard for others to enjoy. Quick Draw Characters and BB's Balloons came from the fair to entertain us.

August we had a "Husking Party" right after breakfast. We cleaned the corn and then got to eat it for lunch. It was so delicious! We celebrated National Root Beer Float Day by having the real thing. They really hit the spot. Entertainment included George and Ludeen Krem on our grand piano for our listening enjoyment. Cindy Boehler sang several of our favorite tunes later in the month. Independent Living had their family picnic with over 70 guests. It was a nice time to share with family.

September we celebrate National Assisted Living Week. Starting off the week the Smith family came out to entertain us. The next day Bob Rager, City Administrator, read and signed the proclamation declaring NALW. We also had guests from Holdrege Homes joining us at this time. The afternoon included BINGO followed by banana splits. Tuesday we took some residents to the park to enjoy the outdoors. That afternoon we had a photo booth with silly props to go along with the theme "Capture the Moment." Thursday will be our picnic and we are looking for over 80 in attendance, and Friday we will wind down with a carnival.

Goodbye Summer and Hello Fall,



## Photographed Events for Chrisoma West



Above: Sally Massey showing us her quick draw character .

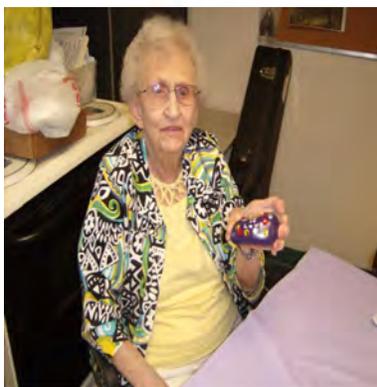
Below: Maynard Falk got a good chuckle out of his character drawing.



Right: Donna Bergman celebrating Independent Living Week with her family.

Left: Signing the ALF Week Proclamation.

FUN



Right: Residents enjoying popcorn .

Right: Clayton Schubert & Steve Bergstrom having fun during ALF Week



Left: Evelyn Bendorf and her inspiration rock.





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Website: [www.chrisoma.com](http://www.chrisoma.com)

Facebook: Christian Homes Care Community

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-752-6096 (TTY: 1-800-833-7532).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-752-6096 (TTY: 1-800-833-7532).

Christian Homes Care Community complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

## How to Contact Us:

### **Christian Homes: (308) 995-4493**

Cherlyn Hunt, Executive Director (Ext. 103)  
Cindy Peterson, Director of Nursing (Ext. 121)  
DeWane Dow, Facility Chaplain (Ext. 117)  
Janet Bergstrom, Business Office Manager (Ext. 101)  
Lori Wheeler, Director of Social Services (Ext. 122)  
Ellen Montgomery, Activity Director (Ext. 110)  
Rose Rieck, Director of Nutritional Services/Housekeeping (Ext. 105)  
Darin Barnes, Maintenance Director (Ext. 107)  
Chris Layton, Director of Laundry Services (Ext. 106)

### **Chrisoma West: (308) 995-2086**

Kendra Norton, Director of Resident Services (Ext. 161)  
Angie Ekberg, Director of Resident Care (Ext. 139)  
Kelley Hanson, Activity Director (Ext. 135)